D5BPS2306 **Reg. No.....**

Name: .....

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2025

(Regular/Improvement/Supplementary)

PSYCHOLOGY

GPSY5D01T: PSYCHOLOGY AND PERSONAL GROWTH

(OPEN COURSE)

Time: 2 Hours **Maximum Marks: 60**

SECTION A: All questions can be answered. Each carries *two* marks.
(Ceiling 20 Marks)

Write short notes on:

1. Biopsychology.
2. Culture and happiness.
3. Self-acceptance.
4. Positive psychology.
5. Taoism.
6. Unrealistic optimism.
7. Clinical psychology.
8. Stress.
9. Psychology.
10. Psyche.
11. Anuloma-Viloma pranayama.
12. Environmental mastery.

SECTION B: Answer the following questions. Each carries *five* marks.
(Ceiling 30 marks)

13. Discuss about positive emotions.
14. Explain variable-focused models of resilience.
15. Enumerate the branches of Psychology.
16. What is the difference between positive psychology and positive thinking?
17. Asses the role of religion and spirituality in determining the happiness.
18. Explain guided imagery strategy for stress- relief.
19. Why is psychology a branch of science? Explain.

SECTION C: Answer any *one* question. Each carries *ten* marks.

20. What is optimism, how it develops and how does it work?
21. Describe whether positive emotions determine subjective well-being.

(1 x 10 = 10 Marks)