

22U570

(Pages: 2)

Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2024

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19U PSY5 D01 - PSYCHOLOGY AND PERSONAL GROWTH

(Psychology - Open Course)

(2019 Admission onwards)

Time : 2.00 Hours

Maximum : 60 Marks

Credit : 3

Part A (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. Define Psychology.
2. Describe the pillars of positive psychology.
3. Explain different goals of positive psychology.
4. Define subjective well being.
5. State different perspectives of well being.
6. Define mindfulness.
7. Describe emotion.
8. Describe any two causes and effect of happiness.
9. Explain the effect of close relationship on happiness.
10. List few causes of stress.
11. Define stress management techniques.
12. Explain the risk of resilience.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

Answer *all* questions. Each question carries 5 marks.

13. Discuss the goals of psychology.
14. Explain the applications of psychology in personal and social life.
15. Explain hope.
16. Explain the effect of gender on happiness.
17. Explain happiness across different cultures.

18. Explain the physical and psychological effect of stress.

19. Explain different meditation and yoga techniques for enhancing personal effectiveness.

(Ceiling: 30 Marks)

Part C (Essay questions)

Answer any *one* question. The question carries 10 marks.

20. Discuss different branches of psychology.

21. Elaborate the protective factors of resilience.

(1 × 10 = 10 Marks)
