

23U569

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Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2025

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19UPSY5D01 - 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. Describe the main goals of psychology.
2. Explain the applications of psychology in social life.
3. Explain different branches of psychology.
4. Explain the assumptions of psychology.
5. Define well-being.
6. Define optimism.
7. Define mindfulness.
8. Define affect.
9. Describe the effects of happiness.
10. List different effect of stress.
11. Describe the method to reduce stress.
12. Describe the psychological effect of stress.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Discuss the field of psychology.
14. Discuss western perspective of well being.
15. Discuss marriage and happiness.
16. Discuss close relationship and happiness.

17. Show the effect of stress on an individual.
18. Discuss the risk of resilience.
19. Differentiate compensatory model and protective model of resilience.

(Ceiling: 30 Marks)

Part C (Essay questions)

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

20. Elaborate the branch of positive psychology.
21. Discuss money and culture in happiness.

(1 × 10 = 10 Marks)
