

21U568

(Pages: 2)

Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2023

(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. Describe the main goals of psychology.
2. Describe any two branches of psychology.
3. Define subjective well being.
4. Define hope.
5. Explain the two types of emotions.
6. Define happiness.
7. Describe how happiness effect different age groups.
8. Describe distress and eustress.
9. Describe how our body response to stress.
10. Describe yoga.
11. Explain the risk of resilience.
12. Explain the models of resilience.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Discuss the field of psychology.
14. Elaborate the pillars of positive psychology.
15. Explain eastern perspective of well being.
16. Discuss mindfulness.
17. Discuss culture and happiness.

18. Describe the effect of close relationship on happiness.

19. State the methods to reduce stress.

(Ceiling: 30 Marks)

Part C (Essay questions)

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

20. Explain the applications of psychology in personal and social life.

21. Explain the assumptions and goals of positive psychology.

(1 × 10 = 10 Marks)
