

NOVEMBER 2023

29/11/23
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Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer any TEN questions each in 50 words.

1. Define Positive Psychology.
2. What are the postulates of positive psychology?
3. Debrief on Flourishing.
4. Define emotional intelligence.
5. Differentiate self-esteem and self-concept.
6. State the meaning of happiness.
7. Define self-efficacy.
8. Define Resilience.
9. Debrief on mindfulness.
10. Give two examples of savoring.
11. Decipher the term, "Empathy".
12. What is meant by cultural well being?

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Evaluate the scope of positive psychology.
14. Examine the basic assumptions of positive psychology.
15. Discuss the factors contributing to better self-esteem.
16. Explain the predictors of subjective well being.
17. Bring out the pathway between flow and optimal experience.
18. What are the genetic contributors to individual well-being? Explain
19. "Healthy two-way communication builds stable relationship" Justify the statement.

PART C — (4 × 10 = 40 marks)

Answer any FOUR questions each in 500 words.

20. Give a detailed account on concepts involved in positive ageing.
21. What are the factors influencing development of emotional intelligence?

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22. How does motivation contribute to developing positive emotions? Discuss.
23. Bring out the characteristics of a person with high self-efficacy
24. "Selfless Love brings better well-being". Is the statement true? Elaborate.
25. Discuss gratitude as the most important factors contributing to well-being

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