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(Pages : 2)

Name.....

Reg. No.....

**SIXTH SEMESTER U.G.(CBCSS—UG) DEGREE EXAMINATION
MARCH 2024**

Psychology

PSY 6B 05(03)—POSITIVE PSYCHOLOGY

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A (Short answer type questions)

*Answer all questions.
Each question carries 2 marks.
Ceiling of 20 .*

1. Positive Illusion
2. Self-deception
3. Intrinsic regulation
4. Marital relationship
5. Enduring gratification
6. Hope
7. Momentary pleasures
8. Negative affectivity
9. Virtues
10. Resilience
11. Contentment
12. LifeSatisfaction

(Ceiling 20)

Turn over

Section B (Paragraph Type Questions)

*Answer **all** questions.*

Each question carries 5 marks.

13. Heritability of A HAPPINESS Set point.
14. Components of Subjective well being.
15. Personality Traits and happiness.
16. Development of intrinsic motivation.
17. Satisfaction with Life Scale.
18. Development of positive illusion.
19. Source of resilience.

(Ceiling 30)

Section C (Essay type questions)

*Answer any **one** of the following questions.*

The question carries 10 marks.

20. Bring out the different types of physical states to optimize happiness.
21. Describe the different components in Snider Hope theory

(1 × 10 = 10 marks)