

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2019 – 2020 & thereafter)

SUBJECT CODE: 19PY/PE/PW23

M.A/M.Com/M.Sc.,DEGREE EXAMINATION, NOVEMBER 2022

PSYCHOLOGY
THIRD SEMESTER

COURSE : ELECTIVE

PAPER : PSYCHOLOGY OF WELL-BEING

TIME : 3 HOURS

MAX. MARKS: 100

SECTION - A

ANSWER FIVE QUESTIONS. EACH ANSWER SHOULD NOT EXCEED 200 WORDS: (5X8=40)

1. Describe the various positive emotions dealt by human beings
2. Explain the process involved in overall well being
3. Derive the happiness formula
4. Childhood is the best period in life to develop positive emotions. Explain
5. Name the infant attachment styles and explain.
6. Explain the purpose of developing positive relationships
7. Predict the importance of optimism
8. Gratitude plays an important role in well being. Debate

SECTION - B

ANSWER FOUR QUESTIONS. EACH ANSWER SHOULD NOT EXCEED 500 WORDS: (4X10=40)

9. What are the ways in which an individual builds positive feelings
10. Explain the barriers to well being
11. Identity crisis among youth serves as a hurdle to develop positive emotions. Reason
12. Discuss in detail adult attachment styles
13. How to develop empathy in order to enjoy well-being.
14. Define positive emotions. How do we build positive emotions?

SECTION - C

ANSWER ONE QUESTION. THE ANSWER SHOULD NOT EXCEED 1000 WORDS: (1X20=20)

15. Elucidate on the essential components of Psychological well being
16. Elaborate on the characteristics of close relationship.
