

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

M.A/M.Com/M.Sc.,DEGREE EXAMINATION, NOVEMBER 2023
PSYCHOLOGY
THIRD SEMESTER

COURSE : ELECTIVE
PAPER : PSYCHOLOGY OF WELL-BEING
SUBJECT CODE : 19PY/PE/PW23
TIME : 3 HOURS **MAX. MARKS: 100**

SECTION - A

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

1. What is Positive emotions? How can they impact our well-being?
2. Explain the infant attachment style. Describe the experiment that was done.
3. Sketch the characteristics of close relationships and support your answer with appropriate examples.
4. What are the barriers to well-being? Substantiate with suitable examples.
5. Write a note on empathy and gratitude. Why are they important to our well-being?
6. What do we mean by Savouring? Explain.
7. Give a brief account of purposeful, positive relationships.
8. Explain the Happiness formula. What are hedonic and Eudemonic happiness?

SECTION - B

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

9. Explicate Martin Seligman's Model of Psychological Well-being.
10. Enumerate the Triangle Theory of Love.
11. Elucidate on the prominent styles of attachment in adults.
12. How does one develop "the flow" in life? Support your answer with examples.
13. What are the protective factors of psychological resilience in children and youth?
14. Elaborate on forgiveness and optimism. Why are they significant to our well-being?

SECTION - C

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

15. Explain the Broaden and Build model of positive emotions.
16. Enumerate the essential components of psychological well-being.
