

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086**

**(For candidates admitted during the academic year 2015 – 2016 & thereafter)**

**SUBJECT CODE: 15PY/PE/PW24**

**M.A/ M.sc/M.com DEGREE EXAMINATION, NOVEMBER 2018  
THIRD SEMESTER**

**COURSE : ELECTIVE**

**PAPER : PSYCHOLOGY OF WELL-BEING**

**TIME : 3 HOURS**

**MAX. MARKS: 100**

**Section-A**

**(5x8=40)**

**Answer FIVE questions. Each answer should not exceed 200 words:**

1. Explain the Happiness formula. What is hedonic and eudaimonic happiness?
2. Define Positive Psychology. Describe positive emotions.
3. Explain 'Becoming Present'-Savouring.
4. Elaborate on the characteristics of close relationships.
5. What are the barriers to well-being? Substantiate with suitable examples.
6. Write a note on successful aging.
7. What are the four main styles of responding in a relationship? Substantiate with suitable examples.
8. Give a brief account on learned optimism.

**Section-B**

**(4x10=40)**

**Answer FOUR questions. Each answer should not exceed 500 words:**

9. Explicate Martin Seligman's Model of Psychological Well-being.
10. Enumerate the qualities of mindfulness.
11. Elucidate on the prominent styles of attachment.
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. Substantiate on the importance of positive emotions.

**Section-C**

**(1x20=20)**

**Answer ONE question. The answer should not exceed 1000 words:**

15. Explain the Broden and Build model of positive emotions.
16. Give a detailed account on Pro-Social Behaviour.

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