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| **University of Kerala** | | |
| Discipline: Psychology |  | Time: 1 Hour 30 Minutes (90 Mins.) |
| Course Code: UK1MDCPSY101 |  | Total Marks: 42 |
| Course Title: Psychology of Happiness |  |  |
| Type of Course: MDC |  |  |
| Semester: 1 |  |  |
| Academic Level: 100-199 |  |  |
| Total Credit: 3, Theory: 3 Credit |  |  |

Part A. 6 Marks. Time: 6 Minutes Objective Type.

1 Mark Each. Answer All Questions

(Cognitive Level: Remember/Understand)

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| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| 1. | Happiness means …………………..   1. The absence of negative emotions 2. A state of well-being characterized by emotions ranging from contentment to intense joy 3. The presence of material wealth 4. The ability to achieve every life goal | Remember | 1 |
| 2. | As per the world happiness report released in 2024, which is the most happiest country in the world   1. USA 2. Canada 3. Finland 4. Denmark | Remember | 1 |
| 3. | What is resilience in the context of positive emotions?   1. The ability to avoid difficult situations 2. The capacity to recover quickly from challenges and setbacks 3. Ignoring negative emotions completely 4. The ability to remain unaffected by emotions | Understand | 2 |
| 4. | According to the ABCDE Model used in positive psychology, what does the 'B' stand for?  A. Belief about the event or situation  B. Behavior in response to the event  C. Benefits of the outcome  D. Background of the event | Understand | 2 |
| 5. | Which of the following best defines emotional intelligence?   1. The ability to suppress emotions in stressful situations 2. B. The capacity to recognize, understand, and manage one's own emotions and the emotions of others 3. The tendency to avoid emotional situations 4. The ability to solve logical problems using emotions | Understand | 4 |
| 6. | What is Sattwa guna, according to ancient Indian philosophy?  A. tendency toward anger and aggression  B. Quality of purity, calmness, and harmony associated with higher states of consciousness and happiness  C. State of constant craving for material success  D. State of indifference to happiness and well-being | Understand | 3 |

Part B. 8 Marks. Time: 24 Minutes

Short Answer. 2 Marks Each. Answer All Questions (Cognitive Level: Understand/Apply)

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| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| 7. | Explain the relationship between happiness and well-being. | Understand | 1 |
| 8. | What is 'flow' and how does it promote a sense of happiness? | Understand | 2 |
| 9. | Describe a situation where an emotion-focused coping strategy would be more beneficial than a problem-focused strategy. | Apply | 4 |
| 10. | Why do negative social comparisons often lead to reduced happiness? | Apply | 2 |

Part C. 28 Marks. Time: 60 Minutes

Long Answer. 7 marks each. Answer all 4 Questions, choosing among options within each question.

(Cognitive Level: Apply/Analyse/Evaluate/Create)

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| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| 11 | 1. Discuss the factors that influence happiness. How can these factors be applied to improve mental health in adolescents.   OR   1. Compare and contrast Global happiness index and the Bhutan Model. How can a country like India apply principles from both models to improve the happiness of its citizens | Apply | 1 |
| 12. | 1. Evaluate the Broaden and Build theory. How effective is this theory in explaining the relationship between positive emotions and long-term happiness?   OR   1. Elaborate the significance of positive emotions like resilience, flow, and optimism in promoting happiness. | Evaluate | 2 |
| 13. | 1. Analyze different coping strategies.   OR   1. Examine the relationship between emotional intelligence and happiness. | Analyze | 4 |
| 14 | 1. Outline the principles of Zen philosophy related to happiness and mindfulness.   OR   1. Find out the ways for developing sattwa guna. | Analyze | 3 |



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| **Cognitive**  **Level** | **Marks** | **Percentage** |
| Remember | 2 | 4.8 |
| Understand | 8 | 19.0 |
| Apply | 11 | 26.2 |
| Analyse | 14 | 33.3 |
| Evaluate | 7 | 16.7 |
| Create | 0 | 0 |
| **TOTAL** | **42** | **100** |

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| **Course**  **Outcomes** | **Marks** | **Percentage** |
| CO1 | 10 | 23.8 |
| CO2 | 11 | 26.2 |
| CO3 | 14 | 33.3 |
| CO4 | 7 | 16.7 |
| **TOTAL** | **42** | **100** |