



*Sambath*

**Avinashilingam Institute for Home Science and Higher Education for Women**

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I – February 2026**

**I Semester**

**Class :III UG**

**Major :Psychology**

**Time: 2 hours**

**Maximum Marks: 60**

**23BPSDE4 -DSE - IV Positive Psychology**

**Course Outcomes:**

At the end of the course, students will:

- 1.Appreciating and understanding the meaning and conceptual approaches to happiness and well-being.
- 2.Being able to locate the diversity in the experiences of happiness with individual's

**Part - A**

**6 x 1 = 6**

**Choose the Correct Answer**

1. Religion and spirituality have been shown to have CO1 K3
  - a. a small but consistently positive relationship to well-being
  - b. no relation to happiness and well-being
  - c. a mixed relation with as many negative as positive effect
  - d. a negative relationship to happiness and well-being
2. Attributing one's own thoughts or motives to others defines CO1 K3
  - a. reaction formation
  - b. regression
  - c. projection
  - d. rationalization
3. Within psychology's recent history, this psychology has been one of the stronger voices for a more positive approach to the study of human behavior CO1K2
  - a. evolutionary
  - b. psychoanalytic
  - c. humanistic
  - d. existential
4. Self-determination theory specifies three needs as the foundation for well-being. These are CO2 K1
  - a. autonomy, competence, and relatedness
  - b. independence, esteem, and belongingness
  - c. autonomy, self-esteem, and success
  - d. autonomy, self-esteem, and nurturance
5. The difference between hedonic and eudaimonic conceptions of happiness boils down to the difference between CO2 K1
  - a. serving the self and serving others.
  - b. pleasure and happiness
  - c. short-term and long-term satisfaction.
  - d. pleasure/happiness and meaning/personal expressiveness
6. Abraham Maslow called the need to fulfill one's potential the need for CO2 K2
  - a. self-actualization
  - b. power
  - c. achievement
  - d. affiliation

**Part - B**

**3 x 6 = 18**

**Answer ALL Questions**

**Each answer should not exceed 400 words or two pages**

7. a. Outline Positive psychology in Relationship with other fields CO1K2  
(or)
7. b. Write about Hedonic and Eudaimonic traditions CO1K3
8. a. Discuss the Indian perspectives and positive psychology CO1K3  
(or)
8. b. Evaluate the role of Gender and love in happiness CO2 K4
9. a. Enumerate on well-being across culture and nationalities CO2 K3  
(or)
9. b. Formulate the goals of positive psychology CO2 K3

**Part - C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 10.a. Delineate the Core Assumptions of Positive Psychology CO1 K3  
(or)
10. b. Enumerate the measures of happiness and well-being CO1 K3
11. a. Write in detail about the PERMA MODEL. CO1 K4  
(or)
11. b. State the Concept and definitions of happiness CO2 K3
12. a. Discuss Happiness and the facets of life CO2 K4  
(or)
12. b. Elucidate meaning and personal goals of positive psychology CO2 K3

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**Staff in-charge: M. Sathya**