

26/12/23



DOON UNIVERSITY, DEHRADUN
End-term examination 2023
School of Social Sciences, Department of Psychology
Programme Name: BA, III Semester

Course Code: DUV-105

Course Title: *Science of Happiness*

Duration: 2 Hr

Maximum Marks: 80

Section A

Attempt all questions. (2x8=16)

Define

1. SMART goal
2. Positive Emotions
3. Pride
4. Satisfaction
5. Infatuation
6. Kindness
7. Hope
8. Confidence

Section B

Attempt any Four questions [7x4=28 marks]

1. What is well-being? Give some suggestion to improve mental wellbeing. [7 marks]
2. Differentiate between Hope and Optimism with example. [7 marks]
3. What are lifestyle goals and personal goals? Explain with examples. [7 marks]
4. What is the difference between Hedonic and Eudemonic happiness? Explain [7 marks]
5. Discuss the other possible determinants of Happiness. [7 marks]

Section C

Attempt any three question [12x3=36 marks]

- 1. What is Happiness? Discuss about Key Characteristics of Happy People. [12 Marks]**
- 2. What is the Triangular Theory of Love? Define how many types of love are identified within Sternberg's Triangular Theory. [12 Marks]**
- 3. What is mindfulness? Mention any technique and explain how can you practice of it? [12 Marks]**
- 4. What is self-compassion? Explain essential steps to increase your self-compassion? [12 Marks]**