

## Unit 5 - Happiness and Well-Being

### Course outline

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Assignment Zero

Introduction to Positive Psychology

Character Strengths and Virtues

Happiness and Well-Being

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● Happiness & Well-Being: Part-2

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○ Feedback

Happiness and Positive Emotions

Hope, Optimism, Self and related concepts, and Resilience

Flow, Mindfulness and Spirituality

Interpersonal Character Strengths

Recent Trends and Directions in Positive Psychology

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Text Transcripts

## Assignment 3: Happiness & Well-Being

The due date for submitting this assignment has passed.  
As per our records you have not submitted this assignment.

**Due on 2019-08-21, 23:59 IST.**

1) According to Deci and Ryan (2001), which needs have to be fulfilled in order for a person to achieve self-determination? **1 point**

- Autonomy
- Achievement
- Belongingness
- Competence
- Safety Needs

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*Autonomy*  
*Belongingness*  
*Competence*

2) In Keyes' Model of Mental Health, a person in the 'flourishing' state is characterised as having: **1 point**

- Low mental health and low mental illness
- High mental health and low mental illness
- High mental health and high mental illness
- Low mental health and high mental illness

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*High mental health and low mental illness*

3) State True or False: **1 point**

The famous Easterlin Paradox states that during the economic expansion between 1946 and 1970 in the U.S., surveys showed an increase in happiness throughout this period of post-war boom.

- True
- False

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*False*

4) In the book, "If You're So Smart, Why Aren't You Happy?", Dr. Raj Raghunathan mentions a Genie wish-list. Identify the wishes mentioned by him in that list. **1 point**

- Fame, Intelligence, Happiness, Wealth
- Happiness, Success, Intelligence, Material Wealth
- Wealth, Success, Fame, Happiness
- Material Wealth, Intelligence, Fame, Success

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*Wealth, Success, Fame, Happiness*

5) Robert Waldinger in his 75- year longitudinal 'Harvard Study of Adult Development' suggested that: **1 point**

- Social connectedness increases happiness levels
- Good relationships protect our body as well as our brains
- The brain functioning of lonely people does not decline
- Quality of relationships don't matter

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*Social connectedness increases happiness levels*  
*Good relationships protect our body as well as our brains*

6) Which of the following statement best describes the concept of Hedonic Treadmill? **1 point**

- The boost of positive emotions in the short-term is accompanied by a rush of negative emotions
- Our short-term increase in happiness from positive emotions changes our baseline levels of happiness.
- It is our tendency to pay more attention to negative emotions than positive ones
- Although there is a boost in positive emotions in the short-term, we eventually return to our baseline levels of happiness

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*Although there is a boost in positive emotions in the short-term, we eventually return to our baseline levels of happiness*

7) Which *guna* best characterises the activities of over-sleeping, over-eating, inactivity and passivity? **1 point**

- Sattva guna*
- Rajas Guna*
- Tamas Guna*

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*Tamas Guna*

8) Which Indian concept of happiness corresponds to the Eudaimonic perspective? **1 point**

- Preyas*
- Shreyas*
- Anaskti*
- Gunas*

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*Shreyas*

9) In the Mental Health Continuum Scale, responses marked 'almost every day or everyday' in atleast 1 domain of emotional well-being and 6 domains of positive functioning denotes: **1 point**

- Flourishing
- High level of mental health continuum
- Languishing
- Moderate level on mental health continuum

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*Flourishing*  
*High level of mental health continuum*

10) State True or False: **1 point**

Different scholars have included different factors in their definitions of flourishing.

- True
- False

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**

*True*