

Course outline

How does an NPTEL online course work?

Week 0 : Prerequisite

Week 1: The Nature and Biology of Stress

Week 2 : Stress, Trauma and Health

Week 3: Positive Aspects of Stress and Trauma

Week 4: Coping processes and strategies 1

Week 5: Coping processes and strategies 2

Week 6: Beyond Stress and Recovery: Well-being and Happiness

Week 7: Psychology of happiness

Week 8 : Can we become happier?

- Lec 22 : Genetic set point and hedonic adaptation
- Lec 23 : Sustainable happiness model
- Lec 24 : Sustainable happiness with intentional activities

 Quiz : Assignment 8

 Feedback Form

 Lecture Notes

 Assignment Solution

Week 9: Happiness Activities 1

Week 10 : Happiness Activities 2

Week 11: Is happiness sufficient? The concept of eudaimonic well-being

Week 12: Meaning and purpose in life

Live Sessions

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Text transcripts

Assignment 8

The due date for submitting this assignment has passed.

Due on 2021-03-17, 23:59 IST.

As per our records you have not submitted this assignment.

1) Which among the following is a barrier in increasing our happiness?

1 point

- Genetic set point
- Hedonic adaptation
- Personality traits
- All of these

No, the answer is incorrect.
Score: 0
Accepted Answers:
All of these

2) Our happiness level remains relatively stable around a baseline because of.....

1 point

- Life circumstances
- Genetics
- Intentional activities
- None of these

No, the answer is incorrect.
Score: 0
Accepted Answers:
Genetics

3) According to AREA model of hedonic adaptation,..... determines the rate of adaptation

1 point

- Attention
- Explanation
- Reaction
- None of these

No, the answer is incorrect.
Score: 0
Accepted Answers:
Explanation

4) According to the sustainable happiness model, intentional activities may include.....activities

1 point

- Behavioral
- Cognitive
- Volitional
- Behavioral, cognitive and volitional

No, the answer is incorrect.
Score: 0
Accepted Answers:
Behavioral, cognitive and volitional

5) According to Lyubomirsky and Layous (2013), which of the following factors may influence the success of positive intentional activities in enhancing happiness?

1 point

- Characteristics of the activity
- Characteristics of the person
- person-activity fitness
- All of these

No, the answer is incorrect.
Score: 0
Accepted Answers:
All of these

6) Research shows that life circumstances account for a very small percentage of variance in happiness levels. One of the possible reason is.....

1 point

- Genetics
- hedonic adaptation
- personality traits
- Intentional activities

No, the answer is incorrect.
Score: 0
Accepted Answers:
hedonic adaptation

7) Hedonic adaptation is more likely to be complete and in case of positive experiences than negative experiences

1 point

- Slower
- Faster
- Demanding
- Identical

No, the answer is incorrect.
Score: 0
Accepted Answers:
Faster

8)refers to the process by which individuals return to baseline levels of happiness following a change in life circumstances.

1 point

- Affective regulation
- Hedonic adaptation
- Personality Traits
- Impact bias

No, the answer is incorrect.
Score: 0
Accepted Answers:
Hedonic adaptation