

# PSYCHOLOGY ENTRANCE EXAMINATIONS

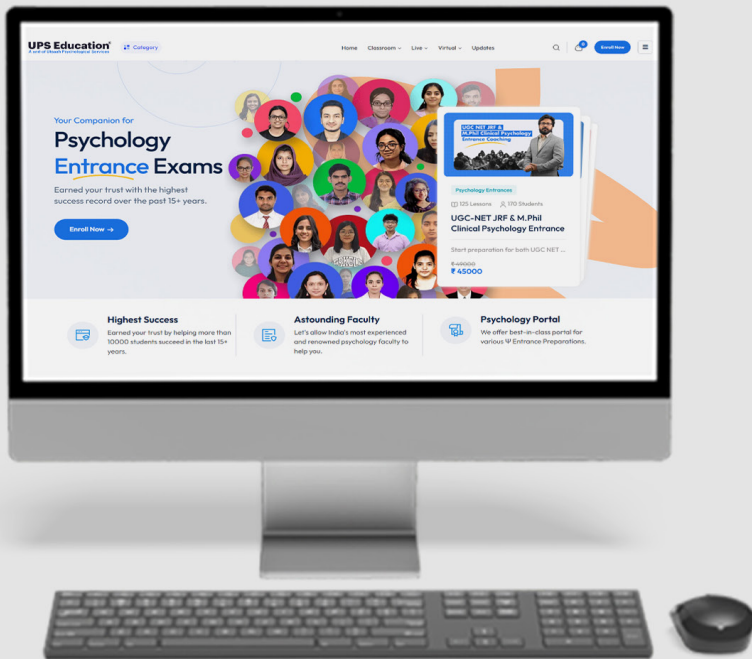
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Explanations

1. (c) relation to others

Explanation: The reassessment of the self-fulfillment movement suggests that personal fulfillment is not an isolated achievement but is deeply connected to our interactions and relationships with others. This perspective emphasizes that true self-fulfillment is often realized through meaningful connections and contributions to the lives of those around us.

2. (b) self-concept

Explanation: Self-concept includes all the perceptions of “I” and “me,” along with the associated feelings, beliefs, and values. It is a comprehensive understanding of oneself, encompassing self-perceptions and the emotional and cognitive aspects related to one’s identity.

3. (a) hypochondriasis

Explanation: People who are high in hypochondriasis are most likely to label their physical symptoms as an illness. Hypochondriasis, or illness anxiety disorder, involves excessive worry about having a serious illness, often leading individuals to misinterpret normal bodily sensations as signs of severe medical conditions.

4. (d) use effective strategies for coping with stress

Explanation: People who exhibit high perceived control tend to use effective strategies for coping with stress. They believe they can influence outcomes and events in their lives, which typically leads to proactive and adaptive coping mechanisms, reducing stress and enhancing overall well-being.

5. (b) cold

Explanation: Shy people are especially apt to be misjudged by others as cold. This is because shyness often manifests as social withdrawal or reticence, which can be misinterpreted by others as aloofness or a lack of interest in social interaction, rather than as a sign of nervousness or discomfort.

6. (a) primary

Explanation: A family represents a primary group. Primary groups are characterized by close, intimate, and usually long-term relationships. These groups play a crucial role in the development of personal identity and provide emotional support, socialization, and a sense of belonging. Families are the quintessential example of primary groups because the relationships within a family are typically enduring, deeply personal, and involve a high degree of emotional bonding and commitment. In contrast, secondary groups are larger, more impersonal, and goal-oriented, while collectives and out-groups do not capture the intimacy and significance of familial relationships.

#### 7. (c) largely learned

Explanation: Traits such as masculine and feminine are best understood as largely learned. These traits are heavily influenced by cultural, social, and environmental factors rather than being solely inborn. From a young age, individuals learn gender roles and expectations through socialization processes, including family upbringing, education, media exposure, and peer interactions. These experiences shape their understanding of what behaviours, attitudes, and attributes are considered masculine or feminine within their specific cultural context.

#### 8. (c) volatility

Explanation: Compared to close friendships, romantic relationships are characterized by greater volatility. Romantic relationships often involve intense emotions and a higher degree of passion, which can lead to more frequent and dramatic fluctuations in mood and behaviour. These relationships may experience more significant ups and downs due to the intense emotional investment and the complexities of romantic love, which can include jealousy, possessiveness, and higher stakes in terms of personal commitment and expectations.

#### 9. (a) the fight or flight response

Explanation: An alternative explanation to Selye's general adaptation syndrome (GAS) for explaining the body's reaction to stress is the fight or flight response. This response, first described by Walter Cannon, is an immediate physiological reaction to a perceived threat, preparing the body to either confront or flee from the danger. It involves the activation of the sympathetic nervous system, resulting in increased heart rate, blood pressure, and the release of adrenaline. This contrasts with GAS, which describes a three-stage process (alarm, resistance, and exhaustion) that the body undergoes in response to prolonged stress.

#### 10. (b) personal distress

## Answer Key

Explanation: A major factor in determining whether someone has a psychological disorder is the presence of personal distress. Psychological disorders often involve significant emotional or psychological distress that impairs functioning or well-being. This distress may manifest as feelings of sadness, anxiety, fear, or other negative emotions that cause significant discomfort or impairment in daily life. While interpersonal conflicts, lack of behavior, and anxiety can be associated with psychological disorders, the presence of personal distress is a key criterion for diagnosis and assessment.

### 11. (b) our positive qualities

Explanation: According to self-enhancement theory, individuals are more likely to welcome positive feedback about their positive qualities. This theory suggests that people have a natural tendency to seek out and emphasize positive information about themselves while downplaying or ignoring negative information. Therefore, positive feedback about one's positive qualities is more likely to be welcomed and internalized, as it supports and enhances one's self-image and self-esteem.

### 12. (d) may require action

Explanation: The most helpful way of handling personal criticism is to regard it as something that may require action. Criticism can provide valuable insights into areas where improvement may be needed, so it's important to consider it constructively. Rather than immediately dismissing criticism or becoming defensive, being open to the possibility that there may be valid points raised can lead to personal growth and development. This approach allows individuals to reflect on the feedback received and decide if any action needs to be taken to address the concerns raised.

### 13. (a) reactance

Explanation: When we feel our personal freedom has been restricted, we experience reactance. Reactance is a psychological phenomenon characterized by an emotional reaction in response to perceived threats to one's freedom or autonomy. It involves feelings of resistance, defiance, or anger towards attempts to limit one's choices or behaviors. Reactance can lead individuals to assert their independence or engage in behaviors aimed at restoring their perceived freedom.

### 14. (a) biological factors

Explanation: Differences in sensation-seeking motives are thought to be partly dependent on biological factors. Sensation-seeking behavior is believed to be influenced by genetic predispositions and neurobiological processes that affect individuals' thresholds for stimulation and arousal. These biological factors can include variations in neurotransmitter

systems, brain structure, and genetic traits that contribute to differences in sensation-seeking tendencies among individuals. While environmental factors such as education, intelligence, and social class may also play a role, biological factors are considered primary in shaping sensation-seeking behavior.

15. (d) like that person

Explanation: The more familiar we become with a person, the more we tend to like that person. This phenomenon is known as the mere exposure effect, where repeated exposure to a stimulus (such as a person) leads to increased familiarity and, subsequently, increased liking or preference for that stimulus. As we spend more time with someone and get to know them better, we often develop positive feelings towards them, leading to increased liking and rapport. This effect is commonly observed in various social contexts and plays a significant role in the formation and maintenance of relationships.

16. (c) wheel

Explanation: An example of a centralized group communication network is a wheel. In a wheel network, all communication flows through a central individual or hub, who acts as a focal point for communication within the group. This central person serves as a liaison, relaying messages between other group members. The wheel network is characterized by its centralized structure, where information exchange primarily occurs through the central individual rather than directly between all group members.

17. (d) attitudes toward each other

Explanation: The most important part of sexual communication is the partners' attitudes toward each other. Effective sexual communication relies heavily on trust, mutual respect, and openness between partners. Positive attitudes toward each other create a supportive and safe environment for discussing sexual preferences, desires, concerns, and boundaries. Without a foundation of trust and respect, sexual communication may be hindered or ineffective, leading to misunderstandings, dissatisfaction, or even conflicts within the relationship. Therefore, fostering positive attitudes and emotional intimacy between partners is essential for healthy sexual communication.

18. (d) neutrality

Explanation: A couple in a long-term relationship characterized by intimacy and commitment but little or no passion would likely exhibit neutrality. In this context, neutrality refers to a state where there is neither strong positive nor negative emotional arousal. While the absence of passion may lead to a lack of excitement or intensity in the

## Answer Key

relationship, the presence of intimacy and commitment suggests a stable and relatively harmonious connection between the partners. As a result, the couple may experience a sense of neutrality in their interactions, lacking the extreme emotional highs or lows often associated with passionate relationships.

### 19. (c) repression

Explanation: The unconscious blocking of unacceptable ideas or feelings from consciousness is called repression. Repression involves pushing distressing or threatening thoughts, emotions, or memories into the unconscious mind, where they are inaccessible to conscious awareness. This defense mechanism helps individuals cope with psychological distress by keeping disturbing material out of conscious awareness, but it can also lead to psychological symptoms or problems when unresolved conflicts resurface in other ways.

### 20. (b) Generalized anxiety disorder

Explanation: A chronic state of free-floating anxiety is often the main symptom in generalized anxiety disorder (GAD). GAD is characterized by excessive, uncontrollable worry and anxiety about various aspects of life, such as work, relationships, health, or finances, without a specific trigger or cause. Individuals with GAD often experience persistent and excessive worrying that is difficult to control and may feel tense, irritable, or on edge. This chronic state of heightened anxiety can significantly impair daily functioning and quality of life.

### 21. (a) self-direction

Explanation: During the later stages of personal growth and therapy, people often experience a heightened sense of self-direction. As individuals progress in therapy and work towards personal growth, they gain greater clarity about their values, desires, and goals. This increased self-awareness empowers them to take more active control over their lives and make choices that align with their authentic selves. Self-direction involves the ability to set and pursue meaningful goals, make decisions independently, and navigate life's challenges with confidence and autonomy.

### 22. (c) animal fats

Explanation: People with high blood cholesterol tend to eat a lot of food with animal fats. Consuming high amounts of saturated and trans fats, often found in animal products such as meat, dairy, and certain processed foods, can contribute to elevated levels of cholesterol in the bloodstream. These fats can increase low-density lipoprotein (LDL) cholesterol, commonly known as "bad" cholesterol, which is associated with an increased risk of heart

disease and other cardiovascular problems. Therefore, reducing intake of foods high in animal fats is often recommended for managing cholesterol levels and promoting heart health.

23. (d) regret

Explanation: A common phenomenon after a decision has been made is the experience of regret. Regret is an emotional response characterized by feelings of disappointment, sorrow, or remorse over a past decision or action. It often arises when individuals perceive that they have made a wrong choice or missed out on a better alternative. Regret can occur regardless of whether the decision resulted in positive or negative outcomes, as individuals may dwell on the potential consequences of choosing differently. Regret can serve as a valuable learning experience, prompting reflection and potentially influencing future decision-making processes.

24. (c) high in expressiveness themselves

Explanation: People who are the most successful in interpreting nonverbal messages are often those who are high in expressiveness themselves. Expressive individuals tend to be more attuned to nonverbal cues and are skilled at decoding subtle facial expressions, body language, tone of voice, and other nonverbal signals. Their heightened sensitivity to nonverbal communication enables them to accurately interpret others' emotions, intentions, and attitudes, contributing to their effectiveness in social interactions and interpersonal relationships.

25. (c) comply

Explanation: When people issue a request for us to do something, they are actually requesting that we comply. Compliance involves following someone's request or directive, typically in response to authority, social norms, or interpersonal expectations. Compliance does not necessarily imply blind obedience but rather a willingness to adhere to the wishes or instructions of others in a given situation. Compliance can be influenced by various factors such as the relationship between the requester and the person being asked, the perceived legitimacy of the request, and social pressures.

26. (c) negotiation

Explanation: A desirable way of handling stress that involves mutual accommodation among all the participants is negotiation. Negotiation is a constructive approach to resolving conflicts or addressing stressful situations by seeking mutually acceptable solutions through communication, compromise, and collaboration. In negotiation, all

## Answer Key

parties involved engage in open dialogue, express their needs and concerns, and work together to find a resolution that satisfies everyone involved. This approach promotes understanding, respect, and cooperation among participants, leading to more effective stress management and positive outcomes.

### 27. (c) public speaking

Explanation: An example of a social phobia is someone with an intense fear of public speaking. Social phobia, also known as social anxiety disorder, is characterized by a persistent fear of social situations or performance situations where one is exposed to unfamiliar people or scrutiny by others. Public speaking is a common trigger for social phobia, as it involves speaking or performing in front of others, often in a formal or public setting. Individuals with social phobia may experience extreme anxiety, self-consciousness, and avoidance behavior in anticipation of or during social or performance situations, which can significantly impair their daily functioning and quality of life.

### 28. (d) fear of loss

Explanation: Jealousy is a blend of emotions predominated by the fear of loss. When individuals experience jealousy, they often feel anxious or insecure about the possibility of losing someone or something they value, such as a romantic partner or a possession. This fear of loss can stem from various factors, including perceived threats to the relationship or feelings of inadequacy or insecurity. Jealousy can also involve other emotions such as anger, sadness, or resentment, but at its core, it is often driven by the underlying fear of losing what is important to oneself.

### 29. (a) self-disclosure

Explanation: The process of revealing intimate information about ourselves is called self-disclosure. Self-disclosure involves sharing personal thoughts, feelings, experiences, or information with others, typically in a trusting and reciprocal manner. It can deepen interpersonal connections, foster intimacy, and build trust in relationships. Self-disclosure differs from bragging, which involves excessively boasting about one's achievements or abilities, and attribution, which refers to the process of assigning causes to behavior or events. While self-disclosure may sometimes involve aspects of attribution or sharing accomplishments, it primarily focuses on sharing personal experiences and emotions.

### 30. (b) antisocial personality disorder

Explanation: People who have a history of chronic disregard for the rights of others probably have antisocial personality disorder. This disorder is characterized by a pervasive

pattern of disregard for and violation of the rights of others, as well as a lack of empathy and remorse. Individuals with antisocial personality disorder may engage in behaviors such as lying, manipulation, impulsivity, aggression, and disregard for social norms and rules. This pattern of behavior often begins in childhood or adolescence and continues into adulthood, causing significant impairment in social, occupational, or other areas of functioning. Schizophrenia, bipolar disorder, and multiple personality disorder (now known as dissociative identity disorder) involve different symptoms and diagnostic criteria than those associated with chronic disregard for others' rights.

31. (d) Understanding and building human strengths and virtues.

Explanation: The primary focus of positive psychology is understanding and building human strengths and virtues. Positive psychology emphasizes the study of positive emotions, character strengths, resilience, and overall well-being, with the goal of enhancing human flourishing and fulfillment. Unlike traditional psychology, which often focuses on pathology and treating mental illness, positive psychology aims to explore what makes life worth living and how individuals can thrive and reach their full potential. It seeks to identify factors that contribute to happiness, resilience, and optimal functioning, and to develop interventions and practices that promote positive outcomes and improve quality of life.

32. (b) Mismatch between modern environments and ancestral adaptations.

Explanation: According to David Buss, one of the reasons why positive states of mind can be elusive is the mismatch between modern environments and ancestral adaptations. Buss suggests that the human mind and behavior are shaped by evolutionary processes that occurred in ancestral environments, which were very different from the modern world. As a result, certain aspects of modern life, such as technological advancements, social structures, and cultural norms, may not align well with our evolved psychological mechanisms, leading to stress, dissatisfaction, and psychological challenges. This mismatch can contribute to difficulties in achieving and maintaining positive states of mind in contemporary society.

33. (c) Optimism

Explanation: Optimism is characterized by cognitive, emotional, and motivational components and is associated with better moods and perseverance. Optimistic individuals tend to have positive expectations about the future, which influences their thoughts, feelings, and behaviors. This positive outlook helps them maintain better moods and increases their resilience and perseverance when facing challenges. Optimism encourages adaptive coping strategies, promotes well-being, and can lead to improved physical and mental health outcomes.

## Answer Key

34. (a) The emphasis on autonomy and individual choice.

Explanation: The central perspective of self-determination theory discussed by Ryan and Deci is the emphasis on autonomy and individual choice. Self-determination theory posits that human well-being and optimal functioning are fostered when individuals experience autonomy (the feeling of being in control of one's own behavior and goals), competence (the feeling of being effective in one's activities), and relatedness (the feeling of connection and belonging with others). Autonomy and individual choice are crucial for intrinsic motivation and psychological health, according to this theory.

35. (b) A sense of psychological tyranny and excessive freedom.

Explanation: According to Schwartz (2000), an excessive emphasis on autonomy and individual choice in our culture can result in a sense of psychological tyranny and excessive freedom. Schwartz argues that while having choices can be empowering, too many choices can lead to decision paralysis, increased anxiety, and dissatisfaction. This phenomenon, known as the "paradox of choice," suggests that an abundance of options can overwhelm individuals, making it difficult to make decisions and potentially leading to regret and decreased well-being.

36. (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

Explanation: Both the assertion and the reason are true, and the reason provided by Shelley Taylor and her collaborators explains why unrealistically optimistic beliefs about the future can protect individuals from illness and have important implications for health and well-being. Taylor's research shows that optimism can lead to better health outcomes, as it encourages health-promoting behaviours and helps individuals enlist social support, which are crucial for managing and coping with life-threatening diseases. This supports the idea that optimistic beliefs can have protective effects on health.

37. (c) Momentary happiness can be different from long-lasting well-being.

Explanation: Momentary happiness, which refers to short-term feelings of joy or pleasure, can be different from long-lasting well-being, which encompasses a more enduring sense of life satisfaction, purpose, and overall fulfillment. While momentary happiness can contribute to long-lasting well-being, it is not the only factor. Long-lasting well-being also depends on deeper aspects such as personal values, meaningful relationships, personal growth, and a sense of achievement. Therefore, while momentary happiness can enhance one's overall well-being, it does not solely determine it.

38. (d) People become unhappy.

Explanation: When the pursuit of what makes people happy in small doses is taken to an extreme, people can become unhappy. This phenomenon is often due to the point of diminishing returns, where the initial pleasure or happiness derived from an activity or experience decreases with repetition or excess. Overindulgence can lead to negative consequences such as boredom, dissatisfaction, or even negative health and psychological effects. Balancing and moderating the pursuit of pleasurable activities is essential for maintaining overall well-being and happiness.

39. (b) They have reasonable ideas about the neurochemistry and pharmacology of negative states.

Explanation: Psychologists and neuroscientists have reasonable ideas about the neurochemistry and pharmacology of negative states like depression and schizophrenia. Research has identified various neurotransmitters, such as serotonin, dopamine, and norepinephrine, that play crucial roles in mood regulation and are often implicated in these conditions. For example, depression is commonly associated with imbalances in serotonin and norepinephrine, while schizophrenia is linked to dysregulation of dopamine pathways. Understanding these neurochemical foundations has led to the development of pharmacological treatments, such as antidepressants and antipsychotic medications, which aim to correct these imbalances and alleviate symptoms.

40. (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

Explanation: Both the assertion and the reason are true, and the reason provided by Peter Salovey and his coauthors explains why positive emotions, such as optimism and hope, have preventive and therapeutic effects on health. Positive emotions can influence cognitive factors by promoting a more optimistic outlook and better coping strategies. They can also affect physiological factors by reducing stress responses and improving immune function. By substituting positive emotions for negative ones, individuals can experience both direct benefits (such as reduced stress and improved physiological functioning) and indirect benefits (such as increased motivation for engaging in health-promoting behaviors and utilizing psychological and social resources more effectively). Thus, the reason correctly explains the assertion.

41. (c) Pleasure is derived from homeostatic needs, and enjoyment comes from breaking through limits.

Explanation: Pleasure and enjoyment are distinct types of positive experiences. Pleasure is derived from satisfying homeostatic needs, such as eating, drinking, and resting, which

## Answer Key

provide immediate and often short-lived satisfaction. Enjoyment, on the other hand, comes from engaging in activities that challenge us and allow us to break through our perceived limits, leading to a sense of accomplishment and growth. Enjoyment is often associated with a deeper and more lasting sense of fulfillment and is linked to activities that require skill, creativity, or effort. This distinction highlights that while both pleasure and enjoyment contribute to positive experiences, they arise from different sources and have different impacts on our well-being.

42. (b) They choose pleasure.

Explanation: When given a choice between pleasure and enjoyment, most people tend to opt for pleasure. Pleasure involves immediate, easily attainable, and often passive experiences that satisfy basic desires and needs, such as eating delicious food or relaxing. These experiences provide quick gratification with minimal effort. Enjoyment, while more deeply fulfilling and associated with personal growth, often requires active engagement, effort, and overcoming challenges, which can make it less immediately appealing. As a result, people often gravitate toward pleasure for its immediate rewards and simplicity.

43. (c) Some hedonic rewards tend to be zero-sum when viewed from a systemic perspective.

Explanation: The relationship between individual and collective well-being can be complex, and some hedonic rewards tend to be zero-sum when viewed from a systemic perspective. This means that certain benefits or gains for individuals may come at the expense of collective well-being or vice versa. For example, individual actions that maximize personal pleasure or satisfaction, such as excessive consumption of resources or pursuit of self-interest without regard for others, can have negative consequences for the broader community or environment. Similarly, efforts to promote collective well-being, such as implementing policies for social justice or environmental sustainability, may require individuals to make sacrifices or forego some personal benefits. Therefore, while individual and collective well-being are interconnected, their relationship is not always straightforward, and trade-offs may exist between them.

44. (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

Explanation: Both the assertion and the reason are true, and the reason provided explains the mission of positive psychology. The mission of positive psychology is indeed to understand and foster the factors that allow individuals, communities, and societies to flourish. Positive emotions, such as happiness, joy, and gratitude, are markers of flourishing and are central to the goals of positive psychology. Therefore, positive emotions serve as indicators of well-being and fulfillment, which align with the ultimate end state of positive

psychology. Thus, the reason correctly explains the assertion.

45. (d) Affect is a broader concept than emotions.

Explanation: The primary difference between emotions and affect is that affect is a broader concept than emotions. Affect refers to the general quality of subjective experience, encompassing both emotions (such as happiness, sadness, anger) and mood (a more diffuse and longer-lasting emotional state). Affect represents the overall tone or valence of subjective experience, ranging from positive to negative. Emotions, on the other hand, are discrete, specific, and brief psychological and physiological responses to personally meaningful circumstances or events. While affect includes emotions, it also encompasses other aspects of subjective experience beyond discrete emotional states.

46. (c) Positive emotions broaden thought-action repertoires and build personal resources.

Explanation: The central idea of the broaden-and-build theory of positive emotions is that positive emotions broaden individuals' thought-action repertoires and build personal resources over time. According to this theory proposed by Barbara Fredrickson, positive emotions serve to broaden individuals' momentary thought-action repertoires, enabling them to consider a wider range of possibilities and actions. This broadening effect facilitates cognitive flexibility, creativity, and problem-solving abilities. Furthermore, over time, the cumulative effect of experiencing positive emotions is the building of personal resources, such as resilience, social connections, and psychological well-being. These resources, in turn, enhance individuals' capacity to cope with stress, navigate challenges, and thrive in various aspects of life.

47. d) Fear

Explanation: Fear is not a positive emotion mentioned in the broaden-and-build theory. The theory focuses on positive emotions such as joy, interest, contentment, gratitude, and love, which are believed to broaden individuals' thought-action repertoires and build personal resources. Fear, on the other hand, is considered a negative or unpleasant emotion associated with threat detection and self-preservation. While fear serves an adaptive function in certain situations, it does not align with the central premise of the broaden-and-build theory, which emphasizes the beneficial effects of positive emotions on well-being and personal growth.

48. (c) They build enduring personal resources that can be used in the future.

Explanation: Broadened thought-action repertoires triggered by positive emotions have indirect and long-term adaptive benefits because they build enduring personal resources

## Answer Key

that can be used in the future. According to the broaden-and-build theory, positive emotions broaden individuals' momentary thought-action repertoires, enabling them to consider a wider range of possibilities and actions. Over time, the cumulative effect of experiencing positive emotions is the building of personal resources, such as resilience, social connections, and psychological well-being. These resources provide individuals with the capacity to cope with stress, navigate challenges, and thrive in various aspects of life over the long term. Therefore, the indirect and long-term adaptive benefits of broadened thought-action repertoires lie in the cultivation of these enduring personal resources.

49. (c) An increase in personal resources that can be drawn on later.

Explanation: The ultimate outcome of the often-incident effect of experiencing a positive emotion is an increase in personal resources that can be drawn on later. According to the broaden-and-build theory of positive emotions, positive emotions broaden individuals' thought-action repertoires in the moment, leading to the accumulation of personal resources over time. These resources include psychological, social, and physical resources, such as resilience, social support networks, and skills. Drawing on these accumulated resources enhances individuals' ability to cope with stress, navigate challenges, and thrive in various aspects of life in the future. Therefore, experiencing positive emotions has a long-term beneficial effect on well-being by increasing the reservoir of personal resources available to individuals.

50. b) Because emotions are always about personally meaningful circumstances.

Explanation: Some researchers argue that emotions are but a subset of affective phenomena because emotions are always about personally meaningful circumstances. Emotions involve specific psychological and physiological responses to personally relevant stimuli or events, such as joy in response to achieving a goal or fear in response to a threat. In contrast, affective phenomena encompass a broader range of subjective experiences, including emotions, moods, and feelings. While emotions are discrete, specific, and typically short-lived, affective experiences such as mood may be more diffuse and longer-lasting. Therefore, emotions are considered a subset of affective phenomena because they represent a specific type of affective experience tied to personally meaningful contexts.

51. (a) Building physical resources

Explanation: Building physical resources is not typically mentioned as a benefit of play associated with joy. While play can certainly have physical benefits, such as improving coordination or fitness, the primary focus of play associated with joy often revolves around its social, emotional, and cognitive benefits. Play is known to foster social bonds, increase

levels of creativity, and encourage theory of mind, which is the ability to understand and attribute mental states to oneself and others. These aspects of play contribute to overall well-being and development, but building physical resources is not typically emphasized as a primary benefit of play associated with joy.

52. (b) Isen and colleagues

Explanation: Experiments conducted by Isen and colleagues have shown that people experiencing positive affect exhibit flexible and creative thinking patterns. Isen’s research has demonstrated that positive emotions, such as happiness and joy, broaden individuals’ cognitive repertoires, leading to increased flexibility in thinking, problem-solving, and creativity. These findings support the broaden-and-build theory of positive emotions, which proposes that positive emotions broaden individuals’ thought-action repertoires and build personal resources over time.

53. (b) It narrows them.

Explanation: Negative emotion typically narrows thought-action repertoires. When individuals experience negative emotions such as fear, anxiety, or sadness, their focus tends to narrow, becoming more fixated on the perceived threat or source of distress. This narrowing effect can restrict cognitive flexibility and limit the range of possible actions or solutions that individuals consider. In contrast, positive emotions, such as joy or gratitude, broaden thought-action repertoires, leading to increased cognitive flexibility and creativity. This distinction highlights the differential impact of positive and negative emotions on individuals’ cognitive processes and problem-solving abilities.

54. (c) Positive emotions can partially reverse the lingering effects of negative emotions.

Explanation: The “undoing hypothesis” suggests that positive emotions can partially reverse the lingering effects of negative emotions. According to this hypothesis proposed by Barbara Fredrickson, positive emotions serve as antidotes to negative emotions, helping individuals recover from or mitigate the physiological and psychological consequences of experiencing negative emotions. Positive emotions broaden thought-action repertoires and build personal resources, which can counteract the narrowing and depleting effects of negative emotions. While positive emotions may not completely erase negative emotions, they can help restore individuals’ well-being and resilience by providing a buffer against the detrimental effects of negative emotional experiences.

55. (a) By inducing a high-activation negative emotion in participants and measuring their cardiovascular reactions.

## Answer Key

Explanation: The study by Fredrickson and Levenson tested the undoing hypothesis by inducing a high-activation negative emotion in participants and measuring their cardiovascular reactions. Specifically, participants were exposed to a stress-inducing film clip to elicit negative emotions such as fear or anger. Subsequently, participants were exposed to stimuli designed to elicit positive emotions, such as amusement or contentment. By measuring participants' cardiovascular responses, such as heart rate variability, Fredrickson and Levenson examined whether positive emotions following the induction of negative emotions could reverse the physiological arousal associated with the negative emotional state. This experimental design allowed them to investigate whether positive emotions have an undoing effect on the physiological consequences of negative emotions, thus providing empirical support for the undoing hypothesis.

### 56. a) Joy and contentment

Explanation: In the study by Fredrickson and Levenson, joy and contentment were found to be effective in undoing the cardiovascular effects of negative emotions. After inducing negative emotions in participants through a stress-inducing film clip, subsequent exposure to stimuli designed to elicit joy and contentment helped reverse the physiological arousal associated with the negative emotional state. This finding supported the undoing hypothesis, which suggests that positive emotions can partially reverse the lingering effects of negative emotions, particularly in terms of physiological responses.

### 57. (c) Respiratory patterns

Explanation: Respiratory patterns are a marker of the specific action tendencies associated with negative emotions. When individuals experience negative emotions such as fear or anxiety, their respiratory patterns may change, typically becoming more rapid and shallow. These alterations in breathing patterns are part of the body's physiological response to prepare for potential threat or danger. Conversely, during positive emotions, respiratory patterns may become more relaxed and regular. Therefore, changes in respiratory patterns serve as a marker of the specific action tendencies associated with different emotional states.

### 58. b) Relaxation techniques may reduce blood pressure by capitalizing on the broadening and undoing effects of contentment.

Explanation: One possible application of the broaden-and-build theory in the context of physical health is that relaxation techniques may reduce blood pressure by capitalizing on the broadening and undoing effects of contentment. According to the broaden-and-build theory, positive emotions such as contentment broaden individuals' thought-action repertoires and build personal resources over time. Additionally, positive emotions have

been shown to partially reverse the physiological effects of stress and negative emotions. Therefore, relaxation techniques that induce feelings of contentment and other positive emotions may help individuals manage stress and promote cardiovascular health by reducing blood pressure and counteracting the detrimental effects of chronic stress on the body.

59. (c) (A) is true, but (R) is false.

Explanation: Assertion (A) is true. The broaden-and-build theory indeed suggests that positive emotions play a crucial role in psychological resilience. According to the theory, positive emotions broaden individuals' momentary thought-action repertoires and build personal resources over time, which contributes to resilience in the face of adversity.

Reason (R) is false. Positive emotions do not contribute to cardiovascular activation and anxiety. In fact, positive emotions have been associated with cardiovascular benefits, such as reduced heart rate and blood pressure, and they are known to counteract the physiological effects of stress and negative emotions. Additionally, positive emotions are typically associated with lower levels of anxiety, as they promote relaxation and a sense of well-being.

60. c) Addressing the limitations of current research methodologies.

Explanation: One of the challenges anticipated to occupy the field of positive psychology in the next decade or two is addressing the limitations of current research methodologies. While positive psychology has made significant strides in understanding the factors that contribute to well-being and flourishing, there are still limitations in the methodologies used to study positive emotions, interventions, and outcomes. These limitations may include issues related to research design, measurement tools, and replication of findings. Addressing these methodological challenges will be crucial for advancing the field and ensuring the validity and reliability of research findings in positive psychology.

61. c) Relationships

Explanation: According to Seligman's model of Happiness, creating social connections refers to the drive related to relationships. Seligman's model, known as the PERMA model, identifies five essential elements of well-being: Positive emotions, Engagement, Relationships, Meaning, and Accomplishment. Within this framework, relationships encompass the importance of social connections, such as friendships, family bonds, and community involvement, in contributing to overall happiness and well-being. Therefore, creating social connections falls under the drive related to relationships in Seligman's model.

## Answer Key

62. b) Well-being, contentment, and satisfaction.

Explanation: Valued subjective experiences at the subjective level of positive psychology include well-being, contentment, and satisfaction. These experiences reflect positive states of mind and emotions that contribute to overall happiness and flourishing.

63. c) To offer broad overviews with cross-disciplinary links and practical applications.

Explanation: The primary goal of the 15 articles in this special issue of the *American Psychologist* is to offer broad overviews with cross-disciplinary links and practical applications. These articles aim to provide comprehensive insights into various aspects of positive psychology while also exploring their intersections with other disciplines and real-world applications. This approach allows for a deeper understanding of positive psychology's theoretical foundations, empirical findings, and implications for enhancing well-being and human flourishing across different domains of life.

64. (c) As self-organizing, self-directed, and adaptive entities.

Explanation: In the articles discussing the positive personality, human beings are portrayed as self-organizing, self-directed, and adaptive entities. This perspective emphasizes the dynamic nature of personality and the capacity for growth, change, and adaptation over time. It highlights individuals' active role in shaping their own personalities through their thoughts, behaviors, and experiences. This portrayal aligns with contemporary theories in positive psychology that emphasize the potential for personal development, resilience, and well-being through self-directed efforts and adaptive responses to life's challenges and opportunities.

65. a) Survival and adaptation to the environment.

Explanation: According to Fausto Massimini and Antonella Delle Fave, psychological selection in the context of psychological and cultural evolution is primarily driven by survival and adaptation to the environment. This perspective aligns with evolutionary theories, which suggest that individuals and cultures evolve in response to environmental challenges and opportunities. Psychological selection involves the retention and transmission of traits, behaviors, and cultural practices that enhance survival and reproductive success, thereby shaping human psychology and culture over time.

66. (c) Cognitive, emotional, and motivational components.

Explanation: According to Christopher Peterson, optimism involves cognitive, emotional, and motivational components. Optimism encompasses positive expectations about the

future (cognitive), feelings of hope and confidence (emotional), and the motivation to persist in the face of challenges (motivational). These components work together to foster resilience, enhance well-being, and facilitate adaptive coping strategies.

67. (b) A belief in the importance of traditional values.

Explanation: David Myers is known for emphasizing traditional values, such as strong personal relationships, gratitude, and altruism, as important factors contributing to happiness. His perspective integrates the importance of maintaining these values to enhance personal well-being and happiness.

68. (c) The need for autonomy, competence, and belongingness.

Explanation: Richard Ryan and Edward Deci propose that three fundamental human needs significantly influence personal well-being and social development. These needs are autonomy, competence, and belongingness. Autonomy refers to the innate desire for self-determination and the ability to make choices that align with one's values and interests. Competence involves the need to feel effective and capable in one's pursuits, to master challenges, and to experience a sense of accomplishment. Belongingness encompasses the desire for meaningful connections with others, including close relationships, social support, and a sense of belonging to a community or group. Ryan and Deci argue that satisfying these psychological needs is essential for individuals to experience optimal well-being, motivation, and growth.

69. (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Explanation: While both the assertion and the reason are true, the reason provided does not directly explain why positive emotions have a physiological effect that slows down the course of illness. Positive emotions can indeed lead to healthier lifestyles and better immune responses, but this is not solely due to the inverse correlation between positive and negative emotions. The physiological effects of positive emotions on illness involve complex mechanisms beyond just the absence of negative emotions. Therefore, while positive and negative emotions may be inversely correlated, this does not fully explain the direct physiological effects of positive emotions on illness.

70. (c) A complex model of wisdom as a cognitive and motivational heuristic.

Explanation: The "Berlin wisdom paradigm," as described by Paul Baltes and Ursula Staudinger, is a comprehensive model that seeks to understand wisdom as a cognitive and motivational heuristic. This paradigm encompasses various components such as knowledge, judgment, and emotional regulation, all of which contribute to wise decision-

## Answer Key

making and behaviour. It views wisdom as a multifaceted construct that involves not only cognitive abilities but also motivational aspects, highlighting the importance of values, life experiences, and personal goals in the development of wisdom.

### 71. c) One-third

Explanation: According to the research by David Lubinski and Camilla Benbow, more than one-third of the total ability range is found within the top 1% of intellectual ability. This suggests that individuals within the top percentile demonstrate a significant portion of the overall cognitive diversity and talent present in the population.

### 72. d) Tal Ben-Shahar

Explanation: Tal Ben-Shahar, a prominent positive psychologist and author, emphasized the importance of meaningful relationships in contributing to happiness and well-being. He highlighted that when individuals are surrounded by people with whom they can share thoughts and feelings about life events, life becomes meaningful, and feelings of sadness are reduced. This idea underscores the significance of social connections and emotional support in enhancing life satisfaction and happiness.

### 73. d) What are their neurochemistry and anatomy?

Explanation: The key question regarding these aspects of human experience revolves around understanding their neurochemistry and anatomy. This inquiry seeks to explore the physiological underpinnings of phenomena such as flow, good cheer, realism, future-mindedness, resistance to temptation, courage, and rational or flexible thinking. By investigating the neurochemical processes and brain structures associated with these experiences, researchers aim to uncover the biological mechanisms that underlie human behaviour, cognition, and emotion. This understanding can provide insights into how these aspects of human experience arise and function, ultimately contributing to advancements in fields such as neuroscience, psychology, and psychiatry.

### 74. (a) Alfred Adler

Explanation: Alfred Adler, a renowned psychologist and the founder of individual psychology, believed in the concept of striving for superiority or self-actualization. He posited that individuals are fundamentally motivated to achieve higher goals for their own betterment. According to Adler, this striving for superiority is innate to human nature and drives individuals to overcome feelings of inferiority and pursue personal growth and fulfillment. Adler emphasized the importance of understanding an individual's subjective experiences, perceptions, and goals in therapy and in comprehending human behavior.

His theories have greatly influenced modern psychology and counseling, particularly in emphasizing the significance of motivation, goal setting, and personal development in human life.

#### 75. (a) Work phase

Explanation: In Enright's model of psychological forgiveness, the work phase is indeed where individuals gain a cognitive understanding of the offender in a new light that brings a positive change in their view about the offender, themselves, and the relationship. This phase involves actively engaging in the forgiveness process, which includes efforts toward understanding, compassion, accepting the pain, and ultimately giving the offender a gift of forgiveness.

#### 76. c) Positive emotions signal flourishing.

Explanation: Positive emotions play a significant role in positive psychology as they are often seen as indicators of flourishing or overall well-being. In positive psychology, positive emotions are not merely fleeting states but are viewed as essential components of a fulfilling and meaningful life. They contribute to resilience, creativity, social connections, and overall psychological and physical health. Therefore, positive emotions are considered signals of thriving and flourishing rather than just markers of suffering or short-term well-being.

#### 77. d) Positive Emotions, Engagement, Relationships, Meaning, Achievement

Explanation: PERMA is an acronym coined by Martin Seligman, the founder of positive psychology, to represent the five essential elements of well-being and flourishing.

**Positive Emotions:** Refers to experiencing feelings of happiness, joy, gratitude, and contentment. These positive emotions contribute to overall well-being and enhance life satisfaction.

**Engagement:** Refers to being fully immersed and absorbed in activities that are meaningful and enjoyable. When individuals experience engagement, they often enter a state of flow, where they are fully focused and energized by the task at hand.

**Relationships:** Highlight the importance of social connections and meaningful relationships in fostering well-being. Positive relationships with family, friends, and community members provide support, companionship, and a sense of belonging.

**Meaning:** Refers to having a sense of purpose and direction in life. Meaningful activities, values, and goals give individuals a sense of fulfillment and contribute to a sense of meaning and purpose in life.

**Achievement:** Involves setting and pursuing goals, overcoming obstacles, and experiencing a sense of accomplishment. Achievements, whether big or small, contribute to a sense of

## Answer Key

competence and self-efficacy, enhancing overall well-being.

78. (a) 120 unidentifiable abilities.

Explanation: Guilford's formation of intellect model proposes 120 independent abilities, which were later extended to 150 different mental capacities. These abilities are organized along three dimensions: operations, content, and products.

79. c) Jealousy

Explanation: Jealousy is not typically considered a character strength; rather, it is often regarded as a negative emotion or trait. Character strengths like zest, kindness, and love of learning are generally associated with positive attributes and virtues.

80. a) Permanence, Pervasiveness, Personalisation

Explanation: Seligman refers to three facets of optimism versus pessimism: Permanence (whether an event is seen as temporary or permanent), Pervasiveness (whether the event affects all areas of life or only specific ones), and Personalization (whether the individual attributes the cause of the event to internal or external factors). These three dimensions help to understand the different ways people interpret and respond to events in their lives.

81. d) Being totally absorbed and engrossed in something

Explanation: The 'flow state' refers to a state of optimal experience where individuals are fully immersed and absorbed in an activity, to the point where they lose track of time and self-consciousness. It typically occurs when the challenge of the task matches the individual's skill level, leading to a sense of deep enjoyment and fulfillment.

82. c) Positive emotions lack specific action tendencies.

Explanation: Positive emotions generally lack specific action tendencies compared to negative emotions. While negative emotions like fear or anger often trigger specific action tendencies such as fight or flight responses, positive emotions like joy or gratitude are more open-ended and can lead to various behaviours depending on the context and individual preferences.

83. c) humanistic

Explanation: Within psychology's recent history, humanistic psychology has been one of the stronger voices for a more positive approach to the study of human behaviour. Humanistic psychology emphasizes human potential, personal growth, and the importance of subjective experiences such as happiness and fulfillment.

84. a) overall, very weak except for the very poor.

Explanation: One of the more noteworthy findings of survey researchers studying subjective well-being or happiness is that the connection between money and happiness is overall very weak, except for the very poor. While money can contribute to satisfaction with life to some extent, once basic needs are met, additional income has diminishing returns in terms of increasing happiness.

85. (d) pleasure/happiness and meaning/personal expressiveness.

Explanation: The difference between hedonic and eudaimonic conceptions of happiness lies in the focus of pleasure/happiness versus meaning/personal expressiveness. Hedonic happiness is centered around the pursuit of pleasure and the avoidance of pain, while eudaimonic happiness emphasizes living in accordance with one's values, personal growth, and the pursuit of meaningful goals.

86. a) God or a transcendent power.

Explanation: The word "daimon" in eudaimonia refers to a guiding spirit, divine power, or deity. Eudaimonia, often translated as "flourishing" or "well-being," encompasses the idea of living in a way that is aligned with one's true potential or divine purpose.

87. b) broadening thought-action repertoires, undoing the effects of negative emotions, building personal resilience resources, and creating an upward spiral of well-being.

Explanation: According to Fredrickson, positive emotions have four effects: broadening thought-action repertoires (expanding cognitive and behavioral possibilities), undoing the effects of negative emotions (counteracting the lingering effects of negative emotional experiences), building personal resilience resources (developing psychological resources to cope with adversity), and creating an upward spiral of well-being (leading to further positive emotions and greater overall well-being).

88. d) Positive emotions carry indirect and long-term adaptive benefits by building personal resources.

Explanation: Positive emotions trigger broadened thought-action repertoires that lead to indirect and long-term adaptive benefits by building personal resources. These resources help individuals cope with future challenges and promote resilience. In contrast, negative emotions may lead to more immediate responses but typically do not result in broadening thought-action repertoires or building long-term personal resources.

## Answer Key

89. c) The acquisition of personal resources during positive emotions has a lasting impact on individuals.

Explanation: Positive emotions, such as joy or gratitude, often lead to the acquisition of personal resources like resilience and coping skills. These resources, accumulated during positive emotional experiences, have a lasting impact on individuals. They contribute to cognitive flexibility, emotional resilience, and overall well-being, shaping how individuals respond to subsequent emotional states and life challenges. Unlike negative emotions, which may deplete resources, positive emotions typically lead to the growth and accumulation of personal resources, fostering long-term emotional and psychological well-being.

90. b) Research involving emotionally evocative film clips and participants' responses.

Explanation: Studies utilizing emotionally evocative film clips and observing participants' responses have provided empirical support for the hypothesis that distinct types of positive emotions broaden thought-action repertoires. These studies typically involve inducing specific positive emotions in participants and then assessing their cognitive flexibility and problem-solving abilities. The findings consistently demonstrate that experiencing positive emotions leads to expanded cognitive and behavioral repertoires, enhancing creativity, problem-solving skills, and flexibility in thinking.

91. b) Joy and contentment; they produced broader repertoires.

Explanation: In the experiment conducted with emotionally evocative film clips, joy and contentment were the types of positive emotions tested. The results showed that these positive emotions produced broader thought-action repertoires in participants. This means that experiencing joy and contentment expanded participants' cognitive and behavioral possibilities, enhancing their creativity, problem-solving skills, and flexibility in thinking.

92. b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Explanation: Assertion (A) correctly states that the precise cognitive and physiological mechanisms of the undoing effect of positive emotions on cardiovascular aftereffects remain unknown. This assertion is generally accepted as true in the scientific community. Reason (R) correctly states that broadening at the cognitive level mediates undoing at the cardiovascular level, which is supported by the broaden-and-build theory. However, while both statements are true, (R) is not the direct explanation of (A). The reason is that while broadening at the cognitive level is associated with the undoing effect at the cardiovascular level, the precise mechanisms linking these two phenomena remain unknown.

93. d) Positive emotions can build psychological resilience over time.

Explanation: According to the broaden-and-build theory, positive emotions have the capacity to broaden individuals' thought-action repertoires and build psychological resources such as resilience. Over time, the accumulation of these resources can enhance an individual's ability to cope with stress, adversity, and other challenges, leading to greater psychological resilience. Therefore, positive emotions are predicted to have a positive impact on psychological resilience, as they contribute to the development and strengthening of resilience-related resources.

94. c) personality

Explanation: An individual's unique constellation of consistent behavioral traits is known as personality. Personality encompasses various characteristics, including patterns of thinking, feeling, and behaving, that distinguish one person from another. It reflects enduring traits and tendencies that shape how individuals perceive and interact with the world around them. Personality traits are relatively stable over time and across different situations, providing a framework for understanding and predicting an individual's behavior. Therefore, personality is the correct term to describe an individual's consistent behavioral traits.

95. c) Duchenne smiles were related to greater health and happiness and more stable and satisfying marriages.

Explanation: Harker and Keltner's study found that Duchenne smiles, which involve the activation of the muscles around the eyes as well as the mouth, were related to greater health and happiness, as well as more stable and satisfying marriages, when observed in women's college yearbook photographs. This type of smile was associated with positive life outcomes even after 30 years.

96. c) Mihaly Csikszentmihalyi

Explanation: Mihaly Csikszentmihalyi is often considered the founder of positive psychology. He authored the book "Flow: The Psychology of Optimal Experience," which is a seminal work in the field. Csikszentmihalyi's research focused on the concept of flow, which refers to a state of optimal experience characterized by intense focus, deep engagement, and a sense of enjoyment during an activity. His work laid the foundation for positive psychology by highlighting the importance of studying positive experiences and subjective well-being. Therefore, Csikszentmihalyi is the psychologist associated with both the founding of positive psychology and the book "Flow."

## Answer Key

### 97. c) Flow

Explanation: The term for the state of being completely absorbed and immersed in an activity, to the point where time seems to pass quickly and one experiences a sense of joy and fulfillment, is “flow.” This concept was introduced by psychologist Mihaly Csikszentmihalyi and is characterized by intense focus, deep engagement, and a feeling of being in control. Flow is often associated with peak performance and optimal experience in various activities.

### 98. a) Perseverance and passion for long-term goals

Explanation: The concept of “grit,” introduced by psychologist Angela Duckworth, is associated with perseverance and passion for long-term goals. Grit entails the ability to persistently pursue goals despite facing obstacles, setbacks, and failures. It involves resilience, determination, and a commitment to achieving one’s objectives over an extended period. While mindfulness and meditation may contribute to overall well-being and emotional intelligence may enhance interpersonal relationships, grit specifically focuses on the combination of perseverance and passion in the pursuit of long-term goals.

### 99. b) Hedonic adaptation

Explanation: Hedonic adaptation refers to the tendency of individuals to adapt to positive or negative life events, eventually returning to a relatively stable level of happiness over time. This phenomenon suggests that people have a baseline level of happiness, often referred to as a “set point,” which they tend to revert to despite experiencing changes in their circumstances. Hedonic adaptation helps explain why major life events, such as winning the lottery or experiencing a setback, often have only temporary effects on an individual’s overall subjective well-being.

### 100. b) Gratitude

Explanation: Gratitude refers to the ability to savor and appreciate positive experiences, leading to increased well-being. When individuals practice gratitude, they focus on the positive aspects of their lives and express appreciation for the blessings they have received. Research has shown that cultivating a sense of gratitude can enhance subjective well-being, improve mood, and promote overall psychological health. Therefore, gratitude plays a significant role in increasing individuals’ sense of happiness and fulfillment.

### 101. b) Personal qualities that individuals value and frequently use

Explanation: The concept of “signature strengths,” as introduced by Martin Seligman, refers to personal qualities that individuals value and frequently use in their lives. These strengths represent the core characteristics of an individual’s personality and are often associated

with their deepest values and motivations. Unlike innate talents that may be present from birth or skills acquired through formal education, signature strengths are intrinsic qualities that individuals possess and develop over time through experience and personal growth. Identifying and leveraging one's signature strengths can lead to greater fulfillment, engagement, and well-being in various aspects of life.

#### 102. c) Purposeful living

Explanation: Purposeful living refers to the process of setting and working toward meaningful life goals that align with one's values and strengths. This involves identifying one's core values, passions, and strengths, and then setting goals that are in alignment with these aspects of oneself. Purposeful living is characterized by a sense of direction, meaning, and fulfillment derived from pursuing goals that are personally meaningful. It often leads to a greater sense of well-being, satisfaction, and overall life satisfaction. Therefore, purposeful living is the term that best describes the process of setting and working toward meaningful life goals.

#### 103. b) Experiencing a traumatic event

Explanation: The concept of "post-traumatic growth" suggests that individuals may experience positive changes and personal development after experiencing a traumatic event. Instead of avoiding challenging situations or suppressing emotions, individuals who have experienced trauma may undergo a process of psychological growth, resilience, and transformation. This can involve developing new perspectives, deeper personal insights, increased appreciation for life, enhanced relationships, and a greater sense of personal strength and resilience. Post-traumatic growth highlights the potential for positive outcomes following adversity, emphasizing the human capacity for resilience and adaptation in the face of trauma.

#### 104. a) Mindfulness

Explanation: In positive psychology, the term that describes the practice of deliberately focusing attention on the present moment without judgment is "mindfulness." Mindfulness involves bringing awareness to the present moment, including thoughts, feelings, bodily sensations, and the surrounding environment, with an attitude of openness and acceptance. This practice has been associated with numerous benefits for mental well-being, including reduced stress, increased emotional regulation, improved concentration, and greater overall life satisfaction. Mindfulness techniques are commonly used in various therapeutic interventions and self-care practices to promote psychological health and resilience.

## Answer Key

### 105. b) Intrinsic motivation and fulfilling psychological needs

Explanation: The concept of “self-determination theory” in positive psychology emphasizes the importance of intrinsic motivation and fulfilling psychological needs. According to this theory, individuals are inherently motivated to grow, develop, and fulfill their potential, driven by the satisfaction of three basic psychological needs: autonomy, competence, and relatedness. Self-determination theory posits that when these needs are met, individuals experience greater well-being, optimal functioning, and intrinsic motivation to pursue their goals and aspirations. This approach contrasts with external motivators, such as achieving external rewards or conforming to societal expectations, as it focuses on the intrinsic factors that drive human behavior and promote psychological growth and fulfillment.

### 106. b) Genetic predisposition

Explanation: According to the “happiness set point” theory, the primary determinant of an individual’s long-term happiness is their genetic predisposition or genetic set point. This theory suggests that each person has a relatively stable level of happiness to which they tend to return despite fluctuations in external life circumstances or positive life events. While external factors such as financial success or positive life events may temporarily influence an individual’s happiness, the effects are typically short-lived, and individuals tend to revert to their genetic set point over time. Therefore, genetic predisposition plays a significant role in determining an individual’s long-term happiness according to the happiness set point theory.

### 107. b) The act of appreciating and prolonging positive experiences

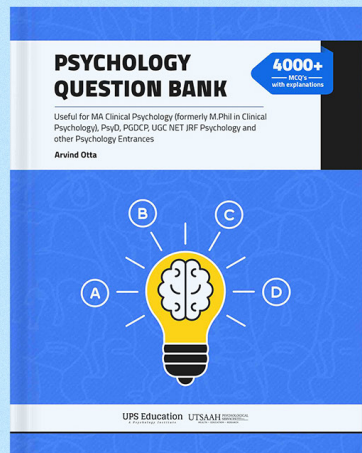
Explanation: In positive psychology, the concept of “savoring” refers to the act of appreciating and prolonging positive experiences. It involves fully engaging in and enjoying pleasant moments, whether they are simple everyday pleasures or significant life events. Savoring allows individuals to enhance their enjoyment of positive experiences, deepen their emotional connection to them, and prolong the positive feelings associated with those experiences. It can involve various strategies such as mindfulness, reminiscing, sharing with others, and expressing gratitude. Overall, savoring is an important aspect of promoting well-being and increasing overall life satisfaction.

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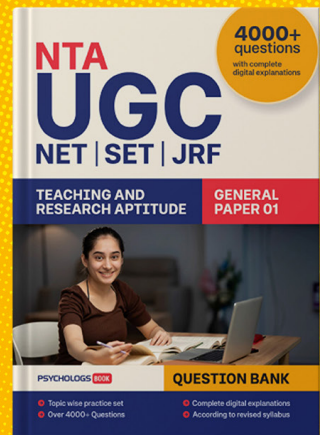


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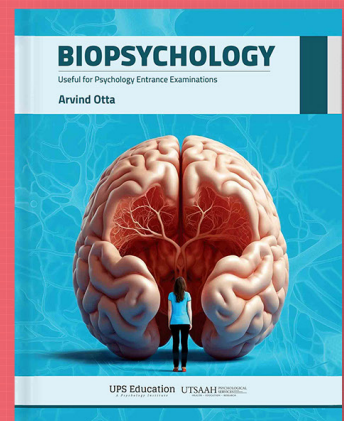
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## About the author

Arvind Otta is a prevalent name who has been working continuously for many years toward human rights and equality for persons suffering from mental health issues and playing a vital role in reducing stigma and taboos related to mental health. He has been awarded the Gold medal by the contemporary Lok Sabha Speaker in 2003 and Asia's Youngest Best Mental Health Professional in 2018.

Arvind Otta currently serves as the editor-in-chief of Psychologs magazine, India's only print mental health magazine.

Arvind Otta has been teaching Psychology for the past 15 years and has helped over 10000 students crack various psychology entrance exams. He has authored 8 books on mental health and psychology, wrote 120+ articles & editorials on mental health, and delivered more than 11000 hours of lectures on various platforms, and this process is continuing.

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