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Total No. of printed pages = 02

Monsoon, 2023
UG Semester Examinations
Science of Happiness

Course Code: BPS23140T

Full Marks – 50

Time – 2 hours

The figure in the margin indicates full marks for the questions.

Answer **ALL** Questions

1. Choose the correct answer: (10 x 1 = 10)

(i). What are the key components of happiness, according to research?

- a. Wealth and power
- b. Relationships and well-being
- c. Fame and success
- d. Isolation and independence

(ii). How is happiness commonly measured in research studies?

- a. IQ tests
- b. Blood pressure readings
- c. Self-report surveys
- d. Physical fitness assessments

(iii). Which of these is not a symptom of depression?

- a. Fatigue
- b. Irritability
- c. Persistent sadness
- d. Energetic

(iv). In a workplace fostering a culture of gratitude and appreciation, what is the likely effect on employee happiness?

- a. No impact on happiness
- b. Decreased happiness due to complacency
- c. Increased happiness and well-being
- d. Increased competition and reduced happiness

(v). What is a common happiness-boosting activity recommended in the course?

- a. Avoiding social interactions
- b. Practicing gratitude
- c. Focusing solely on personal achievements
- d. Engaging in excessive self-criticism

(vi). Which annual report assesses and ranks countries based on happiness levels?

- a. Global Well-Being Index

M 139/30

- b. World Happiness Report
- c. International Joy Index
- d. Global Satisfaction Survey

(vii). In the context of personality, which trait is positively associated with happiness?

- a. Neuroticism
- b. Conscientiousness
- c. Pessimism
- d. Perfectionism

(viii). Which of the following is considered a virtue or character strength associated with happiness?

- a. Envy
- b. Forgiveness
- c. Greed
- d. Deceit

(ix). How do individual virtues contribute to happiness?

- a. They have no impact on happiness
- b. They provide a sense of purpose and meaning
- c. Virtues are inversely related to happiness
- d. Virtues are solely dependent on external factors

(x). What is the historical background of the scientific study of happiness?

- a. It is a recent phenomenon with no historical roots
- b. Ancient philosophers explored the concept of happiness
- c. The study of happiness emerged in the 20th century
- d. It is primarily a product of the 19th-century industrial revolution

2. Answer any **FOUR** questions (Word limit : 100 - 120 words)

(4 x 5 = 20)

(i) How does historical background influences happiness?

(ii) Write a note on World Happiness Report.

(iii) What is Emotional Intelligence and how does it influence happiness.

(iv) Explain the myths surrounding happiness.

(v) How does stress influences workplace happiness? Why is it important to study happiness?

(2.5 + 2.5)

(vi) Write about the influence of personality on happiness.

3. Answer any **TWO** questions (Word limit : 200 - 250 words)

(2 x 10 = 20)

(a). What are the factors influencing happiness at the workplace?

(b). Elaborate on the interplay between culture and happiness.

(c). What are the different activities that boost happiness?

(d). What are the predictors of happiness and how they predict happiness?