

**MASTER OF LIBRARY & INFORMATION SCIENCE**  
**THIRD SEMESTER [SPECIAL REPEAT]**  
**THE SCIENCE OF HAPPINESS AND WELBEING**  
**MOOCs**  
**[USE OMR SHEET]**

**SET**  
**A**

Duration: 1.30 hrs.

Full Marks: 35

**(Objective)**

*Choose the correct answer from the following:*

*1 × 35 = 35*

1. Negative emotions are powerful than positive emotions
  - a. True
  - b. False
2. According to the World Happiness Report 2023, Which country ranks #1 in life satisfaction and happiness in the world
  - a. Denmark
  - b. Finland
  - c. America
  - d. Switzerland
3. In general happy people do not
  - a. Express, gratitude, kindness and forgiveness
  - b. Get regular Exercise and good Sleep
  - c. Expect higher income, higher position in society or higher intellect
  - d. None of the above
4. Who proposed PERMA model of happiness?
  - a. Steventon and Wolfers
  - b. Josef Campbell
  - c. Carl Rojers
  - d. Martin Seligman
5. What is the concept of "self-compassion" in the context of well-being?
  - a. Being critical and judgmental of oneself
  - b. Treating oneself with kindness and understanding in times of difficulty
  - c. Seeking external validation
  - d. Ignoring one's own emotions
6. According to positive psychology, happiness involves all of the following EXCEPT
  - a. Having a high level of wealth
  - b. Experiencing Pleasure
  - c. Being Engaged in an activity
  - d. Engaging in meaningful activity
7. Which of the following is/are field/fields of Positive Psychology?
  - a. Happiness
  - b. Wellbeing
  - c. Resilience
  - d. All of the above
8. What is the meaning of Resilience?
  - a. Ability to cope with whatever life throws at you
  - b. Ability to challenges by using personal resources
  - c. Understanding the meaning and one's purpose
  - d. General acceptance by other

9. Optimism refer to
  - a. Hopefulness and positive thinking
  - b. Beauty and happiness
  - c. Patience
  - d. Wisdom
10. What does the term well-being include?
  - a. Good physical health, feelings of happiness
  - b. Living in a large house and affluent area
  - c. being liked by all your peers
  - d. None of the above
11. What impact does oral health have on a person's overall health and well-being?
  - a. Nothing at all - it does not affect health or well-being
  - b. It can affect confidence and self esteem as it is part of how you look
12. Which area/s of development links to well-being?
  - a. Emotional
  - b. Social
  - c. Physical
  - d. All of the above
13. What is the state of liking and a holistic and all encompassing state of the mind that creates inner harmony?
  - a. Prosperity
  - b. Happiness
  - c. Innateness
  - d. Self-organized
14. What are the basic desires of every human being for which they are working.
  - a. Physical facilities
  - b. Realization and understanding
  - c. Happiness and prosperity
  - d. Continuous happiness and prosperity
15. To maintain harmony we have to work at four levels of living .Identify second level of living.
  - a. Self
  - b. Family
  - c. Nature
  - d. Society
16. amridhi means
  - a. Happiness
  - b. Wealth
  - c. Prosperity
  - d. Health
17. Developed nations are the live example of
  - a. Prosperity
  - b. Wealth
  - c. Happiness
  - d. Health
18. Crying is related to
  - a. Language
  - b. Social
  - c. Motor
  - d. Emotion
19. What is the definition of subjective well-being?
  - a. Objective happiness
  - b. individual happiness perception
  - c. Physical health
  - d. Social status

20. Which neurotransmitter is often associated with feelings of happiness and pleasure?
- Dopamine
  - Endorphins
  - Serotonin
  - Acetylcholine
21. According to positive psychology, what is the primary focus of study in relation to well-being?
- Mental illnesses
  - Positive emotions, strengths, and virtues
  - Physical health
  - Economic status
22. Which of the following is NOT considered a key factor in the pursuit of happiness?
- Gratitude
  - Mindfulness
  - Perfectionism
  - Altruism
23. What is the impact of physical exercise on mental well-being?
- No significant impact
  - Negative impact
  - Positive impact, promoting positive mood and reducing stress
  - Only impacts physical health, not mental well-being
24. Which psychological theory suggests that happiness is influenced by the comparison of oneself to others in terms of success and achievements?
- Social cognitive theory
  - Social comparison theory
  - Social identity theory
  - Psychoanalytic theory
25. What is the role of mindfulness in promoting well-being?
- Mindfulness has no impact on well-being
  - Mindfulness helps in suppressing emotions
  - Mindfulness involves non-judgmental awareness and is associated with increased well-being
  - Mindfulness only affects physical health
26. In positive psychology, what does the acronym "GRIT" stand for?
- Gratitude, Resilience, Innovation, Tenacity
  - Growth, Reflection, Inspiration, Tenacity
  - Gratitude, Resilience, Integrity, Tenacity
  - Growth, Resilience, Innovation, Tenacity
27. According to the World Happiness Report, which factors are commonly assessed to measure a country's happiness?
- Economic factors only
  - Social factors only
  - A combination of economic, social, and environmental factors
  - Political factors only
28. What is the term for the phenomenon where helping others leads to increased well-being and happiness?
- Reciprocity effect
  - Altruism
  - Hedonic adaptation
  - Empathy overload

29. What is the role of sleep in relation to happiness and well-being?
- a. Lack of sleep has no impact on happiness
  - b. Adequate sleep is associated with higher well-being and happiness
  - c. Excessive sleep is necessary for happiness
  - d. Sleep only affects physical health, not mental well-being
30. According to positive psychology, what is the impact of expressing gratitude on well-being?
- a. No significant impact
  - b. Decreases well-being
  - c. Increases well-being and positive emotions
  - d. Only impacts social relationships
31. Which psychological construct refers to an individual's overall assessment of their own life, encompassing various aspects such as work, health, and relationships?
- a. Self-esteem
  - b. Self-actualization
  - c. Life satisfaction
  - d. Ego resilience
32. What is the primary focus of positive interventions in positive psychology?
- a. Eliminating negative emotions
  - b. Enhancing positive emotions and well-being
  - c. Promoting hedonism
  - d. Avoiding challenges and stress
33. Which type of happiness is associated with the pursuit of meaningful goals and a sense of purpose in life?
- a. Hedonic happiness
  - b. Eudaimonic happiness
  - c. Transcendental happiness
  - d. Epicurean happiness
34. Which form of meditation has been associated with improvements in well-being and reduced stress levels?
- a. Mind-wandering meditation
  - b. Mindfulness meditation
  - c. Guided visualization meditation
  - d. Sleep meditation
35. According to positive psychology, what is the importance of positive relationships in well-being?
- a. No significant impact
  - b. Positive relationships are the sole determinant of well-being
  - c. Positive relationships contribute significantly to well-being
  - d. Positive relationships only affect physical health

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