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dhanushkumar_golla@srmap.edu.in

NPTEL (https://swayam.gov.in/explorer?ncCode=NPTEL) » Psychology Of Stress, Health And Well-Being (course)

If already registered, click to check your payment status

Course outline

About NPTEL ()

How does an NPTEL online course work? ()

Week 0 : Prerequisite ()

Practice: practice : Assignment 0 (assessment?name=193)

Week 1: The Nature and

practice : Assignment 0

Assignment not submitted

1) According to response-based definitions, what is stress viewed as? ***1 point***

- A demand from the external environment.
- **The non-specific response of the body to any demand.**
- A particular relationship between the person and the environment.
- The environmental stimulus causing a strain reaction.

2) How do contemporary researchers mostly view stress? ***1 point***

- As a set of symptoms.
- As the non-specific response of the body.
- **In terms of interaction between the person and the environment.**
- As a demand from the external environment.

3) What term is used to describe everyday events that can be stressful, such as waiting in line or having car trouble? ***1 point***

- Major life events.
- External factors.
- **Daily hassles.**
- Cumulative effects.

4) Appraisal of harm-loss, threat, and/or challenge are associated with---------- ***1 point***

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? ()

Week 9: Happiness Activities 1 ()

Week 10 : Happiness

- Reappraisal
- **Primary appraisal**
- Secondary appraisal
- None of these

5) "Fight-or-flight" is associated with …….phase of the "general adaptation syndrome". ***1 point***

- **Alarm**
- Resistance
- Exhaustion
- None of these

6) Social readjustment rating scale measures---------- ***1 point***

- **Life changes**
- Conflicts
- Frustrations
- Pressure

7) General adaptation syndrome was proposed by……. ***1 point***

- Sigmund Freud
- Walter Canon
- Claude Bernard
- **Hans Selye**

8) What is the role of secondary appraisal in stress? ***1 point***

- Judging a particular event as positive or negative.
- **Evaluating personal resources or ability to cope when a situation is judged as stressful.**
- Reappraising the stressful situation based on ongoing feedback.
- Appraising events during primary appraisal.

Check Answers and Submit

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About NPTEL ()

How does an NPTEL online course work? ()

Week 0 : Prerequisite ()

Week 1: The Nature and Biology of Stress ()

Lec 1 : The Nature of Stress 1 (unit?

Assignment 1

The due date for submitting this assignment has passed.

Due on 2024-02-07, 23:59 IST.

Assignment submitted on 2024-02-07, 19:54 IST

1) What is the central idea of the interactional definition of stress proposed by Lazarus and Folkman? ***1 point***

- Stress is a set of symptoms
- Stress is the physiological response to any demand
- Stress is a particular relationship between the person and the environment
- Stress is a subjective phenomenon based on individual perception

Yes, the answer is correct.
Score: 1
Accepted Answers:
Stress is a particular relationship between the person and the environment

2) What is reappraisal according to the appraisal model of stress? ***1 point***

- It is a judgment of a situation as positive or negative during secondary appraisal
- It is an evaluation of personal resources in response to a stressful situation
- It is an appraisal that follows an earlier appraisal in the same encounter and modifies it
- It is the process of judging a particular event as irrelevant, relevant, or stressful during primary appraisal

unit=16&lesson=17)

Lec 2 : The Nature of Stress 2 (unit?unit=16&lesson=18)

Lec 3 : The Biology of Stress (unit?unit=16&lesson=19)

Lecture Notes (unit?unit=16&lesson=20)

Quiz: Assignment 1 (assessment?name=194)

Week 1: Feedback Form (unit?unit=16&lesson=195)

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

Yes, the answer is correct.
Score: 1

Accepted Answers:
It is an appraisal that follows an earlier appraisal in the same encounter and modifies it

3) How can culture influence an individual's experience of stress? ***1 point***

- By determining daily hassles
- By influencing the appraisal/perception of an event
- By creating positive spillover effects
- By causing stress contagion

Yes, the answer is correct.
Score: 1

Accepted Answers:
By influencing the appraisal/perception of an event

4) How are harm loss appraisals different from threat appraisals according to Lazarus? ***1 point***

- Harm loss appraisals are future-oriented, while threat appraisals are past-oriented
- Harm loss appraisals result from loss or damage, while threat appraisals are present-oriented
- Harm loss appraisals are past or present-oriented and result from appraisals of loss or damage, while threat appraisals are future-oriented
- Harm loss appraisals see the potential for gain or growth, while threat appraisals involve evaluation of personal resources

Yes, the answer is correct.
Score: 1

Accepted Answers:
Harm loss appraisals are past or present-oriented and result from appraisals of loss or damage, while threat appraisals are future-oriented

5) What does pressure to conform involve, according to the paragraph? ***1 point***

- Expectations to perform tasks
- Life changes requiring readjustment
- Expectations to follow others' values and rules
- Pursuit of a goal being thwarted

Yes, the answer is correct.
Score: 1

Accepted Answers:
Expectations to follow others' values and rules

6) Which system is responsible for the quick reaction (within a minute) in response to acute stress? ***1 point***

- Parasympathetic nervous system
- Hypothalamic pituitary adrenocortical (HPA) system

and strategies 2 ()

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

Week 7: Psychology of happiness ()

Week 8 : Can we become happier? ()

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Week 12: Meaning and purpose in life ()

Live Sessions ()

Text transcripts ()

Books ()

- (selected) Sympathetic adrenal medullary (SAM) system
- Limbic system

Yes, the answer is correct.
Score: 1

Accepted Answers:
Sympathetic adrenal medullary (SAM) system

7) Which system leads to the secretion of corticosteroids such as cortisol in the stress response? ***1 point***

- Parasympathetic Nervous System (PNS)
- (selected) Hypothalamic Pituitary Adrenocortical (HPA) system
- Central Nervous System (CNS)
- Enteric Nervous System (ENS)

Yes, the answer is correct.
Score: 1

Accepted Answers:
Hypothalamic Pituitary Adrenocortical (HPA) system

8) According to the "Tend and Befriend" pattern, how do females respond to stress? ***1 point***

- Initiating the fight or flight response
- Showing aggressive behavior
- (selected) Engaging in nurturant activities and maintaining social networks
- Withdrawing from social interactions

Yes, the answer is correct.
Score: 1

Accepted Answers:
Engaging in nurturant activities and maintaining social networks

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Course outline

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Week 1: The Nature and Biology of Stress ()

Week 2 : Stress,

Assignment 2

The due date for submitting this assignment has passed.

Due on 2024-02-07, 23:59 IST.

Assignment submitted on 2024-02-07, 19:55 IST

1) What does the term "psychosomatic diseases" refer to? ***1 point***

- Mental illnesses only
- Physical diseases caused by bacteria
- Physical diseases influenced by mental factors
- Genetic disorders

Yes, the answer is correct.
Score: 1

Accepted Answers:
Physical diseases influenced by mental factors

2) How does stress contribute to cardiovascular diseases? ***1 point***

- By promoting blood clotting
- By decreasing blood pressure
- By causing high levels of physiological arousal and promoting atherosclerosis
- By reducing the build-up of fatty patches on arterial walls

Yes, the answer is correct.

Trauma and Health ()

Lec 4 : Stress, Health, and Non-infectious Diseases (unit?unit=23&lesson=24)

Lec 5 : Stress and Infectious Diseases (unit?unit=23&lesson=25)

Lec 6 : Stress and Psychological Disorders (unit?unit=23&lesson=26)

Lecture Notes (unit?unit=23&lesson=27)

Week 2: Feedback Form (unit?unit=23&lesson=28)

Quiz: Assignment 2 (assessment?name=205)

Week 3: Positive Aspects of Stress and Trauma ()

Week 4: Coping processes and strategies 1 ()

Week 5: Coping processes

Score: 1

Accepted Answers:

By causing high levels of physiological arousal and promoting atherosclerosis

3) How does Broken Heart Syndrome differ from a heart attack? ***1 point***

- It has milder symptoms
- It is caused by blocked heart arteries
- There's no evidence of blocked heart arteries in Broken Heart Syndrome
- It is less common in women

Yes, the answer is correct.
Score: 1

Accepted Answers:

There's no evidence of blocked heart arteries in Broken Heart Syndrome

4) What did Friedman and Rosenman find in their longitudinal study regarding the likelihood of developing coronary heart disease (CHD) between Type A and Type B individuals? ***1 point***

- Type B individuals were twice as likely to develop CHD
- No significant difference between Type A and Type B individuals
- Type A Individuals were twice as likely to develop CHD
- Type A individuals were less likely to develop CHD

Yes, the answer is correct.
Score: 1

Accepted Answers:

Type A Individuals were twice as likely to develop CHD

5) What interdisciplinary field of study explores the relationship between psychological factors, neurological factors, and the immune system? ***1 point***

- Neurobiology
- Psychoneuroimmunology
- Psychopharmacology
- Immunology

Yes, the answer is correct.
Score: 1

Accepted Answers:

Psychoneuroimmunology

6) According to Dhabhar and McEwen's (1997, 2001) biphasic model, how does acute stress affect the immune response? ***1 point***

- Suppresses the immune response
- Has no impact on the immune response
- Enhances the immune response by helping in the redistribution of immune cells in the body
- Causes exhaustion and weakens immune responses

and strategies 2 ()

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

Week 7: Psychology of happiness ()

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Week 12: Meaning and purpose in life ()

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Text transcripts ()

Books ()

Yes, the answer is correct.
Score: 1

Accepted Answers:
Enhances the immune response by helping in the redistribution of immune cells in the body

7) How does Acute Stress Disorder (ASD) differ from posttraumatic stress disorder (PTSD), according to Barnhill (2020)? ***1 point***

- ASD has longer duration
- ASD lasts less than a month, while PTSD persists longer
- Both have the same duration
- ASD is more severe than PTSD

Yes, the answer is correct.
Score: 1

Accepted Answers:
ASD lasts less than a month, while PTSD persists longer

8) What is mentioned as a potential cause of Complex PTSD (CPTSD)? ***1 point***

- Single traumatic events
- Repeated, prolonged, interpersonal trauma exposure
- Childhood accidents
- Natural disasters

Yes, the answer is correct.
Score: 1

Accepted Answers:
Repeated, prolonged, interpersonal trauma exposure

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Week 2 : Stress,

Assignment 3

The due date for submitting this assignment has passed.

Due on 2024-02-14, 23:59 IST.

Assignment submitted on 2024-02-14, 19:11 IST

1) How is PTG related to coping in the context of trauma, according to Tedeschi and Calhoun (2004)? ***1 point***

- Coping is the direct result of PTG
- Coping is necessary but not sufficient to achieve psychological thriving or PTG
- Coping is unrelated to PTG
- PTG and coping are interchangeable terms

Yes, the answer is correct.
Score: 1

Accepted Answers:
Coping is necessary but not sufficient to achieve psychological thriving or PTG

2) How does PTG differ from resilience? ***1 point***

- Resilience emphasizes stability in the context of trauma, while PTG involves returning to baseline functioning after the trauma
- Resilience involves profound and significant improvement after the trauma, while PTG focuses on returning to baseline functioning after the trauma
- Resilience is the ability to bounce back and go on with life after a hardship, while PTG involves improvement that is deeply profound and significant after the trauma

Trauma and Health ()

Week 3: Positive Aspects of Stress and Trauma ()

- Lec 7 : Stress, Trauma and Posttraumatic growth 1 (unit?unit=30&lesson=31)
- Lec 8 : Stress, Trauma and Posttraumatic growth 2 (unit?unit=30&lesson=32)
- Lec 9 : Factors Influencing Stress Tolerance (unit?unit=30&lesson=33)
- Lecture Notes (unit?unit=30&lesson=34)
- Week 3: Feedback Form (unit?unit=30&lesson=35)
- **Quiz: Assignment 3 (assessment?name=207)**

Week 4: Coping processes and strategies 1 ()

- Resilience and PTG are interchangeable terms, representing the same concept

Yes, the answer is correct.
Score: 1

Accepted Answers:
Resilience is the ability to bounce back and go on with life after a hardship, while PTG involves improvement that is deeply profound and significant after the trauma

3) According to the theoretical model of PTG by Tedeschi and Calhoun, how is the relationship between posttraumatic stress (PTS) and posttraumatic growth (PTG) characterized? ***1 point***

- PTS and PTG are opposite ends of a spectrum
- PTS is unrelated to PTG
- PTS and PTG are negatively correlated
- Some degree of PTS is a prerequisite for PTG

Yes, the answer is correct.
Score: 1

Accepted Answers:
Some degree of PTS is a prerequisite for PTG

4) External locus of control has been associated with……coping strategies ***1 point***

- Help seeking
- Avoidance
- Positive thinking
- All of these

Yes, the answer is correct.
Score: 1

Accepted Answers:
Avoidance

5) Which of the following is an example of internal, unstable and controllable factor? ***1 point***

- Hard work
- Ability
- Luck
- Task characteristics

Yes, the answer is correct.
Score: 1

Accepted Answers:
Hard work

6) In the research on hardiness conducted by Maddi and Kobasa, what differentiated the one-third of the sample that thrived from the two-thirds that suffered after the deregulation event? ***1 point***

- Age differences

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? ()

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Week 12: Meaning and purpose in life ()

Live Sessions ()

- Work experience
- Psychological hardiness
- Gender variations

Yes, the answer is correct.
Score: 1

Accepted Answers:
Psychological hardiness

7) How do individuals with high external locus of control (ELoC) tend to perceive outcomes in life? ***1 point***

- As a result of personal factors
- Influenced by factors such as luck and chance
- Predictable and within their control
- Internally determined

Yes, the answer is correct.
Score: 1

Accepted Answers:
Influenced by factors such as luck and chance

8) According to Joseph and Linley's Organismic Valuing Theory, what is the main principle underlying the process of growth through adversity? ***1 point***

- Behavioral conditioning
- Cognitive restructuring
- Inherent tendencies towards growth and actualization
- Psychoanalytic theory

Yes, the answer is correct.
Score: 1

Accepted Answers:
Inherent tendencies towards growth and actualization

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Week 0 : Prerequisite ()

Week 1: The Nature and Biology of Stress ()

Week 2 : Stress,

Assignment 4

The due date for submitting this assignment has passed.

Due on 2024-02-21, 23:59 IST.

Assignment submitted on 2024-02-21, 22:53 IST

1) Which of the following is an example of emotion-focused coping? ***1 point***

- Generating options to solve the problem
- Expression of negative emotion
- Implementing steps to solve the problem
- Obtaining advice or instrumental help

Yes, the answer is correct.
Score: 1

Accepted Answers:
Expression of negative emotion

2) How do problem-focused coping and emotion-focused coping interact? ***1 point***

- They hinder each other's effectiveness
- Problem-focused coping enhances distress in a threatening situation
- They tend to facilitate one another
- Problem-focused coping diminishes the effectiveness of emotion-focused coping

Yes, the answer is correct.

Trauma and Health ()

Week 3: Positive Aspects of Stress and Trauma ()

Week 4: Coping processes and strategies 1 ()

- Lec 10 : Coping Strategies: Definition and Types (unit?unit=37&lesson=38)
- Lec 11 : Unconscious mind and defensive coping (unit?unit=37&lesson=39)
- Lec 12 : Characteristics of constructive coping; Physical ways of coping (unit?unit=37&lesson=40)
- Lecture Notes (unit?unit=37&lesson=41)
- Week 4: Feedback Form (unit?unit=37&lesson=42)
- **Quiz: Assignment 4**

Score: 1

Accepted Answers:

They tend to facilitate one another

3) What personality traits are linked to the behavioral inhibition system, making individual more likely to use avoidance coping strategies? ***1 point***

- Extraversion
- Openness
- Neuroticism
- Optimism

Yes, the answer is correct.
Score: 1

Accepted Answers:

Neuroticism

4) What is the concept of "learned helplessness" proposed by Martin Seligman (1967) related to? ***1 point***

- Effective problem-solving in uncontrollable situations
- The giving up/avoidance syndrome
- Approach coping in uncontrollable situations
- Perceived control in adaptive situations

Yes, the answer is correct.
Score: 1

Accepted Answers:

The giving up/avoidance syndrome

5) Which of the following is NOT mentioned as one of the properties of defense mechanisms by Vaillant (1992)? ***1 point***

- They are unconscious mental processes
- They are conscious and deliberate processes
- They help manage instincts and affect
- They are dynamic and reversible

Yes, the answer is correct.
Score: 1

Accepted Answers:

They are conscious and deliberate processes

6) How does a person with a dominant SUPER-EGO manifest in terms of behavior, according to Freud's theory? ***1 point***

- Highly impulsive
- Overly idealistic and moralistic
- Engages in criminal behavior
- Overly idealistic, moralistic, and judgmental

(assessment?name=209)

Week 5: Coping processes and strategies 2 ()

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

Week 7: Psychology of happiness ()

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Week 9: Happiness Activities 1 ()

Week 10 : Happiness Activities 2 ()

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Yes, the answer is correct.
Score: 1

Accepted Answers:
Overly idealistic, moralistic, and judgmental

7) What is the key difference between repression and suppression? ***1 point***

- Repression is conscious, while suppression is unconscious
- Both involve conscious removal of unpleasant thoughts
- Repression is unconscious, while suppression involves consciously removing unpleasant thoughts out of awareness
- Suppression is a more mature defense mechanism than repression

Yes, the answer is correct.
Score: 1

Accepted Answers:
Repression is unconscious, while suppression involves consciously removing unpleasant thoughts out of awareness

8) How does the Coping Effectiveness Training (CET) framework advise dealing with changeable and unchangeable stressors? ***1 point***

- Use only problem-focused coping for both types of stressors
- Use problem-focused coping for changeable stressors and emotion-focused coping for unchangeable stressors
- Use only emotion-focused coping for both types of stressors
- Avoid emotion focused coping strategies for unchangeable stressors

Yes, the answer is correct.
Score: 1

Accepted Answers:
Use problem-focused coping for changeable stressors and emotion-focused coping for unchangeable stressors

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Week 0 : Prerequisite ()

Week 1: The Nature and Biology of Stress ()

Week 2 : Stress,

Assignment 5

The due date for submitting this assignment has passed.

Due on 2024-02-28, 23:59 IST.

Assignment submitted on 2024-02-28, 18:41 IST

1) How does changing the breathing pattern to slow and deep during anxiety or stress affect the autonomic nervous system? ***1 point***

- Activates the sympathetic system.
- Activates the parasympathetic system
- No impact on the autonomic nervous system.
- None of these

Yes, the answer is correct.
Score: 1

Accepted Answers:
Activates the parasympathetic system

2) Progressive muscle relaxation involves……. throughout the body. ***1 point***

- Relaxing muscle groups in ordered sequence.
- Tensing muscle groups in ordered sequence.
- Tensing and relaxing muscle groups in ordered sequence.
- Tensing and relaxing muscle groups in random sequence.

Yes, the answer is correct.

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 ()

- Lec 13 : Coping with relaxation exercises (unit?unit=44&lesson=45)
- Lec 14 : Mental ways of coping (unit?unit=44&lesson=46)
- Lec 15 : Coping with social support (unit?unit=44&lesson=47)
- Lec 16 : Coping with meditation and mindfulness (unit?unit=44&lesson=48)
- Lecture Notes (unit?unit=44&lesson=49)

Score: 1
Accepted Answers:
Tensing and relaxing muscle groups in ordered sequence.

3) Catastrophic thinking is ---------- ***1 point***

- Conscious, deliberate, and flexible.
- Rational, logical, and conscious.
- Irrational, automatic, habitual, and unconscious.
- Positive, adaptive, and conscious.

Yes, the answer is correct.
Score: 1
Accepted Answers:
Irrational, automatic, habitual, and unconscious.

4) Which of the following is NOT mentioned as a characteristic of catastrophic thinking? ***1 point***

- Based on irrational assumptions.
- Conscious and deliberate.
- Automatic and habitual.
- Unconscious.

Yes, the answer is correct.
Score: 1
Accepted Answers:
Conscious and deliberate.

5) According to Albert Ellis, how can emotions be changed? ***1 point***

- By suppressing emotions.
- By changing thinking patterns.
- By ignoring emotions.
- By embracing irrational beliefs.

Yes, the answer is correct.
Score: 1
Accepted Answers:
By changing thinking patterns.

6) Which one of the following is an example of tangible support? ***1 point***

- Offering empathetic words.
- Providing financial assistance.
- Expressing understanding and affirmation.
- Offering advice during difficult times.

Yes, the answer is correct.
Score: 1
Accepted Answers:
Providing financial assistance.

week5: Feedback Form (unit?unit=44&lesson=132)

Quiz: Assignment 5 (assessment?name=210)

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

Week 7: Psychology of happiness ()

Week 8 : Can we become happier? ()

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 ()

7) In the social convoy model, what does the inner circle represent? ***1 point***

- People with less importance in one's life.
- People who are not supportive.
- People who are very close and hard to imagine life without.
- People with whom one has infrequent contact.

Yes, the answer is correct.
Score: 1

Accepted Answers:
People who are very close and hard to imagine life without.

8) What are the three components of mindfulness proposed by Shapiro and colleagues? ***1 point***

- Awareness, Focus, and Presence.
- Intention, Attention, and Attitude.
- Concentration, Observation, and Acceptance.
- Meditation, Relaxation, and Reflection.

Yes, the answer is correct.
Score: 1

Accepted Answers:
Intention, Attention, and Attitude.

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Week 0 : Prerequisite ()

Week 1: The Nature and Biology of Stress ()

Week 2 : Stress,

Assignment 6

The due date for submitting this assignment has passed.

Due on 2024-03-06, 23:59 IST.

Assignment submitted on 2024-03-06, 15:21 IST

1) What are the three components of subjective well-being (SWB)? ***1 point***

- Autonomy, positive relations with others, self-acceptance
- Life satisfaction, autonomy, personal growth
- Life satisfaction, the presence of positive mood, and the absence of negative mood
- Autonomy, environmental mastery, purpose in life

Yes, the answer is correct.
Score: 1

Accepted Answers:
Life satisfaction, the presence of positive mood, and the absence of negative mood

2) Which part of the brain is associated with pleasure-seeking or hedonia? ***1 point***

- Hot systems (older subcortical part of the brain)
- Cold systems (newer, complex, cerebral part of the brain)
- Both hot and cold systems
- None of the above

Yes, the answer is correct.

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 ()

- Lec 17 : Positive mental health and well-being (unit?unit=52&lesson=53)
- Lec 18 : Well-being and resilience (unit?unit=52&lesson=54)
- Lecture Notes (unit?unit=52&lesson=55)
- week 6: Feedback Form (unit?unit=52&lesson=143)

Score: 1

Accepted Answers:
Hot systems (older subcortical part of the brain)

3) In Keyes' model, what is the state characterized by low levels of subjective well-being and low levels of psychological and social well-being? ***1 point***

- Flourishing
- Moderate mental health
- Languishing
- Subjective well-being

Yes, the answer is correct.
Score: 1

Accepted Answers:
Languishing

4) What is another term for hedonic well-being? ***1 point***

- Psychological well-being
- Subjective well-being
- Affective well-being
- Eudaimonic well-being

Yes, the answer is correct.
Score: 1

Accepted Answers:
Subjective well-being

5) Personal growth, autonomy, meaning in life are components of ……well-being ***1 point***

- Hedonic
- Eudaimonic
- Subjective
- Both hedonic and eudaimonic

Yes, the answer is correct.
Score: 1

Accepted Answers:
Eudaimonic

6) Which of the following statement is true for Martin Seligman's model of flourish (PERMA)? ***1 point***

- It is a hedonic model of well-being
- It is a eudaimonic model of well-being
- It is a combination of both hedonic and eudaimonic model of well-being
- None of these

Yes, the answer is correct.

Quiz: Assignment 6 (assessment?name=211)

Week 7: Psychology of happiness ()

Week 8 : Can we become happier? ()

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 ()

Text transcripts ()

Books ()

Score: 1

Accepted Answers:

It is a combination of both hedonic and eudaimonic model of well-being

7) In Martin Seligman's PERMA model, what does "Engagement" refer to? ***1 point***

- Pleasant emotions
- Social connections
- Full involvement in activities that uses skills to the fullest extent
- A sense of accomplishment

Yes, the answer is correct.
Score: 1

Accepted Answers:

Full involvement in activities that uses skills to the fullest extent

8) What are the two defining aspects of resilience according? ***1 point***

- Resistance and recovery
- Exposure to threat and positive adaptation
- Development process and adaptation
- Adversity and privilege

Yes, the answer is correct.
Score: 1

Accepted Answers:

Exposure to threat and positive adaptation

X

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Course outline

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Week 1: The Nature and Biology of Stress ()

Week 2 : Stress,

Assignment 7

The due date for submitting this assignment has passed.

Due on 2024-03-13, 23:59 IST.

Assignment submitted on 2024-03-13, 19:24 IST

1) Which among the following is not part of Ruut Veenhoven's qualities of life? ***1 point***

- Livability of environment
- Life-ability of the person
- Utility of life
- Meaning in life

Yes, the answer is correct.
Score: 1

Accepted Answers:
Meaning in life

2) What is affective forecasting? ***1 point***

- Predictions about future events
- Predictions about emotional reactions to future events
- Predictions about physical reactions to future events
- Predictions about past events

Yes, the answer is correct.

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 ()

- Lec 19 : What is happiness? What makes us happy? (unit?unit=58&lesson=59)
- Lec 20 : Socio-demographic factors and happiness (unit?unit=58&lesson=60)
- Lec 21 : Positive

Score: 1

Accepted Answers:

Predictions about emotional reactions to future events

3) How does focalism contribute to the impact bias? ***1 point***

- By accurately predicting the influence of other events on thoughts and feelings
- By underestimating the intensity and duration of emotional reactions
- By overestimating how much we will think about the event in the future and underestimating the influence of other events on our thoughts and feelings
- By avoiding making sense of novel and unexpected events

Yes, the answer is correct.
Score: 1

Accepted Answers:

By overestimating how much we will think about the event in the future and underestimating the influence of other events on our thoughts and feelings

4) What do empirical studies show regarding the relationship between subjective well-being and traditional objective well-being indicators? ***1 point***

- Strong correlation
- Weak correlation
- No correlation
- Negative correlation

Yes, the answer is correct.
Score: 1

Accepted Answers:

Weak correlation

5) What does Easterlin's Paradox state about the relationship between happiness and income over time? ***1 point***

- Happiness increases linearly with increasing income
- Happiness varies directly with income at a point in time but does not increase over time when a country's income increases
- Happiness is unrelated to income
- Happiness decreases with increasing income

Yes, the answer is correct.
Score: 1

Accepted Answers:

Happiness varies directly with income at a point in time but does not increase over time when a country's income increases

6) How does social comparison theory explain the Easterlin's Paradox? ***1 point***

- A proportional increase in all incomes will increase average happiness

emotions (unit?unit=58&lesson=61)

Lecture Notes (unit?unit=58&lesson=62)

week 7: Feedback Form (unit?unit=58&lesson=167)

Quiz: Assignment 7 (assessment?name=212)

Week 8 : Can we become happier? ()

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 ()

Text transcripts ()

- (●) A proportional increase of all incomes in an economy or country would leave average happiness unaffected
- ( ) A decrease in all incomes will increase average happiness
- ( ) An increase in individual income will decrease average happiness

Yes, the answer is correct.
Score: 1

Accepted Answers:
A proportional increase of all incomes in an economy or country would leave average happiness unaffected

7) According to Barbara Fredrickson's 'broaden-and-build' theory, what is the function of positive emotions? ***1 point***

- ( ) Positive emotions narrow our attention and thinking
- (●) Positive emotions broaden our thought–action repertoires
- ( ) Positive emotions induce negative emotions simultaneously
- ( ) Negative emotions enhance resilience

Yes, the answer is correct.
Score: 1

Accepted Answers:
Positive emotions broaden our thought–action repertoires

8) According to Fredrickson and Lasoda (2005), what is the significance of having a positivity ratio of 3:1 or above? ***1 point***

- ( ) It has no impact on psychological well-being
- ( ) It stimulates a downward spiral of negativity
- (●) It is more likely to stimulate an upward spiral of positivity and lead to flourishing and well-being
- ( ) It is irrelevant to happiness intervention strategies

Yes, the answer is correct.
Score: 1

Accepted Answers:
It is more likely to stimulate an upward spiral of positivity and lead to flourishing and well-being

X

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Assignment 8

The due date for submitting this assignment has passed.

Due on 2024-03-20, 23:59 IST.

Assignment submitted on 2024-03-20, 21:45 IST

1) What is the term for the psychological process where people become accustomed to a stimulus and its emotional effects are reduced over time? ***1 point***

- (selected) Hedonic adaptation
- Emotional stagnation
- Baseline leveling
- Stimulus habituation

Yes, the answer is correct.
Score: 1

Accepted Answers:
Hedonic adaptation

2) According to the AREA Model, what does the explaining step determine in the process of hedonic adaptation? ***1 point***

- Rate of attention
- (selected) Rate of adaptation
- Emotional intensity
- Reacting process

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 (unit?unit=65&lesson=66)

Lec 23 : Sustainable happiness

Yes, the answer is correct.
Score: 1

Accepted Answers:
Rate of adaptation

3) In the study by Lucas and colleagues, which negative life events showed the most pronounced lack of hedonic adaptation? ***1 point***

- Divorce
- Marriage
- Severe disability
- Unemployment

Yes, the answer is correct.
Score: 1

Accepted Answers:
Severe disability

4) Which among the following personality traits is negatively related to happiness? ***1 point***

- Neuroticism
- Openness
- Extroversion
- Agreeableness

Yes, the answer is correct.
Score: 1

Accepted Answers:
Neuroticism

5) According to Lyubomirsky, how does hedonic adaptation differ between positive and negative experiences? ***1 point***

- Negative experiences lead to faster and complete adaptation
- Positive experiences lead to faster and complete adaptation
- Positive and negative experiences show similar adaptation patterns
- There is no consistency in adaptation between positive and negative experiences

Yes, the answer is correct.
Score: 1

Accepted Answers:
Positive experiences lead to faster and complete adaptation

6) According to research, what percentage of variance in happiness levels do all circumstances combined account for? ***1 point***

- 20% to 25%
- Only 8% to 15%
- 30% to 40%
- 50% to 60%

model (unit?unit=65&lesson=67)

Lec 24 : Sustainable happiness with intentional activities (unit?unit=65&lesson=68)

Lecture Notes (unit?unit=65&lesson=69)

Quiz: Assignment 8 (assessment?name=214)

week 8: Feedback Form (unit?unit=65&lesson=169)

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 ()

Yes, the answer is correct.
Score: 1

Accepted Answers:
Only 8% to 15%

7) What are the three types of intentional activities described by Lyubomirsky et al. (2005)? ***1 point***

- Behavioural, genetic, and volitional
- Circumstantial, cognitive, and behavioural
- Behavioural, cognitive, and volitional
- Genetic, cognitive, and volitional

Yes, the answer is correct.
Score: 1

Accepted Answers:
Behavioural, cognitive, and volitional

8) What is the basic idea of the Sustainable Happiness Model, according to Sheldon and Lyubomirsky (2019)? ***1 point***

- Genetics and life circumstances entirely determine happiness
- Happiness is solely dependent on life circumstances
- People can influence their own happiness by their intentional activities
- Volitional activities have no impact on happiness

Yes, the answer is correct.
Score: 1

Accepted Answers:
People can influence their own happiness by their intentional activities

X

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Week 2 : Stress,

Assignment 9

The due date for submitting this assignment has passed.

Due on 2024-03-27, 23:59 IST.

Assignment submitted on 2024-03-27, 18:57 IST

1) In the context of gratitude, which of the following is NOT correct- ***1 point***

- Gratitude facilitates coping with stress
- Gratitude increases upward social comparison
- Gratitude improves self-esteem
- Gratitude enhances accessibility to positive memories

Yes, the answer is correct.
Score: 1

Accepted Answers:
Gratitude increases upward social comparison

2) Keeping a gratitude journal means---------- ***1 point***

- Writing things for which one is grateful.
- Expressing gratitude to a person face-to-face
- Expressing gratitude to a person by writing letters
- All of these

Yes, the answer is correct.

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? ()

Week 9: Happiness Activities 1 ()

Lec 25 : Cultivating happiness with gratitude (unit?unit=72&lesson=73)

Score: 1
Accepted Answers:
Writing things for which one is grateful.

3) Which of the following personality traits is incompatible with gratitude ***1 point***

- Extrovert
- Introvert
- Neuroticism
- Narcissism

Yes, the answer is correct.
Score: 1
Accepted Answers:
Narcissism

4) Kindness satisfies the basic human need for…… ***1 point***

- Relatedness
- Autonomy
- Competence
- None of these

Yes, the answer is correct.
Score: 1
Accepted Answers:
Relatedness

5) In the context of reciprocal altruism, when is kindness most likely to be demonstrated? ***1 point***

- In isolated situations
- In one-time encounters
- When individuals expect not to meet again
- When individuals expect to meet again

Yes, the answer is correct.
Score: 1
Accepted Answers:
When individuals expect to meet again

6) What is essential for acts of kindness to bring maximum improvement in well-being? ***1 point***

- Regular and planned acts of kindness
- Acts of kindness done out of obligation
- Freely and autonomously done acts of kindness
- Forced acts of kindness

Yes, the answer is correct.
Score: 1
Accepted Answers:
Freely and autonomously done acts of kindness

Lec 26 : Cultivating happiness with acts of kindness (unit?unit=72&lesson=74)

Lec 27 : Social comparison and happiness (unit?unit=72&lesson=75)

Lecture Notes (unit?unit=72&lesson=76)

Week 9: Feedback Form (unit?unit=72&lesson=174)

Quiz: Assignment 9 (assessment?name=215)

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 ()

7) In the context of downward comparison, what does assimilation result in? ***1 point***

- (selected) Negative self-evaluation
- Positive self-evaluation
- No change in self-evaluation
- Avoidance of self-evaluation

Yes, the answer is correct.
Score: 1

Accepted Answers:
Negative self-evaluation

8) According to diverse research studies, what is the typical result of social comparison on social networking sites in terms of subjective well-being (SWB) or happiness? ***1 point***

- Consistent increase in SWB or happiness.
- (selected) Typically results in decreases in SWB or happiness.
- No impact on SWB or happiness.
- Social comparison on SNSs always increases happiness.

Yes, the answer is correct.
Score: 1

Accepted Answers:
Typically results in decreases in SWB or happiness.

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Week 2 : Stress,

Assignment 10

The due date for submitting this assignment has passed.

Due on 2024-04-03, 23:59 IST.

Assignment submitted on 2024-04-03, 22:29 IST

1) According to Peterson & Seligman (2004), what inspired the development of the VIA Classification? ***1 point***

- Strength Finder
- Gallup's Strengths
- DSM
- Weaknesses Classification

Yes, the answer is correct.
Score: 1

Accepted Answers:
DSM

2) According to the VIA Classification, which virtue includes strengths that connect us to the larger universe? ***1 point***

- Justice
- Humanity
- Courage
- Transcendence

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? ()

Week 9: Happiness Activities 1 ()

Week 10 : Happiness Activities 2 ()

Lec 28 : Cultivating happiness with

Yes, the answer is correct.
Score: 1

Accepted Answers:
Transcendence

3) According to the VIA Classification, what is a component of the virtue of Humanity that involves being aware of the motives and feelings of self and others? ***1 point***

- Love
- Social intelligence
- Kindness
- Leadership

Yes, the answer is correct.
Score: 1

Accepted Answers:
Social intelligence

4) What does research indicate about the strengths of the heart compared to the strengths of the head? ***1 point***

- Strengths of the head are more individualistic
- Strengths of the heart are more strongly related to well-being
- Strengths of the head are more strongly related to life satisfaction
- Both strengths are equally related to well-being

Yes, the answer is correct.
Score: 1

Accepted Answers:
Strengths of the heart are more strongly related to well-being

5) According to Clifton and Anderson (2002, how do talents differ from skills and knowledge? ***1 point***

- Talents are acquired, while skills and knowledge are naturally occurring
- Talents exist naturally within each of us, while skills and knowledge need to be acquired
- Talents are more important than skills and knowledge
- Talents are the combination of skills and knowledge

Yes, the answer is correct.
Score: 1

Accepted Answers:
Talents exist naturally within each of us, while skills and knowledge need to be acquired

6) Under what conditions does the state of flow happen? ***1 point***

- When tasks are easy and skills exceed challenges
- When tasks are challenging and skills are irrelevant
- When a task is high on challenge and skill levels
- When tasks are irrelevant and no skills are required

signature strengths 1 (VIA character strengths) (unit?unit=79&lesson=80)

Lec 29 : Cultivating happiness with signature strengths 2 (Gallup's/Clifton strength finder) (unit?unit=79&lesson=81)

Lec 30 : Cultivating happiness with "Flow" (unit?unit=79&lesson=82)

Lecture Notes (unit?unit=79&lesson=83)

Week 10: Feedback Form (unit?unit=79&lesson=180)

Quiz: Assignment 10 (assessment?name=217)

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

Week 12: Meaning and

Yes, the answer is correct.
Score: 1

Accepted Answers:
When a task is high on challenge and skill levels

7) What term is used to describe activities that can facilitate a flow experience ***1 point***

- Autonomous
- Autotelic
- Automate
- Autonomic

Yes, the answer is correct.
Score: 1

Accepted Answers:
Autotelic

8) What type of activities are less likely to be associated with flow experience? ***1 point***

- Sports and dancing
- Creative arts and hobbies
- Housework and watching TV
- Socializing and studying

Yes, the answer is correct.
Score: 1

Accepted Answers:
Housework and watching TV

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Assignment 11

The due date for submitting this assignment has passed.

Due on 2024-04-10, 23:59 IST.

Assignment submitted on 2024-04-10, 22:28 IST

1) According to Maslow, what kind of need is self-actualization? ***1 point***

- Social need
- Safety need
- Being need
- Deficiency need

Yes, the answer is correct.
Score: 1

Accepted Answers:
Being need

2) According to Maslow, which of the following is an obstacle in achieving self-actualization? ***1 point***

- Lack of desire
- Stuck in fulfilling lower needs
- Societal conditions of worth
- None of these

Yes, the answer is correct.

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? ()

Week 9: Happiness Activities 1 ()

Week 10 : Happiness Activities 2 ()

Week 11: Is happiness sufficient?

Score: 1
Accepted Answers:
Stuck in fulfilling lower needs

3) According to Carl Rogers, which of the following is an obstacle to achieving our 'real self'? ***1 point***

- Lack of desire
- Stuck in fulfilling lower needs
- Societal conditions of worth
- None of these

Yes, the answer is correct.
Score: 1
Accepted Answers:
Societal conditions of worth

4) According to Carl Rogers, inconsistency between our real self and ideal self creates..... ***1 point***

- Psychosis
- Neurosis
- Organismic valuing
- None of these

Yes, the answer is correct.
Score: 1
Accepted Answers:
Neurosis

5) Which of the following theories explains human motivation based on the basic psychological need fulfillment? ***1 point***

- Organismic valuing theory
- Functional descriptive model
- PERMA model
- Self-determination theory

Yes, the answer is correct.
Score: 1
Accepted Answers:
Self-determination theory

6) A student generally completes school work independently, but only because of its value in gaining admission to college. This is an example of……type of extrinsic motivation. ***1 point***

- External regulation
- Introjection
- Identification

The concept of eudaimonic well-being ()

Lec 31 : Humanistic psychology and self-actualization (unit?unit=86&lesson=87)

Lec 32 : Self-determination, motivation, and well-being (unit?unit=86&lesson=88)

Lecture Notes (unit?unit=86&lesson=89)

Week 11: Feedback Form (unit?unit=86&lesson=185)

Quiz: Assignment 11 (assessment?name=219)

Week 12: Meaning and purpose in life ()

Live Sessions ()

Text transcripts ()

Books ()

- Integration

Yes, the answer is correct.
Score: 1

Accepted Answers:
Identification

7) Which of the following can promote internalized forms of extrinsic motivation? ***1 point***

- Increased external pressure
- Inflexible guidelines and regulations
- Satisfaction of basic psychological needs
- Strict punishment for non-compliance

Yes, the answer is correct.
Score: 1

Accepted Answers:
Satisfaction of basic psychological needs

8) Which of the following are internalized forms of extrinsic motivation? ***1 point***

- Amotivation and Introjection
- Identification and integration
- External regulation and controlled motivation
- None of these

Yes, the answer is correct.
Score: 1

Accepted Answers:
Identification and integration

X

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Assignment 12

The due date for submitting this assignment has passed.

Due on 2024-04-17, 23:59 IST.

Assignment submitted on 2024-04-17, 21:27 IST

1) Which of the following is a motivational component of meaning in life? ***1 point***

- Coherence
- Purpose
- Significance
- Mattering

Yes, the answer is correct.
Score: 1
Accepted Answers:
Purpose

2) 'Life has meaning under all circumstances, even the most miserable ones'. This statement is associated with..... ***1 point***

- Cognitive therapy
- Mindfulness-based therapy
- Behavioral therapy
- Logotherapy

Yes, the answer is correct.

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? ()

Week 9: Happiness Activities 1 ()

Week 10 : Happiness Activities 2 ()

Week 11: Is happiness sufficient?

Score: 1
Accepted Answers:
Logotherapy

3) How is significance or mattering defined in the context of meaning in life? ***1 point***

- A value-laden evaluation of daily activities
- Worthwhileness and value of one's life
- A measure of achievements and success
- A focus on personal desires and wishes

Yes, the answer is correct.
Score: 1
Accepted Answers:
Worthwhileness and value of one's life

4) How do the dimensions of comprehension, purpose, and mattering influence each other? ***1 point***

- They have no mutual influence.
- A high level in one dimension leads to low levels in others.
- Low levels in one may lead to low levels in others, and vice versa
- They have unpredictable relationships.

Yes, the answer is correct.
Score: 1
Accepted Answers:
Low levels in one may lead to low levels in others, and vice versa

5) What did Frankl believe is the last of human freedoms, even in the most challenging circumstances? ***1 point***

- Freedom to pursue material success
- Freedom to avoid suffering
- Freedom to achieve external goals
- Freedom to choose one's attitude in any given circumstance

Yes, the answer is correct.
Score: 1
Accepted Answers:
Freedom to choose one's attitude in any given circumstance

6) What is one way Frankl suggested individuals can discover meaning in life? ***1 point***

- Creating a work or doing a deed
- Avoiding all forms of suffering
- Pursuing external achievements only
- Experiencing natural beauty without any action

Yes, the answer is correct.

The concept of eudaimonic well-being ()

Week 12: Meaning and purpose in life ()

- Lec 33 : Meaning in life and well-being (unit?unit=92&lesson=93)
- Lec 34 : Life goals and well-being (unit?unit=92&lesson=94)
- Lecture Notes (unit?unit=92&lesson=95)
- Week 12: Feedback Form (unit?unit=92&lesson=186)
- **Quiz: Assignment 12 (assessment?name=220)**

Live Sessions ()

Text transcripts ()

Books ()

Score: 1

Accepted Answers:

Creating a work or doing a deed

7) Why might satisfaction from extrinsic goals not last? ***1 point***

- Extrinsic goals are inherently unsatisfying.
- People quickly adapt to extrinsic goals.
- Satisfaction from extrinsic goals is dependent on external factors.
- Extrinsic goals are not valued by one's culture.

Yes, the answer is correct.
Score: 1

Accepted Answers:

People quickly adapt to extrinsic goals.

8) How do intrinsic goals differ from extrinsic goals in terms of their relationship to cultural beliefs and norms? ***1 point***

- Both intrinsic and extrinsic goals are strongly shaped by cultural beliefs and norms.
- Intrinsic goals are more influenced by cultural beliefs, while extrinsic goals are less influenced by cultural beliefs and norms.
- Extrinsic goals are strongly shaped by cultural beliefs and norms, while intrinsic goals emerge from natural growth tendencies.
- Cultural beliefs have no impact on the content of either intrinsic or extrinsic goals

Yes, the answer is correct.
Score: 1

Accepted Answers:

Extrinsic goals are strongly shaped by cultural beliefs and norms, while intrinsic goals emerge from natural growth tendencies.