

HS-403

Happiness and Wellbeing 2024

Final Assignment

200020043

The Gratitude Questionnaire (GQ-6)

- The six items are as follows:
- 1.. "I have so much in life to be thankful for."
- 2.. "If I had to list everything that I felt grateful for, it would be a very long list."
- 3.. "When I look at the world, I don't see much to be grateful for." (reverse-scored)
- 4.. "I am grateful to a wide variety of people."
- 5.. "As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history."
- 6.. "Long amounts of time can go by before I feel grateful to something or someone." (reverse-scored)

6. ASSIGNMENT- 6 (Your responses to any 3 of the following should be of one-page length (About 200 words each))

- a) Your view about happiness, and how it has changed after studying the course material.
- b) How much money do you think you will need to live a happy life and why? Do you believe that earning more money will bring you more happiness, why or why not?
- c) Why cooperation is good for happiness.
Cooperation fosters happiness through various mechanisms, promoting social bonds, shared goals, and a sense of belonging. Firstly, collaborating with others cultivates a supportive environment, reducing stress and enhancing emotional well-being. For instance, in workplaces where teamwork is encouraged, employees often report higher job satisfaction and lower levels of burnout due to mutual assistance and camaraderie.

Secondly, cooperation facilitates the achievement of collective objectives, leading to a sense of accomplishment and fulfillment. Communities coming together to address common challenges, like disaster relief efforts or neighborhood improvement projects, not only enhance the overall quality of life but also strengthen interpersonal connections, resulting in increased happiness among participants.

Moreover, cooperation encourages empathy and altruism, fundamental components of positive social interactions. When individuals engage in acts of kindness or volunteerism, they experience a "helper's high," characterized by elevated mood and enhanced well-being. For example, studies have shown that volunteering in charitable organizations correlates with greater life satisfaction and happiness levels.

In summary, cooperation fosters happiness by nurturing supportive relationships, facilitating goal achievement, and promoting altruistic behaviors. Embracing collaboration not only benefits individuals but also contributes to the overall positivity and harmony of society, leaving a lasting impression of empathy, goodwill, and fulfillment.

- d) Peace-making and reconciliation
- e) A meaningful life has four (you may add more) properties: purpose, judgement, efficiency, self-worth. Do you agree? Analyse yourself using these and other properties
- f) Analyse the trajectories of your relationships, and write about whether you experienced different sorts of happiness in the early and later stages of relationships
- g) Forgiveness: a practice for happiness and stress reduction Eight Essentials When Forgiving. Analyse yourself in terms of these eight essentials.
- h) Style of choice-making and whether making choices for yourself affects your happiness
- i) Your strengths of character, how (when and if) you use your strengths in your life right now, why you think you have your particular character strengths, and whether or how using your strengths helps you achieve happiness
- j) Your appreciation of one individual in history/society that you hold in high esteem.

Dr. B.R. Ambedkar is a towering figure in history, revered for his relentless pursuit of social justice, equality, and empowerment. His contributions resonate profoundly, shaping the very fabric of modern India. Ambedkar's legacy is multifaceted, spanning law, politics, and social reform, making him a beacon of inspiration for millions.

Firstly, as the chief architect of the Indian Constitution, Ambedkar laid the foundation for a democratic and inclusive society. His vision ensured fundamental rights and protections for all citizens, irrespective of caste, creed, or gender. His commitment to justice is exemplified in his advocacy for affirmative action and reservations to uplift marginalized communities, aiming to rectify historical injustices.

Furthermore, Ambedkar's relentless struggle against caste-based discrimination remains unparalleled. His life's work epitomizes resilience and determination in the face of systemic oppression. From his pioneering role in the Dalit movement

to his efforts to eradicate untouchability, he spearheaded transformative social reforms, challenging age-old prejudices and paving the way for a more equitable society.

Ambedkar's intellectual prowess and moral courage continue to inspire generations worldwide. His teachings on education, rationality, and individual dignity resonate deeply, offering a roadmap for societal progress and human dignity. His emphasis on education as the means for liberation underscores his belief in the transformative power of knowledge.

In conclusion, Dr. B.R. Ambedkar's enduring legacy as a scholar, statesman, and champion of social justice earns him the utmost admiration. His lifelong dedication to the upliftment of the downtrodden and the marginalized serves as a guiding light for humanity, leaving an indelible mark on history and society.

- k) Identify an event, situation, person, and place that make you feel negatively (e.g., angry, frustrated, sad, guilty, uncooperative, unkind or wishing ill will, makes you act arrogant or be boastful, makes you feel imperfect or worthless, etc.) and how you will counter these negative feelings.
- l) Make your bucket list. (Example) Revise it based on your present abilities or How can you enhance your abilities to reach your bucket list in a shorter time?
- m) Describe one of your passions in life. Then, describe your greatest asset, that is, one thing you are really good at doing.
- n) Next, describe one social problem or need in the world; that is, what do you think is the world's biggest problem right now? What your approaches to solve this problem

One of the world's most pressing issues today is climate change. The escalating climate crisis threatens ecosystems, economies, and livelihoods worldwide. To address this multifaceted challenge, a comprehensive approach integrating various strategies is essential.

Firstly, transitioning to renewable energy sources is paramount. By investing in solar, wind, and hydroelectric power, we can reduce reliance on fossil fuels, curbing greenhouse gas emissions and mitigating climate change's worst effects. Real-life examples abound, such as Costa Rica, where nearly 99% of electricity comes from renewable sources, showcasing the feasibility and benefits of such transitions.

Secondly, fostering sustainable practices in agriculture and land use is crucial. Encouraging regenerative farming techniques, protecting forests, and promoting reforestation efforts can sequester carbon, preserve biodiversity, and safeguard natural habitats. Initiatives like the Great Green Wall in Africa demonstrate how restoring degraded landscapes can combat desertification and enhance resilience to climate change.

Thirdly, advocating for policy reforms and international cooperation is imperative. Governments must enact ambitious climate policies, such as carbon pricing and emissions regulations, to incentivize green innovation and ensure accountability. The Paris Agreement exemplifies global collaboration, setting targets to limit global warming and spur collective action on a planetary scale.

Additionally, raising awareness and fostering community engagement are essential components of tackling climate change. Educating individuals about sustainable living practices and empowering grassroots movements can catalyze meaningful change from the ground up. Examples like Greta Thunberg's Fridays for Future movement underscore the power of youth activism in driving climate action and holding leaders accountable.

In conclusion, addressing climate change demands a multifaceted approach encompassing renewable energy adoption, sustainable land management, policy advocacy, and community mobilization. By embracing these strategies and learning from successful initiatives worldwide, we can work towards a more sustainable and resilient future for generations to come.

7 Assignment -Spiritual Wellbeing scale 7a.

1 SA (Strongly Agree), 2 A, 3 Neutral, 4 D, 5 SD (Strongly Disagree)

- 1.) There is not much I can do to help myself. 1 2 3 4 **5**
- 2.) Often, there is no way I can complete what I have started 1 2 **3** 4 5
- 3.) I can't begin to understand my problems. 1 2 3 **4** 5
- 4.) I am overwhelmed when I have personal difficulties and problems. 1 **2** 3 4 5
- 5.) I don't know how to begin to solve my problems. 1 2 3 **4** 5

- 6.) There is not much I can do to make a difference in my life. 1 2 3 4 5
- 7.) I haven't found my life's purpose yet 1 2 3 4 5
- 8.) I don't know who I am, where I came from, or where I am going. 1 2 3 4 5
- 9.) I have a lack of purpose in my life. 1 2 3 4 5
- 10.) In this world, I don't know where I fit in. 1 2 3 4 5
- 11.) I am far from understanding the meaning of life 1 2 3 4 5
- 12.) There is a great void in my life at this time. 1 2 3 4 5

Scoring: Items 1-6 make up the Self-Efficacy Subscale. Items 7-12 make up the Life Scheme Subscale. Scoring is kept on a continuous basis

7b

1. In terms of the questions I have about life, my spirituality answers

No questions absolutely all my questions

0 1 2 3 4 5 6 7 8 9 10

2. Growing spiritually

is more important than anything else in my life of no importance to me

10 9 8 7 6 5 4 3 2 1 0

3. When I am faced with an important decision, my spirituality

Plays absolutely no role is always the overriding consideration

0 1 2 3 4 5 6 7 8 9 10

4. Spirituality is

the master motive of my

life, directing every other

aspect of my life

not part of my life

10 9 8 7 6 5 4 3 2 1 0

5. When I think of the things that help me to grow and mature as a person, my spirituality

has no effect

is absolutely the most

on my personal growth

important factor in my personal growth

0 1 2 3 4 5 6 7 8 9 10

6. My spiritual beliefs affect

no aspect

absolutely every

of my life

aspect of my life

10 9 8 7 6 5 4 3 2 1 0

7c

For each of the following statements circle the choice that best indicates the extent of your agreement or disagreement as it describes your personal experience:

SA = Strongly Agree D = Disagree MA = Moderately Agree MD = Moderately Disagree

A = Agree SD = Strongly Disagree

1. I don't find much satisfaction in private prayer with God. SA MA A **D** MD SD
2. I don't know who I am, where I came from, or where I'm going. SA MA A D **MD** SD
3. I believe that God loves me and cares about me. SA MA **A** D MD SD
4. I feel that life is a positive experience. SA **MA** A D MD SD
5. I believe that God is impersonal and not interested in my daily situations. SA MA A **D** MD SD
6. I feel unsettled about my future. SA MA **A** D MD SD
7. I have a personally meaningful relationship with God. SA MA **A** D MD SD
8. I feel very fulfilled and satisfied with life. SA MA A **D** MD SD
9. I don't get much personal strength and support from my God SA MA A **D** MD SD
10. I feel a sense of well-being about the direction my life is headed in. SA MA **A** D MD SD
11. I believe that God is concerned about my problems. SA MA **A** D MD SD
12. I don't enjoy much about life. SA MA A D **MD** SD
13. I don't have a personally satisfying relationship with God. SA MA A **D** MD SD
14. I feel good about my future. SA MA **A** D MD SD

15. My relationship with God helps me not to feel lonely. SA MA A **D** MD SD
16. I feel that life is full of conflict and unhappiness. SA MA A D **MD** SD
17. I feel most fulfilled when I'm in close communion with God. SA MA A **D** MD SD
18. Life doesn't have much meaning. SA MA A D MD **SD**
19. My relation with God contributes to my sense of well-being. SA MA **A** D MD SD
20. I believe there is some real purpose for my life. **SA** MA A D MD SD

7d SWBS

Please mark the answer that best applies to you:

strongly agree (1), agree (2), neither agree nor disagree (3), disagree (4), or strongly disagree (5). The word "Higher Power" or "God" refers to God, Buddha, or any other Supreme Being/Higher Power/Life Force that you may believe in. Please circle only once answer per line.

- | | Strongly
Agree | Agree | Neither
Agree nor Disagree | Disagree | Strongly Disagree |
|--|-------------------|----------|-------------------------------|----------|-------------------|
| 1. I don't know who I am, where I come from, or where I am going. | 1 | 2 | 3 | 4 | 5 |
| 2. I believe that God/a Higher Power loves me and cares about me. | 1 | 2 | 3 | 4 | 5 |
| 3. I have a personally meaningful relationship with God/a Higher Power. | 1 | 2 | 3 | 4 | 5 |
| 4. I feel very fulfilled and satisfied with my life. | 1 | 2 | 3 | 4 | 5 |
| 5. I don't get much personal strength and support from God/a Higher Power. | 1 | 2 | 3 | 4 | 5 |
| 6. I believe that God/a Higher Power is concerned about my problems. | 1 | 2 | 3 | 4 | 5 |
| 7. I feel good about my future. | | | | | |

- 1 2 3 4 5
8. My life doesn't have much meaning.
- 1 2 3 4 5
9. My relationship with God/a Higher Power contributes to my sense of well-being.
- 1 2 3 4 5
10. I believe there is some real purpose for my life
.....1 2 3 4 5

7e God's presence

The Daily Spiritual Experience Scale:

"The list that follows includes items you may or may not experience. Please consider how often you directly have this experience, and try to disregard whether you feel you should or should not have these experiences. A number of items use the word 'God.' If this word is not a comfortable one for you, please substitute another word that calls to mind the divine or holy for you."

	<i>Many Times a Day</i>	<i>Every Day</i>	<i>Most Days</i>	<i>Some Days</i>	<i>Once in a While</i>	<i>Never</i>
1. I feel God's presence						
2. I experience a connection all of life						
3. During worship, or at other times when connecting with God, I feel joy, which lifts me out of my daily concerns						
4. I find strength in my religion or spirituality						
5. I find comfort in my religion or spirituality						
6. I feel deep inner peace or harmony						
7. I ask for God's help in the midst of daily activities						
8. I feel guided by God in the midst of daily activities						
9. I feel God's love for me directly						
10. I feel God's love for me through others						
11. I am spiritually touched by the beauty of creation						
12. I feel thankful for my blessings						
13. I feel a selfless caring for others						
14. I accept others even when they do things I think are wrong						
15. I desire to be closer to God or in union with the divine						
	<i>As Close as Possible</i>	<i>Very Close</i>	<i>Somewhat Close</i>	<i>Not at All Close</i>		
16. In general, how close to you feel to God?						

- 1 Every day
- 2 Most days
- 3 Every day
- 4 Many times a day
- 5 Many times a day
- 6 Most days
- 7 Most days
- 8 Every day
- 9 Every day
- 10 some days
- 11 Most days
- 12 Most days
- 13 Most days
- 14 once in a while
- 15 Most days
- 16 somewhat close

8 Assignment 8 Character Strengths

In the table below, 24 character strengths are shown among 6 virtues. Score on each character strength on a scale of 1 to 10 and get your total score. On a character strength that you score low, what are the steps that you can take to increase your strength?. Translate each word in your mother tongue as well as another language (such as your neighbouring state's language, or any other. Show those words in that language script.

The 24 Character Strengths * (Shown by 6 Virtues)

- Wisdom and Knowledge
 - Curiosity/interest
 - Love of learning
 - Judgment
 - Perspective
- Courage
 - Valor
 - Persistence
 - Integrity
 - Zest/enthusiasm
- Temperance
 - Forgiveness/mercy
 - Modesty/humility
 - Prudence/caution
 - Self-regulation
- Justice
 - Citizenship
 - Fairness/equity
- Love
 - Love/intimacy
 - Social/Emotional Intelligence
- Transcendence
 - Appreciation of beauty
 - Gratitude
 - Hope/optimism
 - Playfulness/humor
 - Spirituality

• Peterson & Seligman, 2004

Wisdom and Knowledge:

Curiosity/Interest	ಜಿಜ್ಞಾಸಾ	ಕುತೂಹಲ	9
Love of learning	ಸಿಖನೆ ಕಾ ಪ್ಯಾರ	ಕಲಿಕೆಯ ಪ್ರೀತಿ	9
Judgment	ಪ್ರಲಯ	ತೀರ್ಪು	8
Creativity	ರಚನಾತ್ಮಕತಾ	ಸೃಜನಶೀಲತೆ	7
Perspective	ಪರಿಪ್ರೇಕ್ಷಯ	ದೃಷ್ಟಿಕೋನ	8

Courage:

Valor	ವೀರತಾ	ಶೌರ್ಯ	10
Persistence	ಅಟಲತಾ	ಹಠ	10
Integrity	ಅಖಂಡತಾ	ಸಮಗ್ರತೆ	9
Zest/Enthusiasm	ಉತ್ಸಾಹ	ಉತ್ಸಾಹ	8

Temperance:

Forgiveness/Mercy	ಮಾಫಿ	ಕ್ಷಮೆ	9
Modesty/Humility	ನಮ್ರತಾ	ನಮ್ರತೆ	9
Prudence/caution	ವಿವೇಕ	ವಿವೇಕ	8
Self-regulation	ಆತ್ಮ ನಿಯಮನ	ಸ್ವಯಂ ನಿಯಂತ್ರಣ	9

Justice:

Citizenship	ನಾಗರಿಕತಾ	ನಾಗರಿಕತ್ವ	8
Fairness/equality	ನಿಷ್ಪಕ್ಷತಾ	ಸೂಗಸು	8
Leadership	ನೆತೃತ್ವ	ನಾಯಕತ್ವ	8

Love:

Love/intimacy	ಪ್ಯಾರ	ಪ್ರೀತಿ	9
Kindness	ದಯಾಲುತಾ	ದಯೆ	9

social/
emotional intelligence

भावात्मक बुद्धि

ಭಾವನಾತ್ಮಕ ಬುದ್ಧಿವಂತಿಕೆ 9

Transcendence:

Appreciation of Beauty	सुंदरता की सराहना	ಸೌಂದರ್ಯದ ಮೆಚ್ಚುಗೆ	9
Gratitude	कृतज्ञता	ಕೃತಜ್ಞತೆ	9
Hope/optimism	आशा	ಭರವಸೆ	9
playfulness/Humor	शोखी	ಲವಲವಿಕೆ	8
Spirituality	आध्यात्मिकता	ಆಧ್ಯಾತ್ಮಿಕತೆ	8

9 Assignment 9 Beck's Depression Inventory

Beck's Depression Inventory

This depression inventory can be self-scored. The scoring scale is at the end of the questionnaire.

1.

0 I do not feel sad.

1 I feel sad

2 I am sad all the time and I can't snap out of it.

3 I am so sad and unhappy that I can't stand it.

2.

0 I am not particularly discouraged about the future.

1 I feel discouraged about the future.

2 I feel I have nothing to look forward to.

3 I feel the future is hopeless and that things cannot improve.

3.

0 I do not feel like a failure.

1 I feel I have failed more than the average person.

2 As I look back on my life, all I can see is a lot of failures.

3 I feel I am a complete failure as a person.

4.

- 0 I get as much satisfaction out of things as I used to.
- 1 I don't enjoy things the way I used to.
- 2 I don't get real satisfaction out of anything anymore.
- 3 I am dissatisfied or bored with everything.

5.

- 0 I don't feel particularly guilty
- 1 I feel guilty a good part of the time.
- 2 I feel quite guilty most of the time.
- 3 I feel guilty all of the time.

6.

- 0 I don't feel I am being punished.
- 1 I feel I may be punished.
- 2 I expect to be punished.
- 3 I feel I am being punished.

7.

- 0 I don't feel disappointed in myself.
- 1 I am disappointed in myself.
- 2 I am disgusted with myself.
- 3 I hate myself.

8.

- 0 I don't feel I am any worse than anybody else.
- 1 I am critical of myself for my weaknesses or mistakes.
- 2 I blame myself all the time for my faults.
- 3 I blame myself for everything bad that happens.

9.

- 0 I don't have any thoughts of killing myself.
- 1 I have thoughts of killing myself, but I would not carry them out.
- 2 I would like to kill myself.
- 3 I would kill myself if I had the chance.

10.

0 I don't cry any more than usual.

1 I cry more now than I used to.

2 I cry all the time now.

3 I used to be able to cry, but now I can't cry even though I want to.

11.

0 I am no more irritated by things than I ever was.

1 I am slightly more irritated now than usual.

2 I am quite annoyed or irritated a good deal of the time.

3 I feel irritated all the time.

12.

0 I have not lost interest in other people.

1 I am less interested in other people than I used to be.

2 I have lost most of my interest in other people.

3 I have lost all of my interest in other people.

13.

0 I make decisions about as well as I ever could.

1 I put off making decisions more than I used to.

2 I have greater difficulty in making decisions more than I used to.

3 I can't make decisions at all anymore.

14.

0 I don't feel that I look any worse than I used to.

1 I am worried that I am looking old or unattractive.

2 I feel there are permanent changes in my appearance that make me look unattractive

3 I believe that I look ugly.

15.

0 I can work about as well as before.

1 It takes an extra effort to get started at doing something.

2 I have to push myself very hard to do anything.

- 3 I can't do any work at all.
- 16.
- 0 I can sleep as well as usual.
- 1 I don't sleep as well as I used to.
- 2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
- 3 I wake up several hours earlier than I used to and cannot get back to sleep.
- 17.
- 0 I don't get more tired than usual.
- 1 I get tired more easily than I used to.
- 2 I get tired from doing almost anything.
- 3 I am too tired to do anything.
- 18.
- 0 My appetite is no worse than usual.
- 1 My appetite is not as good as it used to be.
- 2 My appetite is much worse now.
- 3 I have no appetite at all anymore.
- 19.
- 0 I haven't lost much weight, if any, lately.
- 1 I have lost more than five pounds.
- 2 I have lost more than ten pounds.
- 3 I have lost more than fifteen pounds.
- 20.
- 0 I am no more worried about my health than usual.
- 1 I am worried about physical problems like aches, pains, upset stomach, or constipation.
- 2 I am very worried about physical problems and it's hard to think of much else.
- 3 I am so worried about my physical problems that I cannot think of anything else.
- 21.
- 0 I have not noticed any recent change in my interest in sex.
- 1 I am less interested in sex than I used to be.

- 2 I have almost no interest in sex.
- 3 I have lost interest in sex completely.

INTERPRETING THE BECK DEPRESSION INVENTORY

Now that you have completed the questionnaire, add up the score for each of the twenty-one questions by counting the number to the right

of each question you marked. The highest possible total for the whole test would be sixty-three. This would mean you circled number three on all

twenty-one questions. Since the lowest possible score for each question is zero, the lowest possible score for the test would be zero. This would mean you circles zero on each question. You can evaluate your depression

according to the Table below.

Total Score_____12_____ Levels of Depression

1-10_____These ups and downs are considered normal

11-16_____Mild mood disturbance

17-20_____Borderline clinical depression

21-30_____Moderate depression

31-40_____Severe depression

over 40_____Extreme depression

10 Assignment 10 (To be done with a partner. Your Answer will be in two columns, One, your column, another your partner's. Comparison is not for competing, but to get an alternative perspective in life. There are no right or wrong answers. Your answer

should be in a table with two columns, The first item should be your name/Roll Number!)

- a) Your bucket list (Top 4 items that you wish that you have or want to possess)
- b) The nature of the house that you wish to live in and the place you would like to settle down
- c) The number of years that you wish to live
- d) The highest educational level that you wish to attain
- e) The 3 passions that you wish to pursue
- f) The dream vehicle that you wish to possess
- g) The three 'best' natural scenes that you like
- h) The three 'best' places that you wish to visit/revisit
- i) The amount of time per day that you wish to spend on yoga, meditation or other personality development activities
- j) The amount of time per day that you would like to spend on entertainment
- k) Your 3 favourite sports
- l) The number of hours of sleep that you need
- m) Three things that make you happy
- n) The three things that make you sad
- o) Your "best" achievement so far
- p) If God or some one offers you whatever you wish, what will it be?

You may add a few more items that are not in the above list in your table

	My_rollno200020043
Your bucket list (Top 4 items that you wish that you have or want to possess)	*Job,money,financial freedom, travel
The nature of the house that you wish to live in and the place you would like to settle down	*open house with garden and animals in a quiet place somewhere near mountain and greenery
The number of years that you wish to live	* no one can guess or decide how many years they can live, but just for answer may be 70-80 years
The highest educational level that you wish to attain	* phd
The 3 passions that you wish to pursue	* art, singing, book reading

The dream vehicle that you wish to possess	* i don't have any, but a good one will work, i don't believe in buying too expensive vehicle
The three 'best' natural scenes that you like	* mountain, rainy weather, lot of greenery
The three 'best' places that you wish to visit/revisit	* explore india first, paris, UK
The amount of time per day that you wish to spend on yoga, meditation or other personality development activities	2 hours
The amount of time per day that you would like to spend on entertainment	2 hr
Your 3 favourite sports	* i don't have interest in sports, but i like ludo, badminton, kho-kho
The number of hours of sleep that you need	* 7-8 hours
Three things that make you happy	* love , understanding, family
The three things that make you sad	* lie, dishonesty, rudeness
Your "best" achievement so far	* getting into IIT
If God or some one offers you whatever you wish, what will it be	* ability to make friends or not get hurt or angry over little things