Assignment 3: Happiness & Well-Being

The due date for submitting this assignment has passed. As our records show you have not submitted this assignment.

1. According to Deci and Ryan (2000), which needs have to be fulfilled in order for a person to achieve self-determination? 1 point
   - Autonomy
   - Achievement
   - Belongingness
   - Competence
   - Safety Needs
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - Autonomy
   - Achievement
   - Belongingness
   - Competence

2. In Kahneman's Model of Mental Health, a person in the 'Hedonic' state is characterized as having: 1 point
   - Low mental health and low mental illnesses
   - High mental health and low mental illnesses
   - Low mental health and high mental illnesses
   - High mental health and high mental illnesses
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - Low mental health and low mental illnesses
   - High mental health and low mental illnesses
   - Low mental health and high mental illnesses
   - High mental health and high mental illnesses

3. State True or False: 1 point
   The famous Danes' 'Panden' states that during the economic expansions between 1945 and 1970 in the U.S., happiness showed an increase in happiness throughout this period of post-war leisure.
   True
   False
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - True
   - False

4. In the book, "If You're D.O.H., Why Aren't You Happy?", Dr. Raj Puthnavaran thinks a Danish wish list identifies the values mentioned by them in a list:
   - Ferris, Intelligence, Happiness, Wealth
   - Happiness, Success, Intelligence, Masloman
   - Wealth, Success, Ferris, Happiness
   - Material Health, Intelligence, Ferris, Success
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - Ferris, Intelligence, Happiness, Wealth
   - Happiness, Success, Intelligence, Masloman
   - Wealth, Success, Ferris, Happiness
   - Material Health, Intelligence, Ferris, Success

5. Robert Waldinger in his 39-year longitudinal Harvard Study of Adult Development suggested that: 1 point
   - Social connectedness increases happiness levels
   - Good marital partners are very important to our lives as well as our bodies
   - The man functioning of Dope people does not always work
   - Quality of relationships don’t matter
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - Social connectedness increases happiness levels
   - Good marital partners are very important to our lives as well as our bodies
   - The man functioning of Dope people does not always work
   - Quality of relationships don’t matter

6. Which of the following statements best describes the concept of Hedonic treadmill? 1 point
   - The boost of positive emotions in the short-term is accompanied by a rush of negative emotions
   - Our short-term increase in happiness from positive emotions changes our baseline levels of happiness.
   - Our lifetime to play more attention to negative emotions than positive ones
   - Although there is a boost in positive emotions in the short-term, we eventually return to our baseline levels of happiness.
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - The boost of positive emotions in the short-term is accompanied by a rush of negative emotions
   - Our short-term increase in happiness from positive emotions changes our baseline levels of happiness.
   - Our lifetime to play more attention to negative emotions than positive ones
   - Although there is a boost in positive emotions in the short-term, we eventually return to our baseline levels of happiness.

7. Which of the following best characterizes the activities of over-eating, over-drinking, and pastime? 1 point
   - Selfish
   - Risky Game
   - Dope
   - Blues
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - Selfish
   - Risky Game
   - Dope
   - Blues

8. Which Indian concept of happiness corresponds to the Eudaimonic perspective? 1 point
   - Bhakti
   - Aryan
   - Ascetic
   - Dharma
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - Bhakti
   - Aryan
   - Ascetic
   - Dharma

9. In the Mental Health Continuum Scale, responses ranked almost every day or everyday in at least 1 domain of emotional well-being and 5 domains of 1 point of positive functioning denote:
   - More than
   - High level of mental health continuum
   - Longitudinal
   - Moderate level of mental health continuum
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   - More than
   - High level of mental health continuum
   - Longitudinal
   - Moderate level of mental health continuum

10. State True or False: 1 point
    Different societies have included different factors in their definitions of flourishing.
    True
    False
    No, the answer is incorrect.
    Score: 0
    Accepted Answers:
    - True
    - False