Assignment 8

The due date for submitting this assignment has passed. Due on 2021-03-17, 23:59 IST.

As per our records you have not submitted this assignment.

1) Which among the following is a barrier in increasing our happiness? 1 point
   - Genetic set point
   - Hedonic adaptation
   - Personality traits
   - All of these

   No, the answer is incorrect. Score: 0
   Accepted Answers: All of these

2) Our happiness level remains relatively stable around a baseline because of............ 1 point
   - Life circumstances
   - Genetics
   - Intentional activities
   - None of these

   No, the answer is incorrect. Score: 0
   Accepted Answers: Genetics

3) According to AREA model of hedonic adaptation,................ determines the rate of adaptation 1 point
   - Attention
   - Explanation
   - Reaction
   - None of these

   No, the answer is incorrect. Score: 0
   Accepted Answers: Explanation

4) According to the sustainable happiness model, intentional activities may include.........activities 1 point
   - Behavioral
   - Cognitive
   - Volitional
   - Behavioral, cognitive and volitional

   No, the answer is incorrect. Score: 0
   Accepted Answers: Behavioral, cognitive and volitional

5) According to Lyubomirsky and Layous (2013), which of the following factors may influence the success of positive intentional activities in enhancing happiness? 1 point
   - Characteristics of the activity
   - Characteristics of the person
   - Person-activity fitness
   - All of these

   No, the answer is incorrect. Score: 0
   Accepted Answers: All of these

6) Research shows that life circumstances account for a very small percentage of variance in happiness levels. One of the possible reason is..................... 1 point
   - Genetics
   - Hedonic adaptation
   - Personality traits
   - Intentional activities

   No, the answer is incorrect. Score: 0
   Accepted Answers: Hedonic adaptation

7) Hedonic adaptation is more likely to be complete and ............ in case of positive experiences than negative experiences 1 point
   - Slower
   - Faster
   - Demanding
   - Identical

   No, the answer is incorrect. Score: 0
   Accepted Answers: Faster

8) ....................refers to the process by which individuals return to baseline levels of happiness following a change in life circumstances. 1 point
   - Affective regulation
   - Hedonic adaptation
   - Personality Traits
   - Impact bias

   No, the answer is incorrect. Score: 0
   Accepted Answers: Hedonic adaptation