

CHAPTER-8 | Motivation and Emotion

QUIZ
PART-05

1. One way to enhance positive emotions is by:

- A. Isolating oneself from others
- B. Dwelling on past failures
- C. Maintaining healthy relationships
- D. Focusing only on problems (C)

Explanation : Building cordial and supportive relationships is a key method of fostering positive emotions.

2. Which of the following is NOT a method to enhance positive emotions?

- A. Mindfulness
- B. Expressing appreciation
- C. Physical activity
- D. Suppressing joyful feelings (D)

Explanation : Suppressing emotions is harmful; positivity is promoted by mindfulness, appreciation, and active living.

3. Laughing and smiling even without a reason can sometimes lead to improved mood and positive emotions.

- A. True
- B. False (A)

Explanation : Positive expressions like smiling or laughing can boost mood and increase positivity.

4. Which personality trait is most associated with enhancing positive emotions?

- A. Pessimism
- B. Optimism
- C. Indifference
- D. Hostility (B)

Explanation : Optimism contributes significantly to fostering positivity and resilience.

5. Having a strong purpose in life helps enhance positive emotions by:

- A. Reducing sleep needs
- B. Giving direction and meaning to life
- C. Eliminating all negative emotions
- D. Preventing physical illness (D)

Explanation : Purpose instills meaning and direction, which builds positivity.

6. Emotional intelligence involves:

- A. Suppressing emotions permanently
- B. Understanding and managing emotions in self and others
- C. Avoiding social interactions
- D. Ignoring emotional triggers (B)

Explanation : Emotional intelligence refers to recognizing and managing emotions effectively in oneself and others.

7. Self-awareness in emotional intelligence refers to:

- A. Ignoring triggers
- B. Understanding emotional triggers
- C. Copying others' behaviors
- D. Focusing only on external situations (B)

Explanation : Self-awareness means recognizing one's own emotions and triggers.

8. Which emotion regulation strategy involves rethinking the situation to manage emotions?

- A. Mindfulness
- B. Suppression
- C. Cognitive reappraisal
- D. Emotional avoidance (C)

Explanation : Cognitive reappraisal helps reshape perspectives, reducing negativity and promoting positivity.

9. Which of these is an example of constructive expression of emotions?

- A. Suppressing feelings
- B. Journaling or talking
- C. Ignoring emotions
- D. Escaping into isolation (B)

Explanation : Constructive expression such as journaling or talking helps in managing emotions positively.

10. Engaging in work and attaining mastery contributes to positive emotions because it:

- A. Prevents all stress
- B. Builds self-confidence and satisfaction
- C. Avoids social interaction
- D. Eliminates biological needs (B)

Explanation : Mastery and engagement in meaningful work foster self-confidence and lasting positivity.