

University of Ruhuna
Master of Arts in Peace and Development Studies Degree Programme
2015/2016 Academic Year
Third Semester Examination
PDS 6333 - Psychology and Personal Transformation

Answer **four (04)** Questions only.
(Select at least one (01) question in each section.)

Time: 3 Hours

Section 1

01. Briefly explain the fundamental teaching of Buddha. (15 marks)
02. Give an introduction to the term "Meditation" and explain the benefits of practicing meditation. (15 marks)
03. "The four divine states of mind (metta=Loving Kindness, Karuna = Kindness, Muditha = Sympathetic Joy, Upekkha = equanimity) are conducive to the happiness of Society" Describe. (15 marks)

Section 2

04. Describe the psychological aspect of personality. (15 marks)
05. Describe Sigmund Freud's contribution in discussing one's character. (15 marks)
06. Why peace psychology is important in studying contemporary world? Give reasons. (15 marks)
07. How do prejudices develop? What are the social impacts of prejudices? (15 marks)

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