



University of Ruhuna

Master of Arts in Peace and Development Studies
Third Semester End Examination - November/December 2020

PDS 6333 – Psychology and Personal Transformation

Time: 3 Hours

Answer any four (04) Questions

Part I

Select and answer three (03) questions in this section.

1. What is the nature of our mind? Discuss with examples.
2. Explain some of the unwholesome (*akusala*) mental factors.
How do they influence on persons?
3. “The four Divine states of mind (*metta*/loving-kindness, *karuna*/ kindness, *mudita*/ sympathy, *upekkha*/ equanimity) would pave the way for personal transformation”
Explain.
4. Do you believe knowledge (*ñāna*) differs from wisdom (*pañña*)? Give reasons.
5. Discuss the relationship between wisdom words and happy life.

Part II

Select and answer one (01) question in this section.

6. Discuss how conflicts strip up according to Freudian theory.
7. What is the idea of Gestalt theory in the rise and the prevalence of conflicts?

(15 Marks for each answer)

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