Solutions

Marking: **M1** a correct method, **A1** the correct answer, **B1** an independent mark.

Each answer shows the steps, then the **result**.

2.1

a person's own judgment of how happy they are and how satisfied they are with their life

2.2

posttraumatic growth; resilience means coping and returning to the usual level after hardship; posttraumatic growth means becoming better off in some ways than before the trauma

2.3

bravery: courage; forgiveness: temperance; gratitude: transcendence

3.1

(a) what the students wrote: things they were grateful for or hassles

(b) the well-being score (1 to 10)

(c) the gratitude group's well-being rose from 6.1 to 7.3; the hassles group's fell slightly from 6.0 to 5.8

(d) to check the groups started at a similar level; so the change in each group can be measured and compared

(e) for example: it makes people notice good things in their lives; this creates positive emotions, which broaden thinking and build resources

(f) students may give the answer they think is wanted (social desirability); so the scores may not show their real well-being

(g) it makes the groups similar at the start, so the writing task is the most likely cause of the difference

3.2

(a) resilience

(b) family and friends give practical help and comfort; this lowers stress and helps people cope

(c) longitudinal; for example: some people move away or drop out, so the final sample may be biased

(d) people adapt to a new level of good fortune; so the new money becomes normal and her happiness falls back to its usual level

(e) feeling worse off when comparing yourself with others who have more; for example, a well-paid worker who feels poor because his friends earn more

(f) two of: wisdom, courage, humanity, justice, temperance, transcendence

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(g) it tests ideas about well-being with research such as experiments and surveys; and uses data, not opinion, to draw conclusions