

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2024
(Fourth Semester)

Branch – APPLIED PSYCHOLOGY

POSITIVE PSYCHOLOGY

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

- 1 Identify the primary enhancements that tap indulgence in pleasure and the satisfaction of appetites and needs.
(i) Eudaemonic (ii) Judaic
(iii) Hedonic (iv) Parsimoniac
- 2 Who developed the broaden-and-build model?
(i) Barbara Fredrickson (ii) Angela Merkel
(iii) Madeline Albright (iv) Hanna Merrium
- 3 In which of the following groups of strengths is Self-regulation discussed?
(i) Transcendence (ii) Justice
(iii) Humanity (iv) Temperance
- 4 Label the resilience strategy that aims at improving the number or quality of resources or social capital.
(i) Risk-Focused Strategy (ii) Process-Focused Strategy
(iii) Asset-Focused Strategy (iv) Content-Focused Strategy
- 5 Langer conceptualized mindfulness as reducing our tendency to make evaluations of _____.
(i) spiritual events (ii) internal events
(iii) physiological events (iv) external events

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a List any three assumptions of positive psychology.
OR
b Illustrate components of authentic happiness.
- 7 a Evaluate the effectiveness of the hope theory.
OR
b List the characteristics of close relationships.
- 8 a Discuss the ways of measuring personal goals.
OR
b State the value of self-control.

Cont...

- 9 a Compare the developmental and clinical perspectives of resilience.
OR
b List the positive and negative effects of trauma.
- 10 a How to practice savouring? Explain.
OR
b Classify strengths and virtues.

SECTION -C (30 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** Marks

(5 x 6 = 30)

- 11 a Criticize the global measures of happiness.
OR
b Determine the research methods in positive psychology.
- 12 a Enumerate the interpersonal approaches to cultivating positive emotions.
OR
b Criticize the triangle theory of love.
- 13 a Appraise goals and self-regulation problems.
OR
b Analyze universal human motives.
- 14 a Discuss protective factors and resilience in adversity.
OR
b Explore the strategies for building resilience in individuals and communities.
- 15 a Construct the concept of flow and its benefits.
OR
b Synthesize the positive psychology interventions.

Z-Z-Z

END