

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2024
(Fourth Semester)

Branch – CLINICAL 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 Name the aspect of happiness focused on active involvement in activities.
(i) Meaningful life (ii) Pleasant life
(iii) Engaged life (iv) Activity life
- 2 Which refers to the revealing intimate details of the self to others?
(i) Closure (ii) Self Disclosure
(iii) Trust (iv) Acceptance
- 3 Identify the need to feel that choices are freely made and reflect true interest and values.
(i) Self-esteem (ii) Relatedness
(iii) Autonomy (iv) Competence
- 4 Find the odd man out in coping strategies of pessimists.
(i) Use of humor (ii) Overt denial
(iii) Giving up (iv) Self-distraction
- 5 Match- strengths that protect against excess.
(i) Justice (ii) Temperance
(iii) Transcendence (iv) Humanity

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 3 = 15)

- 6 a Analyze the types of happiness in short.
OR
b Explain the traditional psychology.
- 7 a Discuss the positive emotions and health resources.
OR
b State the role of intimate relationship in well being.
- 8 a Explain the goals that contribute to the wellbeing.
OR
b Illustrate goal disengagement.
- 9 a Explain the positive illusions.
OR
b Explain the clinical perspectives of resilience.
- 10 a Justify the interconnection of a good and the bad.
OR
b Analyze the East –West and positive psychology.

Cont...

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Elucidate the assumptions, goals and definitions of positive psychology.
OR
b Enumerate the global measures of happiness.
- 12 a Recommend the ways to cultivate positive emotions.
OR
b Plan the ways to handle marital discord.
- 13 a Analyze the control and discrepancy theory.
OR
b Assess various universal human motives.
- 14 a Elucidate the sources of resilience.
OR
b Analyze the interlink between personality emotion & biology.
- 15 a Assess the strengths of Virtue.
OR
b Elucidate the mindfulness and psychotherapy.

Z-Z-Z

END