

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
MSc DEGREE EXAMINATION MAY 2025
(Fourth Semester)

Branch - APPLIED PSYCHOLOGY

POSITIVE PSYCHOLOGY

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Which of the following is a key assumption of Positive Psychology? a) People are inherently selfish b) Strengths can be cultivated c) Negative emotions should be suppressed d) Psychology should only focus on disorders	K1	CO1
	2	What is the difference between hedonic and eudaimonic happiness? a) No difference b) Hedonic is pleasure-focused, eudaimonic is meaning-focused c) Eudaimonic is short-term, hedonic is long-term d) Hedonic requires no effort	K2	CO1
2	3	Who proposed the Broaden-and-Build Theory of Positive Emotions? a) Martin Seligman b) Edward Deci c) Barbara Fredrickson d) Mihaly Csikszentmihalyi	K1	CO2
	4	Which of the following enhances gratitude? a) Keeping a gratitude journal b) Ignoring positive experiences c) Complaining about hardships d) Expecting more from life	K2	CO2
3	5	What does self-regulation primarily involve? a) Controlling thoughts, emotions, and behaviors b) Avoiding negative emotions c) Always achieving goals d) Relying on external motivation	K1	CO3
	6	According to Discrepancy Theory, how do people regulate their goals? a) By adjusting their behavior based on personal standards b) By setting easier goals c) By ignoring obstacles d) By focusing only on success	K2	CO3
4	7	Which of the following best describes resilience? a) The ability to recover from adversity b) Avoiding stress altogether c) Being unaffected by problems d) Controlling all situations	K1	CO4
	8	Which of the following is a protective factor in resilience? a) Strong social support b) Avoiding difficult situations c) Having no emotional reactions d) Ignoring failures	K2	CO4
5	9	What is the primary goal of mindfulness? a) Multitasking effectively b) Being present in the moment without judgment c) Controlling others' thoughts d) Forgetting negative emotions	K1	CO5
	10	Which of the following best defines 'flow' in positive psychology? a) A state of deep focus and engagement in an activity b) A feeling of relaxation c) Avoiding distractions d) Losing awareness of time in boredom	K2	CO5

Cont...

SECTION - B (35 Marks)
 Answer ALL questions
 ALL questions carry EQUAL Marks (5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Explain the historical background and critiques of Positive Psychology.	K5	CO1
	(OR)			
	11.b.	Discuss the Global Measures of Happiness, such as Gross National Happiness.		
2	12.a.	Describe the role of hope and optimism in positive emotions.	K3	CO2
	(OR)			
	12.b.	How does forgiveness contribute to well-being? Explain.		
3	13.a.	Explain the Control and Discrepancy theory of self-regulation.	K3	CO3
	(OR)			
	13.b.	Identify the challenges related to goal disengagement.		
4	14.a.	What are the theoretical models of resilience? Examine.	K4	CO4
	(OR)			
	14.b.	Examine post-traumatic growth and its significance.		
5	15.a.	How does mindfulness contribute to emotional well-being?	K4	CO5
	(OR)			
	15.b.	Discuss how character strengths can be integrated into daily life.		

SECTION -C (30 Marks)
 Answer ANY THREE questions
 ALL questions carry EQUAL Marks (3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Compare hedonic and eudaimonic happiness with examples.	K4	CO1
2	17	Explain the impact of gratitude and compassion on interpersonal relationships.	K4	CO2
3	18	Discuss the role of self-regulation in achieving long-term personal goals.	K4	CO3
4	19	Justify developing resilience be developed in children and adults.	K5	CO4
5	20	Explain the relationship between flow, mindfulness, and well-being.	K5	CO5