

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

Branch – CLINICAL 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	Who is considered the founder of Positive Psychology? a) Sigmund Freud b) Martin Seligman c) Carl Rogers d) Abraham Maslow	K1	CO1
	2	Which of the following is an example of Eudemonic happiness? a) Seeking pleasure b) Pursuing meaningful goals c) Watching a comedy movie d) Buying luxury items	K2	CO1
2	3	Who proposed the Broaden and Build Theory of positive emotions? a) Barbara Fredrickson b) Mihaly Csikszentmihalyi c) Ed Diener d) Daniel Kahneman	K1	CO2
	4	What is the key determinant of a happy marriage according to Positive Psychology? a) Financial stability b) Frequent vacations c) Mutual respect and communication d) Having children	K2	CO2
3	5	Which of the below is best described for Self-regulation? a) Ability to control others b) Managing one's emotions and behaviors in line with personal goals c) Avoiding conflicts d) Always staying positive	K1	CO3
	6	According to Control and Discrepancy Theory, self-regulation is driven by which of the following? a) External rewards b) Comparison between current state and desired goals c) Fixed personality traits d) Genetic predisposition	K2	CO3
4	7	Resilience is primarily developed through what? a) Life experiences and support systems b) High IQ c) Avoiding negative emotions d) Financial security	K1	CO4
	8	Which of the following is NOT considered a positive trait in Positive Psychology? a) Gratitude b) Optimism c) Narcissism d) Hope	K2	CO4
5	9	The concept of Life Above Zero in Positive Psychology refers to which of the following? a) Avoiding negative emotions b) Striving for a fulfilling and meaningful life c) Simply being happy d) Eliminating sadness completely	K1	CO5
	10	Choose the right one associate with Mindfulness. a) Living in the present moment b) Repressing emotions c) Future-oriented thinking d) Ignoring problems	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.	List out the key assumptions and goals of Positive Psychology.	K4	CO2
	(OR)			
	11.b.	Distinguish Hedonic and Eudemonic happiness with examples.		
2	12.a.	Explain the Broaden and Build Theory and its significance in well-being.	K5	CO2
	(OR)			
	12.b.	Appraise the importance of close relationships in happiness and well-being.		
3	13.a.	Distinguish the concept of self-regulation and goal setting in Positive Psychology.	K4	CO3
	(OR)			
	13.b.	Analyze self-control and its failures with relevant examples.		
4	14.a.	Explain the sources of resilience across different life stages.	K5	CO4
	(OR)			
	14.b.	Evaluate the role of positive beliefs and illusions in well-being.		
5	15.a.	Discuss the concept of character strengths and virtues in Positive Psychology.	K6	CO5
	(OR)			
	15.b.	Formulate the role of mindfulness and meditation in psychological well-being.		

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	Discuss the role of culture in determining happiness and well-being.	K6	CO1
2	17	Analyze the impact of gratitude and forgiveness on mental health.	K4	CO2
3	18	Evaluate the relationship between materialism and happiness.	K5	CO3
4	19	Appraise the application of Positive Psychology in psychotherapy.	K5	CO4
5	20	Explain the contours of a positive life.	K5	CO5

Z-Z-Z

END