

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**MSc DEGREE EXAMINATION DECEMBER 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 introduced the concept of "Learned Optimism"? a) Martin Seligman b) Albert Bandura c) Sigmund Freud d) Carl Jung	K1	CO1
	2	Which of the following is a universal human motive in goal setting? a) Wealth accumulation b) Social connection c) Materialism d) Hedonic pleasure	K2	CO1
2	3	What is the primary focus of Positive Psychology? a) Diagnosing mental illnesses b) Enhancing well-being and happiness c) Eliminating negative emotions d) Treating personality disorders	K1	CO2
	4	The concept of Flow was introduced by: a) Martin Seligman b) Mihaly Csikszentmihalyi c) Ed Diener d) Daniel Kahneman	K2	CO2
3	5	Self-control failure is often linked to: a) Genetic factors b) Impulsivity and lack of planning c) High intelligence d) Positive emotions	K1	CO3
	6	What is the key predictor of resilience in children? a) Intelligence level b) Supportive relationships c) Wealth d) Academic success	K2	CO3
4	7	Which of the following virtues is NOT included in the classification of character strengths? a) Wisdom b) Courage c) Popularity d) Humanity	K1	CO4
	8	The practice of mindfulness is derived from: a) Eastern traditions b) Western cognitive theories c) Psychoanalysis d) Behavioral therapy	K2	CO4
5	9	According to Positive Psychology, gratitude leads to: a) Increased social bonding and happiness b) Increased materialism c) Higher risk of depression d) Decreased emotional intelligence	K1	CO5
	10	Which of the following is an example of goal disengagement? a) Giving up a goal due to lack of progress b) Setting a new ambitious goal c) Persisting despite obstacles d) Increasing effort after failure	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 role of positive psychology in mental health.	K2	CO1
	(OR)			
	11.b.	Summarize the relationship between marriage and happiness.		
2	12.a.	Analyse the impact of positive emotions on health.	K4	CO2
	(OR)			
	12.b.	Examine the factors influencing a happy marriage.		
3	13.a.	Elaborate self-regulation and its role in achieving personal goals.	K6	CO3
	(OR)			
	13.b.	Discuss the challenges associated with goal-setting.		
4	14.a.	Analyze the importance of resilience in successful aging.	K4	CO4
	(OR)			
	14.b.	Compare the biological and personality factors influencing positive traits.		
5	15.a.	Explain the significance of mindfulness in psychotherapy.	K5	CO5
	(OR)			
	15.b.	Justify the interconnection between good and bad experiences in a positive 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	Outline the role of positive psychology in building a meaningful life.	K2	CO1
2	17	Discuss the relationship between self-control and personal well-being.	K6	CO2
3	18	Analyze the significance of gratitude and forgiveness in maintaining social relationships.	K4	CO3
4	19	Appraise the impact of mindfulness and meditation on mental health.	K5	CO4
5	20	Evaluate the concept of "Life Above Zero" and its application in modern psychology.	K5	CO5

Z-Z-Z

END