

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
MSc DEGREE EXAMINATION MAY 2026
(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.	Q No.	Question	K Level	CO
1	1	Positive psychology primarily focuses on _____. a. Mental disorders and pathology b. Human strengths and well-being c. Psychoanalysis and unconscious conflict d. Intelligence testing	K1	CO1
	2	Eudaimonic happiness refers to: a. Pleasure and sensory enjoyment b. Material success c. Meaning, self-realization, and personal growth d. Absence of stress	K2	CO1
2	3	According to the Broaden-and-Build theory, positive emotions: a. Narrow attention to survival responses b. Build long-term personal resources c. Increase stress hormones d. Reduce cognitive flexibility	K1	CO2
	4	In close relationships, the “power of bad” suggests that: a. Positive interactions are stronger than negative ones b. Negative experiences have a stronger impact than positive ones c. Conflict improves relationships automatically d. Happiness eliminates disagreements	K2	CO2
3	5	Self-regulation primarily involves: a. Avoiding all goals b. Comparing behavior with standards and correcting discrepancies c. Seeking external rewards only d. Ignoring failures	K1	CO3
	6	Goal disengagement refers to: a. Achieving goals successfully b. Setting higher goals c. Withdrawing effort from unattainable goals d. Competing with others	K2	CO3
4	7	Resilience is best defined as: a. Avoidance of stress b. Suppression of emotions c. Ability to adapt and bounce back from adversity d. High intelligence	K1	CO4
	8	Positive illusions are: a. Completely false beliefs b. Unrealistic optimism that may support well-being c. Symptoms of mental illness d. Signs of low self-esteem	K2	CO4
5	9	Signature strengths are: a. Weaknesses that must be corrected b. Talents imposed by society c. Core character strengths that define an individual d. Temporary skills	K1	CO5
	10	Mindfulness in positive psychology refers to: a. Daydreaming about the future b. Judging one’s thoughts c. Present-moment awareness without judgment d. Avoiding negative emotions	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 Positive Psychology and its roots, assumptions, and goals.	K3	CO1
	(OR)			
	11.b.	Explain the concepts of hedonic and eudaimonic happiness and examine happiness across the lifespan, gender, culture, and marriage.	K3	
2	12.a.	Explain how positive emotion influence health and how it can be cultivated?	K3	CO2
	(OR)			
	12.b.	Elaborate on the role of close relationships in well-being.	K3	
3	13.a.	Examine the need for personal goals and explain how goals contribute to well-being, including universal human motives and materialism.	K3	CO3
	(OR)			
	13.b.	Explain control and discrepancy theory.	K3	
4	14.a.	Explain the sources of resilience.	K3	CO4
	(OR)			
	14.b.	Discuss about positive traits, including personality, emotions, biology, positive beliefs, and positive illusions.	K3	
5	15.a.	Explain virtue, signature strengths of character, including forgiveness and gratitude.	K3	CO5
	(OR)			
	15.b.	Explain the contours of positive life.	K3	

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 about the concept of happiness across culture and lifespan.	K4	CO1
2	17	Evaluate the Broaden-and-Build theory of positive emotions	K4	CO 4
3	18	Examine the processes of self-regulation and self-control, including goal difficulty and goal disengagement.	K4	CO 4
4	19	Examine the developmental and clinical perspectives of resilience.	K4	CO 4
5	20	Appraise the concept of life above zero with reference to mindfulness and East–West perspectives in Positive Psychology.	K4	CO 4

Z-Z-Z END