

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION JUNE 2018
(First Semester)

Branch -- APPLIED PSYCHOLOGY

POSITIVE PSYCHOLOGY

Time: Three Hours

Maximum: 75 Marks

SECTION -A (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 x 6 = 30)

- 1 a Define positive psychology and describe its goals.
OR
b Define happiness and describe the global measure of happiness.
- 2 a What is positive emotion and how it can be cultivated?
OR
b How to handle marital discard? Explain.
- 3 a Define personal goal and describe its measuring process.
OR
b Describe the planning for self regulation success.
- 4 a Describe the positive traits with examples.
OR
b Give a brief account of positive illusions.
- 5 a Briefly explain wisdom and virtue.
OR
b Describe briefly the mindfulness and meditation.

SECTION -B (45 Marks)

Answer any THREE questions

ALL questions carry EQUAL Marks (3 x 15 = 45)

- 6 Discuss the traditional Vs positive psychology.
- 7 Discuss about positive emotions and health resources.
- 8 Define self control and discuss its value and failure.
- 9 Define resilience and describe its sources.
- 10 Give a detailed account of transcendence.

Z-Z-Z

END