

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

**MSc DEGREE EXAMINATION MAY 2023  
(First Semester)**

**Branch – APPLIED PSYCHOLOGY**

**POSITIVE PSYCHOLOGY**

Time: Three Hours

Maximum: 50 Marks

**SECTION-A (5 Marks)**

Answer **ALL** questions

**ALL** questions carry **EQUAL** marks (5 x 1 = 5)

1. According to Seligman's model of Happiness creating social connections refer to which drive?
 

i) Positive Emotion	ii) Engagement
iii) Relationships	iv) All the Above
2. People may feel positive emotions when they?
  - i) Exercise
  - ii) Engage in an activity they enjoy
  - iii) Spend time with friends
  - iv) All the above
3. Seligman refers to three factors of optimism versus pessimism what are they?
  - i) Permanence, Pervasiveness & Personalisation
  - ii) Persuasiveness, Pervasiveness & Positivity
  - iii) Permanence, Pervasiveness & Positivity
  - iv) Permanence, Perspective & Personalisation
4. What is the flow state?
  - i) Being easy going and going with the flow
  - ii) Having a positive mindset
  - iii) Bouncing back from challenges
  - iv) Being totally absorbed and engrossed in something
5. Which of the following therapies starts with the person imagining their most feared form of contact with feared object?
 

i) Assertive	ii) Aversive
iii) Implosive	iv) Bio Feedback

**SECTION - B (15 Marks)**

Answer **ALL** Questions

**ALL** Questions Carry **EQUAL** Marks (5 x 3 = 15)

6. a. State the assumptions and goals of Positive Psychology.  
OR  
b. Discuss to the gender differences of happiness and well being.
7. a. Enumerate the Hope theory of Positive Emotion.  
OR  
b. Write in details about Broaden and Build theory of positive emotion.
8. a. Explain the theory of Self Regulation.  
OR  
b. Illustrate the personal goals of Self Management.
9. a. Examine the Sources of Resilience.  
OR  
b. Summarize the biological beliefs of resilience.

**Cont...**

10. a. Distinguish between the Mindfulness & Meditation.  
OR  
b. Explain in details about Transcendence.

**SECTION -C (30 Marks)**

Answer ALL questions

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

11. a. Elucidate the Subjective Well being of Positive Psychology.  
OR  
b. Discuss the global measures of happiness in Positive Psychology.
12. a. Explain the Interpersonal Approach of Positive Emotion and Well being.  
OR  
b. Illustrate to the Close Relationship and Well being.
13. a. Write in details about the fundamental values and goals of personal well being.  
OR  
b. Differentiate between Self Control and Self Management.
14. a. Explain to the Clinical Perspectives of Resilience.  
OR  
b. Highlight the Successful ageing of resilience.
15. a. Describe the Models of SOC.  
OR  
b. Distinguish between the Mindfulness and Psychotherapy.

Z-Z-Z

END