

Branch – **APPLIED 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) Martin Seligman b) Sigmund Freud c) Carl Rogers d) B.F. Skinner	K1	CO1
	2	What is the focus of the World Happiness Report? a) Economic growth only b) Well-being and happiness rankings of nations c) Political stability d) Physical health indicators	K2	CO1
2	3	What is the main function of positive emotions in Broaden-and-Build Theory? a) Expanding an individual's thought-action repertoire b) Suppressing negative emotions c) Creating immediate pleasure d) Enhancing intelligence	K1	CO2
	4	Which of the following is NOT a character strength? a) Creativity b) Perfectionism c) Gratitude d) Curiosity	K2	CO2
3	5	What is goal disengagement? a) Letting go of unattainable goals b) Stopping all goals c) Setting more difficult goals d) Ignoring personal growth	K1	CO3
	6	According to self-regulation theories, what helps maintain focus? a) Deliberate goal-setting and monitoring progress b) Ignoring distractions c) Being overly self-critical d) Relying on external motivation	K2	CO3
4	7	What is a key characteristic of resilient individuals? a) Adaptability to challenges b) Avoidance of risks c) Suppressing emotions d) Complete independence from others	K1	CO4
	8	What differentiates post-traumatic growth from resilience? a) PTG involves personal growth after trauma, while resilience is bouncing back b) PTG prevents trauma c) Resilience leads to trauma d) PTG and resilience are identical	K2	CO4
5	9	What is a core principle of mindfulness? a) Non-judgmental awareness of the present moment b) Eliminating negative thoughts completely c) Focusing only on positive emotions d) Avoiding self-reflection	K1	CO5
	10	Which of the following is an essential element of flow? a) A balance between challenge and skill b) A state of complete relaxation c) Having no distractions d) Focusing only on results	K2	CO5

Cont...

Answer ALL questions
ALL questions carry EQUAL Marks (5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Explain the assumptions and goals of Positive Psychology.	K2	CO1
	(OR)			
	11.b.	Discuss the role of money in happiness.		
2	12.a.	Explain the interpersonal approaches to cultivating positive emotions.	K3	CO2
	(OR)			
	12.b.	How do compassion and altruism contribute to well-being?		
3	13.a.	Describe the importance of self-control in personal development.	K3	CO3
	(OR)			
	13.b.	Explain the relationship between goal setting and motivation.		
4	14.a.	What are the key protective factors in resilience?	K5	CO4
	(OR)			
	14.b.	Discuss the role of community in building resilience.		
5	15.a.	How do mindfulness practices enhance emotional creativity?	K6	CO5
	(OR)			
	15.b.	Explain how character strengths can be assessed and developed.		

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	Explain the role of culture in shaping happiness and well-being.	K2	CO1
2	17	How can positive emotions influence health and relationships?	K3	CO2
3	18	Discuss the impact of self-regulation failure and strategies to improve it.	K4	CO3
4	19	Explain how resilience contributes to aging successfully.	K5	CO4
5	20	Compare and contrast mindfulness and grit in achieving long-term goals.	K6	CO5

Z-Z-Z END