

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION DECEMBER 2022
(Fifth Semester)

Branch – PSYCHOLOGY

POSITIVE PSYCHOLOGY

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 x 1 = 10)

- 1 Hedonism emphasis on
(i) Pleasure (ii) courage
(iii) happiness (iv) spirit
- 2 Who proposed morality as cure for evils?
(i) Confucius (ii) Taoism
(iii) Plato (iv) Aristotle
- 3 Problem-focused coping attempts to reduce
(i) Anxiety (ii) stressors and demands
(iii) problems (iv) frustration
- 4 Ability to regulate moods and emotions in oneself and in other people is known as
(i) impulse control (ii) people skills
(iii) managing emotions (iv) using emotions
- 5 Gerontology is study of
(i) Emotions (ii) diseases
(iii) adulthood (iv) old age
- 6 MacArthur model of successful aging was described by
(i) Rowe and Kahn (ii) Martinson and Berridge
(iii) Pruchno (iv) MacArthur
- 7 Who proposed triangular theory of love?
(i) Lopez (ii) Sternberg
(iii) Snyder (iv) Seligman
- 8 "love at first sight." is often what is viewed as
(i) Companionate love (ii) Romantic love
(iii) empty love (iv) infatuated love
- 9 Benefitting others involves
(i) mimicking (ii) observation
(iii) modeling (iv) altruism
- 10 An obligation to continue the tradition of helping other involves
(i) moral barometer (ii) moral motive
(iii) moral reinforcer (iv) moral debt

Cont...

SECTION - B (35 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 7 = 35)

- 11 a Narrate the assumptions of positive psychology.
OR
b Bringout the goals and definitions of positive psychology.
- 12 a Outline the constructs of 'broaden and build' theory of positive emotions.
OR
b Show subjective well being as the determinant of positive emotions.
- 13 a Organise the primary tasks at adulthood.
OR
b Show the nature of resilience in childhood.
- 14 a Explain infant attachment in view of positive relationship.
OR
b State adult attachments in close relationships.
- 15 a Explain the types of forgiveness.
OR
b Describe empathy-altruism hypothesis.

SECTION - C (30 Marks)

Answer any THREE Questions

ALL Questions Carry EQUAL Marks (3 x 10 = 30)

- 16 Elucidate the eastern and western perspectives on positive psychology.
- 17 Highlight emotional intelligence as a skill that makes a difference.
- 18 Discuss the MacArthur model of successful aging.
- 19 Trace the essentials of marital satisfaction.
- 20 'Forgiveness is one of the supreme human virtues' – Justify.

Z-Z-Z

END