

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2019
(First Semester)

Branch - APPLIED 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 Identify the ethical theory that pleasure is the highest good and proper aim of human life.
(i) Self-gratification (ii) Extravagance
(iii) Intemperance (iv) Hedonism
- 2 _____ refers to how people experience the quality of their lives and includes both emotional reactions and cognitive judgements.
(i) Subjective well-being (ii) Subjective health
(iii) Subjective happiness (iv) Subjective satisfaction
- 3 A strong feeling deriving from one's circumstances, mood or relationship with others is called _____.
(i) Feeling (ii) Emotion
(iii) Sensation (iv) Sentiment
- 4 Find out the term which indicates the general tendency to expect positive outcomes.
(i) Confidence (ii) Hope
(iii) Optimism (iv) Cheerfulness
- 5 What indicates an idea of the future or desired result a person or a group of people envisions, plans and commits to achieve?
(i) Goal (ii) Desire
(iii) Idea (iv) Motive
- 6 Identify the one which refers to the relative importance that an individual places on an item, idea, person, etc. that is part of their life.
(i) Advantage (ii) Worth
(iii) Value (iv) Benefit
- 7 This term indicates an individual's ability to successfully cope with a crisis and to return to pre-crisis status quickly.
(i) Adjustment (ii) Resilience
(iii) Strength (iv) Toughness
- 8 Which refers to the physical and psychological changes that occur with maturation?
(i) Deteriorating (ii) Declining
(iii) Development (iv) Aging
- 9 This refers to the quality or state of being conscious or aware of something,
(i) Attention (ii) Mindfulness
(iii) Awareness (iv) Consciousness

- 10- Name the term which indicates existence or experience beyond the normal or physical level.
- | | |
|---------------------|-------------------|
| (i) Superiority | (ii) Predominance |
| (iii) Transcendence | (iv) Greatness |

SECTION - B 135 Marks)

Answer **ALL** Questions

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

- 11 a Analyze traditional vs positive psychology.
OR
b Evaluate happiness across the life span.
- 12 a Discuss about positive emotion and well-being.
OR
b Recommend the ways of cultivating positive emotion.
- 13 a Explain the goals expressing fundamental values.
OR
b Discuss the control and discrepancy theory.
- 14 a Justify that our thoughts have the ability to literally change our body and alter our physical health and well-being.
OR
b Analyze the concept of growth through trauma.
- 15 a Evaluate the idea about religion and virtue.
OR
b Discuss about mindfulness and psychotherapy.

SECTION - C (30 Marks)

Answer any **THREE** Questions

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

- 16 Formulate the marriage, culture and happiness.
- 17 Justify the concept of close relationship and well-being.
- 18 Predict the significance of self control in positive psychology.
- 19 Elucidate the idea of resilience with reference to developmental and clinical perspective.
- 20 Enumerate the theories of wisdom.

Z-Z-Z

END