

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

**MSc DEGREE EXAMINATION MAY 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 Give the meaning of happiness & differentiate between hedonic & eudemonic happiness with suitable example.
OR
b Write on the roots & goals of positive psychology.
- 2 a Explain the characteristics of CR.
OR
b Give an account on contours of happy marriage.
- 3 a Explicate the relationship between goals & well being.
OR
b Explain the value of self – control.
- 4 a Why are positive beliefs important? Explain.
OR
b Explain the developmental & clinical perspectives of resilience.
- 5 a Describe SOC model.
OR
b Narrate the inter connections of a 'Good' & the 'Bad'.

SECTION -B (45 Marks)

Answer any **THREE** questions

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

- 6 Give a detail account on happiness across life span.
- 7 Describe Broaden & build theory of positive emotion.
- 8 Discuss control & discrepancy theory.
- 9 Explain the sources of resilience.
- 10 Discuss on mindfulness.