

**BA PSYCHOLOGY
SIXTH SEMESTER
POSITIVE PSYCHOLOGY
BPY - 603A**

(Use Separate Answer Scripts for Objective & Descriptive)

Duration : 3 hrs.

Full Marks: 70

(PART-A: Objective)

Time : 20 min.

Marks : 20

Choose the correct answer from the following:

1X20=20

1. A basic premise of positive psychology is that the field of psychology
 - a. Is out of balance with too much focus on negative human behaviors.
 - b. Needs more effective methods for treating mental illness.
 - c. Has not examined how every "negative" contains a "positive."
 - d. Has placed too much emphasis on genetic determinants, leaving little room for positive change.
2. What does subjective level of positive psychology looks at?
 - a. Positive emotions and constructive thoughts about self
 - b. Positive individual traits
 - c. Creative individual potentials
 - d. Maintenance of positive institutions
3. Before Martin Seligman who used the term positive psychology?
 - a. Greeks
 - b. Utilitarianism
 - c. Abraham Maslow
 - d. All of the Above
4. According studies by Csikszentmihalyi, the flow experience is characterized by
 - a. Daydreaming, wandering attention, and self-absorption.
 - b. Relaxation, contentment, and inner peace.
 - c. Self-control, internal talk, and self-insight.
 - d. Total absorption, loss of self, and exhilaration.
5. Within positive psychology a trait is considered "positive" because it contributes to or is associated with
 - a. longevity, quality of life, quality of relationships, and success.
 - b. positive emotion, optimism, self-esteem, or well-being.
 - c. happiness, emotional health, physical health, or virtue.
 - d. All of the Above
6. Who defined the concept of Savoring?
 - a. Fred Bryant
 - b. Joseph Veroff
 - c. Martin Seligman
 - d. Both A and B

7. The major finding of the Nun Study was that:
 - a. The presence of negative emotions, but not the presence of positive emotions, predicted longevity.
 - b. Cheerful and upbeat nuns lived significantly longer than less cheerful nuns.
 - c. Positive emotions predicted the quality but not the quantity of life.
 - d. Only those nuns who used their positive outlook as a coping resource lived longer.
8. The difference between hedonic and eudaimonic conceptions of happiness boils down to the difference between
 - a. Pleasure/happiness and meaning/personal expressiveness.
 - b. Pleasure and happiness.
 - c. Short-term and long-term satisfaction.
 - d. Serving the self and serving others.
9. The word "daimon" in eudaimonia refers to
 - a. happiness.
 - b. true self or spirit.
 - c. God or a transcendent power.
 - d. personal fate.
10. Subjective well-being (SWB) is defined and measured by
 - a. happiness and health.
 - b. personal expressiveness and happiness.
 - c. life satisfaction and positive affect.
 - d. life satisfaction, positive affect, and negative affect.
11. Self-determination theory specifies three needs as the foundation for well-being. These are
 - a. autonomy, self-esteem, and nurturance.
 - b. independence, esteem, and belongingness.
 - c. autonomy, competence, and relatedness.
 - d. autonomy, self-esteem, and success.
12. According to Seligman the three components of a happy life are
 - a. A pleasant life, an engaged life, and a meaningful life.
 - b. Positive emotion, resilience, and transcendence.
 - c. A pleasant life, a healthy life, and a virtuous life.
 - d. Frequent positive emotion, infrequent negative emotion, and life satisfaction.
13. What is the difference between eudaimonic well being and hedonic well being?
 - a. Eudaimonic well being is about immediate pleasures rather than about the long term meaning of life.
 - b. Eudaimonic well being is about the long term meaning of life rather than about immediate pleasures.
 - c. Eudaimonic well being is subjective well being.
 - d. Eudaimonic well being is about moving from one pleasurable experience to the next.
14. Compared to pessimists, optimists tend to _____.
 - a. experience more distress.
 - b. be less able to cope with stress.
 - c. be confident about solving problems.
 - d. doubt that they can solve problems.

15. Human resilience refers to
- neutral response in the face of tragedy.
 - good outcomes despite serious threats and challenge.
 - the ability to recover after working through a traumatic event.
 - the point dividing a distressful from an adaptive response to challenge.
16. Who gave the Self Efficacy theory?
- Albert Bandura
 - Martin Seligman
 - Robert Sternberg
 - Joseph Veroff
17. Delaying Gratification is a concept for?
- Self regulation
 - Self Efficacy
 - Self Control
 - Self Esteem
18. How can self regulation be defined?
- Instruction from others concerning our own behaviour
 - Providing guidance to others concerning their behavior to benefit our own interests
 - The purposeful, goal-directed regulation of one's own behavior
 - Evaluation of one's own intentions and motivations
19. The acronym SWOT stands for
- Special weapons for operations timeline
 - Services, worldwide optimizations and transport
 - Strengths , weakness , opportunities and threats
 - None of the Above
20. Seligman's three-part description of happiness describes a pleasant life, an engaged life, and a meaningful life. In his analysis a meaningful life derives from
- The inevitable tragedies of life.
 - Involvement in activities that express our strengths and interests.
 - Events and personal qualities associated with happiness.
 - Going beyond self-interest through involvements in something larger than the self, such as serving others.

(PART-B : Descriptive)

Time : 2 hrs. 40 min.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. Critically examine the need and importance of positive psychology?
How do you think Martin Seligman played a role in popularizing Positive Psychology? 5+5=10
2. "Positive Emotions can broaden our thought action repertoires"
Explain with the appropriate theory. 10
3. Write a short note: 5+5=10
 - a. Happiness
 - b. Subjective Wellbeing
4. What is SWOT Analysis? What are its Applications in Positive Psychology? 10
5. a. Who gave the concept of Flow and how important it is in cultivating our positive emotions? 3+7=10
b. Mention the 10 positive emotion which needs to be cultivated.
6. Explain the model of complete mental health model with proper diagram 10
7. Explain the concept of Full Hope Model and how it could be related to the development of hopeful thinking among the children. 5+5=10
8. a. How does stress affect a child's brain and how resilience can be built in a child? 5+5=10
b. What are the strategies for fostering Resilience in child and young people according to APA?

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