

**BA PSYCHOLOGY
SIXTH SEMESTER
POSITIVE PSYCHOLOGY
BPY – 603**

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

1. The ability to control one's emotions is known as:
 - a. Facial feedback
 - b. Interpersonal intelligence
 - c. Emotional regulation
 - d. Emotional contingency
2. Which of the following statements about self-control is not true?
 - a. Willpower plays an important role in self-control.
 - b. Self-control affects our health.
 - c. A lack of self-control could cost you your career.
 - d. Self-control has no impact on personal relationships.
3. The broaden-and-build theory suggests that positive emotions tend to produce _____.
 - a. improvements in physical health
 - b. negative emotions
 - c. a higher level of creativity
 - d. a lower level of intelligence
4. What did psychologists determine makes us different from animals?
 - a. Anger
 - b. Self-control
 - c. Temptation
 - d. Diets
5. Which definition best matches the concept of flow?
 - a. The state of concentration and engagement that can be achieved when completing a task that challenges one's skills
 - b. Forgetting what time it is while you are working
 - c. Being completely absorbed by a mindless task, such as washing dishes
 - d. Forgetting to eat or drink while watching a really engrossing movie or television show
6. Emotion regulation relates to
 - a. How do we adjust our emotional experiences in particular situations
 - b. how do we adjust our behavior to particular situations
 - c. how do we process, manage, and adjust our emotions
 - d. how we learn to act in a context
7. Which answer does NOT promote savoring?
 - a. Sharing experiences
 - b. Memory building
 - c. Self-congratulating
 - d. Sharpening perceptions

8. Self-control is
- a. Seeking reinforcement in a stressful situation
 - b. Seeking immediate reinforcement of something
 - c. The opposite of impulsiveness
 - d. None of the above
9. "Flow" is a positive psychology variables that has been studied by eastern European researcher Dr. Czikzentmihalyi. Flow involves which of the following?
- a. Intense positive emotions of elation/euphoria
 - b. Timelessness
 - c. Intense concentration / involvement / engagement
 - d. Both 'b' and 'c' above
10. Which of the following is not an example of a lack of self-control?
- a. Losing your temper with your manager
 - b. Adhering to your diet
 - c. Road rage
 - d. Failing to commit to an exercise program
11. is called the "father of positive psychology".
- a. Peterson
 - b. Martin Seligman
 - c. Charles Matthew Sigmon
 - d. Albert Bandura
12. Who is not a part of Full Hope Model: Snyder, Rand & Sigmon?
- a. Mayer
 - b. Sigmon
 - c. Snyder
 - d. Rand
13. Hope theory has four major components: goals, pathway thoughts, agency thoughts and barriers.
- a. Goals
 - b. Pathway thoughts
 - c. Achievement
 - d. Agency thoughts
14. Sources of Resilience in children have three protective factors. Which one is not the protective factor?
- a. Within the Child
 - b. Within the school environment
 - c. Within the family
 - d. Within the community
15. Social Cognitive Theory of Self-efficacy is based on six constructions. Find out the odd one construction
- a. Behavioural capability
 - b. Reinforcement
 - c. Reciprocal determinism
 - d. Punishment
16. Some attributes are linked with optimism. Which one is not linked with optimism?
- a. Positive self talk
 - b. Positive illusion
 - c. Positive reappraisal
 - d. Positive emotion
17. In Positive psychology there are some waves of history. Positive psychology was developed as a Wave of psychology
- a. The 1st Wave
 - b. The fourth wave
 - c. The second wave
 - d. None of the above

18. Researchers have suggested that positive psychology can be described into three overlapping areas. Find the odd one:
- a. Pleasant life
 - b. Meaningful life
 - c. Peaceful life
 - d. Good life
19. is the unselfish concern for other people, doing things simply out of a desire to help.
- a. Altruism
 - b. Sympathy
 - c. Benevolence
 - d. Wellbeing
20. Optimism cannot be enhanced by :
- a. Get over the past
 - b. Avoid hung up on one thing
 - c. Carry the past emotions to future
 - d. Optimistic self talk

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(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

1. Define Positive Psychology. Discuss about the goal of positive psychology and relationships between positive psychology and developmental psychology. 2+4+4=10
2. What is self control? Discuss about the importance of self control. 3+7=10
3. Describe the Broaden and Build theory of positive emotions. How do we cultivate positive emotions? 5+5=10
4. What is self regulation? Describe the self regulation theory. 4+6=10
5. What are positive emotions? Why are they understudied? 5+5=10
6. Define Resilience. Discuss about the sources of resilience in adulthood 2+8=10
7. What is the full form of PERMA Model? Discuss the PERMA Model as a contribution of Martin Seligman to positive psychology. 2+8=10
8. What do you mean by self efficacy? "Self efficacy can be developed". Explain. 3+7=10

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