

**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

- Human resilience refers to.....
 - The point dividing a distressful from an adaptive response to challenge.
 - Neutral response in the face of tragedy.
 - The ability to recover after working through a traumatic event
 - Good outcomes despite serious threats and challenge.
- Subjective well-being (SWB) is defined and measured by
 - Life satisfaction and positive affect.
 - Life satisfaction, positive affect, and negative affect.
 - Happiness and health.
 - Personal expressiveness and happiness.
- Self-esteem refers to.....
 - Feelings of self-worth and value that results when the self judges itself
 - People's feelings of competence when judged against objective standards of performance.
 - The degree of alignment between actual and ideal self.
 - Evaluations of worth and value resulting from our comparisons to others.
- According studies by Csikszentmihalyi, the flow experience is characterized by
 - Daydreaming, wandering attention, and self-absorption.
 - Relaxation, contentment, and inner peace.
 - Self-control, internal talk, and self-insight.
 - Total absorption, loss of self, and exhilaration
- The focus of Fredricksons' broaden-and-build theory of positive emotions is on
 - Discrete positive emotions such as joy, love, interest and contentment
 - Emotions associated with simple sensory pleasures such as eating and sex.
 - Positive feelings associated with being in a good mood.
 - All of the above

6. Martin Seligman combines the major elements of hedonic and eudaimonic perspectives in describing a three-part analysis of happiness. According to Seligman the three components of a happy life are
- a. Positive emotion, resilience, and transcendence
 - b. A pleasant life, an engaged life, and a meaningful life.
 - c. A pleasant life, a healthy life, and a virtuous life
 - d. Frequent positive emotion, infrequent negative emotion, and life satisfaction.
7. As used by psychologists, traits refer to
- a. Family determinants of behavior.
 - b. External circumstances that influence people's behavior.
 - c. Internal dispositions that influence how we look at the world.
 - d. All of the above
8. An individual's unique constellation of consistent behavioral traits is known as.....
- a. An archetype
 - b. Collectivism
 - c. Personality
 - d. Individualism
9. The most recent studies in health psychology are of particular interest to positive psychologists because they suggest that:
- a. Positive emotions help during recovery, but do not appear to effect the basic functioning of the immune system before the onset of illness.
 - b. Positive emotions may effect our health in ways that are essentially opposite from those for negative emotions.
 - c. Positive emotions are not connected to our basic biological make-up, but rather develop as a result of experience.
 - d. Negative emotions are not nearly as damaging to our health as previously thought.
10. To achieve its goal of restoring balance to the discipline of psychology, positive psychology needs further development in research and theory focused on :
- a. The origins of negative behaviors.
 - b. Positive behaviors and descriptions of positive mental health
 - c. The positive side of negative behaviors
 - d. How to overcome the negative effects of the disease model.
11. Abraham Maslow called the need to fulfill one's potential the need for.....
- a. Self-actualization
 - b. Achievement
 - c. Power
 - d. Affiliation
12. 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. Health or happiness.
 - c. Positive emotion, optimism, self-esteem, or well-being.
 - d. Happiness, emotional health, physical health, or virtue.

13. The word "daimon" in eudaimonia refers to
- | | |
|--------------------------------|------------------------|
| a. God or a transcendent power | b. True self or spirit |
| c. Happiness | d. Personal fate |
14. What stages of life do most people assume are the most unhappy and least rewarding?
- | | |
|-----------------------------------|----------------------------------|
| a. Adulthood and becoming parents | b. Young adulthood and adulthood |
| c. Middle age and old age | d. Adolescence and old age |
15. Who defined the concept of Savouring?
- | | |
|--------------------|------------------|
| a. Fred Bryant | b. Joseph Veroff |
| c. Martin Seligman | d. Both A and B |
16. One positive function of self-esteem is that self-esteem.....
- | | |
|--|--|
| a. Provides a coping resource that buffers the stress associated with life events that threaten or deflate our self-image. | b. is entirely subjective, our own view of ourselves, so even in the face of failure and rejection we can remain unaffected. |
| c. Enhances our social image and social acceptance. | d. Offers an ongoing basis for quality relationships. |
17. Within psychology's recent history, psychology has been one of the stronger voices for a more positive approach to the study of human behavior.
- | | |
|-------------------|----------------|
| a. Evolutionary | b. Humanistic |
| c. Psychoanalytic | d. Existential |
18. The ability to control one's emotions is known as.....
- | | |
|-------------------------|-------------------------------|
| a. Facial feedback | b. Interpersonal intelligence |
| c. Emotional regulation | d. Emotional contingency |
19. Self-determination theory specifies three needs as the foundation for well-being. These are.....
- | | |
|---|---|
| a. Autonomy, competence, and relatedness. | b. Independence, esteem, and belongingness. |
| c. Autonomy, self-esteem, and success. | d. Autonomy, self-esteem, and nurturance. |
20. Which answer does NOT promote savouring?
- | | |
|------------------------|---------------------------|
| a. Sharing experiences | b. Memory building |
| c. Self congratulating | d. Sharpening perceptions |

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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. Elaborate the historical development of positive Psychology. 3+7=10
2. Elaborate the relationship of Positive Psychology with Health Psychology. Support your answers with examples. 10
3. Elucidate the Broaden and Build theory of positive emotions. 10
4. Define Hedonic happiness. Draw a contrast between the Eudemonic and Hedonic happiness. 2+8=10
5. Define Resilience. Explain the various sources of Resilience in childhood and in adulthood. 2+8=10
6. Elucidate Bandura's Self Efficacy theory. 10
7. Explain SWOT analysis and its application in positive psychology. 10
8. Define Self Control. Explain the value of self control in positive psychology. 10

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