

D6BPS2005

Reg.No.....

Name:

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2023**(Regular/Improvement/Supplementary)****PSYCHOLOGY****GPSY6E03T: POSITIVE PSYCHOLOGY****Time: 2 Hours****Maximum Marks: 60****SECTION A: Answer the following questions. Each carries *two* marks.****(Ceiling 20 Marks)**

1. Premortal nirvana and post-mortal nirvana.
2. Athenian tradition.
3. Autonomy.
4. Environmental mastery.
5. Self-acceptance.
6. Do animals show resilience?
7. Expectationism.
8. Autotelic personality.
9. Positive emotions associated with future.
10. Gratification and pleasure.
11. Happiness.
12. Contentment.

SECTION B: Answer the following questions. Each carries *five* marks.**(Ceiling 30 Marks)**

13. Explain the role of Plato and Aristotle in western perspectives.
14. Give a short note on psychological well-being.
15. Explain the Eudaimonic approach.
16. Explain the complete state model by Keyes & Lopez.
17. Television watching can be a source of optimism. Explain.
18. Explain 'the broaden-and-build theory of positive emotions'.
19. Are married people happier than unmarried people? Explain

SECTION C: Answer any 1 question. Each carries *ten* marks.

20. Give a detailed note on meta- motivational state and reversal theory.
21. Write a detailed note on positive psychology, its goals and assumptions

(1 x 10 = 10 Marks)