

D6BPS2105

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Reg.No.....

Name:

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2024

(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)

Write short notes on:

1. Virtues.
2. Habituation.
3. Positive Psychology.
4. Eudaimonic.
5. Goals of positive psychology.
6. Signature strengths
7. Role of culture in happiness.
8. Positive illusions.
9. Negative emotions.
10. Self deception.
11. Optimistic explanatory style.
12. Measuring happiness.

SECTION B: Answer the following questions. Each carries *five* marks.

(Ceiling 30 Marks)

13. How do Eastern perspectives look into positive psychology?
14. What are the predictors of subjective wellbeing?
15. Discuss the causes of happiness.
16. Describe the assumptions of positive psychology.
17. How does optimistic explanatory style work against helplessness.
18. Write an account on positive and negative affectivity.
19. Discuss the evolutionary perspectives on obstacles to happiness.

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

20. What is resilience? What are the sources of resilience?
21. Elaborate various theories of well being.

(1 x 10 = 10 Marks)