

D6BPS2205

Reg. No.....

Name:

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2025

(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. Write a short note on attributional style questionnaire.
2. State the meaning of optimism.
3. What are the most important goals in Taoist philosophy?
4. What is meant by Buddhism?
5. Comment on Autonomy.
6. Write a note on collectivism.
7. According to Martin Seligman, what is the central objective of positive psychology?
8. What is meant by mindfulness meditation?
9. Give an account on self-acceptance.
10. Comment on resilience.
11. Differentiate between positive psychology and positive thinking.
12. What is Paratelic state?

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

(Ceiling 30 marks)

13. What is a hedonic approach?
14. Influence of personality traits and relationship status on happiness is mediated by culture. Explain.
15. What are the effects of happiness?
16. Is positive psychology scientific in nature?
17. Explain the difference between optimism and learned optimism.
18. Self-esteem is related to intrinsic motivation. Explain.
19. According to Confucian followers, what are the five virtues deemed central to living a moral existence? Explain.

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

20. Enumerate and explain the six dimensions of wellbeing.
21. Elucidate the factors which are significant in the formation of stable and satisfying marriages.

(1 x 10 = 10 Marks)