

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2026

(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. Self-efficacy.
2. Flow.
3. Positive affectivity.
4. Hedonism.
5. Metamotivational state.
6. Learned optimism.
7. Positive psychology.
8. Subjective wellbeing.
9. Time perspective.
10. Eudaimonic.
11. Broden and build theory of happiness.
12. Emotion.

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

13. Discuss the effects of happiness.
14. Summarize the major theoretical contributions to the domain of well-being.
15. How does reversal theory explain meta motivational states?
16. Elaborate on the perspectives on wellbeing.
17. How does culture influence happiness?
18. Describe the major goals of positive psychology.
19. Write an account on gender and happiness.

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

20. Elaborate the theories of hope and optimism.
21. Explain eastern and western perspectives of positive psychology.

(1 × 10 = 10 Marks)