C 80309

Name..............................

Reg. No..........................

SIXTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, MARCH 2020

(CUCBCSS—UG)

Psychology

PSY 6B 05 (03)—POSITIVE PSYCHOLOGY

(2017 Admissions)

Time : Three Hours   Maximum : 80 Marks

Part A

Answer all ten questions.
Each question carries 1 mark.

Choose the correct answer from the options given :

1. The extent to which we believe that we can accomplish our goals is ————.

    (a) Self-efficacy   (b) Collective self-efficacy

    (c) Mindfulness   (d) Flow

2. ———— is the search for meaning and purpose in one's life.

    (a) Hope.   (b) Flow

    (c) Religiocity.   (d) Spirituality

3. ———— first coined the term Positive Psychology.

    (a) Seligman.   (b) Bowlby.

    (c) Maslow.   (d) Snyder.

4. ———— is an emotional response to the perceived plight of another person.

    (a) Sympathy.   (b) Empathy.

    (c) Altruism.   (d) None of the above.

5. The psychological process of bringing one's attention to the internal and external experiences occurring in the present moment is ————.

    (a) Yoga.   (b) Mindfullness.

    (c) Meditation.   (d) Biofeedback.

Turn over

Fill in the blanks :

6. According to ———— perspective real happiness is closeness to God.

7. ———— cultures found in the east emphasizes sharing and duty to the group.

8. ———— consists of perceptions of avowed happiness and satisfaction with life, along with the balance of positive and negative affects.

9 ———— refers to behavior that is driven by internal rewards.

10. Reversal theory was proposed by ————.

(10 × 1 = 10 marks)

Part B

Answer all questions in two **or** *three sentences each.*
Each question carries 2 marks.

11. Hope.

12. Positive affectivity.

13. Flow.

14. Hedonism.

15. Intrinsic motivation.

16. Mindfulness.

17. Altruism.

18. Happiness.

19. Learned Optimism.

20. Self determination.

(10 × 2 = 20 marks)

Part C

Answer any **six** *questions in a paragraph to* **one page.**
Each question carries 5 marks.

21. How does Reversal theory explains meta motivational state ?

22. What are the predictors of subjective well being ?

23. What is the neurobiology of Optimism ?

24. How does intrinsic motivation increases flow ?

25. How does optimistic explanatory style work against helplessness ?

26. What are the benefits of mindfulness meditation.

27. What are the effects of happiness in a person ?

28. How does close relations make a person happy ?

(6 × 5 = 30 marks)

Part D

Answer any **two** *questions.*
Each question carries 10 *marks.*

29. Explain Snyder's model of Hope.

30. Define positive Psychology ? Why is it important to study positive psychology ?

31. What is resilience? Explain the different sources of resilience.

32. Examine the concept of Happiness across life span.

(2 × 10 = 20 marks)