

ST. JOSEPH'S EVENING COLLEGE (AUTONOMOUS)

VI SEMESTER B.A. [EJP] EXAMINATIONS - APRIL 2019

POSITIVE PSYCHOLOGY

Duration: 2.5 Hours

Max. Marks: 70

SECTION - A

I) Choose the right answer for the following from the alternatives. Answer ALL the questions. (10x1=10)

1. According to positive psychology, happiness involves all of the following EXCEPT _____.
A). having a high level of pessimism. B). experiencing pleasure.
C). being engaged in an activity. D). engaging with a meaningful activity.
2. One of the major assumptions of positive psychology is:
A). to restore balance within the field.
B). that the field of psychology has become unbalanced.
C). refocusing the entire field of psychology.
D). becoming one more area of specialized research.
3. Research shows that people consistently _____ the impact of both positive and negative events.
A). overestimate. B). underestimate.
C). neglect. D). enjoy.
4. _____ theory was one of the first theories describing the potential value of positive emotions.
A). Broaden-and-build B). Authentic happiness
C). Wellbeing D). Character strengths and virtues
5. According to developmental perspectives of resilience, there is no resilience without:
A). good mental health. B). positive parenting.
C). positive schooling. D). demonstrated risk.
6. Which of the following is NOT the predictor of hope?
A). Health. B). Academic success.
C). Wealth. D). Sports success.
7. Which of the following is NOT one of the characteristics of intimate relationships?
A). Knowledge. B). Trust.
C). Caring. D). Hope.
8. Psychologist, _____ was the first one to coin the term "attachment."
A). Mary Ainsworth B). Cindy Hazan
C). John Bowlby D). Phillip Shaver
9. According to Bjornesen (2000), when college students were asked what they thought were the most important aspects of being a college professor, they consistently reported that _____ was the most important characteristic.
A). research
B). teachers' willingness to spend time with them
C). preparing lectures and exams
D). committee meetings

10. Which of the following is the core emphasis of individualism?
A). Independence. B). Dependence.
C). Conformity. D). Focus on group.

SECTION – B

II) Answer any FIVE of the following questions. (5x2=10)

11. What is positive psychology?
12. What is the relationship between psychology and positive psychology?
13. What do the longitudinal studies say on the relationship between positive emotions and success?
14. Mention any two theories of positive emotions.
15. Name any four correlates of wisdom.
16. What are the three components of the triangular theory of love?
17. What is burnout in psychology?

SECTION – C

III) Answer any FOUR of the following. (4x5=20)

18. Physical health and happiness.
19. The Broaden-and-Build theory.
20. Cultivating positive emotions.
21. Cultivating forgiveness.
22. Parenting and infant attachment styles.
23. Components of positive schooling.

SECTION – D

IV) Answer the following questions. (2x15=30)

24. Discuss the relationship between gender and happiness.

OR

25. What are the developmental and clinical perspectives of resilience? Discuss in detail the sources of resilience in childhood and adulthood.
26. What are close relationships? Discuss in detail the core characteristics.

OR

27. What is gainful employment? Discuss its benefits.