

**SIXTH SEMESTER INTEGRATED P.G. REGULAR DEGREE  
EXAMINATION, APRIL 2023**

(CBCSS)

M.A. Psychology

PSY 6I B04—POSITIVE PSYCHOLOGY

(2020 Admission only)

[For the Candidates of Affiliated Colleges]

Time : Two Hours

Maximum : 60 Marks

**Section A**

*Answer all questions in two or three sentences.*

*Each question carries 2 marks.*

*There shall be ceiling of 20 marks in this section.*

1. Psychological wellbeing.
2. Positive psychology.
3. Eudemonism.
4. Learned optimism.
5. Resilience.
6. Happiness.
7. Mindfulness.
8. Meditation.
9. Positive emotions.
10. Flow.
11. Neurobiology.
12. Intrinsic motivation.

(Ceiling 20 marks)

**Turn over**

**Section B**

*Answer all questions in a paragraph of about half a page to one page.*

*Each question carries 5 marks.*

*There shall be ceiling of 30 marks in this section.*

13. Goals and definitions of positive psychology.
14. Perspectives on well being.
15. Risk homeostasis theory.
16. Self determination theory.
17. Sources of resilience.
18. PERMA Model.
19. Close relationship and happiness.

(Ceiling 30 marks)

**Section C**

*Answer any one of the following essay questions.*

*The question carries 10 marks.*

20. Briefly explain the benefits of happiness across life span.
21. Make a comparison of Eastern and western perspectives in positive psychology.

(1 × 10 = 10 marks)