

D 102642

(Pages : 2)

Name.....

Reg. No.....

**SIXTH SEMESTER INTEGRATED P.G. DEGREE (REGULAR/
SUPPLEMENTARY/IMPROVEMENT) EXAMINATION, APRIL 2024
(FOR 2020 AND 2021 ADMISSIONS)**

M.Sc. Psychology

PSY 6IB 04—POSITIVE PSYCHOLOGY

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. Health model.
2. Good life.
3. PERMA model.
4. Optimism.
5. Mindfulness.
6. Subjective wellbeing.
7. Hedonism.
8. Expectationism.
9. Positive and negative affectivity.
10. Happiness.
11. Resilience.
12. Meta motivational state.

(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. Roads to happiness.
14. Focus of positive psychology.
15. Factors of flow experience.
16. Happiness and culture.
17. Self-determination theory.
18. Core elements of mindfulness
19. Eastern and western perspectives on well-being.

(Ceiling 30 marks)

Section C

Answer any one of the following essay questions.

The question carries 10 marks.

20. Discuss briefly the theories of happiness.
21. Give a brief account of the factors and models of resilience.

(1 × 10 = 10 marks)