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Name.....

Reg. No.....

**SIXTH SEMESTER INTEGRATED P.G. DEGREE (REGULAR/
SUPPLEMENTARY/IMPROVEMENT) EXAMINATION, APRIL 2026**

M.Sc. Psychology

PSY6IB04—POSITIVE PSYCHOLOGY

(2020 Admission only)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer all questions.**Answer in Two or three sentences.**Each carry 2 marks.**There shall be ceiling of 20 marks in this section.*

1. Positive Psychology.
2. Well-Being.
3. Optimism.
4. Sources of Resilience.
5. Eudaimonic Perspective of well-being.
6. Positive Emotions.
7. Eastern Perspective of positive psychology.
8. Positive Affectivity.
9. Effects of Happiness.
10. Close Relationships and Happiness.
11. Intrinsic motivation.
12. Flow.

(Ceiling 20 marks)

Turn over

Section B

*Answer **all** questions.*

*Answer 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. Subjective and Psychological Well-Being.
14. Optimism and Hope.
15. Positive and Negative Affectivity.
16. Meta motivational state and reversal theory.
17. Self-determination theory.
18. Theories of well-being.
19. Western perspectives in positive psychology.

(Ceiling 30 marks)

Section C (Essay Type Questions)

*Answer any **one** of the following.*

The question carries 10 marks.

20. Discuss the strategies for enhancing happiness. How can individuals work towards sustainable happiness ?
21. Discuss the psychological constructs of optimism, hope, and mindfulness. How do these contribute to mental well-being and adaptive functioning ?

(1 × 10 = 10 marks)