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(Pages : 2)

Name.....

Reg. No.....

**SIXTH SEMESTER INTEGRATED P.G. DEGREE EXAMINATION
APRIL 2025**

(CBCSS)

M.Sc. Psychology

PSY 6IB 04—POSITIVE PSYCHOLOGY

(2020 Admission onwards)

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. Learned optimism.
2. Meaningful life.
3. Hedonism.
4. Mindfulness meditation.
5. Positive emotions.
6. Neurobiology.
7. Time perspective.
8. Meta motivational state.
9. PERMA Model.
10. Hope.
11. Flow.
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. Strengths of positive psychology.
14. Factors of flow experience.
15. Roads to Happiness.
16. Close relationship and happiness.
17. Ways to improve resilience.
18. Types of happiness.
19. Five pillars of positive psychology.

(Ceiling 30 marks)

Section C

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

The question carries 10 marks.

20. Make a comparison of the Eastern and Western perspectives of well-being.
21. Discuss different theories of well-being.

(1 × 10 = 10 marks)