

Reg No:

Name:..... **26P265**

M.Sc. DEGREE END SEMESTER EXAMINATION - APRIL 2026

SEMESTER 2: PSYCHOLOGY

COURSE: 24P2PSYT08: POSITIVE PSYCHOLOGY

Time: Three Hours

Max. Weights: 30

(For Regular 2025 Admission)

PART A

Answer any 8 questions

Weight: 1

1. Define Positive Psychology. Mention the three pillars proposed by Seligman. (R, CO1)
2. What are the major contributions of Athenian tradition to our understanding of Positive psychology. (U, CO1)
3. Define resilience. What is childhood resilience? Mention three protective factors that promote resilience in children. (R, CO2)
4. What are positive emotions? List any five positive emotions and state their role in the Broaden-and-Build Theory. (R, CO3)
5. What is Emotional Intelligence? Name the four branches in the ability model. (U,CO3)
6. Define self-efficacy. Mention the four sources of self-efficacy proposed by Albert Bandura. (R, CO3)
7. What is Hope Theory? Explain agency thinking and pathways thinking according to Snyder. (U, CO3)
8. Distinguish between state gratitude and trait gratitude. Give two examples of expressing gratitude in daily life. (U, CO3)
9. What is positive schooling? Mention four key components of a positive school environment. (R, CO4)
10. What is Psychological Capital? Name its four HERO components. (U, CO4)

(1 x 8 = 8)

PART B

Answer any 6 questions

Weight: 2

11. Explain the difference between individualism and collectivism in Eastern and Western traditions. How do these orientations influence well-being? (An, CO1)
 12. The VIA classification of strengths serves as an anti-thesis to the disease model in psychology. Critically evaluate this statement. (E, CO1)
 13. Describe the life tasks of adulthood and the concept of successful ageing. (U, CO2)
 14. Explain Subjective Well-Being proposed by Diener. Describe its three components. (U, CO3)
 15. Explain the concept of Learned Optimism proposed by Seligman. Discuss the childhood antecedents of Learned Optimism. (U, CO3)
 16. Explain the concept of Altruism in Positive Psychology. Discuss factors that contribute to and causes altruistic behaviour. (An, CO3)
 17. Critically analyse the Societal Contributions to Positive Schooling. (An, CO4)
 18. Explain strategies to create a positive workplace. How can managers use positive psychology to increase employee engagement and satisfaction? (Ap, CO4)
- (2 x 6 = 12)**

PART C

Answer any 2 questions

Weight: 5

19. Discuss the Activity Restriction Model of depression in Old Age. Analyse the significant challenges to successful ageing and suggest relevant interventions to promote successful ageing. (An, CO2)
 20. Explain the Broaden-and-Build Theory of positive emotions proposed by Barbara Fredrickson. Discuss the structure, causes, and significance of positive affectivity and relate it to the Complete Mental Health Model. (An, CO3)
 21. Explain Flow Theory proposed by Csikszentmihalyi. Describe the characteristics, conditions, and measurement of flow with examples. (Ap, CO3)
 22. Explain love and interpersonal closeness in Positive Psychology. Describe Singer's traditions of love, theoretical models of love, and the concept of minding. Discuss the role of gratitude and forgiveness in relationships. (An, CO3)
- (5 x 2 = 10)**