

PARUL UNIVERSITY
FACULTY OF ARTS
B.A Summer 2017 – 18 Examination

Semester: 3
Subject Code: 15105231
Subject Name: Positive Psychology

Date: 02/06/2018
Time: 10.30 am to 1.00 pm
Total Marks: 60

Instructions:

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

Q.1 Do as directed.**(08)****A. Multiple choice type questions. (Each of 0.5 mark)**

1. According to Ryff, the striving for perfection that represents the realization of one's true potential is:
 - a. Eudemonic well-being
 - b. Subjective well-being
 - c. Psychological well-being
 - d. Hedonic well-being
2. Broaden and build theory was given by
 - a. Barbara Frederickson
 - b. Martin Seligman
 - c. Nolen-hoeksema
 - d. None of the above
3. Following are positive subjective experience except
 - a. Happiness
 - b. Interest
 - c. Fulfillment
 - d. Pleasure
4. According to the text following types fall under the category (virtue) courage except _____.
 - a. Leadership
 - b. Vitality
 - c. Persistence
 - d. Integrity
5. _____ is a mental state of operation in which the person is fully immersed in what they are doing
 - a. Virtue
 - b. Flow
 - c. Emotion
 - d. Resilience
6. Opposite _____ prophecy is known as "GOLEM EFFECT"
 - a. Self fulfilling
 - b. Resilience
 - c. Persistence
 - d. None of the above
7. Positive emotion are not similar to _____ pleasure.
 - a. Emotional
 - b. Sensory
 - c. Selective
 - d. None of the above
8. Which of the following approaches is most closely related to positive psychology?
 - a. The behavioral approach
 - b. The psychodynamic approach
 - c. The humanistic approach
 - d. The cognitive approach

9. Why is it important to study positive psychology?
 - a. Psychologists are only interested in the experiences of healthy person
 - b. We get a fuller understanding of human experience by focusing on both positive and negative
 - c. Negative experience in people's lives tell us little about people's mental processes
 - d. Psychology has been too focused on the negative
10. Which of the following areas of inquiry would likely be of interest to a positive psychologist?
 - a. The way in which genetic factors influence the development of depression
 - b. The ways in which survivors of Hurricane Katrina made meaning of their experience
 - c. The ways in which parenting styles related to children's attachment
 - d. The ways in which brain lesion affect personality.
11. The basic assumption of _____ is that "people have capacities to attend to, appreciate and enhance the positive experience in their lives"
 - a. Duality
 - b. Exhilaration
 - c. Savoring
 - d. None of the above
12. Which theory predicts that line dividing human flourishing from languishing among individual and group is strongly associated with positive ratios.
 - a. Broaden and build theory
 - b. General theory of positivity
 - c. Well-being theory
 - d. None of the above
13. _____ needs are fulfilled when activities are freely chosen rather than imposed By others and are consistent with the individual's self concept.
 - a. Autonomy
 - b. Competence
 - c. Relatedness
 - d. None of the above.
14. According to _____ theory when people pursue positive goals , their self Regulation efforts are focused on reducing the discrepancy between current state And future goal.
 - a. Self-discrepancy theory
 - b. Control theory
 - c. General theory of positive
 - d. None of the above
15. If you had some spare money , spending money shopping might induce a sense of _____ while helping the needy would induce a sense of _____?
 - a. Happiness, contentment
 - b. Pleasure , gratification
 - c. Materialism , spirituality
 - d. Temporary optimism , more long lasting optimism
16. According to Seligman curiosity ,interest in worlds, love of learning, ingenuity , Originality and perspective taking route of which virtue ?
 - a. Courage
 - b. Valor
 - c. Wisdom
 - d. transcendence

B. Terms/ Short notes/ Case study/ Charts/ Graphs/ Tables, etc. (Each of 01 mark)

(07)

1. In control theory feedback loop is often refers to as TOTE which stands for _____, _____, _____ and _____?
2. What is meaning of "8-to-5 mind"?
3. Define quest religious orientation.
4. Define resilience
5. Self efficacy
6. List 2 goals that create self-regulation problems.?
7. What is the basic assumption of SAVORING ?

Q.2 Answer the following.

- A. Assumption of positive psychology ? explain ? (04)
- B. Describe problem focused, emotion focused and pro-active coping? (04)
- C. History of positive psychology? (04)

OR

- C. Goals of positive psychology? (04)

Q.3 Answer the following.

- A. Explain in detail Positive emotion broadens our thought and action repertoires ? (05)
- B. Explain in detail Positive emotions undo negative emotion ? (05)
- C. Explain in detail Positive emotion enhances resilience ? (05)

OR

- C. Explain the styles of religious coping? (05)

Q.4 Answer the following.

- A. How do developmental psychologists' studies of resilience and posttraumatic Growth
Contributes to positive psychology? (06)
- B. How may religion fulfil the four needs described by Baumeister that underlie as meaningful life? (06)
- C. Explain in detail self-discrepancy theory. (06)

OR

- C. Explain the styles of religious coping? (06)