

PARUL UNIVERSITY
FACULTY OF ARTS
B.Arts Winter 2017 – 18 Examination

Semester: 3

Subject Code: 15105231

Subject Name: Positive Psychology

Date: 08/12/2017

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 assumption wherever necessary.
4. Start new question on new page.

Q.1 Do as directed.**(A) Multiple choice questions.****(08)**

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. Model of psychological well-being was developed by _____
 - a. Ryff
 - b. Keyes
 - c. Ryan and deci
 - d. None of the above
3. Self-determination theory was proposed by _____
 - a. Ryff and singer
 - b. Ryan and deci
 - c. Keyes and lopez
 - d. None of the above
4. "finishing your term paper ahead of the deadline to avoid the stressful feelings that, "its due tomorrow".Following example belongs to which coping category?
 - a. Problem focus coping
 - b. Emotion focused coping
 - c. Proactive coping
 - d. Both a and c
5. Pargmant defines _____ as "a search for significance in ways related to the sacred and _____ as a" search for the sacred"
 - a. Spirituality and religion
 - b. Religion and spirituality
 - c. Intrinsic religion and extrinsic religion
 - d. none of the above
6. The perception of an object as having spiritual significance and character is called As _____
 - a. Gratitude
 - b. forgiveness
 - c. sanctification
 - d. none of the above
7. An important form of control, particularly relevant to religion and spirituality is _____
 - a. flow
 - b. virtue
 - c. interpretive control
 - d. purpose
8. According to Seligman, appericiation of beauty , gratitude , hope, forgiveness and Humor are routes to which virtue ?
 - a. courage
 - b. valor
 - c. wisdom
 - d. none of the above
9. 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
10. The pleasure is concerned with _____
 - a. eudemonic
 - b. the bodily senses and emotion s and positive perceptions
 - c. enacting personal strengths and virtues
 - d. both a and b above
11. 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

12. Seligman describes research by Dr. Barbara Fredrickson suggesting that positive emotions can ‘undo’ the adverse after-effects of negative emotions. What did Fredrickson’s research involve?
- a. writing about negative life events followed by writing about positive events
 b. analysis of 292 diaries/journals kept by students over the period of a semester
 c. exposing research participants to “positive” films/videos and monitoring their heart rate
 d. all of the above.
13. 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
14. _____ theory states that well-being and happiness result from fulfilment of three basic psychological needs.
- a. Self-discrepancy theory
 b. Self-determination theory
 c. Self-realization theory
 d. None of the above.
15. _____ 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.
16. Broaden and build theory was given by
- a. Barbara Fredrickson
 b. Martin Seligman
 c. Nolen-Hoeksema
 d. None of the above

(B) Answer in one line.

(07)

1. Define quest religious orientation.
2. What is the basic assumption of SAVORING ?
3. What is meaning of “8-to-5 mind”?
4. List 2 goals that create self-regulation problems.?
5. What is emotion focused coping?
6. In control theory feedback loop is often referred to as TOTE which stands for _____, _____, _____ and _____?
7. Define subjective well-being ?

Q.2 Answer the following.

(12)

1. Discuss Emotional well-being and social well-being in detail ?
2. How may relation between health and religion be explained?(3 factors)
3. What three preconditions are necessary for savouring to occur?

OR

3. Discuss in detail attachment theory with the help of example.

Q.3 Answer the following.

(15)

1. Explain in detail self-discrepancy theory.
2. Write short note on
 1. forgiveness
 2. gratitude
3. Explain the styles of religious coping?

OR

3. Describe 3 findings from the developmental research on resilience?

Q.4 Answer the following.

(18)

1. How do developmental psychologists’ studies of resilience and posttraumatic Growth contribute to positive psychology?
2. How may religion fulfil the four needs described by Baumeister that underlie a meaningful life?
3. Explain in detail.
 - a. Positive emotion broadens our thought and action repertoires.
 - b. Positive emotions undo negative emotion.
 - c. Positive emotion enhances resilience.

OR

3. Discuss in detail the sources of resilience in adulthood.