

**PARUL UNIVERSITY**  
**FACULTY OF ARTS**  
**B.A Arts. Winter 2018 – 19 Examination**

**Semester: 3****Subject Code: 15105231****Subject Name: Positive Psychology****Date: 27/11/2018****Time: 10:30am to 01:00pm****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. Who was the first person to have mentioned positive psychology?
  - a) Sheldon and King
  - b) Gable and Haidt
  - c) Martin Seligman
  - d) None of the above
2. Who suggested that positive psychology is “the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups and institutions”.
  - a) Sheldon and King
  - b) Gable and Haidt
  - c) Martin Seligman
  - d) None of the above
3. Positive emotions increase our \_\_\_\_\_ and ability to cope by offsetting the effects of negative emotions caused by stressful experiences.
  - a) Outlook
  - b) Confidence
  - c) Resilience
  - d) None of the above
4. “Good outcome in spite of serious threats to adaptation or development”.
  - a) Masten
  - b) Keyes
  - c) Maslow
  - d) None of the above
5. Who defined “nothing more than the scientific study of ordinary human strengths and virtues”?
  - a) Sheldon and King
  - b) Gable and Haidt
  - c) Martin Seligman
  - d) None of the above
6. \_\_\_\_\_ emotions tend to narrow our thoughts to a limited set of possible actions that might be taken in response to an emotion-evoking situation.
  - a) Positive
  - b) Negative
  - c) Sensory
  - d) selective
7. Duality means to be aware of \_\_\_\_\_ and the \_\_\_\_\_ as two separate objects.
  - a) Environment, actions
  - b) Yourself, environment
  - c) Heredity, environment
  - d) None of the above
8. Fredrickson’s theory describes the effect of positive emotions as essentially \_\_\_\_\_ to the effects of negative emotions
  - a) Similar
  - b) Positive
  - c) Opposite
  - d) None of the above

9. Positive emotions are not similar to \_\_\_\_ pleasure
- emotional
  - sensory
  - selective
  - none of the above
10. Which theory describes how positive emotions open up our thinking and actions and actions to new possibilities
- Broaden and built theory
  - General theory of positivity
  - Well- being theory
  - None of the above
11. Humanistic psychologist believed that the goal of psychology should be to study and promote conditions that help people achieve \_\_\_\_\_and \_\_\_\_\_ lives
- productive, healthy
  - Safe, positive
  - Similar, positive
  - Positive, selective
12. One goal of positive psychology is to establish \_\_\_\_\_ and a \_\_\_\_\_ defining the presence of mental health that parallels our current criteria
- Connection, option
  - Criteria, Language
  - Similar, positive
  - None of the above
13. People experience an abundance of \_\_\_\_\_when they feel many pleasant and few unpleasant emotions, when they are engaged in interesting activities.
- Eudemonic well-being
  - Subjective well-being
  - Psychological well-being
  - Hedonic well-being
14. \_\_\_\_\_ can occur as a result of traumatic experiences like serious illness, loss of loved ones, etc.
- Positive growth
  - Subjective well being
  - Resilience
  - None of the above.
15. In a current research, subjective well-being is widely considered to have three primary components that are assessed by multi-scales and inventories. The three components are as follows, except:
- Life satisfaction
  - Pleasure
  - Positive affect
  - Negative affect
16. Eudemonic happiness has much in common with which concept of psychology?
- Duality
  - Humanism
  - Behaviorism
  - Developmental

**B. Terms/ Short notes (Each of 01 mark)**

**(07)**

- What is the basic assumption of “Savoring”?
- Define spirituality.
- How is positive psychology related to clinical psychology.
- Define positive psychology according to Keyes.
- How is positive psychology related to clinical psychology.
- Define positive psychology according to Sheldon and King.
- What is developmental psychology?

**Q.2 Answer the following.**

- A.** What is the use of positive psychology with developmental psychology?

**(04)**

- B. Goals in positive psychology. (04)  
C. Discuss briefly: positive emotions and stress. (04)

**OR**

- C. Discuss briefly about subjective well-being. (04)

**Q.3 Answer the following.**

- A. Discuss Happiness. What is hedonic happiness and eudemonic happiness? (05)  
B. Application of positive psychology in Gainful employment (components) (05)  
C. Discuss spirituality: the search for meaning. (05)

**OR**

- C. Explain: Positive emotions broaden or thoughts and action repertoires. (05)

**Q.4**

- A. Explain the difference between layman and psychologist understanding of forgiveness. (06)  
B. Discuss Resilience and sources of resilience in childhood (06)  
C. Discuss the Broaden and built theory. (06)

**OR**

- C. Application of positive psychology in Coping strategies (major theories) (06)