

**PARUL UNIVERSITY**  
**FACULTY OF ARTS**  
**B.A Winter 2019 – 20 Examination**

Semester: 3

Subject Code: 15105231

Subject Name: Positive Psychology

Date: 20/11/2019

Time: 10:30am to 1:00pm

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. \_\_\_\_\_ can occur as a result of traumatic experiences like serious illness, loss of loved ones, etc.

- a) Positive growth
- b) Subjective well being
- c) Resilience
- d) d. None of the above.

2. Humanistic psychologist believed that the goal of psychology should be to study and promote conditions that help people achieve \_\_\_\_\_ and \_\_\_\_\_ lives

- a) productive, healthy
- b) Safe, positive
- c) Similar, positive
- d) Positive, selective

3. One goal of positive psychology is to establish \_\_\_\_\_ and a \_\_\_\_\_ defining the presence of mental health that parallels our current criteria

- a) Connection, option
- b) Criteria, Language
- c) Similar, positive
- d) None of the above

4. People experience an abundance of \_\_\_\_\_ when they feel many pleasant and few unpleasant emotions, when they are engaged in interesting activities.

- a) Eudemonic well-being
- b) Subjective well-being
- c) Psychological well-being
- d) Hedonic well-being

5. “Good outcome in spite of serious threats to adaptation or development”.

- a) Masten
- b) Keyes
- c) Maslow
- d) None of the above

6. 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

7. 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

**8. Eudemonic happiness has much in common with which concept of psychology?**

- a) Duality
- b) Humanism
- c) Behaviorism
- d) Developmental

**9. 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

**10. 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

**11. \_\_\_\_\_ 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

**12. Positive emotions are not similar to \_\_\_\_\_ pleasure**

- a) emotional
- b) sensory
- c) selective
- d) none of the above

**13. Positive emotions increases 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

**14. Which theory describes how positive emotions open up our thinking and actions and actions to new possibilities**

- a) Broaden and built theory
- b) General theory of positivity
- c) Well-being theory
- d) None of the above

**15. 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

**16. 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:**

- a) Life satisfaction
- b) Pleasure
- c) Positive affect
- d) Negative affect

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

**(07)**

**1. What is positive psychology?**

**2. Define spirituality.**

**3. Which psychological approach is most closely related to positive psychology?**

**4. What is developmental psychology?**

**5. How is positive psychology related to clinical psychology.**

**6. What is the full form of PTG?**

**7. What is life satisfaction**

- Q.2 Answer the following.**
- A. Forgiveness and gratitude. (04)
  - B. What is the relationship of positive psychology with developmental psychology? (04)
  - C. Assumption of positive psychology. (04)
- OR**
- C. Goals in positive psychology. (04)
- Q.3 Answer the following.**
- A. Discuss personal goal and well-being. (05)
  - B. Explain: Positive emotions broaden or thoughts and action repertoires. (05)
  - C. Application of positive psychology in positive schooling (major theories) (05)
- OR**
- C. Application of positive psychology in Gainful employment (components) (05)
- Q.4 Answer the following.**
- A. Discuss the Broaden and built theory. (06)
  - B. Discuss Resilience and sources of resilience in adulthood. (06)
  - C. Application of positive psychology in Coping strategies (major theories) (06)
- OR**
- C. Discuss spirituality: the search for meaning. (06)