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**B.Sc. (Semester - IV) (CBCS) Examination Oct/Nov-2019**  
**Psychology (Paper – VIII)**  
**POSITIVE PSYCHOLOGY**

Day & Date: Wednesday, 06-11-2019  
Time: 11:30 AM To 02:00 PM

Max. Marks: 70

**Instructions:** 1) All questions are compulsory.  
2) Figures to the right indicate full marks.

**Q.1 Fill in the blanks by choosing correct alternatives given below. 14**

- 1) "The broad and build theory" was presented by \_\_\_\_\_.  
a) Diener  
b) Keyes  
c) Magyar  
d) Frederickson's
- 2) \_\_\_\_\_ psychologists have also sensitized to the different cultural understanding of well-being and happiness.  
a) Social  
b) Clinical  
c) Cognitive  
d) Positive
- 3) \_\_\_\_\_ call for a positive psychology was aimed at refocusing the entire field of psychology.  
a) Seligman's  
b) Diener  
c) Keyes  
d) Magyar
- 4) \_\_\_\_\_ Psychology are very interested in the most recent studies.  
a) Clinical  
b) Positive  
c) Social  
d) Cognitive
- 5) \_\_\_\_\_ indicators assess the state of our health, families, and communities.  
a) Social  
b) History  
c) Economic  
d) Industrial
- 6) The extreme opposite of mental illness a state \_\_\_\_\_ & \_\_\_\_\_ called 'flourishing'.  
a) Keyes & Haidt  
b) Diener & Magyar  
c) Ryff & Keyes  
d) None of these
- 7) \_\_\_\_\_ seem to help restore the health of both our minds and our bodies.  
a) Positive emotions  
b) Negative emotions  
c) Both  
d) None of These
- 8) A satisfying \_\_\_\_\_ is founded on satisfying \_\_\_\_\_.  
a) Life, relationships  
b) Love, life  
c) Relationships, love  
d) Health, relationship
- 9) \_\_\_\_\_ and Personality Psychology researchers have contributed to an understanding of the roles that religion and morality play in people's lives.  
a) Social  
b) Clinical  
c) Health  
d) Cognitive
- 10) \_\_\_\_\_ described two psychological views of happiness distilled from classical philosophy.  
a) Diener  
b) Keyes  
c) Waterman  
d) Haidt

- 11) In the satisfaction with Life Scale, \_\_\_\_\_ scores are neutral point.
  - a) 16
  - b) 10
  - c) 20
  - d) 15
- 12) \_\_\_\_\_ developed a model they call him "Psychological well-being.
  - a) Ryff
  - b) Diener
  - c) Keyes
  - d) Magyar
- 13) \_\_\_\_\_'s theory is focus on discrete positive emotions.
  - a) Fredrickson
  - b) Hagger
  - c) Brown
  - d) Ryan
- 14) A long standing focus of \_\_\_\_\_ psychologist has been examination of conditions that threaten healthy development.
  - a) Clinical
  - b) Social
  - c) Developmental
  - d) Cognitive

**Q.2 A) Answer the following questions. (Any Four) 08**

- 1) Define Long form of SWB.
- 2) Define long form of PTG.
- 3) Define positive psychology.
- 4) Define Subjective Well- being.
- 5) Define resilience.

**B) Write Notes on. (Any Two) 06**

- 1) Pleasant Life
- 2) Engaged Life
- 3) Meaningful Life

**Q.3 A) Answer the following questions. (Any Two) 08**

- 1) Explain the Positive psychology's goals.
- 2) Positive emotions
- 3) Economic indicators

**B) Answer the following questions. (Any One) 06**

- 1) Define the Hedonic happiness.
- 2) Defining Personal Goals.

**Q.4 A) Answer the following questions. (Any Two) 10**

- 1) Explain the Eudemonics Happiness.
- 2) Explain the Need Fulfillment and Self- Determination Theory.
- 3) Explain the Broaden- and - Build Theory.

**B) Answer the following questions. (Any One) 04**

- 1) Explain the psychological Well- being.
- 2) Explain the life satisfaction.

**Q.5 Answer the following questions. (Any One) 14**

- a) Explain the areas of Positive Psychology (Any Two)
- b) Explain the sources of Resilience in children.