

TM242940E

Reg. No :

Name :

MASTER'S DEGREE (C.S.S) EXAMINATION, MARCH 2024

2023 ADMISSIONS REGULAR

SEMESTER II - CORE COURSE Psychology

PY2C08TM - Positive Psychology

Time : 3 Hours

Maximum Weight : 30

Part A

I. Answer any Eight questions. Each question carries 1 weight

(8x1=8)

1. Define Individualism and Collectivism.
2. What is Confucianism?
3. According to McArthur Foundation study of successful aging, explain the two kinds of support important for successful aging.
4. Explain Penn Prevention Program.
5. What does Low negative Affectivity mean?
6. Explain behavioural activation system.
7. How do one measure Flow?
8. How do we measure forgiveness?
9. Write a note on good of gratitude.
10. Discuss in brief how PsyCap goes beyond human and social capital.

Part B

II. Answer any Six questions. Each question carries 2 weight

(6x2=12)

11. Give the Eastern perspectives of positive psychology.
12. Explain the six core Values in the Values in Action Assessment.
13. Which period is considered childhood and explain the strategies to increase resilience in childhood.
14. Elaborate on Emotion-focused on coping.
15. Explain Autotelic Personality.
16. Explain the triangular theory of love.
17. Elaborate on the ways to cultivate gratitude.
18. Discuss the characteristics of gainful employment.

Part C

III. Answer any Two questions. Each question carries 5 weight

(2x5=10)

19. Describe the term Hope. Suggest ways to measure the same and interventions to inculcate it.
20. Discuss on Broaden and Build Theory.
21. "Self-efficacy and psychotherapy are interrelated." Discuss.
22. Discuss empathy-altruism hypothesis in detail.

