

QP CODE: 24018824



Reg No : .....

Name : .....

**MSc DEGREE (CSS) EXAMINATION , APRIL 2024**

**Second Semester**

M Sc PSYCHOLOGY

**CORE - PY010204 - POSITIVE PSYCHOLOGY**

2019 Admission Onwards

987BE552

Time: 3 Hours

Weightage: 30

**Part A (Short Answer Questions)**

*Answer any **eight** questions.*

*Weight 1 each.*

1. Eudaimonia.
2. Lifestyle Predictions of Successful Ageing based on adult development study.
3. Children's Attributional Style Questionnaire.
4. What is neuroplasticity?
5. Psychological wellbeing.
6. Learned optimism.
7. Motivated Altruism.
8. State and trait gratitude.
9. Goals of positive schooling.
10. Human Capital.

(8×1=8 weightage)

**Part B (Short Essay/Problems)**

*Answer any **six** questions.*

*Weight 2 each.*

11. Disease model versus health model.
12. Discuss on individual differences in activity restriction and interventions to increase activity and decrease depression?
13. What is emotional intelligence and explain its dimensions.





14. Explain the benefits of Emotional storytelling..
15. Explain what does it mean by autotelic personality?
16. How can we measure love ? Explain briefly.
17. How is Continuity related to Minding?
18. How can we improve work?

(6×2=12 weightage)

### **Part C (Essay Type Questions)**

*Answer any **two** questions.*

*Weight **5** each.*

19. Examine the broad virtue categories in VIA Classification.
20. Explain the relationship between happiness and subjective well being. Explain some ways to enhance happiness and lead a pleasurable life.
21. Elucidate the importance of hope.
22. Explain the concept of forgiveness. What are the antecedents of forgiveness? How is it associated with health and wellbeing?

(2×5=10 weightage)

