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Brainware University
398, Ramkrishnapur Road, Barasat
Kolkata, West Bengal-700125

BRAINWARE UNIVERSITY

Term End Examination 2024-2025
Programme – M.Sc.(APSY)-2023
Course Name – Positive Psychology
Course Code - APSY302C
(Semester III)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Select the main focus of Martin Seligman positive psychology
 - a) Positive experiences
 - b) Clinical depression and mental illness
 - c) Historical influences on psychology
 - d) Experimental methods in psychology
- (ii) Select the positive psychology concept that involves understanding and leveraging one's strengths to improve well-being:
 - a) Strengths-Based Approach
 - b) Ego
 - c) Courage
 - d) Self efficacy
- (iii) Select the concepts that influenced positive psychology.
 - a) Humanistic and psychodynamic
 - b) Gestalt
 - c) Experimental
 - d) Behaviourial
- (iv) Select the humanistic concept that influenced positive psychology emphasis on personal growth and fulfillment:
 - a) Self actualization
 - b) Self esteem
 - c) Confidence
 - d) Courage
- (v) Select who gave the seven heavenly virtues of Christainity
 - a) Jane
 - b) Thomas Aquinas
 - c) Jacob
 - d) Jesus
- (vi) Select the founder of Buddhism:
 - a) Mahavira
 - b) Guru Nanak
 - c) Confucius
 - d) Siddhartha Gautama
- (vii) Identify the the state of nirvana in Buddhism
 - a) Complete harmony
 - b) Compatibility
 - c) Compasion
 - d) Happiness.
- (viii) Select the human strength that is primarily associated with the pursuit of truth .
 - a) Courage
 - b) Wisdom
 - c) Justice
 - d) Humanity

11. Speculate how does teamwork serve as a strength in positive psychology, and what are its key benefits for individual and group well-being? (5)
12. Write the meaning of Flow. (5)

OR

Express the concept of hope and justify its significance in human life. (5)

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