



## **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

- 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 (vii) Identify the the state of nirvana in Buddhism

d) Siddhartha Gautama

a) Complete harmony

b) Compatibility

- d) Happiness.
- (viii) Select the human strength that is primarily associated with the pursuit of truth .

a) Courage

b) Wisdom

c) Justice

d) Humanity

(12)	to make sound decisions:	ce of using knowledge and experience			
	a) Creativity	b) Kindness			
	c) Prudence	d) Humor			
(x)	Interpret the following action: Volunteering at a local shelter and showing empathy to those in need. This action reflects which human virtue?  a) Humor  b) Humanity c) Prudence Indicate the characteristic that aligns with the virtue of love  b) Affection  b) Affection				
	those in need. This action reflects which human virtue?		rary ersity acat		
	a) Humor	b) Humanity	U1109, B31820.		
	c) Prudence	d) Perseverance Brainwishnap!	21,100,152		
(xi)	Indicate the characteristic that aligns with the v	irtue of love 398, Railin West	gena.		
	a) Competitiveness	b) Humanity d) Perseverance irtue of love b) Affection  BrainWare U  BrainWare U  BrainWare U  BrainWare U  BrainWare U  Kolkala, West C			
	c) Ambition	d) Independence			
(xii)	Interpret the following behavior of a teacher when	no imparts knowledge but also supports	;		
	the emotional well-being of students.				
	a) Justice and Prudence	b) Wisdom and Humanity			
	c) Creativity and Curiosity	d) Integrity and Courage			
(xiii)	Select that is most closely related to the ability	to empathize with others feelings and			
	perspectives.				
	a) Courage	b) Humor			
	c) Compassion	d) Perseverance			
(xiv)	(iv) Identify the social intelligence skill that involves understanding and managing your own emotions as well as those of others:				
	a) Self-regulation	b) Orientation			
	c) Analytical thinking	d) Technical proficiency			
(xv)	Select the key aspect of effective teamwork that principles:	t aligns with positive psychology			
	a) Competing with team members for	b) Clear communication and a shared s	ense of		
	individual recognition	purpose.	ichise of		
	<ul> <li>c) Keeping to yourself and focusing only on your own tasks.</li> </ul>	d) Criticizing others to improve perform	nance		
	Grou	n-B			
	, ,	,	3 x 5=15		
2. 11	ustrate how Individuals with strength love for lea	rning feel, think and act	/2\		
<ul><li>2. Illustrate how Individuals with strength love for learning feel, think and act .</li><li>3. Discuss the strengths of socially intelligent person .</li></ul>			(3) (3)		
4. Illustrate Indian psychology perspective from positive psychology insight			(3)		
2. Evaluate the fole of mindfulness in Fastern concents of positive never along			(3)		
6. Write about the contributions of Islamic principles to positive psychology.			(3)		
			(3)		
in	rite about the Zoroastrian concepts that contribute on mental well-being.	ate to positive psychology and their	(3)		
	Grou	n-C			
	(Long Answer Ty		5 x 6=30		
7					
7.	Discover how has the Western perspective on posts key components?	sitive psychology evolved, and what are	e (5)		
8.	Evaluate the impact of strengths-based approaches in promoting resilience among aging  Distinguish between				
	- istinguisii Delwaan Li: i .		g (5)		
10.	9. Distinguish between Hinduism and Buddhism in terms of their principles related to positive (5) psychology and how each approach contributes to meaningful good life.  10. Evaluate how do explicit and implicit theories of wisdom differ. (5)				
	and implicit theories of v	visdom differ.	(5)		

key belieffts for individ	<ul><li>11. Speculate how does teamwork serve as a strength in positive psychology, and what are its key benefits for individual and group well-being?</li><li>12. Write the meaning of Flow.</li></ul>	
Express the concept of	OR f hope and justify its significance in human life.	(5) (5)
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