



BRAINWARE UNIVERSITY

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Term End Examination 2024-2025

Programme – M.Sc.(APSY)-2022/M.Sc.(APSY)-2023/M.Sc.(APSY)-2024

Course Name – Science of Happiness & Counseling

Course Code - APSY203

(Semester II)

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) Choose how Optimism is classified.

a) Hedonic optimism and Eudemoniac optimism

c) General optimism and Specific optimism

b) Dispositional optimism and Learned optimism

d) Short term optimism and long term optimism

(ii) Identify what the Broaden and Build theory is discussed as a theory of.

a) Wisdom

c) Positive Affect

b) Forgiveness

d) Resilience

(iii) If you had some spare money, spending money shopping might induce a sense of _____ while helping the needy would induce a sense of _____. Select the correct option.

a) happiness; contentment

c) materialism; spirituality

b) pleasure; gratification

d) temporary optimism; more long-lasting optimism

(iv) Select what positive emotions about the past can best be explained by.

a) gratitude and forgiveness

c) counteracting the numbing effects of habituation

b) learning to better recognize and dispute automatic pessimistic thoughts

d) exercising your strengths and virtues

(v) Choose which of the following indicates employees skipping office frequently

a) Role disagreement

b) Absenteeism

- c) Lower productivity
(vi) Report what the components of Positive schooling establishes
a) Trust
c) Hope and Motivation
(vii) Infer which of the following relates to the positive psychology of close interpersonal relationships
a) repairing damage to distressed romantic relationships on the brink of destruction
c) both a and b
(viii) Select the component of Non-Violent Communication.
a) Needs
c) Calmness
(ix) Comfortable of being alone and use that time to explore own emotions. Select which one of the following illustrates this statement.
a) Secure Attachment Style
c) Disorganised Attachment Style
(x) Choose what is measured by wisdom.
a) Practical Intelligence
c) Creative Intelligence
(xi) Select the part of the brain that is implicated in emotion processing.
a) Pons
c) Corpus callosum
(xii) Identify which one of the following is known as the love hormone.
a) Endorphin
c) Oxytocin
(xiii) Identify which of the following viewpoints sees happiness as a concept that varies across cultures.
a) Cultural backlog
c) Theory of relativity
(xiv) Identify who is the proponent of the Authentic Happiness theory.
a) John Bowlby
c) Carl Rogers
(xv) Select which of the following is a goal of authentic happiness theory.
a) Treat mental illnesses
c) Foster positive emotions
d) Problematic Relationship with Co-workers
b) Caring
d) All of these
b) making a solid romantic relationship even better
d) None of these
b) Happiness
d) None of these
b) Ambivalent Attachment Style
d) Anxious-Avoident Attachmet Style
b) Analytical Intelligence
d) Fluid Intelligence
b) Medulla Oblongata
d) Prefrontal cortex
b) Dopamine
d) Serotonin
b) Cultural Relativism
d) Cultural dogma
b) Martin Seligman
d) Carol Ryff
b) Diagnose clients
d) Improve cognitive distortions

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Discuss the concept of hedonic treadmill. (3)
3. Recognise various factors within the family that are protective factors of Resilience. (3)
4. Name the factors of Life Satisfaction. (3)
5. Infer the significance of Positive Relationship in Life (3)
6. Justify the purpose to use non-violent Communication (3)

OR

Write about the components of Non-violent Communication. (3)

Group-C
(Long Answer Type Questions)

5 x 6=30

7. Illustrate the PERMA Model of Positive Psychology. (5)
8. Explain the Broaden and Build Theory of Positive Emotion? (5)
9. Predict the variables that affect the intensity of Gratitude. (5)
10. Assess the demographic correlates of Subjective Well-being. (5)
11. Analyze the various types of Parenting Style. (5)
12. Justify the contribution of social factors influencing Forgiveness. (5)

OR

Predict the relationship between Forgiveness, Health and Well-being. (5)
