17408

BRAINWARE UNIVERSITY

Term End Examination 2025-2026
Programme – B.Sc.(PSY)-Hons-2023
Course Name – Positive Psychology
Course Code - BPY50203
(Semester V)

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 goal of positive psychology.
a) To treat mental illness
b) To identify human weaknesses
c) To study and promote well-being and strengths
d) To analyze unconscious drives

(ii) Identify the psychologist who launched positive psychology formally in 1998.
a) Carl Rogers
b) Martin Seligman
c) Abraham Maslow
d) Ed Diener

(iii) Identify the paradigm Seligman first introduced before PERMA.
a) Self-actualization
b) Authentic Happiness
c) Eudaimonia
d) Mindfulness

(iv) Identify the positive psychology concept warned about by critics when positive emotion is excessive.
a) Eustress
b) Toxic positivity
c) Flow
d) Hedonia

(v) Choose the research foundation linking traits like gratitude and perseverance to mental health recovery.
a) Narrative therapy
b) VIA classification
c) Emotional suppression
d) Social comparison

(vi) Choose the Western philosopher whose concept of eudaimonia most influences positive psychology.
a) Plato
b) Aristotle
c) Descartes
d) Freud

(vii) Choose the primary focus of Western positive psychology approaches.
a) Interconnectedness
b) Individual achievement
c) Group spirituality
d) Passive endurance

(viii) Choose the practice that represents the Eastern approach to cultivating happiness.

a) Competition
b) Mindfulness meditation
c) External achievement
d) Accumulation of status

(ix) Choose the virtue category most associated with bravery, honesty, and zest.

a) Courage
b) Temperance
c) Wisdom
d) Humanity

(x) Choose the VIA strength from the wisdom virtue group.

a) Love
b) Perspective
c) Humor
d) Gratitude

(xi) Select the psychologist who popularized emotional intelligence in mainstream psychology.

a) Carl Rogers
b) Daniel Goleman
c) John Bowlby
d) Abraham Maslow

(xii) Select the approach in positive psychology that links positive emotions to growth.

a) Hedonic adaptation
b) Broaden-and-build theory
c) Control theory
d) Self-determination

(xiii) Identify the aspect of EI that helps respond thoughtfully rather than impulsively.

a) Emotional awareness
b) Motivation
c) Social skills
d) Emotional regulation

(xiv) Identify the component of EI necessary for resolving conflicts at work.

a) Zest
b) Social skills
c) Creativity
d) Intelligence

(xv) Select the key benefit of practicing emotion regulation, according to positive psychology.

a) Heightened impulsivity
b) Enhanced resilience and learning
c) Loss of motivation
d) Reduced self-awareness

Group-B

(Short Answer Type Questions) 3 x 5=15

2. Describe and define positive psychology in your own words. (3)
3. Explain what honesty means according to the VIA strength list.Give example of being Honest. (3)
4. Choose one way to build resilience and define resilience. (3)
5. Describe what the Broaden-and-Build Theory says about positive emotions. (3)
6. Design a simple chart or table that separates positive affect, negative affect, and life satisfaction as parts of subjective well-being. (3)

OR

Create a short summary using the Broaden-and-Build Theory to explain how positive emotions help people grow. (3)

Group-C

(Long Answer Type Questions) 5 x 6=30

7. Explain the difference between humanistic psychology and positive psychology. (5)
8. Compare hedonic and eudaimonic well-being with examples. (5)
9. Evaluate the importance of positive emotions for building resilience as described by the Broaden-and-Build Theory. (5)
10. Summarize how emotional intelligence can be strengthened over time. (5)
11. Develop an example based on positive psychology to illustrate emotional intelligence in daily life. (5)
12. Propose a group activity to help students understand each others feelings. (5)

OR

Validate why empathy is helpful for being a good leader. (5)