



BRAINWARE UNIVERSITY

Term End Examination 2023-2024
Programme – B.Sc.(PSY)-Hons-2022
Course Name – Positive Psychology
Course Code - PSYC403
(Semester IV)

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) Recognize within psychology's recent history, _____ psychology has been one of the stronger voices for a more positive approach to the study of human behavior.
 - a) evolutionary
 - b) psychoanalytic
 - c) humanistic
 - d) existential
- (ii) Recall that the Abraham Maslow called the need to fulfill one's potential the need for
 - a) self-actualization
 - b) power
 - c) achievement
 - d) affiliation
- (iii) Define that religion and spirituality have been shown to have _____
 - a) a small but consistently positive relationship to well-being.
 - b) no relation to happiness and well-being.
 - c) a mixed relation with as many negative as positive effects.
 - d) a negative relationship to happiness and well-being.
- (iv) As used by psychologists, select traits refer to _____
 - a) family determinants of behavior.
 - b) external circumstances that influence people's behavior.
 - c) internal dispositions that influence how we look at the world.
 - d) all of the above
- (v) What contrast exists between Eastern and Western cultural views on optimal living?
 - a) Western cultures view it as being righteous, while Eastern cultures perceive it as attaining higher wisdom
 - b) Eastern cultures interpret it as harmonious living, while Western cultures view it as living in an altruistic manner.
 - c) Western cultures believe that it involves improving life, while Eastern cultures believe that it involves striving for higher achievements.
 - d) Eastern cultures view optimal living as spiritual transcendence, while Western cultures view it as a hopeful pursuit for better life on Earth.
- (vi) Describe as to Confucianism, what are the five virtues associated with a moral existence?

- a) Humanity, duty, etiquette, wisdom, truthfulness
 b) *Courage, duty, etiquette, wisdom, empathy*
 c) Etiquette, equality, humanity, wisdom, courage
 d) *Honesty, duty, etiquette, wisdom, love*
- (vii) Indicate the gland which is related with Ajna Chakra
 a) Adrenal gland
 b) Thyroid gland
 c) Pineal gland
 d) Thymus gland
- (viii) In a medical health order, which is more strongly related to happiness?
 a) objectively defined good health as determined by a medical doctor
 b) subjectively perceived health status as appraised by the patient
 c) both 'a' and 'b' above show similar associations to happiness
 d) neither 'a' nor 'b' above show similar associations to happiness
- (ix) Sellgman distinguish 4 techniques that contribute to more effective disputation of pessimistic thoughts. Which of the following did he describe?
 a) finding evidence to invalidate the thoughts
 b) thinking of multiple alternative causes
 c) reminding oneself of how destructive the belief is
 d) all of the above
- (x) Illustrate by Seligman, curiosity, interest in the world, love of learning, ingenuity, originality, and perspective taking are roots to which virtue?
 a) courage
 b) valor
 c) wisdom
 d) transcendence
- (xi) Select that the laughter and comedy do for the human body.
 a) Boost blood flow and immunity
 b) Decreases the body's ability to absorb alcohol
 c) Triggers hunger
 d) All of the above
- (xii) Infer the primary focus of Positive Psychology in relation to happiness.
 a) Studying th causes of unhappiness
 b) Understanding the pursuit of wealth
 c) Enhancing well-being and happiness
 d) Analyzing the effects of negative emotions
- (xiii) Distinguish among the following goals associated with achievement models connects with intrinsic motivation.
 a) Mastery goals
 b) Performance goals
 c) Social goals
 d) Intrinsic goals
- (xiv) Discover the term which is often used to describe the tendency to adapt to both positive and negative life events, eventually returning to a baseline level of happiness.
 a) The happiness Paradox
 b) The hedonic treadmill
 c) The Positivity ratio
 d) The well-being index
- (xv) Choose a stress response, which is characterized by feeling overwhelmed anxious, and unable to cope.
 a) Emotional stress
 b) Physical stress
 c) Cognitive stress
 d) Behavioral stress

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Explain the concept of 'Flow' in Positive Psychology and how does it relate to happiness. (3)
3. Enumerate the costs and benefits of adopting happiness-enhancing strategies. (3)
4. Dramatize stress, types and symptoms. (3)
5. Express your experiences with positive psychology and Indian psychology. (3)
6. Evaluate Wellbeing. (3)

OR

- Argue Self-efficacy. (3)

Group-C
(Long Answer Type Questions)

5 x 6=30

7. Illustrate the love, flirt and dhoka in terms of positive psychology. (5)
8. Associate Confucianism, Taoism, Budhhism and Hinduism. (5)
9. Generalize the importance of thoughts on the human body within the context of a spiritual lifestyle. (5)
10. Express emotional intelligence. (5)
11. Define the disease model of psychology. (5)
12. Analyze the meaning of Resilience in world scenario of covid-2019. (5)

OR

Differerentiate the positive emotions and negative emotions. (5)
