



**B.A. (Semester – VI) Examination, April/May 2017**  
**PSYCHOLOGY (New Course)**  
**Positive Psychology (Paper – XVI)**

Duration : 2 Hours

Total Marks : 80

**Instructions :** 1) **All questions are compulsory.**  
2) **Figures to the right indicate full marks.**

1. Write short notes on **any 4** of the following : 16
  - a) Taoism.
  - b) Definition of Positive Psychology and the goals of Positive Psychology.
  - c) Croker's list of 7 contingencies of self-esteem.
  - d) Optimism as a means of coping.
  - e) Approach and avoidance goals.
  - f) Walter Mischel's studies on delay gratification.
2. Write short notes on **any 4** of the following : 16
  - a) Judeo Christianity.
  - b) Seligman's three components of happiness.
  - c) Positive and negative religious coping styles.
  - d) Physical versus self-transcendent goals.
  - e) Phillip Cushman's article on 'Why the self is empty ?' And the concept of empty self.
  - f) Protective factors within the child with regard to sources of resilience in children.
3. A) Is self esteem all that we need ? Support your answer with findings of the 1<sup>st</sup> two phases of research on self esteem. 12

OR

- B) Discuss the hope theory and the positive power of negative thinking. 12





4. A) Describe the classification of human strengths and virtues by Seligman and Peterson. 12
- OR
- B) Discuss Baltes findings regarding wisdom related questions. 12
5. A) Describe Abraham Maslow's hierarchy of human needs. 12
- OR
- B) Describe Sheldon and his colleagues 10 universal needs. 12
6. A) Explain why people adopt materialistic values with the help of 2 factors i.e. consumer culture and psychological insecurity. 12
- OR
- B) Give a detailed account of the explanations for growth through trauma. 12
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