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B.A. (Semester – VI) Examination, April/May 2018
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 four** of the following : 16
 - a) Assumptions and goals of positive psychology.
 - b) Buddhism.
 - c) Difference between reactive and non-reactive infants according to Kagan.
 - d) Baltes SOC model of Effective Life Management.
 - e) The 3 components of subjective well-being.
 - f) Personal projects and personal strivings as measures of personal goals.
2. Write shot notes on **any four** of the following : 16
 - a) Carol Ryff's model of Psychological Well-being
 - b) Culture free versus culture embedded views of positive psychology.
 - c) The value of self-control.
 - d) Intrinsic and extrinsic goals.
 - e) The negative effects of trauma.
 - f) Pleasant versus engaged life.
3. A) How does optimism work and what positive functions does it serve ? 12

OR

B) Discuss the relationship between religion and well-being. What factors help to explain the religion-health relationship ? 12

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4. A) Describe the three major components of the Eudaimonic model comprising of 15 aspects of well-being. 12

OR

- B) What are the 10 fundamental values described by Schwartz and his colleagues ? 12

5. A) Explain the 10 universal values described by Sheldon and his colleagues. 12

OR

- B) Give a detailed account of why planning helps in goal achievement. 12

6. A) Explain the developmental and clinical perspectives of resilience. 12

OR

- B) What are the seven major attributes of mindful meditation according to Kabat-Zinn ? 12