



B.A. (Semester – VI) Examination, April/May 2019

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) Judeo-Christian ideology on positive psychology.
- b) Definition and goals of positive psychology.
- c) Balance theory of wisdom by Sternberg.
- d) Extrinsic and intrinsic religious orientation.
- e) The paradox of affluence.
- f) Eudaimonic happiness.

2. Write short notes on **any four** of the following :

16

- a) Influence of Buddhism on positive psychology.
- b) Advantages of excuses.
- c) Goal disengagement.
- d) Developmental perspectives of resilience.
- e) Well-being Therapy.
- f) Autonomous versus controlled motivation.

3. A) Discuss the explanatory style view of optimism developed by Seligman and his colleagues.

12

OR

B) What is the value of self-esteem in various aspects of life ?

12

P.T.O.



4. A) What is the contribution of money to individual happiness ? Do happy people make more money ? 12

OR

- B) Discuss how consumer culture and psychological insecurity influence the development of materialistic values. 12

5. A) Examine the 10 human values described by Schwartz. 12

OR

- B) Outline the control theory and self-discrepancy theory as models of self-regulation. 12

6. A) Give a detailed explanation of growth through trauma. 12

OR

- B) Discuss the contours of a positive life with reference to pleasant, engaged and meaningful life. 12