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B.A. (Semester-V)  
EXAMINATION NOVEMBER 2022  
Psychology  
Positive Psychology

[Duration : 2 Hours]

[Total Marks : 80]

**Instructions:**

- 1) All questions are **compulsory**.
- 2) Question 1 and 2 are to be answered in around 100 words.
- 3) Question 3 to 6 are to be answered in around 400 words.
- 4) Figures to the **right** indicate marks.

- Q.1 Write short notes on **any four** of the following: 16
- a) Relationship between health psychology and positive psychology
  - b) Positive psychotherapy(PPT)
  - c) Influence of Buddhism on positive psychology
  - d) Dimensions of well-being
  - e) Positive effects of trauma
  - f) Any two strategies for promoting resilience in children and youth
- Q.2 Write short notes on **any four** of the following: 16
- a) Definition of 'self-efficacy' and its antecedents
  - b) Patience and acceptance as attributes of mindfulness
  - c) Balance theory of wisdom by Sternberg
  - d) Strengths-based approach to work
  - e) Engagement and involvement in gainful employment
  - f) Factors that promote successful aging
- Q.3 A) Describe the three elements of a 'good life' according to Seligman. 12
- OR
- B) Describe the six universal virtues that make up the character strengths. 12
- Q.4 A) Examine flow experiences and savoring as positive emotion-promoting activities. 12
- OR
- B) Explain the Broaden- and - Build theory of positive emotions. 12
- Q.5 A) Compare and contrast control theory and self- discrepancy theory of self-regulation process. 12
- OR
- B) Discuss Baltes's findings regarding wisdom related questions. 12



Q.6

A) Explain in detail the theory of attachment and the various styles of religious coping.

12

OR

B) Examine the three explanations given for matching hypothesis.

12