



QP CODE: 22000409



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Reg No :

Name :

MSc DEGREE (CSS) EXAMINATION , JANUARY 2022

Second Semester

M Sc PSYCHOLOGY

CORE - PY010204 - POSITIVE PSYCHOLOGY

2019 Admission Onwards

16AF9C61

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. Taoism.
2. Justice.
3. What are the popular beliefs about old people?
4. Why are old people considered to be cognitively Deficient ?
5. How can we enhance positive affectivity?
6. What is emotional storytelling?
7. The childhood antecedents of self-efficacy.
8. Learned helplessness.
9. Neurobiology of forgiveness.
10. Workaholic.

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Different ways to positive outcomes.
12. Benefit finding and Growth.
13. Discuss the interventions that can increase activity and decrease depression among the aged.





14. Explain emotional well-being, social well-being and psychological well-being.
15. Explain the importance of hope in our current times.
16. Explain briefly Psychological or social approaches to love.
17. Explain various ways to help people enhance their sense of gratitude.
18. How can a teacher raise the motivation level of children in primary classes?

(6×2=12 weightage)

Part C (Essay Type Questions)

Answer any two questions.

Weight 5 each.

19. What is positive psychology? What are its dimensions? What is its application in psychotherapy?
20. How do individuals can live well at every stage of life?
21. Explain the relation between emotion, perception and age based on socio- Emotional selectivity.
22. Explain the techniques to lower work stress.

(2×5=10 weightage)

