



20000701

QP CODE: 20000701

Reg No :

Name :

MSc DEGREE (CSS) EXAMINATION , NOVEMBER 2020

Second Semester

M Sc PSYCHOLOGY

CORE - PY010204 - POSITIVE PSYCHOLOGY

2019 Admission Onwards

40D088AC

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. Confucianism
2. Temperance
3. Children's Hope Scale
4. Activity Restriction model of depressed affect
5. Define happiness
6. Explain the importance of socio-emotional selectivity.
7. Childhood antecedents of Hope
8. Longitudinal research
9. What is forgiveness?
10. Burnout

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. What is positive Psychology? What are the dimensions of positive psychology?
12. Successful ageing
13. Evaluate the popular beliefs about older adults
14. What are the ways in which we can enhance happiness in our life?





15. Explain what optimism predicts
16. Give an account of Naturalistic or biological approaches in love
17. How can we build a mindful relationship connection?
18. Explain the strength quest programme. What are its advantages?

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Compare Eastern philosophy with Western philosophy
20. How does increasing activities decrease depression among the old? Explain with sample programmes
21. Explain Broaden and build model of positive relationships
22. Explain the strength based approach to work.

(2×5=10 weightage)

