

316124



DOON UNIVERSITY, DEHRADUN

End-Term Examination, Even Semester, 2024

Academic Year 2023-24 (Even Semester)

School of Social Sciences/ Department of Psychology

B. A. Sem-IV

PYC-253

Positive Psychology

Date: 3rd June 2024

Time allowed: 3 Hours

Max. Marks: 50

Section A (10 Marks)

(Very Short Answer Type Questions)

(Answer all questions) [1x10=10]

1. Which of these regulation style is not extrinsic motivation according to Ryan and Deci?
 - a. External Regulation
 - b. Integrated Regulation
 - c. Internal Regulation
 - d. Introjected Regulation

2. _____ is also called "ordinary magic".
 - a. Hope
 - b. Optimism
 - c. Resilience
 - d. Wisdom

3. Which of these is not a primary style of love according to Lee?
 - a. Storge
 - b. Mania
 - c. Eros
 - d. Ludus

4. What are the factors that affect flow?
 - a. Competence of the individual
 - b. Task difficulty
 - c. None of the above
 - d. Both a and b

5. Three life proposed by Seligman include:
 - a. Wonderful life, Good life, Pleasant life
 - b. Good Life, Beautiful life, Meaningful life
 - c. Pleasant Life, Good life, Wonderful life
 - d. Pleasant life, Good life, Meaningful life

6. What are the components of Snyder's theory of Hope?
7. List the factors of Ryff's model of well-being.
8. Differentiate between mood and emotions.
9. What are the components of PERMA theory?
10. Write down the stages of cognitive development of wisdom.

SECTION: B

(Short Answer Type Questions)

(Answer any four questions)

[4x5=20]

11. Describe the role of relationships in Happiness.
12. Explain Broaden and Build Theory in the light of Well-being.
13. What is PsychCap?
14. What are the traits of resilient individual? Elaborate by citing studies conducted for the same.
15. What are the components of Goleman's Emotional Intelligence?

SECTION: C

(Long Answer Type Questions)

(Answer any two)

[2X10=20]

16. What is flow? Explain the factors that affect flow.
17. Answer the following questions:
i. How can Positive psychology be use with children at school and at home?
ii. Explain the role of parenting in development of a psychologically healthy individual.
18. What is Self-efficacy? Elaborate on its major components?
19. Elaborate on any of the two theories of Wisdom.