



ATTEMPT THIS PAPER ON THIS QUESTION SHEET ONLY.

Division of marks is given in front of each question.

This Paper will be collected back after expiry of time limit mentioned above.

Q.1. Encircle the correct option. (10x1=10)

1. Seligman reviews the pleasures and joys, and suggests several ways of amplifying them. In

this connection, which of the following is not discussed?

- A. counteracting habituation
- B. savoring
- C. going into nature to be close to trees, streams and animals
- D. mindfulness

2. Seligman argues that _____ can be identified, nurtured and amplified but that _____

cannot.

- A. gratifications; pleasures
- B. pleasures; gratifications
- C. positive emotions; negative emotions
- D. optimism; pessimism

3. The gratifications are concerned with _____

- A. Eudaimonia
- B. the bodily senses and the emotions and positive perceptions
- C. enacting personal strengths and virtues (right action)
- D. both 'a' and 'b' above

4. Seligman speculates that one of the reasons for the high rates of depression in our society is

that Western culture

- A. is psychologically fat and flabby?
- B. Has corrupt moral standards
- C. Has a terribly unhealthy diet
- D. None of the above

5. Seligman describes a longitudinal study which linked positive emotions to productivity in

occupational settings. In this regard, how do happier people differ from their less happy

counterparts at work?

- A. they receive better evaluations from their supervisors
- B. they get paid more money
- C. they tend to be more extraverted and smoke more
- D. both 'a' and 'b' above

6. If you had some spare money, spending money shopping might induce a sense of _____ while helping the needy would induce a sense of _____?

- A. happiness; contentment
- B. pleasure; gratification
- C. materialism; spirituality
- D. temporary optimism; more long-lasting optimism

7. Seligman describes 4 techniques that contribute to more effective disputation of pessimistic thoughts. Which of the following did he describe?

- A. finding evidence to invalidate the thoughts
- B. thinking of multiple alternative causes
- C. reminding oneself of how destructive the belief is
- D. all of the above

8. Which of the following would be an example of a shortcut to the pleasures that might result in a neglect of the gratifications

- A. eating food that pleases the palate
- B. watching TV/movies that have high entertainment value
- C. drinking alcohol or taking recreational drugs
- D. all of the above

9. A person who consistently exercises will power and exerts effort to engage in acts of courage, wisdom or temperance is

- A. likely to feel a sense of gratification
- B. an optimistic person who makes unstable attributions
- C. enacting virtues
- D. both 'a' and 'c' above

10. While strengths of character often produce good consequences in our culture,

- A. they don't necessarily need to have positive consequences to be defined as a strength
- B. they (strengths) are valued in their own right
- C. they (strengths) are esteemed in diverse cultures
- D. all of the above



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Q.2 Answer the following questions

Marks: (10 x2=20)

1. Describe Traits of happy people.
2. Illustrate values in action.
3. Differentiate Religiosity and Spirituality.
4. What are dimensions of subjective well-being?
5. Describe importance of Emotional intelligence.
6. How positive environment defined in positive psychology?
7. Describe pro-social behaviors.
8. Define forgiveness in Islam.
9. Explain attachment styles?
10. What is Altruism?

Q.3 Write detail answers of following questions.

Marks: (3x10=30)

1. What do you know about importance of positive emotions?
2. Describe evolutionary and neurological basis of forgiveness.
3. Define classification and measurement of human strengths.