



UNIVERSITY OF THE PUNJAB

B.S. 4 Years Program / Eighth Semester – 2019

Paper: Positive Psychology (Revised)

Course Code: APSY-481 Part – I (Compulsory)

Time: 15 Min. Marks: 10

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

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. Which of the following tool will be the most suitable measure of current state of wellbeing or happiness?
 - a. Satisfaction with Life Scale
 - b. Positive and Negative Affect Schedule
 - c. Dispositional Optimism Scale
 - d. Depression-Anxiety Stress Scale

2. Which of the following concept of Positive Psychology links with generation of novelty?
 - a. Hope
 - b. Flow
 - c. Wisdom
 - d. Mindfulness

3. According to positive psychologists, the problem with the disease model is that
 - a. It has diverted attention away from genetic causes of mental illness.
 - b. It places too much emphasis on biological causes and drugs as treatment.
 - c. It has been largely ineffective in defining and treating mental illness.
 - d. It implies that the mental health is simply the absence of mental illness.

4. People's beliefs in their capabilities to produce desired outcomes by their own action is called
 - a. Prudence
 - b. Self efficacy
 - c. Perseverance
 - d. Emotional intelligence

5. According to hedonism perspective of happiness, a happy life maximizes ----- and minimizes -----
 - a. Pain, pleasure
 - b. Pleasure, pain
 - c. Pleasure, satisfaction
 - d. Pleasure, stress

P.T.O.

6. Which of the following is an 'internal factor' contributing to internal self regulation, according to Bandura?
- Personal standards
 - Societal standards
 - External rewards
 - Support from others
7. In Search Institute's 40 Developmental Assets, which of the following are external assets?
- Support and empowerment
 - Social competencies and commitment to learning
 - Positive values and constructive use of time
 - Support and social competencies
8. The science of positive psychology has its historical roots in the ----- psychology/school of thought of the 20th century
- Functionalism
 - Gestalt psychology
 - Humanistic psychology
 - Existential psychology
9. The term 'Positive psychology' was first time used by
- Carl Jung
 - Abraham Maslow
 - Martin Seligman
 - William James
10. Which of the following theory claimed that leaders are born not made?
- Great man theory
 - Trait theory
 - Behavioral theory
 - Cognitive theory



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Q 2 Answer these questions briefly.

2x10

1. Explain the Gallup model of talents?
2. Briefly explain kin selection hypothesis of altruism?
3. What are traits of happy people?
4. What is flourishing?
5. Differentiate between personal and transpersonal gratitude.
6. What is the link between positive emotions and physical health?
7. What is emotional intelligence?
8. What is Broaden-Build theory of positive emotions?
9. What is the contribution of William James in history of Positive Psychology?
10. Describe theory of attachment.

Q.3 Explain these questions in detail. (10 marks each)

3x10

1. Describe three aspects of happiness (happy life) as proposed by Seligman in Authentic Happiness Theory.
2. Write notes on positive states of spirituality and forgiveness.
3. What is wellbeing? Discuss theories of wellbeing.