



K24P 3186

Reg. No. :

Name :

III Semester M.Sc. Degree (C.B.C.S.S – OBE-Regular)
Examination, October 2024
(2023 Admission)
COUNSELLING PSYCHOLOGY
MSCPS03C12: Positive Psychology

Time : 3 Hours

Max. Marks : 60

SECTION – A

Answer **any five** of the following. **Each** question carries **3** marks.

1. Explain the goals of positive psychology.
2. How can we measure positive and negative affect in an individual ?
3. How does self-discrepancy theory explain the impact of discrepancies in self on an individual's emotions ?
4. Provide examples to illustrate the different types of courage.
5. How does the empathy-altruism hypothesis explain the relationship between empathy and altruistic behavior ?
6. Mention two commonly used self-reports measures for assessing forgiveness.

(5×3=15)

SECTION – B

Answer **any three** of the following. **Each** question carries **5** marks.

7. What are the common strategies used to cultivate gratitude ?
8. Discuss collectivism.
9. Explain the broaden-and-build theory of positive emotions.

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10. Distinguish between dispositional optimism and optimistic explanatory style.
11. 'People have capacities to attend to, appreciate and enhance the positive experiences in their lives'. Justify this statement. (3×5=15)

SECTION – C

Answer **any three** of the following. **Each** question carries **10** marks.

12. Analyze the influence of eastern perspectives on positive psychology.
13. Define positive psychology. Explain how positive psychology has evolved to replace certain concepts in traditional psychology.
14. Evaluate the different approaches to happiness.
15. Assess how explicit theories of wisdom define and conceptualize the notion of wisdom.
16. Discuss the key stages of the family lifecycle. (3×10=30)

