

P P SAVANI UNIVERSITY

Fifth Semester of B.A. Examination

December 2022

SLPM 2140 Positive Psychology

24.11.2022 Thursday

Time: 9:00 a.m. To 11:30 p.m.

Maximum Marks: 60

Instructions:

1. The question paper comprises of two sections.
2. Section I and II must be attempted in separate answer sheets.
3. Make suitable assumptions and draw neat figures wherever required.
4. Use of scientific calculator is allowed.

SECTION - I

Q - 1	Short Notes (Any Five)	[10]	CO	BTL
(i)	Learned Emotions	1	1	1
(ii)	Educational Psychology	2	1	1
(iii)	Optimism	3	2	2
(iv)	Materialistic happiness	1	1	1
(v)	Altruistic behavior	2	1	1
(vi)	Positive Attitude	4	2	2
(vii)	Emotional Balance	1	2	2
Q - 2	What qualifies the idea of positive psychology as a significant branch of science. Give examples of the impact of positive psychology on individuals and society.	[10]	3	6
(a)				
	OR			
Q - 2	How you will define role of positive psychology in identifying right values among the individual?	[10]	3	6
(B)				
Q - 3	"Gratitude is a great buffer against negative emotions such as envy, hostility, worry, and irritation. It involves a focus on the present moment and appreciating what is instead of focusing on what could be". Describe it in detail.	[10]	3	6
(a)				
	OR			
Q - 3	What kind of behavior is prejudiced? What distinguishes it from actual perception. How we can remove prejudice from behavior.	[10]	4	6
(a)				

SECTION - II

Q - 1	Short notes (Any Five)	[10]		
(i)	Equanimity of mind	2	2	2
(ii)	Learned optimism	2	1	1
(iii)	Habit formation	1	1	1
(iv)	Success in life	3	6	6
(v)	Becoming more empathetic	3	2	2
(vi)	Replacing the thoughts	4	1	1
(vii)	Social Harmony	3	4	4
Q - 2	How come positive intervention can create positive outcome by setting realistic expectations. Explain it.	[10]	4	4
(a)				

OR			
Q - 2	How you can make intervention program with positive psychology for	[10]	4 6
(b)	the people suffering from the problem of helplessness.		
Q - 3	Is it important to accept failures in life. Describe in detail.	[05]	3 4
(a)			
Q - 3	Describe the fundamentals of happiness in life.	[05]	2 3
(b)			
OR			
Q - 3	What is subjective happiness? How it is different from materialistic	[05]	3 6
(a)	achievements in life.		
Q - 3	Spirituality aids in cultivating optimism. Give a critical justification.	[05]	4 6
(b)			

CO : Course Outcome Number

BTL : Blooms Taxonomy Level

Level of Bloom's Revised Taxonomy in Assessment

1: Remember

2: Understand

3: Apply

4: Analyze

5: Evaluate

6: Create