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44 (3) BCA-HG-3026

2022

( Held in 2023 )

**PSYCHOLOGY**

Paper : BCA-HG-3026

**( Positive Psychology )**

Full Marks : 80

Time : Three hours

**The figures in the margin indicate full marks for the questions.**

1. Fill in the blanks with appropriate words/terms : 1×10=10
  - (a) Happiness, well-being and \_\_\_\_\_ are the fields of Positive Psychology.
  - (b) \_\_\_\_\_ is the father of Positive Psychology.
  - (c) The belief that good things will happen is called \_\_\_\_\_ .
  - (d) Martin Saligman's model of well-being is also known as \_\_\_\_\_ model.
  - (e) The hedonic view equates \_\_\_\_\_ with pleasure comfort and enjoyment.

Contd.

- (f) Showing gratitude, kindness and discovering your strengths are some of the ways to improve your \_\_\_\_\_ .
- (g) \_\_\_\_\_ is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups and institutions.
- (h) \_\_\_\_\_ is a state in which there is merging of actions, awareness and sense of self, such as we lose the feeling of consciously controlling our actions.
- (i) Feeling some positive emotions everyday has a big effect on your \_\_\_\_\_ and well-being.
- (j) Psychological well-being is a core feature of \_\_\_\_\_ health which includes hedonic and eudaimonic happiness as well as resilience.

2. Answer the following questions in **2 or 3** lines : 2×5=10

- (a) How is happiness defined in Positive Psychology ?
- (b) Define negative emotions.
- (c) What do you understand by resilience ?
- (d) Give *any two* examples of Positive Psychology.

(e) What is meant by mindfulness ?

3. Answer **any four** of the following questions briefly :  $5 \times 4 = 20$

(a) What is the main purpose and goal of positive psychology ?

(b) Describe the *four* key concepts of positive psychology.

(c) Write a short note on how can Positive Psychology improve quality of life.

(d) Discuss the nature and sources of happiness.

(e) Describe the techniques of cultivating positive emotions.

(f) Explain the variations of optimism and pessimism.

(g) What are the attributional and explanatory styles in Psychology ?

4. Answer **any four** questions from the following in detail :  $10 \times 4 = 40$

(a) Write a brief history of Positive Psychology and describe the scopes of Positive Psychology.

- (b) Present a detailed account of the Broaden-and-build theory of positive emotions.
  - (c) What do you understand by subjective well-being? Discuss briefly the various factors affecting well-being.
  - (d) Compare and contrast the hedonic and Eudaimonic views of happiness with suitable examples.
  - (e) What is mindfulness? What are the benefits of mindfulness? Discuss the essential steps to mindfulness.
  - (f) What is PERMA model of happiness and well-being? Briefly discuss the *five* elements of PERMA model.
  - (g) Evaluate the benefits of being optimistic. Elaborate on the source of resilience in adulthood.
  - (h) How can Positive Psychology be used/ applied in the field of Education and improving mental health?
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