**ST JOSEPH’S UNIVERSITY, BENGALURU -27**

Registration Number:

Date & Session:

**M.Sc (COUSELLING PSYCHOLOGY) – IV SEMESTER**

**SEMESTER EXAMINATION: APRIL 2024**

**(Examination conducted in May / June 2024)**

**PY0221 POSITIVE PSYCHOLOGY**

**(For current batch students only)**

**Time: 1 Hour Max Marks: 25**

**This paper contains TWO printed pages and THREE parts**

**PART-A**

**Answer any ONE of the following (1x5=5)**

1. Define happiness. How are the hedonic and eudaimonic concept complementary

and interrelated?

**OR**

2. How does Barbara Fredrickson's research illustrate the beneficial impact of positive

emotions on the development of physical, psychological, and social resources?

**PART-B**

**Answer any ONE of the following (1x10=10)**

1. Describe socio-emotional selectivity theory. How does socio-emotional selectivity theory

describe the changes as adaptive and as sources of resilience for aging individuals?

**OR**

1. Write a short note on any two;
   1. Flow
   2. Savouring
   3. Strategies to develop positive emotion

**PART-C**

**Answer any ONE of the following (1x10=10)**

1. What four criteria are used to define a trait as positive? Discuss the two major approaches

on optimism in psychological research.

**OR**

6. Write brief note on;

1. How does gratitude function as a moral barometer, a moral motive, and a moral

reinforcer, according to McCullough and his colleagues?

1. What positive outcomes were associated with gratitude among college students and

adults suffering from neuromuscular diseases in the recent study by Emmons and

McCullough?

\*\*\*\*\*\*\*\*\*\*