

Department of Humanities & Social Sciences
Major Test (Second Semester 2006-2007)
Positive Psychology (HUL267)

Time: 15 Minute

Maximum Marks: 10

Name:

Entry No.:

Group No.

Q.1 Give answers objectively.

i.) Stonewalling is _____

ii.) Sense of coherence possesses _____ characteristics of personality.

iii.) Aversive –arousal reduction is stated that _____

iv.) Characteristics of forgiving people are: i) _____

ii) _____ iii) _____ iv) _____

v.) Transgression motivation is _____

vi.) _____ is known as a mature defense mechanism.

vii.) Spirituality is _____

viii.) Compassion is defined as _____

ix.) Psycho- spiritual intervention is _____

x.) _____ and _____ are the main

characteristics of stress proof Personality.

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Time: 2 Hour (total)

Maximum Marks: 30+10=40

Q.2. Write in detail. Attempt any six Questions.

(6x5=30)

- I. What is minding? Explain in detail by focusing on specific components of minding. (2+3)**
- II. Which components of positive psychology are really beneficial for students' community? Suggest some intervention programmes for their improvement. (2.5+2.5)**
- III. Define gratitude. What is the role of religious thoughts? How it is helpful for positivity in life? (1.5+1.5+2)**
- IV. Write a short note on Empathy and Altruism. Define empathy- altruism hypothesis. (3+2)**
- V. Write the whole process of taking survey results, define them step wise. What did you learn new by this process? (3.5+1.5)**
- VI. Write your comments on "Sharing one's story", a specific coping approach. Comment on it by taking into account Freud, Zeigarnik and Gestalt view. (2+3)**
- VII. What is the significance of Humor in your life? Support your answer with some psychological studies. (2+3)**
- VIII. Write a short note on Meditation. How it is helpful for Psychological well -being? Explain it by taking view of supportive research. (2+3)**
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