

MINOR- II (FIRST SEMESTER 2008-2009)

Positive Psychology (HUL267)

Time: 2 Hour (Total)

Maximum Marks: (10+25=35)

Give answers in detail. Q no.6 is compulsory. Attempt any rest of Four questions having equal marks (5 marks each). (Please divide your answers in subheadings accordingly)

Q1. Define Minding. What are five specific components of minding? Explain Adaptive and Non-adaptive steps of minding theory. (1+2+2)

Q2. Write a note on:

- a) Kohlbergian moral development stages and their significance in this field of psychology. (2 ½)
- b) Aversive-Arousal Reduction hypothesis of empathetic behaviour (2 ½)

Q 3. Write a note on:

- a) Gratitude (2 ½)
- b) Why 'Sharing One's Story' has considered therapeutic method. Support your answer with psychological studies. (2 ½)

Q4. Define Meaning in life. Which psychological needs it fulfills? Do you think cultural issues play significant role for meaning in life? Elaborate it with the help of reported researches. (1+2+2)

Q5. Write a detail note on Meditation (meaning, its types & researches) (1+2+2)

Q6. Do you think intervention programmes can increase psychological well being? Give reasons. On which issues UG students need intervention programmes? Develop a strategic plan stepwise.

(Note: Answer requires acquired and experiential knowledge) (1+2+2).