LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034



M.Sc. DEGREE EXAMINATION – COUNSELLING PSYCHOLOGY

THIRD SEMESTER - **NOVEMBER 2022**

PCP 3504 - POSITIVE PSYCHOLOGY

Date: 25-11-2022	Dept. No.	Max.: 100 Marks
Time: 09:00 AM - 12:00) NOON	

PART – A

Q. No Answer any FOUR questions

 $(4 \times 5 = 20 \text{ Marks})$

- From the perspective of positive psychology, why does the Milgram study present an imbalanced view of human nature. Justify.
- 2 How may memory and temporary mood distort or bias responses to self-report SWB measures?
- What are buffering and direct effects hypothesis?
- According to Maslow and his hierarchy of human needs, why is it difficult to study for an exam if you have just broken up with your romantic partner?
- What factors are associated with resilient responses in adulthood?

PART - B

Answer any FOUR questions

 $(4 \times 10 = 40 \text{ Marks})$

- 6 How do developmental psychologists' studies of resilience and posttraumatic growth contribute to positive psychology? Explain with a suitable example.
- Harker and Keltner studied whether specific types of smiles shown in college yearbook photos were predictive of later life outcomes. What outcomes did they find were associated with the "Duchenne smile," and what might explain these results?
- What are the effects of stress and negative emotions on healthy functioning? Describe and give an example.
- What are possible selves and how do they represent the "personalization of goal" in self-concept? Explain and give an example.
- Write on the SOC Model of Effective Life Management.

PART - C

Answer any TWO questions

 $(2 \times 20 = 40 \text{ Marks})$

- a. How do social and personality psychology contributed to positive psychology? Give three examples.
 - b. What is the purpose of mindfulness meditation?
- a. Compare and contrast the hedonic and eudaimonic conceptions of happiness and describe an activity from your own experience that leads to hedonic happiness, and an activity that leads to eudaimonic happiness.
 - b. Describe the major measures, findings, and conclusions of the study by Laura King and her colleagues concerning the relationship between positive affect and meaning.

13	While cultivating positive emotions: a. What are the differences between a flow experience and the	
	"8-to-5" mind?	
	b. What three preconditions are necessary for savoring to occur?	
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