

**LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034****M.Sc. DEGREE EXAMINATION – COUNSELLING PSYCHOLOGY****THIRD SEMESTER – NOVEMBER 2023****PCP 3504 – POSITIVE PSYCHOLOGY**

Date: 01-11-2023

Dept. No.

Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

SECTION – A

Q. No.	Answer any FOUR questions of the following not exceeding 200 words each. (4 x 5 = 20 Marks)
1	Explain how traditional psychology is different from contemporary positive psychology.
2	Write a short note on religion, spirituality and transcendence.
3	Briefly describe problem focused, emotion focused and proactive coping.
4	Explain general theory of positivity.
5	How are the two traditions of happiness complimentary and interrelated?

SECTION – B

Q. No.	Answer any FOUR questions of the following not exceeding 500 words each. (4 x 10 = 40 Marks)
6	Explain the relationship between positive emotions and wellbeing?
7	Elaborate on Seligman's Pleasant Life, Engaged Life and Meaningful Life.
8	Elaborate on the relationship between self-esteem and happiness.
9	Expand on the relationship between personality, emotions and biology.
10	Highlighting the difference between approach and avoidance goals, explain why avoidance goals are difficult to regulate.

SECTION – C

Q. No.	Answer any TWO questions of the following not exceeding 1000 words each. (2 x 20 = 40 Marks)
11	Explain how positive psychology can be applied in other fields of psychology.
12	What is Matching Hypothesis and explain the hypothesis in the lines of: Personal Goals and Self-Realization Intrinsic vs Extrinsic Goals Autonomous Vs Controlled Motivation
13	Explain with research studies the various positive effects of trauma focusing on Growth through trauma.
