

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI-86

DEPARTMENT OF PSYCHOLOGY

POSITIVE PSYCHOLOGY

M.Sc End Semester Examination- November 2022

Course Code:

Time: 3 hours

22PY/PE/PO15

Max Marks: 100

SECTION A

(6 X10=60)

Answer 6 out of 8 questions in 500 words each:

- 1.What are the goals and assumptions of positive psychology?**
- 2. Analyze the psychological factors important to health.**
- 3. Briefly write a note on Wisdom and Courage**
- 4. Note down the neurobiology of hope and optimism**
- 5. Write a note on Gratitude and its importance.**
- 6. List out the importance of emotional intelligence.**
- 7. Examine and criticize on religion, spirituality and wellbeing.**
- 8. Distinguish between top down and bottom up predictors of subjective wellbeing.**

SECTION B

(2X20=40)

Answer 2 out of 4 questions in 1000 words each:

- 1. Throw light on Nurturing positive relationships.**
- 2. Enumerate on the types of love.**
- 3.Discuss on Self efficacy and neurobiology of Self-efficacy.**
- 4. Highlight the meaning and components of Altruism**