

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2023 – 2024)

M.Sc., DEGREE EXAMINATION, NOVEMBER 2023
PSYCHOLOGY
FIRST SEMESTER

COURSE : ELECTIVE
PAPER : POSITIVE PSYCHOLOGY
SUBJECT CODE : 23PY/PE/PO15
TIME : 3 HOURS

MAX. MARKS: 100

Q. No.	SECTION A (4 x 5 = 20 marks) Answer all the questions not exceeding 300 words	CO	KL
1.	a) Define positive psychology and explain its scope. (or) b) What are the components of the PERMA model and how do they relate to wellbeing?	CO1	K1
2.	a) What are the basic component of emotions? (or) b) Write a note on leisure and wellbeing.	CO1	K1
3.	a) Compare and contrast hedonic and eudaimonic well-being. (or) b) Outline the dimensions of positive psychology	CO1	K2
4.	a) Explain the concept of flow as discussed in positive psychology. (or) b) Illustrate daily hassles and positive coping.	CO1	K2
Q. No.	SECTION B (4 x 10 = 40 marks) Answer all the questions not exceeding 700 words	CO	KL
5.	a) Categorize the basic themes of positive psychology. (or) b) Explain the concept of "mindful eating." How can practicing mindful eating contribute to a healthier relationship with food and improved overall health?	CO2	K3
6.	a) Discuss the role of social support and the impact of positive relationships on an individual's happiness and mental health. (or) b) Define positive relationships and discuss what distinguishes them from unhealthy or negative relationships.	CO2	K3
7.	a) Compare and contrast different forms of love. what are their unique characteristics and significance in our lives? (or) b) Examine the components of emotional intelligence.	CO3	K4
8.	a) Examine the concept of coping styles and their significance in dealing with stress and adversity. (or) b) Discuss the impact positive psychology in school education today.	CO3	K4

Q. No.	SECTION C (2 x 20 = 40 marks) Answer any 2 questions not exceeding 1200 words	CO	KL
9.	a) Examine the factors that contribute to relationship satisfaction in romantic partnerships. b) Analyse both individual and relational variables, and discuss how these factors can interact to influence the overall quality of a romantic relationship.	CO4	K5
		CO5	K6
10.	a) Provide examples and discuss how the practice of savouring can enhance an individual's performance in various domains, such as sports, arts, or academics. b) Describe any potential challenges or limitations associated with the application of savouring techniques in the pursuit of peak performance.	CO4	K5
		CO5	K6
11.	a) Explain how positive emotions, as outlined in the broaden and build theory, can play a crucial role in helping individuals cope with and recover from trauma. b) Discuss the psychological and physiological effects of positive emotions in this context.	CO4	K5
		CO5	K6
12.	a) Develop a program for senior citizens in a retirement community that uses positive psychology to promote physical health, social connections, and emotional well-being. b) Give details on activities, assessments, and expected outcomes of the program.	CO4	K5
		CO5	K6
