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R – 6225

Reg. No. :

Name :

First Semester M.Sc. Degree Examination, May 2023

Counselling Psychology

CP 513 : POSITIVE PSYCHOLOGY

(2022 Admission)

Time : 3 Hours

Max. Marks : 75

PART – A

Answer any **two** questions each question carries **15** marks.

1. Conflicts lead to benefits in the organization. Critically examine on the basis of positive institutions.
2. A person with dissatisfaction or a person with gratitude: Who will strive more towards success? Critically bring out your arguments.
3. How acceptance and recognition will work in rehabilitating, mentally challenged adults?
4. Mindfulness is not silence but alertness. Explain.

(2 × 15 = 30 Marks)

PART – B

Answer any **five** questions each question carries **5** marks.

5. Compare and contrast psychotherapy based on positive psychology with other modes of psychotherapy.
6. Elucidate how religion helps in maintaining positivity.
7. Differentiate between state and trait gratitude.

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8. What is the influence of gender in the expression of negative affectivity?
9. How cultivating forgiveness will help to manage stress?
10. How developing Psychological capital can be used in Psychotherapy?
11. Describe Broaden and build model of positive emotions.
12. Reciprocity in parenting yields best results at a young age. Why and how?

(5 × 5 = 25 Marks)

PART – C

Write short notes on any **ten** questions. Each question carries **2** marks.

13. Organizational conflict management
14. Negative affectivity
15. Relaxation
16. Closeness
17. External causes of stress
18. Self efficacy
19. Negotiation
20. Learned optimism
21. Hope
22. Mindfulness
23. Flow
24. Internal attribution
25. Social support
26. Empathy

(10 × 2 = 20 Marks)

