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MPCE-046

MASTER OF ARTS (PSYCHOLOGY)
(MAPC)

Term-End Examination

June, 2023

MPCE-046 : APPLIED POSITIVE PSYCHOLOGY

Time : 3 Hours

Maximum Marks : 100

Note : *All Sections are compulsory.*

Section—A

Note : *Answer any **two** of the following questions in about **600** words each.* $2 \times 20 = 40$

1. What is Positive Psychology ? Discuss Positive Psychology in relation to other areas of Psychology. 5+15
2. Describe various strategies for the management of stress. 20
3. Explain mindfulness. Discuss the mindfulness based interventions. 8+12

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Section—B

Note : Answer any **five** of the following questions in about **250** words each. 5×10=50

4. Distinguish between the Indian and Western psychological perspectives, highlighting the key features. 10
5. Explain the meaning of grit. Describe the psychological characteristics and benefits of grit and determination. 10
6. Describe the factors that can affect happiness. 10
7. Discuss the application of positive psychology in the family context. 10
8. Explain psychological capital. 10
9. Describe the application of positive psychology in close relationships. 10

Section—C

Note : Write short notes on any **two** of the following in about **100** words each. 2×5=10

10. Gratitude and well-being
11. Emotional storytelling
12. Benefits of optimism