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MPCE–046

MASTER OF ARTS (PSYCHOLOGY)

(MAPC)

Term-End Examination

December, 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. Explain the various types of mindset and their contribution to well-being. 20

P. T. O.

2. Differentiate between emotion, mood and affect. Describe the ways to manage emotions effectively. 5+15
3. Explain the concept of happiness. Discuss the various models of happiness. 8+12

Section—B

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

4. Compare and contrast the two waves of positive psychology. 10
5. Explain forgiveness and its role in well-being. 10
6. Explain Snyder's model of hope and describe its various benefits. 10
7. Describe the positive psychology interventions in the workplace. 10
8. Explain the components of flow experience. 10
9. Describe the main ideas in Patanjali's *Yogasutra*. 10

[3]

Section—C

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

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|---|---|
| 10. Broaden-and-Build theory of positive emotions | 5 |
| 11. Mindfulness in parenting | 5 |
| 12. Post-traumatic growth | 5 |