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MPCE-046

**MASTER OF ARTS (PSYCHOLOGY)
(MAPC)**

Term-End Examination

June, 2024

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. Describe the goals and types of research in psychology. 4+16
2. Explain self-concept. Differentiate it from self-esteem and self-efficacy. 20

P. T. O.

3. Explain the concept of successful aging. Discuss the application of positive psychology for successful aging. 6+14

Section—B

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

4. Define character strengths. Describe the Values in Action (VIA) classification of strengths and virtues. 10
5. Describe the four waves in resilience research. Discuss the theoretical models of resilience. 5+5
6. Explain the different approaches to optimism. 10
7. Explain positive schooling. Discuss applications of positive psychology in schools. 10
8. Discuss the strategies focusing on cognitive and affective processes for managing stress. 10
9. Describe the broad categories of meditation. 10

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Section—C

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

10. 'Gunas' and 'Svabhava'. 5
11. Determinants of self-forgiveness. 5
12. Hedonic and endaimonic perspectives of
happiness. 5