

**Department of Humanities and Social Sciences**

Indian Institute of Technology Kharagpur

**Spring Semester-2018; Mid-Semester Examination**

Subject Name: **Positive Psychology;**

Subject No.: **HS20004**

Total Marks=**30;**

Time: **02 Hours**

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**Instructions:** Answer any five questions. Each of the questions carries equal marks. *Question no.3 and 4 is compulsory.*

1. What do you mean by positive psychology? Describe the meaning, nature and scope of positive psychology along with its relevance in today's time. What are the methods used for studying positive psychology? **(5 Marks)**
2. Critically examine different the Eastern and Western perspectives on positive psychology. Where do they meet with each other? **(5 Marks)**
3. What do you mean by happiness? Is happiness signified by an individual's global evaluation of his or her life, or is it the aggregate of many moments? What factors influence happiness? **(Marks: 05)**
4. In what way virtues and strengths contribute to a fulfilling life? Supplement the answers by taking your example of virtues and strengths assessment. **(Marks: 05)**
5. Write short note on the followings:
  - (a) Humanistic perspectives of positive psychology **(Marks: 2.5)**
  - (b) Three pillars of positive psychology **(Marks: 2.5)**
6. Does happiness equal to well-being? Examine and explain in the light of eudaimonic and hedonic approaches of wellbeing. **(Marks: 05)**
7. Define and distinguish between 'pure altruism' and 'motivated altruism'. Write your answer with suitable examples or instances from real life-experiences. **(Marks: 05)**