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Department of Humanities and Social Sciences

Indian Institute of Technology Kharagpur

Spring End Semester Examination 2016

Subject:- Positive Psychology      Subject Number: HS20004

Time : 3 Hrs;      Full Marks: 30

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**Instructions:** Attempt any 06 questions. Each question carries 5 marks.

1. How does positive psychology differ from other forms of psychology? What are the methods employed by psychologists to study positive psychology? Examine the relative relevance of positive psychology in human life? **Marks: (2 + 2+ 1)**
2. What cultural changes and paradoxes have contributed to the development of positive psychology? Describe two reasons why clinical psychologists and neuropsychologists are developing interest in the study of positive psychology. **Marks: (2.5 + 2.5)**
3. Describe problem focused and emotion focused coping. How are hedonic and eudaimonic conceptions different from one another? **Marks: (2.5 + 2.5)**
4. Describe the components of Seligman's three part of definition of happiness (i.e., pleasant, engaged, and meaningful life). What does survey suggest about the importance of money to individual happiness? **Marks: (2.5 + 2.5)**
5. How does emotional story telling help in processing intense negative emotions? Suggest a few strategies or exercises involved in emotional story telling. **Marks: (2.5 + 2.5)**
6. What is altruism? Discuss the different motive behind altruistic behaviour. Suggest some steps to cultivate forgiveness in our everyday life. **Marks: (1+2.5+1.5)**
7. Discuss the learned optimism concept of Seligman. What is hope? How does hope and optimism influence the psycho-physiological system of human health? **Marks: (2+1+2)**
8. What do you mean by "purpose"? How does it differ from the concept "meaning"? How "purpose and "meaning" contribute towards the survival and success in one's life? **Marks: (1.5+1.5+2)**