



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Master's Degree Examination – May 2025

II Semester

Class : I P.G.
Major : Economics/MBA/MBA IT/Tourism/Clinical Psychology/
Clinical Embryology/Commerce CA/Commerce

Time: 3 Hours
Max. Marks: 100

23MAPI01 Positive Psychology

Course Outcomes:

CO1: Identify and classify positive emotions, measuring emotions, effects and obstacles of happiness

CO2: Delineate and evaluate intrinsic motivation, meta-motivational states, reversal theory, flow and its implications

CO3: Recognise and appraise the neuro-biology of hope, optimism and emotional intelligence

CO4: Identify and classify giftedness, creativity and wisdom

CO5: Predict and analyze positive traits, motives and self-efficacy

Part A

10 x 1 = 10

Choose the Correct Answer

1. Identify which one is NOT considered a key component in the measurement of happiness. CO1K1
a. Positive emotions b. Negative emotions c. Life satisfaction d. Physical health
2. This cultural factor that can influence happiness is CO1K1
a. Economic development b. Social relationships c. Societal values and norms d. Physical fitness
3. The most directly associated with the concept of 'flow' is CO2K1
a. High anxiety b. Intrinsic motivation c. Rejection of challenges d. Disengagement
4. A characteristic of the 'flow' state is CO2K1
a. Loss of self-consciousness b. Increased stress
c. Focus on past failures d. Avoidance of challenge
5. Hope is best described by CO3K1
a. A belief that negative outcomes are inevitable b. A motivational state to pursue goals
c. A trait that decreases with age d. A form of self-deception
6. An element of emotional intelligence is CO3K1
a. Memory recall b. Self-awareness c. Logical reasoning d. Physical coordination
7. Common controversy in the study of giftedness is CO4K1
a. The genetic basis for creativity b. The role of socioeconomic status in creative potential
c. The limitations of intelligence tests for measuring giftedness
d. The impact of creativity on emotional well-being
8. The trait is most commonly associated with wisdom is CO1K1
a. Self-interest b. Emotional regulation c. Rigidity in thought d. Impulsivity
9. The importance of self-efficacy in achieving personal goals include in CO5K1
a. Social Learning Theory b. Self-Determination Theory
c. Self-Efficacy Theory d. Psychoanalytic Theory
10. According to Trait Theories of Personality, it is considered a stable characteristic that influences behaviour is CO5K1
a. Social roles b. Personal goals c. Personality traits d. Environmental conditions

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Write short notes on positive emotions. CO1K1
(or)
11.b. Examine the strategies to enhance happiness. CO1K1
- 12.a. Discuss about the view points of intrinsic motivation. CO2K2
(or)
12.b. Briefly mention about the postulates of reversal theory. CO2K2
- 13.a. How to construct the neurobiology of optimism? CO3K3
(or)
13.b. Explicate on Goleman's Emotional Intelligence Model. CO3K3
- 14.a. Elaborate on giftedness and multiple intelligence. CO4K4
(or)
14.b. Expound on the balance theory of wisdom. CO4K4
- 15.a. How to appraise the self as objects and agents? CO5K5
(or)
15.b. Evaluate the various defense mechanisms. CO5K5

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Delineate on the effects and causes of happiness. CO1K6
(or)
16.b. Distinguish between relationships and happiness. CO1K6
- 17.a. Discuss about various signature strengths and their importance. CO2K5
(or)
17.b. Summarize the implications and controversies associated with flow. CO2K5
- 18.a. Analyze on homeostasis theory. CO3K4
(or)
18.b. Describe about the strategies to enhance emotional intelligence in adulthood. CO3K4
- 19.a. Enumerate on the implications of giftedness, creativity and wisdom. CO4K5
(or)
19.b. Elaborate on the system's model of creativity. CO4K5
- 20.a. Elucidate on the trait theories of personality and personal strengths. CO5K6
(or)
20.b. Give a detailed account on coping strategies. CO5K6
