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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

Continuous Internal Assessment Test I – February 2026
IV SEMESTER

Class: Repeater- II UG
Major: Psychology

Time: 2 hours
Maximum Marks: 60

21BPSC09- POSITIVE PSYCHOLOGY

Course Outcomes:

At the end of the course, students will:

1. Outline the history and approaches of positive psychology
2. Analyze the prevention and evidence-based treatment approaches of positive psychology
3. Summarize and relate the concepts and techniques employed in stress reduction
4. Delineate the theories of positive psychology and its implications
5. Appraise the relationship quality, emotional well-being and its assumptions

Part-A
Choose the correct answer

6x1=6

1. Who is known as father of Positive Psychology?
a. Martin Seligman b. Erich Fromm c. Carl Rogers d. Abraham Maslow CO1K1
2. It is not the component of PERMA Model
a. Positive emotions b. Mindfulness c. Relationships d. Accomplishments CO1K1
3. It is the extent to which an individual experiences positive or negative moods
a. Emotionality b. Affectivity c. Mood d. Feelings CO2K1
4. The construct of having to do with the purpose, significance, fulfillment and satisfaction of life
a. Engaged life b. Pleasant life c. Satisfied life d. Meaningful life CO2K1
5. Subjective well-being consists of
a. 2 components b. 5 components c. 8 components d. 3 components CO3K1
6. Aristotle is known for
a. Hedonic view b. Eudaimonic view c. PERMA model d. Life satisfaction CO3K1

Part- B
Answer ALL Questions
Each answer should not exceed 400 words or two pages

3x6=18

7. a. Write a short note on Historical Perspective of Positive Psychology. CO1K1
(or)
7. b. Explain in brief about Seligman's Approach. CO1K1
8. a. Give a short note on role and importance of Positive Psychology. CO2K1
(or)
8. b. List out the Assumptions of Positive Psychology. CO2K2
9. a. Write a note on researches undertaken in wellbeing. CO3K1
(or)
9. b. Write a note on Psychological wellbeing. CO3K1

Part-C
Answer ALL questions
Each answer should not exceed 800 words or four pages

3x12=36

10. a. Explain the views of Positive Psychology in detail. CO1K2
(or)
10. b. Elucidate on influences of Early Psychologists. CO1K2
11. a. Explicate the interventions of Positive Psychology. CO2K2
(or)
11. b. Explain the approaches of Positive Psychology in detail. CO2K2
12. a. Elucidate the traditional viewpoints of well-being. CO3K2
(or)
12. b. Explicate the Indian model of well-being. CO3K2