



## Avinashilingam Institute for Home Science and Higher Education for Women

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

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

### Master's Degree Examination – June / July 2021

#### II Semester

**Class : I PG**

**Time : 3 Hours**

**Major : MSW/ MBA/ MBA- IT/ Commerce/ Mcom CA/**

**Max. Marks : 100**

**Tourism and Travel Management**

**20MAPI01 Positive Psychology**

#### PART A

**10 x 1 = 10**

#### Choose the Correct Answer

1. The positive emotions that are associated with the future is CO1 K1
  - a. Optimism and hope
  - b. Satisfaction and contentment
  - c. Fulfilment and pride
  - d. Momentary pleasures and gratification
2. It represents the optimal functioning within one's social network and community is CO1 K2
  - a. Positive affectivity
  - b. Psychological wellbeing
  - c. Subjective wellbeing
  - d. Social wellbeing
3. The type of activities that lead to flow experiences and are intrinsically motivating is CO2 K1
  - a. Flow activities
  - b. Paratelic activities
  - c. Autotelic activities
  - d. Telic activities
4. It is represented as a dimension ranging from intrinsic motivation to amotivation, along which a variety of gradations of extrinsic motivation may be distinguished is CO2 K1
  - a. Reversal theory
  - b. Self-determination continuum
  - c. Extrinsic motivation
  - d. Signature strengths
5. It represents the capacity to recognize and manage emotions of oneself and others in relationships is termed as CO3 K2
  - a. Emotional intelligence
  - b. Psychological mindedness
  - c. Practical intelligence
  - d. Emotional creativity
6. IT is an organized set of beliefs that allows us to anticipate situations in which negative information is likely to be received and then develop strategies is otherwise known as CO3 K1
  - a. Selective attention
  - b. Pockets of incompetence
  - c. Negative self-schema
  - d. Expectationism
7. The ability to capitalise upon experience to process novel or unfamiliar information is CO4 K1
  - a. Analytical intelligence
  - b. Creative intelligence
  - c. Multiple intelligence
  - d. Practical intelligence
8. It defined wisdom as an expert knowledge system concerning pragmatics of life that links mind and virtue by CO4 K1
  - a. Baltes and Staudinger
  - b. Sternberg and Guilford
  - c. Erikson and Piaget
  - d. Mayer and Salovey
9. It explains how people protect themselves from being overwhelmed by strong negative feelings of anxiety and frustration is termed as CO5 K1
  - a. Self determination
  - b. Positive illusions
  - c. Positive traits
  - d. Defense mechanism
10. It represents an individual's subjective evaluation of their own Worth is known as CO5 K2
  - a. Sense of coherence
  - b. Self efficacy
  - c. Self esteem
  - d. Adaptive defences

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. . Write a short note on culture and happiness. CO1 K2  
(or)
11. b. Briefly mention about relationship and happiness. CO1 K2
- 12.a. Explain about signature strengths and wellbeing. CO2 K2  
(or)
12. b. Explicate on the measures of metamotivational constructs. CO2 K2
- 13.a. Expound in the development of positive illusion. CO3 K2  
(or)
13. b. Discuss about dispositional optimism and optimistic explanatory style. CO3 K2
- 14.a. Elaborate on the Renzulli three ring model of giftedness. CO4 K3  
(or)
14. b. Describe about Sternberg and Lubart's investment theory. CO4 K3
- 15.a. Explain about self as an object and agent. CO5 K2  
(or)
15. b. Write a note on motives as personal strength. CO5 K2

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Summarize on causes of happiness. CO1 K5  
(or)
- 16.b. Elaborate on the obstacles to happiness. CO1 K2
- 17.a. Enumerate on the development of intrinsic motivation. CO2 K2  
(or)
- 17.b. Explain about the experience of flow in various activities. CO2 K2
- 18.a. Give a detailed account on Snyder's Hope Theory. CO3 K3  
(or)
- 18.b. Enumerate on enhancing emotional intelligence in adulthood. CO3 K3
- 19.a. Discuss about Sternberg's balance theory of wisdom. CO4 K3  
(or)
- 19.b. Outline the Csikszentmihalyi's systems model of creativity. CO4 K4
- 20.a. Discuss about coping strategies. Outline the Rudolph Moos's conceptual framework of the coping process. CO5 K3  
(or)
- 20.b. Elucidate on measures, sources and outcomes of self efficacy. CO5 K2

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