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MPCE-046

MASTER OF ARTS (PSYCHOLOGY)

(MAPC)

Term-End Examination

December, 2024

MPCE-046 : APPLIED POSITIVE PSYCHOLOGY

Time : 3 Hours

Maximum Marks : 100

Note : All Sections are compulsory.

Section—A

***Note : Answer any **two** of the following questions in
about **600** words each.***

2×20=40

1. Define character strengths. Describe the VIA
classification of strengths and virtues. **5+15**

2. Describe in detail the steps in doing a research study. 20
3. Explain the concept of flow and differentiate it from engagement. Describe the components of flow experience. 8+12

Section—B

Note : Answer any **five** of the following questions in about **250** words each. 5×10=50

4. Define self-concept. Differentiate between real self and ideal self. 6+4
5. Describe the components and theoretical models of positive schooling. 5+5
6. Discuss the applications of positive psychology in the family context. 10
7. Describe the components of psychological capital with the help of a case study. 10

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8. Explain the concept of stress and describe the diathesis-stress model. 10
9. Explain the Ashtanga Yoga of Patanjali. 10

Section—C

Note : Write short notes on any **two** of the following
in about **100** words each. 2×5=10

10. Social Psychology and Positive Psychology. 5
11. PERMA Model of Seligman. 5
12. Four waves of resilience research. 5

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