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MPCE-046

**MASTER OF ARTS IN PSYCHOLOGY
(MAPC)**

Term-End Examination

December, 2025

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. Discuss the measurement of character strengths. 20
2. Explain the concept of happiness and describe its various models. 20

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P. T. O.

3. Describe the approaches to optimism.
Describe the risks and benefits of optimism.
- 10+10

Section—B

Note : Answer any five of the following questions in about 250 words each.

5×10=50

4. Explain the meaning and importance of self-compassion. 10
5. Explain the Broaden-and-Build theory of positive emotions. 10
6. Describe the *four* waves of resilience research and explain resilience as a trait, process, skill and an outcome. 10
7. Describe the benefits of mindfulness. 10
8. Explain employee engagement. Describe Positive Psychology interventions at work.
- 4+6
9. Describe the trends in research in Positive Psychology. 10

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Section—C

*Note : Write short notes on any **two** of the following in about **100** words each.*

2×5=10

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| 10. Ethical guidelines in research. | 5 |
| 11. Ashtanga Yoga of Patanjali. | 5 |
| 12. Sternberg's Triangular theory of love. | 5 |

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