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MPCE-046

**MASTER OF ARTS IN
PSYCHOLOGY (MAPC)
Term-End Examination
June, 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 theoretical models of optimism.
Explain the benefits and risks associated
with optimism. 10+10

2. Explain the meaning and dimensions of mindfulness. Describe the benefits of mindfulness. 10+10
3. Describe the concept of ageing. Explain the applications of positive psychology for successful ageing. 10+10

Section—B

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

5×10=50

4. Explain the types of research based on objectives. 10
5. Explain the various models of happiness. 10
6. Discuss self-efficacy. Describe the strategies for enhancing self-efficacy. 10
7. Describe the positive psychology interventions at work. 10
8. Explain post-traumatic growth and differentiate it from resilience. 10
9. Distinguish between Western and Indian psychological perspectives. 10

[3]

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. Developmental Psychology and Positive Psychology. | 5 |
| 11. Ethical guidelines in research. | 5 |
| 12. Forgiveness and well-being. | 5 |

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