

Question Bank

CC-14 (POSITIVE PSYCHOLOGY)

LONG QUESTIONS:

UNIT-1

- 1-Discuss the scope of positive psychology?
- 2-Describe purpose and goal of positive psychology?
- 3-Discuss positive and negative consequences of flow experiences?
- 4-Critically examine the need and importance of positive psychology?
- 5- Describe the various methods use to measure flow?

UNIT-2

- 1-What is happiness and discuss its main characteristics?
- 2- What is happiness? Discuss the nature and sources of happiness?
- 3-Describe and examine critically the various perspectives of happiness?
- 4-Discuss the factors responsible for promoting happiness?
- 5-What is flourishing? How it promotes positive psychological characteristics?
- 6-What is social support? How it helps the growth of positive psychology?
- 7- What is mindfulness? What are the benefits of mindfulness?

UNIT-3

- 1-What is character strength? How it is a precursor to positive psychology?
- 2-What is altruism? Explain in detail?
- 3-Describe the training method and various tips of positive thinking?
- 4-Explain different types of hope and their role in positive psychology?
- 5-State and explain how positive thinking can be practiced?

6-What is understood by well being? Discuss with example the nature and characteristics of well being?

7-Describe the various elements of well being with examples?

8-Differentiate between happiness and well being? How are they related?

9-Discuss briefly the various factor affecting well being?

UNIT-4

1-Discuss the effect of exercise on physical and mental health?

2-State and explain different kinds of Yoga?

3-Explain how meditation brings of various improvement in health and happiness?

4-What is the role of positive psychology in building relationship?

SHORT QUESTION:

UNIT-1

1-Negative emotion

2-Research on positive psychology

3-Adjustment

4-Humanstic psychology

5-Founder of modern positive psychology

UNIT-2

1-Optimism

2-Flourish

3-Maning of flow

4-Utility of flow

5-Advantages of flow experience

6-Positive consequences of flow experiences

7-Goal oriented behavior

UNIT-3

1-Strength of character

2-Positive thinking

3-Hope and optimism

4-Joy and happiness

5-Various ways to happiness

6-Social integration

7-Assement of altruism

8-Measurement of hope

9-Collective hope

10-Individualized hope

11-Benefits of positive thinking

12-Mindfulness

13-Wellbeing and happiness

14-Social integration

15-Social support

16-Altruism

16-Positive relationship

17-Hope and optimism

18-Measurement of wellbeing

19-Approaches to wellbeing

20-Importance of wellbeing in life

UNIT-4

- 1-Practice of meditation
- 2-Attachment
- 3-Measurement of spiritual intelligence
- 4-Yoga and longevity
- 5-Streching exercise
- 6-Relaxation technique

TRUE/ FALSE

UNIT-1

- 1-Positive psychology literally means the science and applications related the study of psychological strength and positive emotions
- 2-Need and importance of positive emotions in positive psychology
- 3-Fitness produces intense feelings of enjoyment and divine happiness
- 4-According to Seligman’s model of happiness, creating social connections refers to positive emotions drive
- 5-Abraham Maslow is refer to as the “father of positive psychology”
- 6-People may feel positive emotions when they spend time with friends
- 7-Negative emotions are more powerful than positive emotions

UNIT-2

- 1-Flow experiences improve performance and learning which leads to life’s success and happiness
- 2-Happiness is also characterized by self esteem, self efficacy, flow and self confidence
- 3-Avoidance of negative emotion is the means to happiness
- 4-10.1 of our happiness is due to genetics
- 5-Higher levels of happiness and wellbeing are some of the benefits of mindfulness

UNIT-3

- 1-Altruism means benefitting another person without a personal gain
- 2-Take the responsibility of our own action and change your mindset
- 3-Happiness can be developed through learning
- 4-Positive thinking always try to adjust and cope with circumstances to avoid negative acts
- 5-Benefits of positive thinking makes one feel fresh, relaxed and good due to less problems
- 6-Optimism means bounce back
- 7- Wellbeing and happiness both are correlated with each other
- 8-Self efficacy and self confidence also promote wellbeing
- 9-Optimism is a positive attitude correlated with hope and extraversion
- 10-Resilience is field of positive psychology
- 11-Jealousy is not a character of strength

UNIT-4

- 1-Activity can be defined as a situation in which a person is engaged in work of some kind
- 2-Self actualization experience is also known as Zone
- 3-Yoga refers to the activity and movements which may be physical and mental
- 4-Self awareness that knowing about one's value, belief and motivators
- 5-Relationship may be defined as the way in which two persons, group countries behave towards each other
- 6-People can be intelligent but not wise