

2022

PSYCHOLOGY — HONOURS

Paper : DSE-A-1

(Positive Psychology)

Full Marks : 50

*The figures in the margin indicate full marks.**Candidates are required to give their answers in their own words as far as practicable.*

1. Write short notes on *any two* (Word limit 300 words) : 5×2
 - (a) Difference between IQ and EQ
 - ~~(b)~~ Self Efficacy
 - (c) Application of Positive Psychology
 - ~~(d)~~ Hedonic and eudaimonic well-being.

2. Answer *any one* question (Word limit 800 words) :
 - ~~(a)~~ Write down Sternberg's Balance Theory of Wisdom. 10
 - (b) Define emotional intelligence. Discuss Goleman's model of emotional intelligence. 2+8
 - (c) Delineate the concept of flow. What are the nine key attributes of flow? Discuss the concept of flow in family and work. 2+3+5

3. Answer *any two* questions (Word limit 1000 words) :
 - (a) Define happiness. What are the benefits of happiness? Briefly write the neurobiology of happiness. 2+5+8
 - ~~(b)~~ What do you mean by 'mindfulness'? Discuss different forms of mindfulness practices. State the applications of mindfulness on health. 2+8+5
 - (c) Define positive psychology. Discuss Eastern perspective of positive psychology. Compare it with Western tradition. 3+6+6
 - ~~(d)~~ How does self efficacy affect self concept? Critically discuss Bandura's theory of self efficacy. 5+10