

PC-9565/DL

Z-9/2120

POSITIVE PSYCHOLOGY

Paper – PSY-1.2.4 Opt. (viii)

(Ph.D.)

Time : Three Hours]

[Maximum Marks : 50

Note : Attempt *four* questions in all, selecting *two* questions from each Section. All questions carry equal marks (12½).

SECTION – A

- I. What is positive psychology? Describe the various assumptions underlying positive psychology.
- II. What are the various goals of positive psychology? How has positive psychology changed the perspective of understanding human behaviour?
- III. Critically evaluate the scope and applications of positive psychology.
- IV. Give the chronological details of emergence of positive psychology.

SECTION – B

- V. Explain with suitable examples the concept and significance of emotional regulation.
 - VI. What is forgiveness? Discuss the factors that influence forgiveness.
 - VII. Critically evaluate the various theories of Gratitude.
 - VIII. Discuss the significance and process of cultivating gratitude.
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