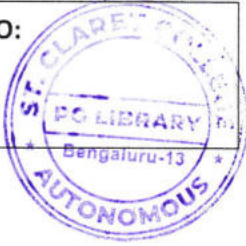


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# St. Claret College

Autonomous, Bengaluru

ROLL NO:	
DATE:	

PG END SEMESTER EXAMINATION-JAN/FEB 2026

M.Sc. PSYCHOLOGY: SEMESTER III

MPY 3125: POSITIVE PSYCHOLOGY

TIME: 3 hours.

MAX. MARKS: 70

This paper contains ONE printed page and THREE parts

**Instructions:**

1. Verify and ensure that the question paper is completely printed.
2. Any discrepancies or questions about the exam paper must be reported to the COE within 1 hour after the examination.
3. Students must check the course title and course code before answering the questions.

**PART-A**

Answer FOUR questions out of SIX. Each answer carries FIVE marks.

[5x4 = 20]

1. Define Positive Psychology and explain its nature.
2. Briefly outline the historical background of Positive Psychology.
3. Explain the Broaden-and-Build Theory of Positive Emotions.
4. Explain positive and negative religious coping.
5. Describe VIA classification of character strengths.
6. Briefly explain resilience and mindfulness-based interventions.

**PART-B**

Answer any TWO questions out of THREE. Each answer carries TEN marks.

[10x2=20]

7. Discuss Western and Eastern perspectives on Positive Psychology with special reference to India.
8. Discuss happiness and well-being with reference to Indian culture.
9. Explain attachment styles and their influence on adult relationships.

**PART-C**

Answer any TWO questions out of THREE. Each answer carries FIFTEEN marks

[15X2=30]

10. Explain the research methods used in Positive Psychology and discuss recent trends in the field.
  11. Discuss theories of love and self-regulation, highlighting their role in long-term relationships and success.
  12. Discuss the role of religion, spirituality, and character strengths in promoting well-being, with special reference to Indian culture.
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