

2 0 2 6

(FYUGP)

(6th Semester)

PSYCHOLOGY

(MAJOR)

Paper : C-PSY-15T

(Positive Psychology)

Full Marks : 75

Pass Marks : 40%

Time : 3 hours

*The figures in the margin indicate full marks
for the questions.*

1. (a) Discuss the classification of character strengths and virtues in positive psychology.

15

Or

- (b) Compare and contrast the Western and Eastern philosophical foundations of positive psychology.

2. (a) Analyse the role of positive emotions and positive affect in enhancing well-being.

15

Or

(b) Examine the concept of resilience within positive psychology. Discuss the practical application of resilience. 5+10=15

3. (a) Define wisdom. Explain two major psychological theories of wisdom. 2+13=15

Or

(b) Explain how hope and flow contribute to optimal functioning. 15

4. (a) Examine the role of empathic emotion as a possible source of altruistic motivation. 15

Or

(b) Explain the meaning and role of gratitude in positive psychology. Illustrate how individuals can cultivate gratitude in daily life. 10+5=15

5. (a) Explain how positive psychology can be used for the promotion of health. 15

Or

(b) Examine the integration of positive psychology principles in educational settings.

★ ★ ★