

**2020**

**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 notes on *any two* of the following : 5×2
    - (a) Character strengths of Positive Psychology
    - (b) Strategies for enhancing happiness
    - (c) Self-efficacy
    - (d) Triguna.
  
  2. Answer *any one* from the following :
    - (a) Discuss in detail Bar-On's Model of Social and Emotional Intelligence. 10
    - (b) What do you understand by happiness? Differentiate between the different types of happiness. 4+6
    - (c) What is meant by mindfulness? Discuss its significance in Positive Psychology. 3+7
  
  3. Answer *any two* from the following :
    - (a) Discuss the major applications of Positive Psychology in the workplace. 15
    - (b) Define Positive Psychology. Explain in brief the concept of Positive Psychology from western perspective. 3+12
    - (c) Define the concept of Flow. Describe the role of self-determination theory and the concept of intrinsic motivation in this context. 3+12
    - (d) Give the definition of wisdom. Explain in detail Sternberg's Balance theory of wisdom. 3+12
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