

# Department of Applied Psychology

## The Islamia University of Bahawalpur

### Final Term- BS (8th Semester)

#### Positive Psychology

Instructor: Dr. Muhammad Saleem

Max. Marks: 20

Time Allowed: 20 minutes

Name: \_\_\_\_\_

Roll No: \_\_\_\_\_

#### Objective Type

**Note:** This section contains multiple choice questions (MCQs). All questions carry equal marks. Please encircle the best correct option given for each MCQ. Overwriting, cutting, removing, or rubbing is not allowed.

1. \_\_\_\_\_ are free floating or objectless, more long-lasting and occupy the background consciousness.  
a) emotions (b) moods (c) temperaments (d) None of these
2. Our ability to feel good is known as \_\_\_\_\_.  
(a) hedonic capacity (b) eudemonic capacity (c) well-being (d) none of these
3. A broad range of individual differences in different parameters of emotional reactivity is known as \_\_\_\_\_.  
a) attitudes (b) affective style (c) both a & b (d) None of these
4. Positivity can quell or undo cardiovascular after-effects of negativity is known as \_\_\_\_\_.  
(a) broaden and build theory (b) positive affect (c) the undoing affect (d) none of these
5. People who do something rather than avoid something are \_\_\_\_\_.  
(a) approach oriented (b) concordant (c) flexible (d) none of these
6. Self determination theory was presented by \_\_\_\_\_.  
(a) Langer and Rodin (b) Wehmeyer and Little (c) Deci and Ryan (d) none of these
7. \_\_\_\_\_ refers to consistency between goals at the same level.  
a) Horizontal coherence b) Vertical coherence (c) Congruence (d) both a & c
8. Individual's cognitive way of relating to the psychological concepts of past, present and future is called  
(a) time congruity (b) time perspective (c) subjective time (d) none of these
9. When an individual is characteristically hopeless, with a belief that outside forces control one's life  
(a) Present hedonistic TP (b) Past positive TP (c) Present fatalistic TP (d) None of these
10. The fixed mindset believes that \_\_\_\_\_ are carved in stone.  
a) emotions (b) qualities (c) ideas (d) All of these
11. Perseverance and passion for long term goals is known as \_\_\_\_\_.  
a) Grit (b) self-discipline (c) Self-regulation (d) none of these
12. The concept of authentic happiness was given by \_\_\_\_\_.  
a) Ryan (b) Synder (c) Seligman (d) none of these
13. MT interventions have reported significant reductions in \_\_\_\_\_.  
a) Anxiety (b) phobias (c) psychosis (d) depression
14. The discipline of sexual psychology was established by scientist \_\_\_\_\_.  
a) Alfred Kinsey (b) Alfred Adler (c) Sigmund Freud (d) none of these
15. \_\_\_\_\_ refers to any type of movement that results in energy expenditure.  
a) Exercise (b) Physical activity (c) Running (d) none of these
16. VIA stands for \_\_\_\_\_.  
a) Values in Action (b) Virtues in Action (c) Virtues, intelligence and attitudes (d) none of these
17. Clifton Strengths Finder is organized into \_\_\_\_\_ talent themes  
a) 36 (b) 34 (c) 32 (d) 38
18. Realise2 divides an individual's attributes into \_\_\_\_\_ dimensions  
a) two (b) three (c) four (d) five
19. Aims to change thought processes and thus your action  
a) behavior therapy (b) psychoanalytic (c) cognitive behavior therapy (d) psychodynamic
20. \_\_\_\_\_ is not only concerned with enhancing strengths but also for preventing mental illness.  
a) positive therapy (b) gestalt therapy (c) transactional analysis (d) none of these

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**Essay type question**

**Time allowed: 1 hour**

1. Write a detailed note on self-determination theory.
2. Discuss Human Sexual behavior in detail.

8 Marks

7 Marks

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**Final Term- BS (8th Semester)**

**Positive Psychology**

**Instructor: Dr. Muhammad Saleem**

**Max. Marks: 15**

**Time Allowed: 40 minutes**

**Name: \_\_\_\_\_**

**Roll No: \_\_\_\_\_**

**Short Questions**

1. What are six basic human emotions?
2. Describe gratitude.
3. Name the stages of Transtheoretical model of change.
4. Describe self-discipline.
5. What is interpersonal touch?
6. Write down the definition of PPIs.

7. Differentiate between strengths and talents.

SAMPLE PAPER