Ahmedabad University

School of Arts and Sciences

Mid Term Examination 2022 (Winter Semester)

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Ahmedabad University – PSY340 Positive Psychology

Mid-term Exam March 2022 (two hours)

Attempt any five----------50 Marks

1. Explain the emergence of the positive psychology movement in Global psychology, with three key historical touch-points of change.
2. Discuss the theory of hope and its implications for setting a positive future.
3. What is resilience? Describe the relationship between adversity, coping and outcomes, in adolescent and youth.
4. What is positive youth development? Describe the models of positive youth development interventions.
5. How do you understand 'optimism' as a psychological construct? Discuss both the theorizations of Optimism, measures and research based outcomes of optimism as explanatory style as well as life orientation.
6. Discuss emotion focussed coping and connect it to emotion expression/ suppression as well as behavioural activation and inhibition, with relevant theoretical explanations and intext reference citations.
7. What do you understand by Subjective Well-being as compared to 'happiness'? Explain Diener's model and compare with Lybomirsky's framework of happiness.
8. How are the world-views around time and agency relevant in positive cognition? Discuss with an example each.
9. Discuss in detail, any one of the three classification systems utilised in positive psychology to understand flourishing and thriving.
10. Define collective Self-Efficacy and Hope and discuss in reference to post-COVID19 youth development.
11. Describe Bi-cultural Self-efficacy and discuss the role of acculturation in a global psychology.
12. Discuss the values given by at least three world-views in a culturally plural positive psychology.