

**2021**

**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 (word limit **300** each) : 5×2
    - (a) Concept of well-being
    - (b) Strategies for enhancing emotional intelligence
    - (c) Application of Mindfulness
    - (d) Difference between self-efficacy and self esteem.
  
  2. Answer **any one** from the following (word limit **800**) :
    - (a) Discuss in detail Salovey and Mayer’s ability model of emotional intelligence. 10
    - (b) What do you understand by happiness? Discuss in brief the concept of ‘Authentic Happiness’. 3+7
    - (c) Write in brief about how self-efficacy beliefs are important for human psychological functioning. 10
  
  3. Answer **any two** from the following (word limit **1000** each) :
    - (a) Discuss the major applications of Positive Psychology in Education. 15
    - (b) Give the definition of wisdom. Explain the concept of wisdom given by Erikson as the final stage of personality development. 3+12
    - (c) Give the definition of Flow. Describe the role of self-determination theory in this context. 3+12
    - (d) What is positive psychology? Discuss the character, strength and virtues of positive psychology. 3+12
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