

## MCSC//Humanities//TYBSC/92054/Positive Psychology//2013

Questions	Option 1	Option 2	Option 3	Option 4
Which of the following is linked with future dimension of positive psychology?	Happiness, joy, flow, etc.	Hope and optimism	Well-being, contentment, and satisfaction	Wisdom, courage, religiosity
To cure mental illness was the _____.	First early mission of psychology	Second early mission of psychology	Third early mission of psychology	Fourth early mission of psychology
Who provided the label of Positive Psychology?	Abraham Maslow	Snyder	Albert Bandura	Seligman
According to the philosophers of early Middle Ages true happiness _____.	Is closeness to God	Can be achieved through self knowledge	Is found in the message and life of Jesus	Can be achieved through competition and personal achievement
According to Individualistic cultures, what is happiness?	Is closeness to God	Can be achieved through self knowledge	Is found in the message and life of Jesus	Can be achieved through competition and personal achievement
Which of the following theme was NOT included in Clifton Strengths Finder Themes?	Consistency	Discipline	Ideation	Honesty
A person's immediate, physiological response to a stimulus is called _____.	Emotion	Happiness	Affect	Satisfaction

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Which of the following expert is considered as pioneer in the examination of positive emotions?	Bradburn	Isen	Watson	Anna Clark
Which one of the following is NOT the type of happiness according to the division of Seligman?	The pleasant life	The good life	The meaningful life	The social life
Traits of happy people are that they demonstrate all of those given below EXCEPT:	Less hostile and abusive	Less vulnerable to disease	More self- focused	More loving, forgiving, trusting, energetic, decisive, creative, sociable, and helpful
According to Maslow, we should study "the best" to understand human potential. This approach to research is called:	the exception proves the rule.	the growing tip statistic.	paragon mentality.	practical idealism.
Visualization can be an effective tool for cognitive therapy because:	your mind wants consistency between your imagination and reality.	the mind-body relationship measures the reliability of visualization, deciding if a goal is too lofty.	your mind must be steadied before you can reach your goals.	visualization facilitates an optimistic explanatory style.
Maslow found in self-actualizing people:	the ability to be exceptionally abstract.	the ability to be simultaneously abstract and concrete.	the ability to capture, classify, and elaborate.	the ability to verbalize the ineffable.
Happiness boosters are:	medication that temporarily improves a person's mood.	hedonistic activities that lead to a spike in our base level of happiness.	peak experiences that bring about Post Peak Experience Order (PPEO).	activities that provide us both

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				meaning and pleasure.
Positive Psychology has traditionally conceptualized authentic happiness as a mix of hedonic and _____.	Eudaimonic wellbeing	Subjective wellbeing	Psychological wellbeing	Objective wellbeing
The ability to be optimistic and view the past, present, and future in an uplifting perspective refers to which of the 5 drives of happiness? (according to Seligman's model)	Accomplishment	Positive emotion	Meaning	Relationships
According to Seligman's model of Happiness, creating social connections refers to which drive?	Positive emotions	Engagement	Relationships	Meaning
To consciously decide to do something in order to bring about happiness refers to which of the following intentional activities?	Volitional	Cognitive	Behavioural	Humanistic
The observed tendency of humans to quickly return to a relatively stable level of happiness despite major positive or negative events or life refers to which psychological phenomenon?	Adaptation theory	Hedonic treadmill	Hedonic adaptation	All of the above
The idea that we can learn to see things in a positive light i.e. learn to be happier, refers to which psychological phenomenon?	Learned happiness	Optimism	Learned optimism	Learned positivity