

**C-2023**

**Sub. Code**

**30841**

**M.Sc. DEGREE EXAMINATION, APRIL 2024.**

**Fourth Semester**

**Applied Psychology**

**POSITIVE PSYCHOLOGY**

**(2016 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. How is positive psychology helpful in human well being?
2. Suggest certain ways to cultivate positive emotions.
3. What do you understand by 'Authentic Happiness'?
4. Write note on resilience.
5. Define the term 'Emotional Intelligence'.
6. Mention the role of 'life satisfaction' in well being.
7. State the characteristics of optimistic person.
8. Define the term 'Altruism'.
9. Write a note on 'Compassion'.
10. What is mental health?

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Explain the theoretical concepts of positive psychology.

Or

- (b) Discuss the relationship of positive psychology with health psychology.

12. (a) Explain the different functions of well being.

Or

- (b) Elaborate the various positive traits of happiness.

13. (a) Explain the seligman concept of well being.

Or

- (b) Elaborate the values of self control in happiness.

14. (a) Bring out the function of gratitude in happiness building.

Or

- (b) Analyse the sources of resilience in childhood stage.

15. (a) Discuss the dynamics of spirituality in well being.

Or

- (b) Differentiate unrealistic and realistic optimism.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Analyse the role of social and psychological factors in well being.

Or

- (b) Elaborate the significance of Broaden and Build theory of positive emotion.

17. (a) Examine the nature and functions of forgiveness in subjective well being.

Or

- (b) Analyse the various self regulation process in well being.

18. (a) State the relationship between emotional intelligence and happiness.

Or

- (b) Describe the various components of mental health.

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**C-2024**

**Sub. Code**

**30842**

**M.Sc. DEGREE EXAMINATION, APRIL 2024.**

**Fourth Semester**

**Applied Psychology**

**ORGANIZATIONAL BEHAVIOUR**

**(2016 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is an Organizational behaviour?
2. List out the skills of Organizational behaviour.
3. How is perception affects organisational development?
4. Define the term 'Self-Concept'.
5. What are primary motives?
6. List out some positive traits of work behaviour.
7. What is meant by group dynamics?
8. Write a note on team building.
9. What do you understand by 'Social loafing'?
10. What are the barriers of Organizational change?

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Explain the need and importance of psychology in Organizational behaviour.

Or

- (b) Examine the importance of differences in perception in Organizational behaviour.

12. (a) Analyse the importance of personality traits in work behaviour of an individual.

Or

- (b) Examine the role of reinforcement in Job Satisfaction.

13. (a) Explain the significance of Adams Equity model theory of motivation.

Or

- (b) Bring out the effect of employee's attitude in Organizational behaviour.

14. (a) Illustrate the steps involved in team building.

Or

- (b) Discuss how self efficacy affects behaviour.

15. (a) Explain the principles of conflict resolution technique.

Or

- (b) Explain the process of planned change in an organization.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Elaborate the challenges and opportunities for Organizational behaviour.

Or

- (b) Explain McClelland theory of motivation.

17. (a) Critically analyse the significance of various reinforcement in organization function.

Or

- (b) Explain the process of implementing change successfully in an organization.

18. (a) Examine the job characteristic model of work motivation.

Or

- (b) Describe the various functions and styles of leadership in an organization.

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**C-2025**

**Sub. Code**

**30843**

**M.Sc. DEGREE EXAMINATION, APRIL 2024.**

**Fourth Semester**

**Applied Psychology**

**PSYCHOTHERAPIES – II**

**(2016 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What do you mean by psychotherapy?
2. What are the four main types of psychotherapy?
3. What is psychotherapy Vs counselling?
4. What are the techniques used in psychotherapy?
5. What are the benefits of psychotherapy?
6. What is couple counselling in psychology?
7. What do you mean family therapy?
8. What is the use of group therapy?
9. What do you mean by group therapy?
10. What are the different types of group therapy?

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) What are the benefits of a family therapy?  
Or  
(b) Explain the benefits of group therapy.
12. (a) Explain the most common problem addressed in couples therapy.  
Or  
(b) Explain the psycho biological approaches to couples therapy.
13. (a) Explain post modern and social constructivistic approaches in family therapy.  
Or  
(b) Explain the major dominant theories of family therapy.
14. (a) Analyse the effectiveness of review of evidence based models in group therapy.  
Or  
(b) Elaborate the process of classical approaches in family therapy.
15. (a) Describe the concepts of prevention in community based intervention.  
Or  
(b) Differentiate therapeutic and community health models.



**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Elaborate the techniques and methods adopted in family therapy.

Or

- (b) Discuss the important steps for planning treatment in family therapy.

17. (a) Discuss the treatment planning using group intervention.

Or

- (b) Elaborate the principles of community based rehabilitation.

18. (a) Explain in details about historical and cultural contexts for the development of couples.

Or

- (b) Describe the various phases of psychotherapy.

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