



Chhatrapati Shahu Ji Maharaj
University, Kanpur

Answer Script Details
Barcode 10725450

Roll No. 24039000085
Total Mark 66/75.00

Exam MA-III_ODD_EXAM_NOV_2025
Subject A090902T - Positive Psychology

Question wise Mark Summary

Q.No Mark Q.No Mark Q.No Mark Q.No Mark

1A 4/5

1B 4/5

1C 4.5/5

1D 4.5/5

1E 4.5/5

1F 4.5/5

1G 4/5

1H 4.5/5

1I 4.5/5

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8 14/15

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Chhatrapati Shahu Ji Maharaj University Kanpur, Uttar Pradesh

37 E
25 R
12/11/25

Date of Exam: 12/11/25 Shift: 3 Room No: 25
 POSITIVE
 Paper Code: A090902T Subject: PSYCHOLOGY Year: Sem: 3
 Name of Candidate: AREEBA AFTAB

Roll No: 24039000085-


 Signature of Candidate

 Signature of Invigilator

 COE Facsimile

PART-II

MARKS OBTAINED										
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Total										
Total Marks in Figures										Max. Marks
Total Marks in Words										



A090902T

Paper Code

Signature of Evaluator

PART-III

Course: M.A. PSYCHOLOGY
 Session: 2025-26 Year/Semester: 3
 Subject: POSITIVE PSYCHOLOGY
 Paper Code: A090902T
 Exam Date: 12/11/2025
 Name of Candidate: AREEBA AFTAB
 Father's Name: AFTAB AHMAD

संस्थान का कोड
College Code

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परीक्षा केंद्र का कोड
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परीक्षा का प्रकार
Type of Exam

Regular
 Ex-Student
 Private
 Back paper Exam

ANSWER BOOKLET NO.

10725450

A090902T
Paper Code



PART-IV

नामांकन संख्या
Enrollment Number: CSJMA24000129861

परीक्षार्थी अनुक्रमांक संख्या Candidate's Roll Number

पेपर कोड Paper Code

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Areeba Aftab
Signature of Candidate


Signature of Invigilator

C S Facsimile


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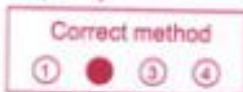
नोट : 1. परीक्षार्थी को निर्दिष्ट किया जाता है कि आवरण पत्रों के मुद्रण भाग पर अंकित सभी निर्देशों को सावधानीपूर्वक पढ़ें।
 2. बॉक्स में भरी जाने वाली प्रतिलिपि सभी तपक से मुद्रण की जाएगी। 3. बोलों को काले या नीले सॉल्वेन्ट से भरा जाए।

INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-I

1. Read the instructions carefully given on the answer script and admit card.
2. Write Date of Exam, Shift, Paper Code & Name of Subject Correctly.
3. Write Name & Roll No. Correctly.
4. Write Semester & Branch Correctly.

INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-III

1. Use blue or black ball point pen for writing alphabets & numerals in Boxes.
2. Carefully study the example before you start marking.
3. As shown in the example below blacken the circles completely.



4. Make no Stray marks on this sheet.
5. DO NOT WRITE OR MARK ON THE BAR CODE.

IN ORDER TO AVOID UFM (UNFAIR MEANS) :

1. The Roll No. and Answer Book no. found elsewhere or any other symbol found in the answer book will be treated as unfair means.
2. Any tampering of Bar Code and Booklet no shall be treated as Unfair Means.
3. Do Not bring the materials like slip of paper/mobile/digital diaries/ study material/ revision notes in examination hall. Possession of the mobiles/ digital diaries/ electronic watch and any other electronic gadget except memory less scientific calculator shall be considered as UFM case.
4. Do not keep or paste currency note in answer script it shall be consider as UFM.

अनुचित साधन से बचने हेतु:

1. उत्तर पुस्तिका के निर्देशित स्थान को छोड़कर अनुक्रमांक एवं उत्तरपुस्तिका का क्रमांक कहीं और न लिखें तथा कोई भी चिन्ह न बनायें क्योंकि यह अनुचित साधन प्रयोग की परिधि में आता है।
2. उत्तर पुस्तिका के बारकोड अथवा उत्तर पुस्तिका संख्या पर छेड़ करने पर अनुचित साधन प्रयोग माना जायेगा।
3. परीक्षा कक्ष में निम्न वस्तुएं/उपकरण न लायें, जैसे लिखे हुए कागज के टुकड़े, मोबाइल, डिजिटल डायरी, कोपी, पुस्तक यह सभी वस्तुएं जो अनुचित साधन के अन्तर्गत आती हैं। केवल संबंधित प्रश्नपत्र में ही मेमोरी लेस साइटफिक कैल्कुलेटर ले जाने की अनुमति होगी।
4. उत्तर पुस्तिकाओं में रूबने न रखें न ही उत्तर पुस्तिका में चिपकायें। ऐसा करना अनुचित साधन प्रयोग की परिधि में आता है।

परिभाषा के लिए निर्देश

1. प्रवेश पत्र एवं उत्तर पुस्तिका पर दिये गये निर्देशों को ध्यान से पढ़ें।
2. कवर पृष्ठ के दूसरी तरफ कुछ न लिखें।
3. उत्तर पुस्तिका के पृष्ठों पर दोनों तरफ लिखें।
4. प्रश्न पत्र पर अपना अनुक्रमांक के अतिरिक्त कुछ न लिखें।
5. प्रश्न पत्र कोड पर प्रश्न पत्र कोड सावधानी पूर्वक लिखें।
6. अपनी स्थिति स्पष्ट लिखें।
7. उत्तर पुस्तिका के पृष्ठों की संख्या देखें। अगर उत्तर पुस्तिका में पृष्ठ (1-24) से कम पृष्ठ फटे हुए हैं, तो परीक्षा शुरू होने के पूर्व दूसरी उत्तर पुस्तिका ले लें।
8. प्रश्नपत्र को देखें। यदि प्रश्नपत्र के विषय कोड, विषय का नाम तथा प्रश्न में कोई त्रुटि है तो उसके परीक्षा शुरू होने के 30 मिनट के अन्दर कक्ष निरीक्षक को तत्काल सूचित करें, उसके बाद विश्वविद्यालय द्वारा कोई कार्यवाही नहीं की जायेगी।
9. प्रश्नों के उत्तर लिखने के लिये पैसिल का प्रयोग न करें।
10. B कोपी या अतिरिक्त ग्राफ नहीं दिया जायेगा।

INSTRUCTIONS TO THE CANDIDATE

1. Read the instructions carefully given on the Question Paper, Admit Card & Answer Script.
2. Do not write anything on back side of the cover page.
3. Write on both sides of pages of answer book.
4. Do not write anything on question paper except Roll Number.
5. Write Paper Code & Question Paper Id carefully.
6. CHECK the number of pages (1-32) or any other kind of damage in your answer script, if found than change the answer script immediately before the commencement of examination.
7. CHECK the Question Paper for any kind of discrepancy e.g. Subject Code, Subject Name and Question of the Question Paper during first THIRTY MINUTES of the commencement of the exam, so that it can be corrected in TIME. After that no corrections shall be entertained by the university.
8. Do not use pencil for answering the question.
9. Write status correctly e.g. those appearing in carry over papers should fill in status as Carry Over. Those appearing as Ex-Students should fill in status as ex.
10. No supplementary answer book & graph paper will be provided.

INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-IV

1. Use blue or black ball point pen for writing alphabets & numerals in Boxes.
2. Use blue or black ball point pen for filling the circles.

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Note - If your Roll No. is of 10 digits. Please leave first three columns.



Section-A

1)
Ansa)

Positive Psychology emerged as a response to traditional psychology. Traditional psychology was primarily concerned with:

- i) Distress
- ii) Absence of illness
- iii) Abnormal behaviour
- iv) Pathology

It had a very clinical and "one-sided" focus, as per Martin Seligman, the founder of Positive Psychology.

Positive Psychology refers to the scientific study of human strengths and virtues that enable individuals and communities to thrive (Seligman & Csikszentmihalyi, 2000). Rather than focusing only on the absence of illness, it also focused on:

- i) Promoting hope, optimism, resilience, mindfulness, and perseverance
- ii) Focusing on "what's right" in a person rather than "what's wrong".
- iii) Brought a dual-perspective to psychology that not only focuses on treatment of illness but also restoration of effective functioning.

It formalized as a discipline in 2000 as a response to traditional clinical focus.



"Positive psychology is not just the study of weakness and damage; it is also the study of strengths and virtues."
- Martin Seligman

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Ans. B)

Seligman's PERMA model states that a fulfilling life combines pleasure, engagement and meaning. Formulated in 2011, its components are:

- P - Positive Emotions
- E - Engagement
- R - Relationships
- M - Meaning
- A - Accomplishment

- i) Positive Emotions like joy, love, hope, altruism, gratitude etc. strengthen emotionality.
- ii) Engagement refers to deep absorption in work (flow state) when skills are exactly at par with the challenge.
- iii) Relationships that are warm, loving and supportive (family, friends, spouse, etc.) reduce isolation and provide emotional safety.
- iv) Meaning refers to contributing to humanity or a greater cause beyond one's self.



- (example: teaching underprivileged kids.)
- v) Accomplishment is the completion of personal and professional goals.

As per Seligman, well-being can be intentionally cultivated by nurturing these five domains in a person's life ✓

Ans.)
C

SELF-REGULATION

Self-regulation is the ability to monitor, manage and modify one's thoughts, emotions and behaviour in alignment with personal goals and the pursuit of well-being.

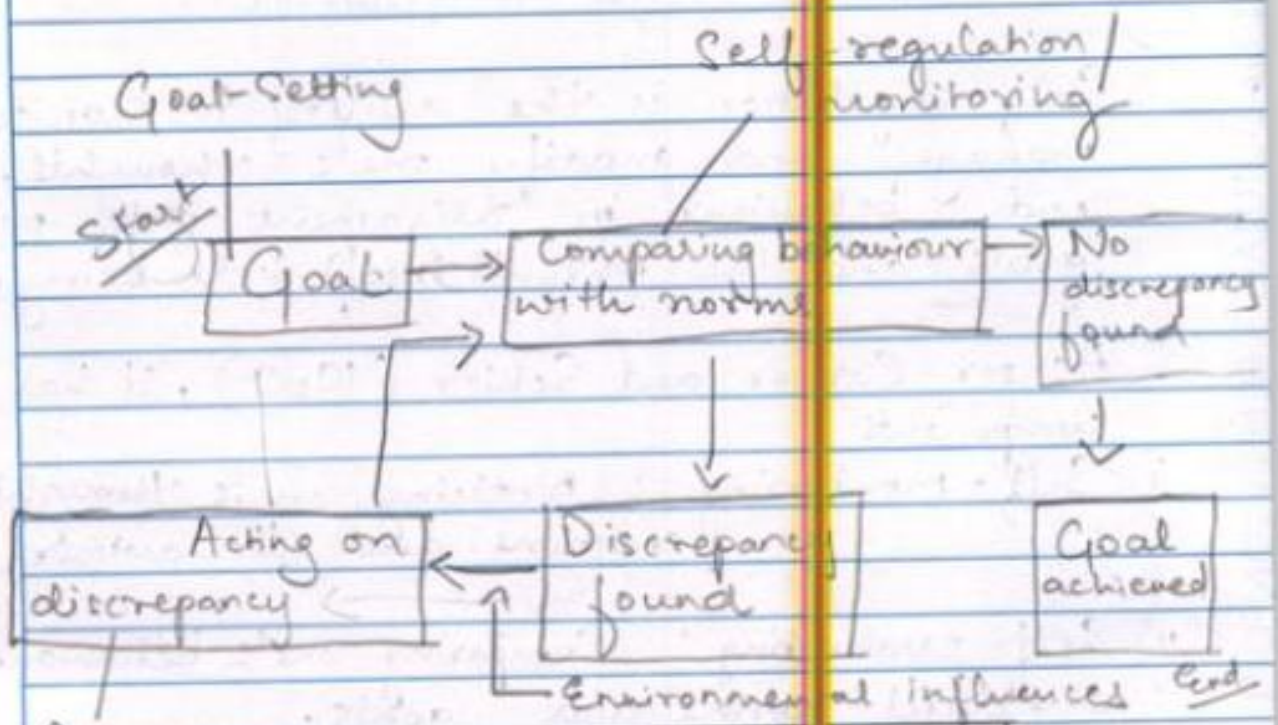
As per Carver and Scheier (1982), it has 4 components:

- i) Self-monitoring: Noticing one's thoughts, emotions and behaviour
- ii) Self-evaluating: Comparing one's behaviour to standard norms and goals. ✓
- iii) Self-reacting (regulating): Adjusting/correcting the behaviour to align with one's goals.
- iv) Self-reflecting: Understanding one's failures or success, the causes behind it and striving to do better.



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For eg: A student notices that during exam season, she is spending too much time on social media (monitoring). She compares her behaviour with previous exam seasons (evaluating) and checks if it will ~~help~~ affect her marks. She deletes social media temporarily (regulation) to focus on study. After exams, her results are excellent and she attributes it to less social media interaction (reflection).



Action Planning Theory of Control by Carver & Scheier (1982) (i.e. self-regulation)



Ans. a) Core virtues and character strengths of VIA model —

- 1) **Forgiveness**: Letting go of anger, resentment and feelings of revenge by showing compassion towards the offender.
~~Under~~ Showing empathy to the offender and forgiving them to release oneself from emotional pain, stress and experience emotional release and relief.
- 2) **Altruism**: Helping others out of genuine care, compassion and empathy without expecting reward or recognition. Eg: Volunteering weekly at an animal shelter because of love for animals and care for their well-being.
- 3) **Gratitude**: Acknowledging the positive aspects of life and expressing thankfulness. This promotes joy and love among people.
Eg: Saying "thank you" to one's parents for their constant support can make them feel seen and appreciated; improves relationship.
- 4) **Spirituality**: Feeling connected to oneself or a divine power or nature and engaging in meaningful causes for humanity or the greater good is a commendable character strength.



Ans. E) Eastern Perspective & Western Perspective

i) The Eastern perspective focuses on detachment, spirituality, social harmony and interconnectedness with fellow humans, nature and the Universe (Brahman). Well-being lies in these aspects.

ii) On the other hand, Western perspective attributes well-being to personal freedom, goal achievement, loving relationships and the pursuit of enjoyment or pleasure.

ii) Eastern philosophies like Hinduism focus on dharma, karma, moksha (salvation) or seva (serving others). Buddhism says that true happiness lies in giving up worldly desires and attaining "Nirvana".

ii) Western perspective of Hedonism focuses on pursuit of pleasure and avoidance of pain. Meanwhile, Eudaimonia (Aristotle) focuses on living a life of virtue, knowledge and meaning.

iii) Examples

For eastern people, well-being and happiness lies in helping the community, supporting family members, etc.



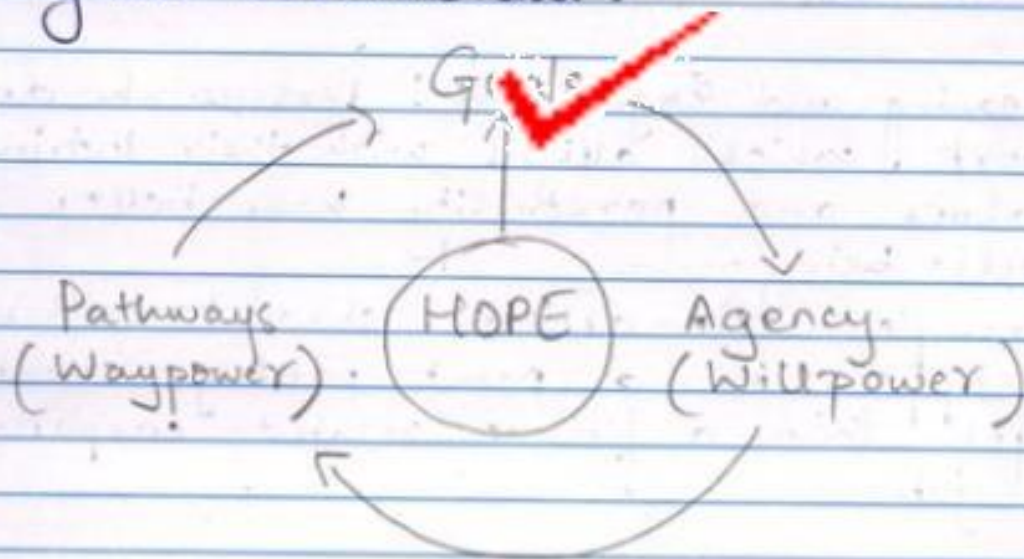
For Western people, happiness means achieving professional goals and enjoying personal freedom.

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Ans. F)

Snyder's Theory of Hope (1994) states that individuals who are hopeful in nature create ::

- i) Goals : Their desires they want to achieve. (a scholarship, job, buying a house, etc.)
- ii) Agency (Willpower) : They believe in their ability (self-efficacy) to achieve the goals with planning and perseverance.
- iii) Pathways (Waypower) : Hopeful people create routes or pathways for themselves - they find or develop adequate strategies for goal achievement.





For example: A person who is hopeful in nature wants a scholarship. They align their school studies to match with college requirement (set goal). They believe in their ability to achieve the scholarship (agency) so they start studying extra hours on weekends and during vacations, indulge in sports and artwork to improve their profile (pathways).

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Ans. g

There are personal, social and environmental/economic factors that can affect well-being of individuals.

PERSONAL FACTORS

- i) Personality traits: Individuals high on extraversion, hope and resilience have better well-being than those high on neuroticism.
- ii) Meaning and Engagement: Persons who do work which aligns with their intrinsic values and personality have better well-being.

Example: An artistic student will be happier in a job related to poetry, creativity than a finance-related corporate job.



SOCIAL FACTORS

- i) Social Relationships: Warm, safe, trusting and loving bonds with family/friends/spouse, etc. are crucial to emotional well-being.
- ii) Community Welfare: Countries like India and Japan which have a collectivist culture thrive on social events like festivals as it keeps everyone closely bonded.

ENVIRONMENT/ECONOMIC FACTORS

- i) Income & Housing: Having enough money to meet basic needs and a safe place to live is crucial for well-being.
- ii) Contact with Nature: Breathing in fresh air, going for walks, connecting with the environment boost immunity and reduce stress.

Ans. h) Culture influence on happiness —

- i) Collectivist Cultures: India, Japan, China, etc. have collectivist cultures where interdependence, group well-being, family and community values and social harmony contribute to people's happiness.
- ii) Individualistic Cultures: The USA, UK, Western Europe, etc. attribute happiness to personal



freedom, goal achievement, self-expression and pursuit of enjoyment of self.

iii) Rules of Expression

In Eastern cultures, happiness is not expressed loudly. People prefer to be modest and practice restraint (eg: Japan).

In Western cultures like in America, loud expression of joy, love, and freedom is prominent.

Therefore, happiness is felt universally but expressed differently!

Examples -

Eastern culture: People experience happiness when helping family, going to community events and show it subtly (greeting, smiling, etc.)

Western cultures: People usually meet friends or go on solo travel. Loud singing or dancing together.



Ans) Resilience refers to the ability to bounce back from adversity, adapt to challenges and overcome setbacks (Masten, 2001).

It does not mean ignoring stress, but thriving despite it.

For example: A student failed an exam but used it as a motivation to study better for the next one.
(2001),

Masten called it "ordinary magic" — an extraordinary capacity shown by ordinary people in the face of crisis.

Resilience can be —

- 1) Individual level: Bouncing back and applying to other jobs after facing numerous rejections. Working out daily to improve health despite difficulty — examples of individual resilience.
- 2) Community-level: A nation recovering after a natural disaster, a community striving to exist despite adversity (war, genocide, starvation). These are community-level resilience ~~to~~ governed by collective values.



Section B

Q5) The Concept of Flow

Flow was introduced by Mihaly Csikszentmihalyi who described it as an "optimal experience where the level of skill perfectly matches the level of challenge in the task."

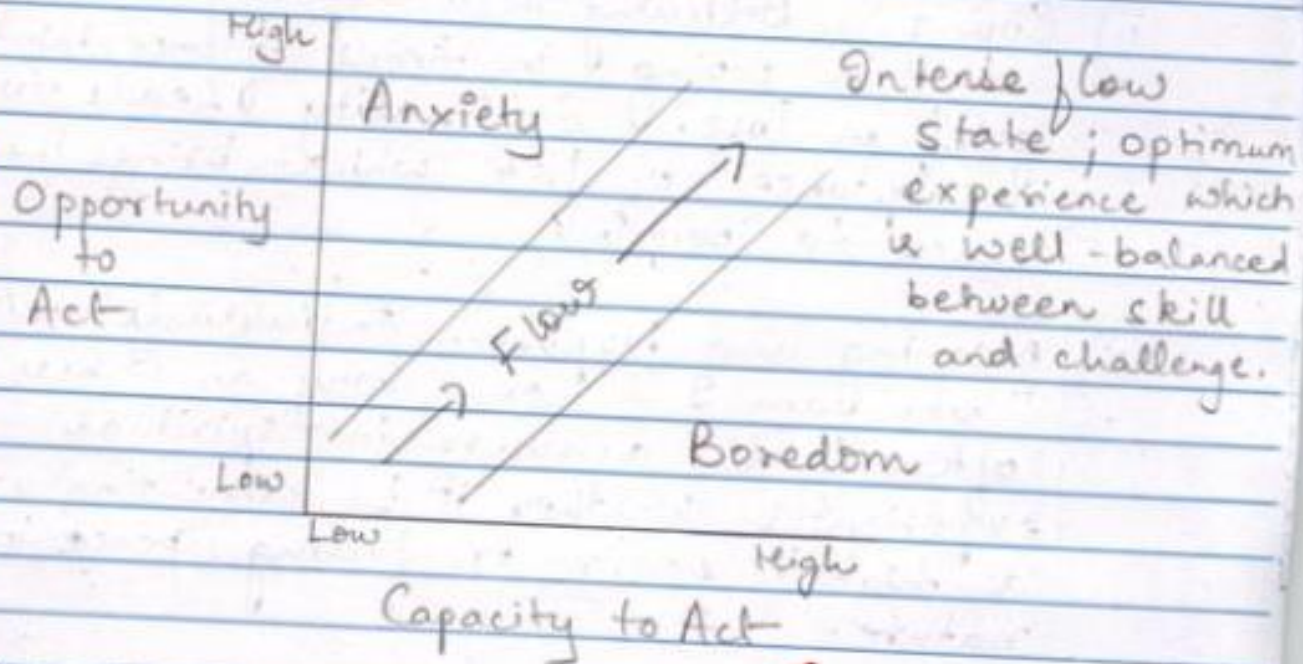
It is a state of complete absorption or deep immersion in the task. The person is fully engaged, often loses track of time (hours become minutes) and performance is usually at peak. Individuals are aware of how exactly they have to do the task. The activity in itself is rewarding; not the outcome.

Benefits of Flow:

- 1) Cognitive Benefits: Improves focus and concentration; engagement is at peak.
- 2) Competence Benefits: Improves creativity, self-confidence, quality of work.
- 3) Emotional Benefits: Positive emotions like joy and satisfaction secrete dopamine and serotonin that further enhance well-being.



- 4) Psychological: The person is high on self-esteem and self-efficacy after "Flow" experience. Reduction of stress, & self-doubt occurs.



Role of Spirituality

Spirituality means the search of meaning, purpose and connectedness — with oneself, others, nature or a divine higher power. Unlike religion, it is subjective and personal.

Spirituality focuses on inner experience and meaning instead of following rituals or rites. It enhances well-being in the following ways:

- i) Positive emotions: Spirituality leads to experience of positive emotions like joy,

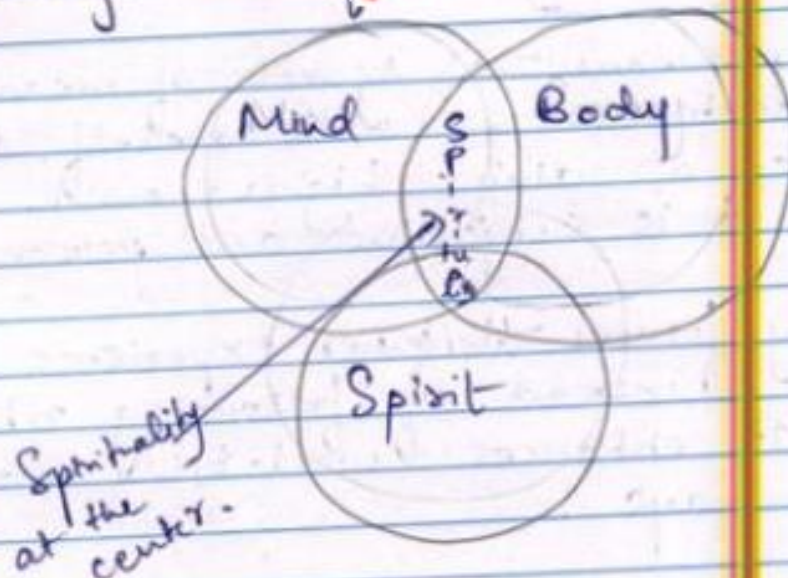


awe, acceptance and satisfaction that reduce stress and promote emotional health and safety.

ii) Coping: Believing in a divine power helps in coping in times of uncertainty, grief or loss. Spirituality leads to acceptance of fate which brings inner peace to people.

iii) Meaning and Purpose: Individuals asking "Who am I?" or "Why am I here?" often find answers in spiritual experiences whether it be connecting with a higher power or finding peace in nature.

iv) Integration of Mind, Body and Spirit



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Spirituality practices like meditation and prayer make an individual aware of mind thoughts, bodily processes (heartbeat, pulse) and spirit/soul leading to calm and peace.

- v) Physical health: Improves heart health, reduces stress & anxiety, reduces risk of heart-disease, etc.

Section

- 8) Optimism as an explanatory style refers to how people attribute causes to events. An individual who attributes a positive event (exam success, for example) to internal, stable and global causes - "I did well because I am capable" is optimistic in nature.

On the other hand, pessimists do the opposite. They attribute negative events (failing exam) to internal, stable and global causes - "I failed because I am worthless" which leads to low self-esteem and lack of positive emotions.

Optimism as an explanatory style means that it can be cultivated by attributing negative events to local, specific & temporary causes "I did badly because of luck problems."



This helps not develop learned helplessness and individuals feel optimistic or positive about their capabilities which helps them improve later.

Measurement - Optimism can be empirically tested and studied using psychometric tools like questionnaires and self-reports. Data can be objectively analyzed and results are reported. For eg: PANAS - Positive and Negative Affect Schedule - a test to find a person's negative & positive emotions - helpful in understanding optimism levels. Structured observations can also be carried out to understand optimism in a person.

Factors that contribute to development

- 1) Parenting Style: Securely attached adults are more optimistic and positive than anxiously attached individuals who constantly worry about negative consequences.
- 2) Personality traits: Calm temperament, extraversion, hopeful and resilient people are more optimistic than people high on neuroticism (worry excessively).



- 3) **Social Support**: Encouraging parents, mentors and peers can make a person believe in themselves and their capabilities to achieve big goals in life.
- 4) **Adversity**: Individuals who grew up in poverty, faced gender inequality or discrimination may not be very optimistic in nature due to persistent negative experiences.
- 5) **Cognitive-Behavioural techniques**: Identifying negative thoughts & reframing them can help develop optimism by reducing negative beliefs and adapting a more positive worldview.





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19

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Paper Code

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20

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21

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