Assignment 1: Introduction to Positive Psychology

Due on 2019-08-14, 23:59 IST.

1) Psychotherapy may be described as:
   a. a scientific study of cognitive processes and behavior
   b. understanding how people think, act and feel.
   c. both
   d. neither
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - b. understanding how people think, act and feel.

2) Which of the following schools of psychology is concerned with Selye's Response correction?
   a. Humanistic Approach
   b. Psychoanalytic Approach
   c. Behaviorism
   d. None of the above
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - d. None of the above

3) Who used the term Positive Psychology for the first time in 1998?
   a. Martin Seligman
   b. Abraham Maslow
   c. Carl Rogers
   d. Albert Bandura
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - b. Abraham Maslow

4) Which of the following is a part of positive psychology?
   a. Positive Education
   b. Positive Psychotherapy
   c. Positive Organizations
   d. None of the above
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - d. None of the above

5) State True or False: Psychology in India and Positive Psychology are birds of the same feathers.
   True
   False
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - False

6) Which of the following is not a characteristic of correlational research?
   a. tells us whether two variables are related
   b. tells us the direction of the relation between the variables
   c. tells us what extend the two variables are related to one another (the magnitude of the relation)
   d. tells us about the cause and effect relationship between the variables
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - b. tells us the direction of the relation between the variables

7) Rogers Therapy emphasizes on:
   a. Conditioned Positive Regard
   b. Competence
   c. Sympathy
   d. Acceptance
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - d. Acceptance

8) Positive Psychology scientists aims to study:
   a. Happiness
   b. Selflessness
   c. Weakness of a person
   d. Positive individual traits
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - d. Positive individual traits

9) State True or False: The experimental method allows us to draw conclusions about the cause and effect relationship between the variables.
   True
   False
   *No, the answer is incorrect.*
   Score: 0
   Accepted Answers:
   - False

10) Which psychological perspective emphasizes on unconscious mind?
    a. Humanism
    b. Cognitive
    c. Psychodynamic
    d. Humanism
    *No, the answer is incorrect.*
    Score: 0
    Accepted Answers:
    - d. Humanism