

Unit 7 - Hope, Optimism, Self and related concepts, and Resilience

Course outline

How to access the portal?

Assignment Zero

Introduction to Positive Psychology

Character Strengths and Virtues

Happiness and Well-Being

Happiness and Positive Emotions

Hope, Optimism, Self and related concepts, and Resilience

Hope & Optimism

Self & related Concepts

Resilience

Quiz : Assignment 5: Hope, Optimism, Self and related concepts, and Resilience

Feedback

Flow, Mindfulness and Spirituality

Interpersonal Character Strengths

Recent Trends and Directions in Positive Psychology

Download Videos (mp4,flv,3gp,mp3)

Text Transcripts

Assignment 5: Hope, Optimism, Self and related concepts, and Resilience

The due date for submitting this assignment has passed.
As per our records you have not submitted this assignment.

Due on 2019-09-04, 23:59 IST.

1) Psychological capital is characterised by:

1 point

- Self-efficacy, Optimism, Hope, Resilience
 Resilience, Self-esteem, Optimism, Hope
 Hope, Optimism, Resilience, Self-confidence
 Optimism, Self-regulation, Hope, Resilience

No, the answer is incorrect.
Score: 0

Accepted Answers:
Self-efficacy, Optimism, Hope, Resilience

2) State True or False:

1 point

Emotion-focused coping increases resilience while problem-focused coping impairs resilience.

- True
 False

No, the answer is incorrect.
Score: 0

Accepted Answers:
False

3) Learned Optimism is associated with:

1 point

- Avoidant coping style
 Lower vulnerability to depression
 Increased Productivity
 Greater Life satisfaction

No, the answer is incorrect.
Score: 0

Accepted Answers:
Lower vulnerability to depression
Increased Productivity
Greater Life satisfaction

4) Identify the motivational component of the hope theory.

1 point

- Goals
 Pathways
 Agency
 All the above

No, the answer is incorrect.
Score: 0

Accepted Answers:
Agency

5) The explanatory style of pessimists for a bad event is characterised as:

1 point

- Internal
 Unstable
 Global
 All the above

No, the answer is incorrect.
Score: 0

Accepted Answers:
Internal
Global

6) What happens when one's self image does not match with his/her true-self?

1 point

- Self-esteem enhances
 Anxiety
 Defensiveness
 All the above

No, the answer is incorrect.
Score: 0

Accepted Answers:
Anxiety
Defensiveness

7) State True or False:

1 point

Self-efficacy is a genetically endowed pattern of human thinking.

- True
 False

No, the answer is incorrect.
Score: 0

Accepted Answers:
False

8) Self-efficacy is based on the premises of which of the following theories?

1 point

- Self-actualization theory
 Expectancy value theory
 Social cognitive theory
 Self attribution theory

No, the answer is incorrect.
Score: 0

Accepted Answers:
Social cognitive theory

9) Successful resolution of identity and role confusion results in the development of which virtue:

1 point

- Care and production
 Willpower and self-control
 Competence and method
 Fidelity and devotion

No, the answer is incorrect.
Score: 0

Accepted Answers:
Fidelity and devotion

10) As per Erik Erikson's Theory, self-esteem is built on early foundations of:

1 point

- Hope, Care and Unconditional love
 Security, Trust and Unconditional love
 Will, Security and Trust
 Competency, Hope and Will

No, the answer is incorrect.
Score: 0

Accepted Answers:
Security, Trust and Unconditional love