

## Unit 10 - Recent Trends and Directions in Positive Psychology

### Course outline

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#### Introduction to Positive Psychology

#### Character Strengths and Virtues

#### Happiness and Well-Being

#### Happiness and Positive Emotions

#### Hope, Optimism, Self and related concepts, and Resilience

#### Flow, Mindfulness and Spirituality

#### Interpersonal Character Strengths

#### Recent Trends and Directions in Positive Psychology

##### Recent Trends & Directions In Positive Psychology: Part-1

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## Assignment 8: Recent Trends and Directions on Positive Psychology

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

**Due on 2019-09-25, 23:59 IST.**

1) State True or False:

**1 point**

While the methodology of western psychology focuses on the study of the "other person" (third person approach), Indian Psychology focuses on the study of "own-self" (first person approach).

- True  
 False

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*True*

2) If we study the impact of a residential meditation programme, for example, those conducted in the *Sahaj Marg Ashrams*, on the participants, then it is an example of which form of intervention? **1 point**

- A deliberately delivered intervention  
 Study of an existing religious/spiritual practice  
 A randomised controlled trail  
 None of the above

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Study of an existing religious/spiritual practice*

3) Based on the findings of the study conducted by Singh, Jain & Singh (2014) on *satsang*, can we conclude that *satsang* is a culture-specific well-being promoting strategy for older rural Haryanvi women? **1 point**

- Yes  
 No

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Yes*

4) Based on your overall understanding of Indian Psychology, Positive Psychology, Psychology in India, Indian Positive Psychology and Mainstream Psychology, identify the correct statements: **1 point**

- Indian Positive Psychology includes contributions from Indian Psychology and Positive Psychology.  
 Psychology in India may be characterised as an 'adoptology' of Mainstream Psychology.  
 Indian Psychology is specifically applicable to Indian people alone.  
 Yoga, meditation, and other religious/spiritual messages are of primary importance to Indian Psychology.

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Indian Positive Psychology includes contributions from Indian Psychology and Positive Psychology.  
Psychology in India may be characterised as an 'adoptology' of Mainstream Psychology.  
Yoga, meditation, and other religious/spiritual messages are of primary importance to Indian Psychology.*

5) State True or False:

**1 point**

There is no association between the well-being constructs rooted in India (example: *sat-chit-ananda*) and those derived from mainstream psychological research (example: mental health continuum/flourishing/positive and negative experiences etc.).

- True  
 False

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*False*

6) Which of the following theories established the link to the major part of ancient Indian theories and methods, allowing almost the whole of ancient writings to become psychologically relevant? **1 point**

- Erik Erikson's theory of psycho-social development  
 Freud's stages of psycho-sexual development  
 Carl Rogers concept of fully functioning person  
 Maslow's Theory of Self-Actualization

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Maslow's Theory of Self-Actualization*

7) Dimensions of Personal well-being (Cummins, 1997; Cummins and Lau, 2005) are: **1 point**

- Emotional well-being  
 Standard of living  
 Life achievement  
 Autonomy  
 Personal relationships  
 Personal safety

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Standard of living  
Life achievement  
Personal relationships  
Personal safety*

8) State True or False:

**1 point**

Singh et al., (2015) found that flourishing participants reported lower prevalence of depression and adjustment difficulties, and greater pro-social behaviour.

- True  
 False

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*True*

9) Suppose, you have used an original scale (e.g. Flourishing Scale by Diener et. al., (2010) in your study and documented its psychometric properties which support the original scale's result. Such type of study is called: **1 point**

- Test construction  
 Test adaptation  
 Test translation  
 Test revalidation  
 Test confirmation

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Test revalidation  
Test confirmation*

10) State True or False:

**1 point**

Reliability and validity of a psychological test are based on 'All or None principle' and they are not a 'matter of degree'.

- True  
 False

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*False*