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PSYC3031

**3 Yr. Degree/4 Yr. Honours 3rd Semester Examination, 2024**  
(under CCFUP of NEP 2020)

**Time: 1½ Hours**

**Subject : PSYCHOLOGY**

**Full Marks: 40**

**Course: Multi/Interdisciplinary**

**Course Code : PSYC3031 (MDC/IDC)**

**Course Title : Introduction  
to Forensic Psychology**

Roll No.: ..... Registration No. .... of 20

**INSTRUCTIONS TO THE EXAMINEE**

1. The Question-cum-Answer Booklet comprised of 40 Questions and each Question carrying 1 (one) mark.
2. Each Question possesses 4 (four) Answer Options (A), (B), (C) and (D) of which only one option bears Correct Answer.
3. Completely darken the respective circle for your response as shown below—  
Correct method ● Wrong method (✓) (✗) (◐)
4. Each Correct Answer will be credited with 1 (One) Mark.
5. If an Examinee attempts more than one Option for a Question, the attempt will be considered as WRONG Answer.
6. No Mark will be deducted for attempting Wrong Answer or Incorrect attempts.
7. Only Blue/Black Ink Pen is to be used for Answering Question.
8. No Electronic Gadget (Calculator, Mobile Phone, Laptop, I-Pad, Camera etc.), Papers (Other than Admit Card) will be allowed inside the Examination Hall.
9. No Loose sheet will be provided for scribbling and No Paper is to brought in this purpose. Any Examinee found with incriminating Documents in his/her possession— he/she will be Expelled.
10. All rough work must be done in the page provided in the Question-Answer-Booklet, and the said Page of the Booklet **must not be torn out.**
11. No Examinee will be allowed to leave the Examination Hall until an Hour has elapsed from the commencement of the Examination.
12. As per order of the Executive Council all Answer Scripts will be preserved for one year from the date of Publication of Results.

১. Question-cum-Answer Booklet-এ মোট ৪০টি প্রশ্ন আছে এবং প্রতিটি প্রশ্নের মান ১ (এক)।
২. প্রতিটি প্রশ্নের জন্য ৪ (চার)টি করে Option (A), (B), (C) এবং (D) থাকবে, এর মধ্যে একটি সঠিক উত্তর নির্দেশ করবে।
৩. সঠিক উত্তরের জন্য নির্দিষ্ট বৃত্তটিকে সম্পূর্ণ রূপে কালো করতে হবে তা নীচে দেখানো হল—  
সঠিক পদ্ধতি ● ভুল পদ্ধতি (✓) (✗) (◐)
৪. প্রতিটি সঠিক উত্তরের মান ১ (এক)।
৫. যদি কোনো পরীক্ষার্থী একটি প্রশ্নের একাধিক উত্তর দেয় তাহলে সেটি ভুল উত্তর হিসেবে গণ্য হবে।
৬. ভুল উত্তরের জন্য কোনো নম্বর বাদ যাবে না।
৭. উত্তর লেখার জন্য কেবলমাত্র নীল অথবা কালো কালির কলম ব্যবহার করা যাবে।
৮. পরীক্ষাকেন্দ্রের মধ্যে কোনো ইলেকট্রনিক্স যন্ত্রাদি (ক্যালকুলেটর, মোবাইল ফোন, ল্যাপটপ, আই-প্যাড, ক্যামেরা ইত্যাদি), কাগজ (কেবলমাত্র অ্যাডমিট কার্ড ছাড়া) নিয়ে প্রবেশ নিষেধ।
৯. হিজিবিজি বা রাফ লেখার জন্য কোনো বাড়তি কাগজ দেওয়া যাবে না এবং এই উদ্দেশ্যে কোনো কাগজ আনা যাবে না। কোনো পরীক্ষার্থীর কাছে নকল-এর মতো অপরাধমূলক কাগজ থাকলে সেই ছাত্র/ছাত্রীকে বহিষ্কার করা হবে।
১০. সমস্ত 'রাফ ওয়ার্ক' প্রশ্ন-উত্তর-পুস্তিকার সঙ্গে থাকা নির্দিষ্ট পাতাতেই করতে হবে এবং উত্তরপত্র জমা দেবার সময় পাতাটি ছিঁড়ে নেওয়া যাবে না।
১১. পরীক্ষা শুরু থেকে এক ঘণ্টা সময় অতিবাহিত না হলে কোনো পরীক্ষার্থী পরীক্ষার হল থেকে বের হতে পারবে না।
১২. বিশ্ববিদ্যালয় কর্ম সমিতি কর্তৃক গৃহীত সিদ্ধান্ত অনুসারে পরীক্ষার ফল প্রকাশের দিন থেকে এক বছরের জন্য উত্তরপত্র সংরক্ষিত থাকবে।



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**Please Turn Over**

1. Positive psychology is related to  
☒ (A) meaningfulness of life.  
☐ (B) mindful behavior.  
☐ (C) None of these.  
☐ (D) developmental psychology.
2. Who is regarded as the father of positive psychology?  
☐ (A) Kart Koffka  
☒ (B) Martin Seligman  
☐ (C) Ivian Pavlov  
☐ (D) Edmund Clark
3. Which of the following components is related to positive psychology?  
☐ (A) Gratitude  
☐ (B) Hope  
☒ (C) Both (A) and (B)  
☐ (D) Psychophysics
4. Positive psychology focuses on  
☒ (A) optimism-resilience  
☐ (B) pain-frustration  
☐ (C) frustration-aggression  
☐ (D) physical and mental diseases
5. Choose the correct one according to Seligman:  
☒ (A) PERMA  
☐ (B) REPMA  
☐ (C) PERMAI  
☐ (D) PERPA
6. Positive traits or qualities that an individual can possess and actively utilize to enhance well-being is referred as  
☐ (A) individual trait  
☒ (B) character strength  
☐ (C) wisdom  
☐ (D) liberation
7. Find out the incorrect virtues of positive psychology:  
☐ (A) Wisdom-humanity  
☐ (B) Transcendence-temperance  
☐ (C) Justice-courage  
☒ (D) Justice-acceptance
8. The emotional strengths empower us to tackle adversity and how we tend to work through it –the strength is related with  
☐ (A) wisdom  
☒ (B) courage  
☐ (C) bravery  
☐ (D) emotional intelligence
9. \_\_\_\_\_ is a positive motivational state that is based on an interactively derived sense of success (a) agency-goal directed energy, and (b) pathways—planning to meet goals.  
☐ (A) Optimism  
☐ (B) None  
☒ (C) Hope  
☐ (D) Expectation
10. Which positive cognitive process can be used to manage stress?  
☒ (A) Mindfulness  
☐ (B) Exercise  
☐ (C) Brainstorming  
☐ (D) Game

11. Who gave the definition of subjective well-being —“subjective well-being as a combination of positive affect and general life satisfaction”?

- (A) Seligman
- ☒ (B) Diener
- (C) K. K. Salagame
- (D) Hans Selye

12. A state of well-being characterized by acceptance, actualization, contribution, coherence and integration with others is called

- ☒ (A) psychological well-being
- (B) social well-being
- (C) subjective well-being
- (D) well-being

13. Human flourishing, or happiness associated with living a life of virtue. This is related with

- (A) Hedonism
- ☒ (B) eudaimonia
- (C) positive affect
- (D) quality of life

14. A human's capacity to transcend desire and suffering and to see things clearly for what they are is called

- (A) resilience
- ☒ (B) enlightenment
- (C) Both of them
- (D) None of the above

15. Cognitive strengths that entail the acquisition and use of knowledge is termed as

- ☒ (A) wisdom and knowledge
- (B) courage
- (C) Both of them
- (D) None of the above

16. Choose a suitable process focused on strategy for promoting resilience building in youth:

- ☒ (A) Preventing or reducing risk/stressor
- (B) Foster secure attachment in relationship
- (C) Avoid multiple foster care placements
- (D) None of the above

17. Choose the life enhancement strategy according to positive psychology:

- ☒ (A) Altruism gratitude-forgiveness
- (B) Optimism
- (C) Self-development
- (D) None of the above

18. Which among the following is not one of the components of Bar-On's model of emotional intelligence?

- ☒ (A) Interpersonal
- (B) Adaptability
- (C) perceiving emotion
- (D) Stress Management

19. A positive emotional state is beneficial to individual including

- (A) better relationship
- (B) increased creativity
- (C) better physical health
- ☒ (D) All of the above

20. What is not the key component of emotional intelligence?

- (A) Self-awareness
- ☒ (B) Self-belief
- (C) Social awareness
- (D) Relationship management



21. What factor is not the contributing factor in building resilience?

- (A) Positive emotion
- ☒ (B) Cognitive flexibility
- (C) Optimism
- (D) Bravery

22. According to positive psychology positive affects are

- (A) experiencing positive emotion like joy.
- (B) experiencing contentment.
- ☒ (C) option (A) and (B)
- (D) None of the above

23. PERMA stands for

- ☒ (A) Positive emotion-Engagement-Relationship-Meaning & accomplishment
- (B) Positive emotion-Emotional intelligence-Relationship-Meaning & Affect
- (C) Positive emotion-Emotional intelligence-Reflexivity-Meaning & Accomplishment
- (D) Positive emotion-Emotional intelligence-Relationship-Meaning & Acceptance

24. Who among the following gave a theory for emotional intelligence?

- ☒ (A) Daniel Goleman
- (B) Sigmund Freud
- (C) Raymond Cattell
- (D) Hans Eysenck

25. One where a person is fully engaged or immersed in the activity they are doing is termed as

- (A) concentration
- (B) attention
- ☒ (C) flow
- (D) meditation

26. Who recognized and coined the term flow?

- (A) Watson
- ☒ (B) Csikszentmihályi
- (C) Seligman
- (D) Max Wertheimer

27. The concept of flow experience is related to

- ☒ (A) control of action and environment.
- (B) loss of self.
- (C) altered sense of purpose.
- (D) altered sense of self.

28. The dimension that does not go with mindfulness—

- (A) Non-judgmental
- (B) Non-striving
- ☒ (C) Aggression
- (D) Empathy

29. \_\_\_\_\_ is the state of being attentive to and aware of what is going on in the present.

- ☒ (A) Mindfulness
- (B) CBT
- (C) Yoga
- (D) None of the above

30. Mayer and Salovey's model of emotional intelligence is a \_\_\_\_\_ branch model

- (A) two
- ☒ (B) four
- (C) three
- (D) five

31. Self-efficacy is the term related to the name  
(A) Sigmund Freud  
☒ (B) Alfred Bandura  
(C) Seligman  
(D) Hans Sheily
32. In positive psychology, the concept of holistic health considers  
☒ (A) physical-mental-social-spiritual-emotional component  
(B) physical-mental-social-spiritual-component  
(C) physical-mental-social-emotional component  
(D) All of the above
33. The term subjective well-being is related with the name  
☒ (A) Diener  
(B) Salagame  
(C) Seligman  
(D) None of the above
34. According to VIA classification which component does not match the virtue or character strength of Courage?  
(A) Bravery  
(B) Persistence  
(C) Integrity  
☒ (D) Curiosity
35. According to VIA classification which component does not match the virtue or character strength of Justice?  
(A) Teamwork  
☒ (B) Persistence  
(C) Fairness  
(D) Leadership
36. Forgiveness is a character strength that belongs to the virtue category of what?  
☒ (A) Temperance  
(B) Courage  
(C) Humanity  
(D) None of the above
37. Which theory of emotional intelligence looks at two areas of emotional intelligence—experiential emotional intelligence and strategic emotional intelligence?  
(A) Daniel Goleman  
(B) Bar-On  
☒ (C) Mayer and Salovey  
(D) David Weschler
38. Psychological benefits of practicing gratitude have been observed in the following ways:  
(A) Achievement orientation  
☒ (B) Greater optimism  
(C) Enhanced bodily activity  
(D) All of the above
39. \_\_\_\_\_ refers to a quality or characteristic that has positive connotations in a particular society and is considered beneficial to psychological health.  
(A) Values  
☒ (B) Virtue  
(C) Signature strength  
(D) None of the above
40. The name is related to positive psychology—  
(A) Diener  
☒ (B) Martin Seligman  
(C) J. B. Watson  
(D) S. Kakkar