MCO (Multiple Choice Questions)

1. Which of the following is/are field/fields of Positive Psychology?

a) Happiness

b) Wellbeing

c) Resilience

d) All of the above

2. Who proposed the PERMA model of happiness?

a) Stevenson and Wolfers

b) Joseph cambell

c) Carl Rojers

d) Martin Seligman

3. All human beings have the ability to achieve good things and are motivated to live a good life, was said by _____

a) Martin Seligman

b) Barbara Fredrickson

c) Linley and jospeh

d) Talben Shahar

4. Who is the father of Positive Psychology?

a) Martin Seligman

b) Barbara

c) Carl Rojers

d) Stevenson

5. Who developed the theory of learned helplessness ?

 a) Talben Shahar

b) Barbara

c) Carl Rojers

d) Martin Seligman

6. Compared to pessimists, optimists tend to _____.

a) Experience more distress

b) Be less able to cope with stress

c) Be confident about solving problems

d) Doubt that they can solve problems

Answer: c) Be confident about solving problems

7. According to positive psychology, happiness involves all of the following EXCEPT:

a) Having a high level of wealth

b) Experiencing pleasure

c) Being engaged in an activity

d) Engaging with a meaningful activity

8."Flow" is a positive psychology variables that has been studied by eastern European researcher Dr. Czikzentmihalyi. Flow involves which of the following?

a) Intense positive emotions of elation/euphoria

b) Timelessness

c) Intense concentration/involvement/engagement

d) Both 'b' and 'c' above

9. According to Seligman, curiosity, interest in the world, love of learning, ingenuity, originality, and perspective taking are routs to which virtue?

a) Courage

b) Valor

c) Wisdom

d) Transcendence

e) None of the above

10. According to Seligman, appreciation of beauty, gratitude, hope, forgiveness & humor are routes to which virtue?

a) Courage

b) Valor

c) Wisdom

d) None of the above

11. Positive emotions about the future, like optimism, can best be increased by _____

a) Gratitude and forgiveness

b) Learning to better recognize and dispute automatic pessimistic thoughts

c) Counteracting the numbing effects of habituation

d) Exercising your strengths and virtues

e) Both 'c' and 'd' above

12. 10% of our happiness is due to genetics

True

False

13. The negativity bias is the phenomena by which humans give less psychological weight to bad experiences than good ones

True

False

14. What is the meaning of Resilience?

a) Ability to cope with whatever life throws at you

b) Ability to challenges by using personal resources

c) Understanding the meaning and one's purpose

d) General acceptance by other

15. What are the characteristics of optimism?

a) Physical health

b) Hope and confidence

c) Lower stress

d) Negative events

16. Agentic thinking refers to

a) one's successful determination about reaching goals

b) reaching goals

c) Involves thought related to successful

17. What are the three optimisms according to "Sonja Lyubomirsky's"

a) Big optimism, Little optimism and very small optimism

b) Little optimism and very small optimism

c) Big optimism and Little optimism

18. Pathway thinking refers to

a) Involves thoughts about one's effective abilities to pursuer different means of obtaining goals

b) one's successful determination about reaching goals

c) pursuer different means of obtaining

d) Involves thought related to successful

19. Pessimistic thinking refer to

a) Negative thinking and lack of Hope

b) Curiosity

c) Mistakes always have terrible results

d) Negative thinking

20. Optimism refer to

a) Hopefulness and positive thinking

b) Beauty and happiness

c) Patience

d) Wisdom