



# UNIVERSITY OF JOHANNESBURG

## **NOVEMBER 2021** **ONLINE EXAMINATION**

**COURSE:** BA PSYCHOLOGY

**AUTO-TIMER:** 150 MINS

**QUESTION PAPER:** POSITIVE PSYCHOLOGY

**MARKS:** 80

**SUBJECT CODE:** PSY 2D21/PSY 2DB2

**EXAMINERS:**  
1. Dr P. Basson  
2. Ms L. dos Ramos

**(THIS PAPER CONSISTS OF 9 PAGES)**

---

### **INSTRUCTIONS**

1. This paper consists of 3 sections.
  2. You only have **one attempt**.
  3. This paper has a total of 56 questions (33 multiple choice questions, 20 match the column, and 3 short answer questions).
  4. Answer **all** questions.
  5. The questions have been **randomised**. Therefore, each student will have a different set of questions at a time.
  6. Time allocated for the exam is **150 minutes, auto-timed**.
  7. The timer will start once you click the '**begin**' button. Once you reach the end of the assessment click '**submit**'. If your time runs out before you have completed the assessment, the system will **automatically** submit for you.
  8. This exam is an **individual assessment** and **collaboration** of any kind is **not** allowed.
  9. **Violation** of the university's exam rules will result in **disciplinary** action and possible **suspension**.
  10. If you experience any technical or connectivity problems during the course of your exam, please notify the coordinator (Ms dos Ramos) **immediately** at [ldramos@uj.ac.za](mailto:ldramos@uj.ac.za).  
Thereafter, a response will be provided within 3 days.
- 

<b>NAME + SURNAME:</b>	
<b>STUDENT NUMBER:</b>	
<b>YOUR TEL NO:</b>	

**SUBJECT:** BA PSYCHOLOGY

**COURSE:** POSITIVE PSYCHOLOGY 2D

**SECTION A: CHOOSE THE CORRECT ANSWER FROM THE ALTERNATIVES PRESENTED**

1. **Flourishing refers to the presence of**
  - A. High levels of hedonic well-being
  - B. High levels of eudaimonic well-being
  - C. High levels of hedonic and low levels of eudaimonic well-being
  - D. High levels of eudaimonic and low levels of hedonic well-being
  - E. High levels of hedonic and eudaimonic well-being\*
2. **Psycho-neuro-immunology research indicate that negative experiences and the emotions these experiences elicit can \_\_\_\_\_ our immune-competence**
  - A. Assist
  - B. Strengthen
  - C. Weaken\*
  - D. Adapt
  - E. Polarise
3. **Optimistic explanatory style refers to optimistic people's way of explaining the bad things that happen to them as \_\_\_\_\_**
  - A. internally caused, transient and specific
  - B. externally caused, transient and specific\*
  - C. internally caused, of long duration and specific
  - D. externally caused, of long duration and specific
  - E. internally caused, of medium duration and non-specific
4. **Justin Bieber has just returned from a world tour (having performed in 15 countries) and is nervous and stressed (34 people tried to strangle him on stage). He phones you as a positive psychologist and asks for your advice. You recommend that a change in lifestyle may improve his physical and mental health. This change in lifestyle may entail:**
  - A. spending more time in nature
  - B. participating in recreational activities
  - C. making sure he has more time for leisure and relaxation
  - D. getting regular exercise and practicing a religion
  - E. all of the above\*
5. **The virtue of Humanity in the VIA classification system entails the following character strengths**
  - A. Curiosity and interest in the world; love of learning; open-mindedness; creativity; perspective
  - B. Bravery; Persistence; Honesty and integrity; zest and vitality
  - C. Kindness; love; social intelligence
  - D. Citizenship; fairness and humane leadership\*
  - E. Self-control; Prudence; Modesty; Forgiveness and mercy
6. **Prof McGonagall treats all her students the same and does not allow Draco Malfoy any special advantages in spite of his wealthy and powerful family. Prof McGonagall can be said to exhibit the VIA character strength of**
  - A. Bravery
  - B. Open-mindedness
  - C. Perspective
  - D. Prudence
  - E. Fairness\*

**SUBJECT:** BA PSYCHOLOGY

**COURSE:** POSITIVE PSYCHOLOGY 2D

7. **South African research pertaining to cultural differences in terms of hope amongst adolescents indicate that**
- A. Black adolescents experience more hope
  - B. Coloured adolescents experience more hope
  - C. Indian adolescents experience more hope
  - D. White adolescents experience more hope
  - E. None of the above\*
8. **Keyes's mental health continuum model consists of three main components namely**
- A. languishing, moderate mental health, flourishing\*
  - B. psychological/personal well-being, social well-being, emotional well-being
  - C. eudaimonic well-being, hedonic well-being, emotional well-being
  - D. self-acceptance, autonomy, personal growth
  - E. positive emotions, interest in life, life satisfaction
9. **Research findings based on Keyes's mental health continuum model indicate that more younger people tend to \_\_\_\_\_ than older people**
- A. Flourish\*
  - B. languish
  - C. experience moderate mental health
  - D. all of the above
  - E. none of the above
10. **Who constructed the PERMA model of well-being?**
- A. Peterson
  - B. Antonovsky
  - C. Strümpfer
  - D. Seligman\*
  - E. Wissing
11. **According to research people who experience meaning will**
- A. be protected against stress
  - B. experience more well-being
  - C. have positive relationships
  - D. tend to have a giving attitude (generativity)
  - E. all the above\*
12. **Prof Lockhart is vain and spends hours getting ready for work. She likes herself, thinks that she is extremely worthy and portrays self-respect and self-acceptance in spite of not knowing much about her subject. Prof McGonagall is not really concerned with her appearance, but is very knowledgeable and able as far as her subject goes. Prof Lockhart can be said to have high \_\_\_\_\_ while prof McGonagall demonstrates high \_\_\_\_\_**
- A. extrinsic beauty; intrinsic beauty
  - B. intrinsic beauty; extrinsic beauty
  - C. self-efficacy; self-esteem
  - D. self-esteem; self-efficacy
  - E. both A and D \*
13. **According to Biddle and Mutrie (2008), which of the following is NOT a psychological benefit of physical activity?**
- A. Experiencing more positive emotions
  - B. Increased psychological well-being
  - C. Increased self-esteem
  - D. Better psychological adjustment
  - E. Increased self-efficacy\*

**SUBJECT:** BA PSYCHOLOGY

**COURSE:** POSITIVE PSYCHOLOGY 2D

14. \_\_\_\_\_ plays a crucial role in cultivating a healthy relationship with the self and is a precondition of accepting other people
- A. Self-forgiveness
  - B. Self-esteem
  - C. Self-knowledge
  - D. Self-acceptance\*
  - E. Self-verification
15. Compassion is seen as:
- A. the process where you preserve your idea of yourself by seeking to confirm it
  - B. the process of releasing resentment toward yourself for a perceived transgression or wrongdoing
  - C. the process of looking outside yourself and thinking about others as you care for and identify with them\*
  - D. a description of who you really are
  - E. the process where you accurately perceive your actions, motivation and feelings.
16. Ginny Weasley studied hard for her potions test, but misinterpreted the essay question and failed the test. On the same day she attempted to help a teacher carry an expensive microscope down a flight of stairs, but she slipped and the microscope fell and broke. At the end of her disastrous day she was overheard saying: "Oh well, I'm sorry it happened, but nothing was intentional and luckily nobody was hurt. I can let it go, because I know I'm not a bad person". Ginny can be said to have high
- A. Self-efficacy
  - B. Self-esteem
  - C. Self-awareness
  - D. Self-knowledge
  - E. Self-compassion\*
17. Fredrickson's (2013) research on love seems to indicate that love is
- A. related to sexual desire
  - B. a special bond between two people
  - C. a decision to commit to another person
  - D. a mutual responsiveness between two people\*
  - E. a lasting, unconditional feeling
18. In a research project to establish the relationship between attachment styles and positive emotions it was found that the avoidant attachment style is associated with:
- A. joy and love
  - B. pride and compassion
  - C. contentment and love
  - D. contentment and pride
  - E. love and pride\*
19. According to Sternberg's triangular theory of love, love consists of three major components namely
- A. passion, infatuation, commitment
  - B. romance, passion, infatuation
  - C. Intimacy, romance, commitment\*
  - D. passion, intimacy, romance
  - E. passion, intimacy, commitment

**SUBJECT:** BA PSYCHOLOGY

**COURSE:** POSITIVE PSYCHOLOGY 2D

- 20. The following seem to be important to maintain loving, lasting and fulfilling relationships:**
- A. building and minding love maps
  - B. maintaining fondness and admiration
  - C. play and humour
  - D. constructively managing conflict
  - E. all of the above\*
- 21. If a community is considered to be a site of well-being, which characteristic would describe the community?**
- A. affordable housing
  - B. accessible transportation
  - C. happy relationships
  - D. only A and B\*
  - E. only A and C
- 22. Mpho is actively involved in the activities of Kruinsig Ladies' residence. She was part of the welcoming committee for the first-year students, and she arranges social events for the residence. In terms of Keyes' conceptualization of the social facets of well-being, Mpho seems to be demonstrating**
- A. social integration
  - B. hedonic well-being
  - C. social contribution\*
  - D. eudaimonic well-being
  - E. social coherence
- 23. Researchers who hold the view of cultural relativism propose that:**
- A. Positive psychology should be culture-free
  - B. Universalism is part of positive psychology
  - C. Well-being is influenced by culture and context\*
  - D. Well-being is independent of culture and context
  - E. Both B and C
- 24. Acculturation can best be described as**
- A. The process of cultural and psychological change which results from the meeting of cultures\*
  - B. The result of a process of stress and coping
  - C. Psychological adaptation
  - D. The acquisition of new skills and behaviours
  - E. All of the above
- 25. Berry (2006) proposed two models of culturally plural societies. These are:**
- A. Acculturation and assimilation
  - B. Restrained and indulgent societies
  - C. Melting pot and cultural pluralism\*
  - D. Acculturation and melting pot
  - E. Small power distance and large power distance
- 26. World surveys on happiness provide two categories of causes of happiness. Which of the following is NOT an external cause of happiness?**
- A. Income
  - B. Work
  - C. Community and governance
  - D. Values and religion\*
  - E. Climate

**SUBJECT:** BA PSYCHOLOGY

**COURSE:** POSITIVE PSYCHOLOGY 2D

- 27. South African research on the cultural construal of happiness found that**
- A. Afrikaans and English-speaking white groups are more individualistic in orientation while black groups are more collectivistic\*
  - B. Afrikaans and English-speaking white groups are more collectivistic in orientation while black groups are more individualistic
  - C. Both groups were individualistic in orientation
  - D. Both groups were collectivistic in orientation
  - E. This concept was not applicable in the South African context
- 28. Positive psychology can contribute to public policy in various areas. Which of the following features of the environment can be improved through a positive psychology perspective?**
- A. Pollution
  - B. Commuting
  - C. Green spaces
  - D. Both B and C\*
  - E. Both A and B
- 29. Gross National Happiness (GNH) refers to**
- A. A financial figure related to a country's GDP
  - B. The average level of life satisfaction of a country
  - C. The average level of hedonic well-being of a country
  - D. The economic policy of Bhutan
  - E. The view that countries should balance striving for material progress with psychological, spiritual and cultural development\*
- 30. What emotion does Fredrickson (2011) identify as the pinnacle emotion?**
- A. Joy
  - B. Gratitude
  - C. Love\*
  - D. Contentment
  - E. Hope
- 31. The goal of positive psychology interventions is to**
- A. Decrease depression
  - B. Increase subjective well-being
  - C. Intentionally develop positive feelings, behaviours and thoughts
  - D. Decrease distress
  - E. All of the above\*
- 32. The understanding of health and well-being in an African context is primarily shaped by**
- A. Gender disparities
  - B. The harmony of relationships\*
  - C. Power distance
  - D. Acculturation
  - E. None of the above
- 33. Which of the following is NOT part of Hofstede's model of dimensions of culture?**
- A. Cultural universalism\*
  - B. Power distance
  - C. Uncertainty avoidance
  - D. Individualism
  - E. Masculinity

[32]

**SECTION B:**

**Selective pairing: Pair each factor on the left, with the correct answer from the list on the right.**

FACTORS	OPTIONS
1. Attachment style (d)	a. VIA character strength
2. Values in Action Inventory (e)	b. maximum emotional and social role differentiation between genders
3. Uncertainty avoidance (i)	c. quantity and quality of social relations or networks in a community
4. Culture characterised by short-term orientation (m)	d. type of attachment that an infant form towards a significant figure early in life
5. Mindfulness (q)	e. Used to identify psychological strengths
6. Hedonic well-being (k)	f. Corey Keyes
7. Environmental mastery (o)	g. increased positive affect
8. Paul Wong (s)	h. a set of rules and guidelines that informs us how to behave and experience the world
9. Bandura (t)	i. the degree members of a culture are comfortable with unstructured situations
10. social capital (c)	j. mutual concern for the others' welfare
11. Masculine society (b)	k. feeling good
12. intimacy (j)	l. Emphasizes belonging to a group or society
13. Culture (h)	m. Traditions are important
14. Love of learning (a)	n. Engagement/flow
15. Kumpfer (r)	o. Facet of psychological well-being
16. Cultural pluralism (p)	p. retaining cultural identity but participate in larger society
17. Collectivism (L)	q. purposefully paying attention in the present moment
18. Savouring process (g)	r. transactional resilience model
19. Social well-being (f)	s. meaning is individually constructed
20. Being completely absorbed in a task or activity (n)	t. self-efficacy

**[20]**

## SECTION C

1. List the constructs and processes associated with eudaimonic well-being. (11)

- a. *Authenticity: living in line with your core values (1)*
- b. *Personal growth and self realization (1)*
- c. *Vitality and zest for life (1)*
- d. *Time perspective (1)*
- e. *Goal-directed behaviour (1)*
- f. *Flow (1)*
- g. *Self-regulation (1)*
- h. *Mindfulness (1)*
- i. *Living a life of meaning and purpose (1)*
- j. *Constructive coping (1)*
- k. *Post-traumatic growth (1)*

2. Identify and briefly explain Hofstede's 6 dimension's model of culture (12)

*This question is allocated 2 for each answer. Meaning 1 mark for listing the dimension and another 1 mark for explanation. If student has only named the dimension, award 1 mark and 0 for no explanation.*

- a. *Power distance (X1 for listing)*

*The degree of acceptance of unequal distribution of power. In large power distance groups, inequality is accepted by both the followers and leaders, while in small power distance groups means that power is shared and is widely disperse (x1 for explanation)*

- b. *Uncertainty avoidance (x1)*

*The degree to which members of a culture are able to be comfortable in unstructured situations (x1 for explanation)*

- c. *Individualism vs collectivism (1)*

*The degree to which a culture encourages, fosters and facilitates the needs, wishes, desires, and values of an autonomous and unique self over those of a group (x1)*

- d. *Masculinity vs femininity (1)*

*The distribution of values between the genders at a societal level. (x1)*

- e. *Long term vs short term orientation (1)*

*Long term orientation societies represent values of perseverance, ordering relationships by status, and having a sense of shame, while short-term orientation societies are characterised by social obligation, respect for tradition, personal steadiness and stability. (1)*

- f. *Indulgence vs restraint (1)*

*Indulgence is indicative of free gratification of human desire while restraint is about control and regulation with strict social norms.*

*Societies with high indulgence encourage free gratification of people's own drives and emotions, such as enjoying life and having fun, while societies with restraint place more emphasises on suppressing gratification and more regulation of people's conduct and behaviour, and there are stricter social norms. (x1 for any one of the explanations)*



**SUBJECT:** BA PSYCHOLOGY

**COURSE:** POSITIVE PSYCHOLOGY 2D

3. According to Fredrickson's (2001) broaden-and-build model, when people experience positive emotions such as joy, gratitude and contentment more frequently, such positive emotions are able to build psychological resources and sustain well-being.

Based on the statement above, explain with examples, the broadening and building effect of positive emotions according to Fredrickson (2001). Provide one example of each. (4)

**Possible answer:**

**The broadening effect:** Fredrickson's broaden-and-build model posits that, positive emotions open up our minds and broaden our perceptual abilities by facilitating creativity, flexibility, generate more possibilities for tasks at hand, promote wider perspective and thereby help to create a greater sense of meaning.

Marking:

- 1 mark for explanation and another 1 mark for example.
- Award half of 1 for incomplete explanation or evidence of effort and the same for the example.

**The building effect:** Together with the broadening effect, positive emotions over time can build durable personal resources such as mindfulness, ability to solve life's problems, social resources such as the ability to give and receive social support (or help), physical resources such as cardiovascular health or immune resistance and psychological resources such as resilience, purpose and sense of environmental mastery.

Marking:

- 1 mark for full explanation touching on different resources, intellectual, social, physical, and psychological and another 1 marks for example.
- Award half of 1 for incomplete explanation or evidence of effort and the same for the example.

[27]

**Total ..... [80]**

---o0o---