

Question # 10 of 10 ( Start time: 09:36:40 PM, 19 August 2022 )

Total Marks: 1

Ames and Samuels (1999) defined spirituality as:

Select the correct option

Culture and norms

Political organization of society

Search for meaning and purpose in one's life

Search for psychological behavior

Click to Save Answer & Move to Next Question

Question # 8 of 10 ( Start time: 09:34:16 PM, 19 August 2022 )

Total Marks: |

The Gallup organization conducted a study in USA in 1996 on spirituality and concluded that \_\_\_\_\_ of Americans believe in God.

Select the correct option

66%

86%

96%

76%

Click to Save Answer & Move to Next Question

Question # 9 of 10 ( Start time: 09:35:26 PM, 19 August 2022 )

Total Marks: 1

What did Markides maintain in his research on religiosity?

Select the correct option

- Religion causes satisfaction to increase positive impact with age
- More religious students feel less lonesome and more close to God
- Intrinsic faith was related to a positive psycho-spiritual view on life
- People get closer to death and tend to look more towards God as they mature

Click to Save Answer & Move to Next Question

Question # 7 of 10 ( Start time: 09:33:05 PM, 19 August 2022 )

Total Marks: 1

Psychological side of faith and spirituality is known as:

Select the correct option

Extrinsic faith

Intrinsic faith

Blind faith

Sturdy faith

Click to Save Answer & Move to Next Question

Question # 6 of 10 ( Start time: 09:31:25 PM, 19 August 2022 )

Total Marks: 1

----- is the pure empathetic desire to benefit another person, irrespective of personal gain.

Select the correct option

Personal Egotism

Altruism

Empathy

Sympathy

Click to Save Answer & Move to Next Question

Question # 5 of 10 ( Start time: 09:30:14 PM, 19 August 2022 )

Total Marks: |

The term "successful aging" was popularized by:

Select the correct option

Richard Snyder

Robert Havighurst

Abraham Maslow

Martin Seligman

Click to Save Answer & Move to Next Question

"it feels wonderful to assist others in need" is a sample item of.

Select the correct option

Ethical Behavior Rating Scale

Self Report Altruism Scale

Prosocial Behavior Questionnaire

Helping Attitude Scale

Click to Save Answer & Move to Next Question

Hunsberger in his research on religiosity, found that religion causes satisfaction to increase positive impact with age on a sample of -----

Select the correct option

- Doctors
- Nuns
- Bankers
- College students

Click to Save Answer & Move to Next Question

Question # 2 of 10 ( Start time: 09:27:08 PM, 19 August 2022 )

Total Marks:

Identify the theory developed by Sternberg which specifies the processes used to balance personal interests with environmental context to achieve a common good?

Select the correct option

Dithering theory of wisdom

Wavering theory of wisdom

Berlin wisdom paradigm

Balance theory of wisdom

Click to Save Answer & Move to Next Question

Question # 10 of 10 ( start time: 08:15:35 PM, 19 August 2022 )

Total Marks:

Which of the following is an optimal state of engagement in which a person perceives challenges to action as neither underutilizing nor overwhelming his or her existing skills and has clear, attainable goals and immediate feedback about progress?

Select the correct option

- Spirituality
- Flow
- Attention
- Mindfulness

Click to Save Answer & Move to Next Question

Question # 9 of 10 ( Start time: 08:14:52 PM, 19 August 2022 )

Total Marks: 1

The Gallup organization conducted a study in USA in 1996 on spirituality and concluded that \_\_\_\_\_ of Americans believe in God.

Select the correct option

- 76%
- 66%
- 86%
- 96%



Click to Save Answer & Move to Next Question

Question # 8 of 10 (start time: 08:13:44 PM, 19 August 2022)

Total Marks:

A cluster of traits exhibited by a person who enjoys life and who "generally does things for his or her own sake, rather than in order to achieve some later external goal" is called:

Select the correct option

- Spiritual personality
- Autotelic personality
- Extrovert personality
- Introvert personality

Click to Save Answer & Move to Next Question

Question # 7 of 10 ( Start time: 08:13:06 PM, 19 August 2022 )

Total Marks:

Which of the following are the most celebrated human strengths?

Select the correct option

- Hope and wisdom
- Wisdom and courage
- Courage and self efficacy
- Self efficacy and religiosity

Click to Save Answer & Move to Next Question

Question # 6 of 10 (start time: 08:12:33 PM, 19 August 2022)

Total Marks:

Which of the following is a research method used to study flow experiences. Participants are signaled via watches, phones or hand-held computers and asked to answer questions about their experiences at the moment they are paged.

Select the correct option

<input type="radio"/>	Correlational research method
<input type="radio"/>	Survey method
<input type="radio"/>	Experience sampling method
<input type="radio"/>	Quasi experimental method

[Click to Save Answer & Move to Next Question](#)

Which of the following is a dimension of courage in the Values in Action Classification system, which involves acknowledging and representing one's true self, values, beliefs and behaviors to oneself and others?

Select the correct option

<input type="radio"/>	Authenticity
<input type="radio"/>	Industry/Perseverance
<input type="radio"/>	Valor
<input type="radio"/>	Enthusiasm/Zest

Click to Save Answer & Move to Next Question



Which of the following is a subtype of vital courage?

Select the correct option

- Health courage
- Panic-specific courage
- Moral courage
- Physical courage

Click to Save Answer & Move to Next Question

Question # 2 of 10 ( Start time: 08:09:43 PM, 19 August 2022 )

Total Marks: 1

\_\_\_\_\_ is referred to as giving in the present moment within a context of love and compassion, without attachment to gain or thought of return.

Select the correct option

- Openness
- Generosity
- Empathy
- Gratitude

Click to Save Answer & Move to Next Question

Question # 1 of 10 ( start time: 08:08:37 PM, 19 August 2022 )

Total Marks:

"Unless they are part of my family, helping the elderly is not my responsibility" is a sample item of:

Select the correct option

- Prosocial Behavior Questionnaire
- Self Report Altruism Scale
- Helping Attitude Scale
- Ethical Behavior Rating Scale

Click to Save Answer & Move to Next Question

Question # 9 of 10 ( Start time: 08:04:57 PM, 19 August 2022 )

Flow is experienced when perceived opportunities for action are in balance with actor's perceived

Select the correct option

- Thrills
- Technology
- Skills
- Techniques

Click



Question # 8 of 10 (Start time: 08:03:56 PM, 19 August 2022)

\_\_\_\_\_ is the pure empathetic desire to benefit another person, irrespective of personal gain.

Select the correct option

- Altruism
- Sympathy
- Empathy
- Personal Egotism

Click



Question # 7 of 10 ( Start time: 08:02:23 PM, 19 August 2022 )

According to studies conducted in Pakistan which one of the following is an important factor as far as happiness and life is concerned.

Select the correct option

- Wealth
- Social Support
- Healthy diet
- Meaningful work

Click to Save Answer & Mark



Question # 5 of 10 ( Start time: 08:00:21 PM, 19 August 2022 )

"I am so involved in what I am doing. I don't see myself as separate from what I am doing" is an example of ...

Select the correct option

- Flow
- Mindfulness
- Wisdom
- Courage

Click to Save A



Question # 6 of 10 ( Start time: 08:01:39 PM, 19 August 2022 )

"Helping others is usually a waste of time" is a sample item of:

Select the correct option

- |                                  |                                  |
|----------------------------------|----------------------------------|
| <input checked="" type="radio"/> | Helping Attitude Scale           |
| <input type="radio"/>            | Prosocial Behavior Questionnaire |
| <input type="radio"/>            | Self Report Altruism Scale       |
| <input type="radio"/>            | Ethical Behavior Rating Scale    |

Question # 4 of 10 ( Start time: 07:59:18 PM, 19 August 2022 )

"Helping friends and family is one of the great joys in life" is a sample item of:

Select the correct option

- Prosocial Behavior Questionnaire
- Helping Attitude Scale
- Self Report Altruism Scale
- Ethical Behavior Rating Scale

Question # 2 of 10 (Start time: 07:57:43 PM, 19 August 2022)

Which of the following is an optimal state of engagement in which a person perceives challenges to action as neither underutilizing nor overwhelming his or her existing skills and has clear, attainable goals and immediate feedback about progress?

Select the correct option

- Spirituality
- Flow
- Attention
- Mindfulness

Click to Save Answer & Move to Next



Question # 1 of 10 ( Start time: 07:56:51 PM, 19 August 2022 )

The shortness of life, total isolation of death, fear of not being, and disintegration of body after dying are all examples of

Select the correct option

- Social anxiety
- Social anxiety
- Death anxiety
- Postpartum anxiety

Click to Save Answer



Question # 2 of 10 ( start time: 08:19:34 PM, 19 August 2022 )

Total Marks: 1

Which of the following is an emotional response to the perceived plight of another person?

Select the correct option

<input type="radio"/>	Altruism
<input type="radio"/>	Egoism
<input type="radio"/>	Apathy
<input checked="" type="radio"/>	Empathy

Click to Save Answer & Move to Next Question

Danner and colleagues studied successful aging. Their study was based on:

Select the correct option

Autobiographies of bankers

Autobiographies of lawyers

Autobiographies of catholic nuns

Autobiographies of school teachers

Question # 5 of 10 ( Start time: 08:21:51 PM, 19 August 2022 )

Total Marks: 1

Which of the following is a dimension of courage in the Values in Action Classification system, which involves thriving or having motivation in challenging situations or tasks?

Select the correct option

<input type="radio"/>	Authenticity
<input type="radio"/>	Valor
<input type="radio"/>	Industry/Perseverance
<input type="radio"/>	Enthusiasm/Zest

Question # 3 of 10 ( Start time: 08:20:18 PM, 19 August 2022 )

Total Marks: 1

Which of the following is a research method used to study flow experiences. Participants are signaled via watches, phones or hand-held computers and asked to answer questions about their experiences at the moment they are paged.

Select the correct option

- Survey method
- Quasi experimental method
- Correlational research method
- Experience sampling method

Question # 6 of 10 ( Start time: 08:22:44 PM, 19 August 2022 )

Total Marks: 1

Which of the following is a component of the Berlin wisdom paradigm which involves understanding that values and priorities are different across people, societies and time?

Select the correct option

<input checked="" type="radio"/>	Relativism of values
<input type="radio"/>	Procedural knowledge
<input type="radio"/>	Managing uncertainty
<input type="radio"/>	Life-span contextualism

Click to Save Answer & Move to Next Question

Question # 1 of 10 ( Start time: 08:27:40 PM, 19 August 2022 )

Total Marks:

What did Markides maintain in his research on religiosity?

Select the correct option

- Intrinsic faith was related to a positive psycho-spiritual view on life
- More religious students feel less lonesome and more close to God
- People get closer to death and tend to look more towards God as they mature
- Religion causes satisfaction to increase positive impact with age

Click to Save Answer & Move to Next Question

Question # 9 of 10 ( start time: 08:25:00 PM, 19 August 2022 )

Total Marks: 1

Which of the following is a dimension of courage in the Values in Action Classification system, which involves acknowledging and representing one's true self, values, beliefs and behaviors to oneself and others?

Select the correct option

- Valor
- Authenticity
- Enthusiasm/Zest
- Industry/Perseverance

Question # 4 of 10 ( Start time: 08:30:03 PM, 19 August 2022 )

Total Marks:

Spiritual Transcendence Scale was developed by:

select the correct option

<input type="radio"/>	Thomas Hobbes
<input checked="" type="radio"/>	Piedmont
<input type="radio"/>	Rehman
<input type="radio"/>	McPherson

Click to Save Answer & Move to Next Question

Question # 9 of 10 ( start time: 08:33:20 PM, 19 August 2022 )

Total Marks:

Arnes and Samuel have defined \_\_\_\_\_ as the search for meaning and purpose in one's life.

Select the correct option

- Spirituality
- Self-efficacy
- Hope
- Wisdom

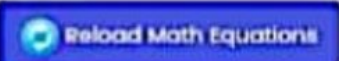
Click to Save Answer & Move to Next Question

Question # 7 of 10 ( start time: 08:32:01 PM, 19 August 2022 )

Total Marks:

What did Genia conclude in his research on religiosity?

Select the correct option

 Reload Math Equations

- Intrinsic faith was related to a positive psycho-spiritual view on life
- Religion causes satisfaction to increase positive impact with age
- People get closer to death and tend to look more towards God as they mature
- More religious students feel less lonesome and more close to God

[Click to Save Answer & Move to Next Question](#)

Question # 6 of 10 ( Start time: 08:31:24 PM, 19 August 2022 )

Total Marks: 1

Which of the following is a quality embodying benevolence, compassion, and cherishing, a quality filled with forgiveness and unconditional love?

Select the correct option

<input type="radio"/>	Openness
<input type="radio"/>	Empathy
<input checked="" type="radio"/>	Love-kindness
<input type="radio"/>	Gratitude

Click to Save Answer & Move to Next Question

Question # 10 of 10 ( start time: 08:33:49 PM, 19 August 2022 )

Total Marks: 1

\_\_\_\_\_ is referred to as giving in the present moment within a context of love and compassion, without attachment to gain or thought of return.

Select the correct option

- Generosity
- Gratitude
- Empathy
- Openness

Click to Save Answer & Move to Next Question

Question # 7 of 10 ( start time: 08:23:18 PM, 19 August 2022 )

Total Marks: 1

Which of the following was used to measure the universalistic and spiritual orientation of near death experiences?

Select the correct option

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input checked="" type="radio"/> | Religious Beliefs Inventory       |
| <input type="radio"/>            | Spiritual Transcendence Scale     |
| <input type="radio"/>            | Revised Intrinsic religious scale |
| <input type="radio"/>            | Extrinsic religious scale         |

Question # 10 of 10 ( Start time: 08:25:36 PM, 19 August 2022 )

Total Marks: 1

"I am so involved in what I am doing. I don't see myself as separate from what I am doing" is an example of \_\_\_\_\_.

Select the correct option

<input type="radio"/>	Mindfulness
<input type="radio"/>	Flow
<input type="radio"/>	Wisdom
<input type="radio"/>	Courage

Click to Save Answer & Move to Next Question

Question # 1 of 10 ( start time: 08:18:11 PM, 19 August 2022 )

Total Marks:

Initial findings of "Helping Attitude Scale" show that \_\_\_\_\_ have more positive attitudes about helping.

Select the correct option

- Women
- College students
- Doctors
- Men

Click to Save Answer & Move to Next Question

Question # 4 of 10 (Start time: 08:20:52 PM, 19 August 2022)

Total Marks: 1

Which of the following scale is used for Muslims?

Select the correct option


- Spiritual Transcendence Scale
- Rehman's Religious Scale
- Spiritual Well-Being Scale
- Religious Beliefs Inventory

Question # 8 of 10 ( Start time: 08:05:18 PM, 19 August 2022 )

Total Marks: 1

Which of the following psychologist argues against egotistic motive in his book The Altruistic Question and presented Empathy-Altruism Hypothesis?

Select the correct option

- |                       |           |
|-----------------------|-----------|
| <input type="radio"/> | Rizzolati |
| <input type="radio"/> | Bem dura  |
| <input type="radio"/> | Seligman  |
| <input type="radio"/> | Batson    |
- 



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MC210200012: MUHAMMAD SAEED

PSY409 - Positive Psychology (Quiz 3)

Question # 9 of 10 ( Start time: 08:05:56 PM, 19 August 2022 )

When we are mindful, we become -----

Select the correct option

- Apparent to context or perspective
- Obvious to context or perspective
- Sensitive to context or perspective
- Evident to context or perspective





MC210200012: MUHAMMAD SAEED

PSY409 - Positive Psychology (Quiz 3)

Question # 7 of 10 ( Start time: 08:04:36 PM, 19 August 2022 )

Which of the following is NOT included in Nalkan technique used by Japanese?

Select the correct option

- |                       |   |
|-----------------------|---|
| <input type="radio"/> | What should be my behavior?                           |
| <input type="radio"/> | What did I give?                                      |
| <input type="radio"/> | What did I receive?                                   |
| <input type="radio"/> | What troubles and difficulties did I cause to others? |



Question # 7 of 10 ( Start time: 07:54:34 PM, 19 August 2022 )

What did Richards maintain in his research on religiosity?

Select the correct option



Religion causes satisfaction to increase positive impact with age



Intrinsic faith was related to a positive psycho-spiritual view on life



More religious students feel less lonesome and more close to God



People get closer to death and tend to look more towards God as they mature

Question # 5 of 10 ( Start time: 08:00:21 PM, 19 August 2022 )

"I am so involved in what I am doing. I don't see myself as separate from what I am doing" is an example of ...

Select the correct option

- Flow
- Mindfulness
- Wisdom
- Courage

Click to Save Answer



Question # 3 of 10 ( start time: 07:59:58 PM, 19 August 2022 )

Total Marks: 1

Which of the following courage involves the strength to acknowledge and face personal weaknesses, destructive habits or threats to one's own psychological stability?

Select the correct option

- |                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | Psychological courage |
| <input type="radio"/> | Physical courage      |
| <input type="radio"/> | Islamic courage       |
| <input type="radio"/> | Moral courage         |



MC210200012: MUHAMMAD SAEED

PSY409 - Positive Psychology (Quiz 3)

Question # 2 of 10 ( Start time: 07:58:58 PM, 19 August 2022 )

Psychological side of faith and spirituality is known as:

Select the correct option

<input type="radio"/>	Intrinsic faith
<input type="radio"/>	Blind faith
<input type="radio"/>	Sturdy faith
<input type="radio"/>	Extrinsic faith



Question # 4 of 10 ( Start time: 07:52:36 PM, 19 August 2022 )

Which of the following is a dimension of courage in the Values in Action Classification system, which involves taking a principled intellectual stance in the face of danger or fear?

Select the correct option

<input type="radio"/>	Enthusiasm/Zest
<input type="radio"/>	Valor
<input type="radio"/>	Industry/Perseverance
<input type="radio"/>	Authenticity

Question # 10 of 10 (Start time: 06:42:12 PM, 19 August 2022)

Other box

Total Mar

Which of the following is a dimension of courage in the Values in Action Classification system, which involves taking a physical, emotional or intellectual stance in the face of danger or fear?

Select the correct option

- Authenticity
- Valor
- Enthusiasm/Zest
- Industry/Perseverance

Click to Save Answer & Move to Next Question

Type here to search

Taskbar with icons for various applications and system status (34°C, 6:43 PM).

Question # 9 of 10 ( Start time: 06:41:29 PM, 19 August 2022 )

Which of the following is an emotional response to the perceived plight of another person?

Select the correct option

- |                       |          |
|-----------------------|----------|
| <input type="radio"/> | Egoism   |
| <input type="radio"/> | Empathy  |
| <input type="radio"/> | Apathy   |
| <input type="radio"/> | Altruism |



\*Expert knowledge and judgment about important, difficult and uncertain question

Select the correct option

- |                       |                          |
|-----------------------|--------------------------|
| <input type="radio"/> | Wisdom                   |
| <input type="radio"/> | Hope                     |
| <input type="radio"/> | Emotional intelligence   |
| <input type="radio"/> | Psychological resilience |



Question # 10 of 10 ( 2011-2012, 2012-2013, 2013-2014 )  
Which of the following courage is the authentic expression of one's beliefs or values in pursuit of justice or the common good despite power differentials, dissent, disapproval or rejection?

Select the correct option

- Moral courage
- Physical courage
- Vital courage
- Psychological courage

The term "successful aging" was popularized by:

Select the correct option

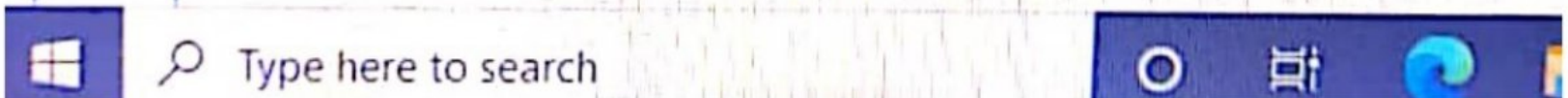
<input type="radio"/>	Robert Havighurst
<input type="radio"/>	Abraham Maslow
<input type="radio"/>	Richard Snyder
<input type="radio"/>	Martin Seligman



"Helping others is usually a waste of time" is a sample item of:

Select the correct option

<input type="radio"/>	Self Report Altruism Scale
<input type="radio"/>	Helping Attitude Scale
<input type="radio"/>	Prosocial Behavior Questionnaire
<input type="radio"/>	Ethical Behavior Rating Scale



## PSY409 - Positive Psychology (Quiz 3)

Question # 1 of 10 ( **Start time: 06:36:06 PM, 19 August 2022** )

What did Genia conclude in his research on religiosity?

Select the correct option

- |                       |   |
|-----------------------|---|
| <input type="radio"/> | Religion causes satisfaction to increase positive impact with age       |
| <input type="radio"/> | People get closer to death and tend to look more towards God as t       |
| <input type="radio"/> | More religious students feel less lonesome and more close to God        |
| <input type="radio"/> | Intrinsic faith was related to a positive psycho-spiritual view on life |





MC210202923: RABIA KOUSAR

PSY409 - Positive Psychology (Quiz 3)

Quiz:

Question # 6 of 10 ( Start time: 06:29:44 PM, 19 August 2022 )

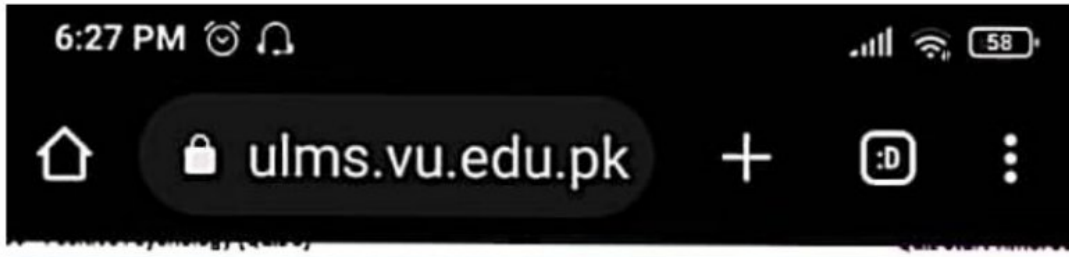
Erikson emphasized that wisdom is gained through \_\_\_\_\_, specifically those invol

Select the correct option

- Resolution of psychic conflicts pertaining individuating from the family unit
- Person's childhood
- Resolution of daily crisis
- Quality of one's social environment in early adulthood

Click to Save





Question # 4 of 10 ( Start time: 06:27:31 PM, 19 August 2022 )

According to Ardelt's analysis of the characteristics that facilitated the development of wisdom revealed \_\_\_\_\_ have an impact on the development of wisdom.

Choose the correct option

Person's childhood

Resolution of daily crisis

Quality of one's social environment in early adulthood

Resolution of psychic conflicts pertaining individuating from the family unit

Click to Save Answer & Move to Next Question

18:14

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10



Question # 1 of 10 ( Start time: 06:13:52 PM, 19 August 2022 )

Vicky Genia examined spirituality's impact on one's life. Genia used which of the following measure for assessment?

Select the correct option

All of the given options

Beck Depression Inventory

Social Desirability Scale

Spiritual Well-Being Scale

Click to Save Answer & Mo



MC210202923: RABIA KOUSAR

PSY409 - Positive Psychology (Quiz 3)

Question # 3 of 10 ( Start time: 06:26:39 PM, 19 August 2022 )

Hunsberger in his research on religiosity, found that religion causes a sample of \_\_\_\_\_

Select the correct option

<input type="radio"/>	Doctors
<input type="radio"/>	Bankers
<input type="radio"/>	Nuns
<input type="radio"/>	College students

The shortness of life, total isolation of death, fear of not being, and disintegration of body after dying are all examples of:

Select the correct option

- Social anxiety
- Death anxiety
- Postpartum anxiety
- Social anxiety

Click to Save Answer & Move to Next Question

"My concentration is like breathing. I never think of it" is an example of \_\_\_\_\_.

Select the correct option

<input type="radio"/>	Courage
<input type="radio"/>	Mindfulness
<input type="radio"/>	Flow
<input type="radio"/>	Wisdom

Click to Save Answer & Move to Next Question

Which of the following was used to measure the universalistic and spiritual orientation of near death experiences?

Select the correct option

Revised intrinsic religious scale

Religious Beliefs Inventory

Extrinsic religious scale

Spiritual Transcendence Scale

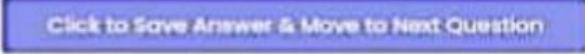
The term successful aging was popularized by Robert Havighurst (1961) when he wrote about "adding life to years" in the first issue of The Gerontologist. Adding years to life closely relates to:

Select the correct option

 Reload Math Equations

- Not taking retirement
- Making life rigorous
- Making life longer
- Making life meaningful and Joyful



 Click to Save Answer & Move to Next Question

MC210401430: FARYAL FATIMA

Time Left 90 sec(s)

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 05:07 PM, 19 August 2022

Question # 2 of 10 ( Start time: 05:08:30 PM, 19 August 2022 )

Total Marks:

Which of the following courage involves the strength to acknowledge and face personal weaknesses, destructive habits or threats to one's own psychological stability?

Select the correct option

- Islamic courage
- Moral courage
- Physical courage
- Psychological courage

Click to Save Answer & Move to Next Question



MC210401430: FARYAL FATIMA

Time Left 88 sec(s)

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 05:07 PM, 19 August 2022

Question # 1 of 10 (start time: 05:07:40 PM, 19 August 2022)

Total Marks:

What did Richards maintain in his research on religiosity?

Select the correct option

- More religious students feel less lonesome and more close to God
- Religion causes satisfaction to increase positive impact with age
- People get closer to death and tend to look more towards God as they mature
- Intrinsic faith was related to a positive psycho-spiritual view on life

Click to Save Answer & Move to Next Question

Question # 2 of 10 ( Start time: 06:26:05 PM, 19 August 2022 )

Which of the following is a subtype of vital courage?

Select the correct option

- |                       |                        |
|-----------------------|------------------------|
| <input type="radio"/> | Health courage         |
| <input type="radio"/> | Panic-specific courage |
| <input type="radio"/> | Physical courage       |
| <input type="radio"/> | Moral courage          |

MC210401430: FARYAL FATIMA

Time Left 90 sec(s)

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 05:07 PM, 19 August 2022

Question # 3 of 10 (start time: 05:09:16 PM, 19 August 2022)

Total Marks:

\_\_\_\_\_ is referred to as giving in the present moment within a context of love and compassion, without attachment to gain or thought of return.

Select the correct option

- Gratitude
- Openness
- Generosity
- Empathy

Click to Save Answer & Move to Next Question

Question # 7 of 10 ( Start time: 05:12:11 PM, 19 August 2022 )

Total Marks:

Which of the following is the quality of reverence, appreciating and being thankful for the present moment?

Select the correct option

- Openness
- Love-kindness
- Empathy
- Gratitude

Click to Save Answer & Move to Next Question

MC210401430: FARYAL FATIMA

Time Left 89 sec(s)

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 05:07 PM, 19 August 2022

Question # 10 of 10 ( start time: 05:14:51 PM, 19 August 2022 )

Total Marks:

"It feels wonderful to assist others in need" is a sample item of:

Select the correct option

- Self Report Altruism Scale
- Prosocial Behavior Questionnaire
- Ethical Behavior Rating Scale
- Helping Attitude Scale

Click to Save Answer & Move to Next Question



**Y409 - Positive Psychology (Quiz 3)**

**Question # 1 of 10 ( Start time: 06:25:29 PM, 19 August 2022 )**

What did Genia conclude in his research on religiosity?

**Select the correct option**

- Intrinsic faith was related to a positive psycho-spiritual view on life
- More religious students feel less lonesome and more close to God
- Religion causes satisfaction to increase positive impact with age
- People get closer to death and tend to look more towards God as they mature

220204766: FAIQA NOOR

Time Left

1408 - Positive Psychology (Quiz 3)

Quiz Start Time: 05:41 PM, 19 Augu

Question # 3 of 10 ( Start time: 05:42:17 PM, 19 August 2022 )

Total %

Which of the following is the use of logical argumentation, discussion and reasoning as a method of intellectual investigation and it involves examining and resolving opposing or contradictory ideas and integrating subjective information, motivation and life experiences?

Select the correct option

Sensorimotor stage

Dialectical operations

Concrete operations

Preoperational stage

Click to Save Answer & Move to Next Question

https://paperkit.net/aurbb190-a9cb-41f7-95bb-7baa02965f6e

MC220204766: FAIQA NOOR

PSY409 - Positive Psychology (Quiz 3)

Question # 5 of 10 ( Start time: 05:43:38 PM, 19 August 2022 )

Which of the following is a component of the Berlin wisdom paradigm that requires understanding a problem in terms of its context (love, work and play)?

Select the correct option

- Relativism of values
- Procedural knowledge
- Life span contextualism
- Managing uncertainty

37°C  
Haze



Question # 7 of 10 ( Start time: 05:46:01 PM, 19 August 2022 )

"Expert knowledge and judgment about important, difficult and uncertain questions associated with the meaning and conduct of life" is the definition of

Select the correct option

- |                                  |                          |
|----------------------------------|--------------------------|
| <input type="radio"/>            | Emotional intelligence   |
| <input type="radio"/>            | Hope                     |
| <input checked="" type="radio"/> | Wisdom                   |
| <input type="radio"/>            | Psychological resilience |

37°C  
Haze



Question # 8 of 10 ( Start time: 05:46:32 PM, 19 August 2022 )

According to Genia which of the following orientation is defined as psychologically altering oneself to their faith in respect to spiritual well-being?

Select the correct option

- |                                  |             |
|----------------------------------|-------------|
| <input type="radio"/>            | Superficial |
| <input type="radio"/>            | Extrinsic   |
| <input type="radio"/>            | Outer       |
| <input checked="" type="radio"/> | Intrinsic   |

Y409 - Positive Psychology (Quiz 3)

Question # 10 of 10 ( Start time: 05:47:27 PM, 19 August 2022 )

Which of the following is a dimension of courage in the Values in Action Classification system, which involves thriving or having motivation in challenging situations or tasks?

Select the correct option

- |                                  |                       |
|----------------------------------|-----------------------|
| <input type="radio"/>            | Valor                 |
| <input type="radio"/>            | Authenticity          |
| <input checked="" type="radio"/> | Enthusiasm/Zest       |
| <input type="radio"/>            | Industry/Perseverance |

Question # 9 of 10 ( Start time: 05:46:53 PM, 19 August 2022 )

Amy Wrzesniewski is a \_\_\_\_\_.

Select the correct option

<input type="radio"/>	Social psychologist
<input type="radio"/>	Sport psychologist
<input checked="" type="radio"/>	Positive psychologist
<input type="radio"/>	Developmental psychologist

MC220204766: FAIQA NOOR

PSY409 - Positive Psychology (Quiz 3)

Question # 1 of 10 ( Start time: 05:41:01 PM, 19 August 2022 )

Which of the following is a dimension of courage in the Values in Action Classification system, which involves taking a physical, emotional or intellectual stance in the face of danger or fear?

Select the correct option

- |                                  |                       |
|----------------------------------|-----------------------|
| <input type="radio"/>            | Industry/Perseverance |
| <input checked="" type="radio"/> | Valor                 |
| <input type="radio"/>            | Authenticity          |
| <input type="radio"/>            | Enthusiasm/Zest       |





MC21222774: SAMRA FISHAD

Time Left 89 sec(s)

PSY411: Introduction to Psychology (Quiz 3)

Quiz Start Time: 05:55 PM, 19 August 2022

Question [Start time: 08:00:53 PM, 19 August 2022]

Total Marks:

Which of the following scale is used for Muslims?

Select the correct answer

- Rahman's Scale
- Spiritual Transcendental Scale
- Religious Beliefs Inventory
- Spiritual Well-Being Scale

Click to Save Answer & Move to Next Question



**SY409 - Positive Psychology (Quiz 3)**

**Question # 10 of 10 ( Start time: 05:52:20 PM, 19 August 2022 )**

A person may have come through a major medical crisis or problem and c

**Select the correct option**

- Courage
- Benefit finding
- Wisdom
- Gratitude finding

**SY409 - Positive Psychology (Quiz 3)**

**Question # 6 of 10 ( Start time: 05:50:32 PM, 19 August 2022 )**

\_\_\_\_\_ is referred to as seeing things as if for the first time, creating possibilities

**Select the correct option**

- Generosity
- Openness
- Gratitude
- Empathy

PSY409 - Positive Psychology (Quiz 3)

Question # 5 of 10 ( Start time: 05:50:01 PM, 19 August 2022 )

What did Genia conclude in his research on religiosity?

Select the correct option

- People get closer to death and tend to look more towards God as they mature
- Intrinsic faith was related to a positive psycho-spiritual view on life
- More religious students feel less lonesome and more close to God
- Religion causes satisfaction to increase positive impact with age

**PSY409 - Positive Psychology (Quiz 3)****Question # 2 of 10 ( Start time: 05:48:31 PM, 19 August 2022 )**

Vicky Genia examined spirituality's impact on one's life. Genia used

**Select the correct option**

Beck Depression Inventory

Spiritual Well-Being Scale

Social Desirability Scale

All of the given options



**Question # 10 of 10 ( Start time: 05:38:41 PM, 19 August 2022 )**

Which of the following is NOT a predictor of healthy aging?

**Select the correct option**

- |                       |                              |
|-----------------------|------------------------------|
| <input type="radio"/> | Smoking                      |
| <input type="radio"/> | A stable marriage            |
| <input type="radio"/> | Maintaining a healthy weight |
| <input type="radio"/> | Education                    |

Question # 8 of 10 ( Start time: 05:37:43 PM, 19 August 2022 )

Initial findings of "Helping Attitude Scale" show that ----- have more positive attitudes about helping.

Select the correct option

- Doctors
- Men
- Women
- College students

15 August 2022 )

Flow is experienced when perceived opportunities for action are in balance with actor's perceived \_\_\_\_\_

Select the correct option

- Technology
- Skills
- Thrills
- Techniques

to Save Action

Question # 6 of 10 ( Start time: 05:36:48 PM, 19 August 2022 )

"I am so involved in what I am doing. I don't see myself as separate from what I am doing" is an example of \_\_\_\_\_

Select the correct option

- Courage
- Flow
- Mindfulness
- Wisdom

Click to Save Answer & Move

Question # 4 of 10 ( Start time: 05:35:48 PM, 19 August 2022 )

According to Genia which of the following orientation is defined as psychologically altering oneself to their faith in respect to spiritual well-being?

Select the correct option

- |                       |             |
|-----------------------|-------------|
| <input type="radio"/> | Intrinsic   |
| <input type="radio"/> | Extrinsic   |
| <input type="radio"/> | Superficial |
| <input type="radio"/> | Outer       |
- Click to Save Answer & Move

Question # 3 of 10 ( **start time: 05:35:17 PM, 19 August 2022** )

SAWS stands for:

Select the correct option

- Self-Authentic Wisdom Scale
- Self-Altruistic Wisdom Scale
- Self-Assessed Wisdom Scale
- Self-Appreciated Wisdom Scale

Question # 2 of 10 ( Start time: 05:34:31 PM, 19 August 2022 )

Total Marks

Which of the following is a dimension of courage in the Values in Action Classification system, which involves acknowledging and representing one's true self, values, beliefs and behavior to oneself and others?

Select the correct option

- |                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | Industry/Perseverance |
| <input type="radio"/> | Authenticity          |
| <input type="radio"/> | Enthusiasm/Zest       |
| <input type="radio"/> | Valor                 |

## Y409 - Positive Psychology (Quiz 3)

Question # 8 of 10 ( Start time: 05:30:48 PM, 19 August 2022 )

Which of the following is the quality of feeling and understanding another person's emotions, actions, reactions and then communicating this to the person?

Select the correct option

- |                       |               |
|-----------------------|---------------|
| <input type="radio"/> | Openness      |
| <input type="radio"/> | Gratitude     |
| <input type="radio"/> | Empathy       |
| <input type="radio"/> | Love-kindness |

**PSY409 - Positive Psychology (Quiz 3)**

**Question # 7 of 10 ( Start time: 05:30:20 PM, 19 August 2022 )**

Ames and Samuels (1999) defined spirituality as:

**Select the correct option**

- |                       |  |
|-----------------------|--|
| <input type="radio"/> | Culture and norms                            |
| <input type="radio"/> | Search for meaning and purpose in one's life |
| <input type="radio"/> | Political organization of society            |
| <input type="radio"/> | Search for psychological behavior            |

**PSY409 - Positive Psychology (Quiz 3)**

**Question # 6** ( **Start time: 05:29:38 PM, 19 August 2022** )

Which of the following scale is used for Muslims?

**Select the correct option**

- Rehman's Religious S
- Religious Beliefs invento
- Spiritual Transcendence Sc
- Spiritual Well-Being Scale

PSY409 - Positive Psychology (Quiz 3)

Question # 4 of 10 ( Start time: 05:27:44 PM, 19 August 2022 )

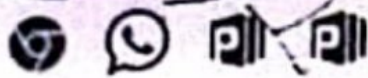
Richards, in his research on religiosity, focused on relations of religiousness, personality and mer

Select the correct option

- Bankers
- College students
- Nuns
- Doctors

Click

5:17 PM



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11



190403802: KASHMALA GULL

Time Left

PSY-409 - Positive Psychology (Quiz 3)

Quiz Start Time: 05:15 PM, 19 Aug

Question # 2 of 10 (start time: 05:16:15 PM, 19 August 2022)

Total

Which of the following is the ability to find meaning in confusion and solve new problems, to draw inferences and understand the relationships between various concepts, independent of acquired knowledge?

Select the correct option

Experiential intelligence

Contextual intelligence

Crystallized intelligence

Fluid intelligence



Click to Save Answer & Move to Next Question

Which of the following orientation is defined as using religion for one's own benefit?

Select the correct option

- Inherent
- Extrinsic
- Central
- Intrinsic

PSY409 - Positive Psychology (Quiz 3)

Question # 5 of 10 ( Start time: 05:10:45 PM, 19 August 2022 )

Which of the following is a dimension of courage in the Values in Action Classification: Intellectual stance in the face of danger or fear?

Select the correct option

- Valor
- Enthusiasm/Zest
- Industry/Perseverance
- Authenticity



vulms.vu.edu.pk/



IC210202368 HIRA BATOOL

SY408 - Positive Psychology (Quiz 3)

Qu

Question # 3 of 10 ( Start time: 05:09:18 PM, 19 August 2022 )

Which of the following courage involves a person's persistence and perseverance through a disease, often with a positive outcome?

Select the correct option

Moral courage

Vital courage

Physical courage

Psychological courage

Click to Submit



409 - Positive Psychology (Quiz 3)

Question # 2 of 10 ( Start time: 05:08:44 PM, 19 August 2022 )

Which of the following support involves giving assistance or help when needed?

Select the correct option

- Social support
- Instrumental support
- Emotional support
- Socioemotional support

PSY-409 - Positive Psychology (Quiz 3)

Question # 1 of 10 ( Start time: 05:08:00 PM, 19 August 2022 )

Yung-Tsung Lin in his research on religiosity, found that religion causes satisfaction to increase in

Select the correct option

Doctors

College students

Nuns

Bankers

**Question # 10 of 10 ( Start time: 05:06:01 PM, 19 August 2022 )**

Ames and Samuel have defined \_\_\_\_\_ as the search for meaning and purpose in one's life.

**Select the correct option**

- Spirituality
- Hope
- Self-efficacy
- Wisdom

**Question # 9 of 10 ( Start time: 05:05:34 PM, 19 August 2022 )**

When we are mindful, we become \_\_\_\_\_.

**Select the correct option**

Apparent to context or perspective

Sensitive to context or perspective



Evident to context or perspective

Obvious to context or perspective

Question # 8 of 10 ( Start time: 05:04:51 PM, 19 August 2022 )

Erikson emphasized that wisdom is gained through \_\_\_\_\_, specifically those involving integrity and despair.

Select the correct option

- |                       |   |
|-----------------------|---|
| <input type="radio"/> | Resolution of psychic conflicts pertaining individuating from the family unit |
| <input type="radio"/> | Person's childhood  |
| <input type="radio"/> | Quality of one's social environment in early adulthood                        |
| <input type="radio"/> | Resolution of daily crisis  |

Click to Save Answer

Question # 6 of 10 ( Start time: 05:03:47 PM, 19 August 2022 )

\_\_\_\_\_ is referred to as seeing things as if for the first time, creating possibility by paying attention to all feedback in the present moment.

Select the correct option

- Generosity
- Openness
- Gratitude
- Empathy

Click to Save Answer & Move to Next

Question # 4 of 10 ( Start time: 05:02:42 PM, 19 August 2022 )

"Unless they are part of my family, helping the elderly is not my responsibility" is a sample item of:

Select the correct option

- |                       |                                  |
|-----------------------|----------------------------------|
| <input type="radio"/> | Helping Attitude Scale           |
| <input type="radio"/> | Prosocial Behavior Questionnaire |
| <input type="radio"/> | Self Report Altruism Scale       |
| <input type="radio"/> | Ethical Behavior Rating Scale    |

Question # 3 of 10 ( Start time: 05:02:09 PM, 19 August 2022 )

Which of the following courage involves a person's persistence and perseverance through a disease, illness or disability despite an uncertain outcome?

Select the correct option

- Vital courage
- Physical courage
- Psychological courage
- Moral courage

Question # 2 of 10 ( Start time: 05:01:28 PM, 19 August 2022 )

Which of the following courage is an attempted physical behavior or action that seeks to uphold the values of a society or the common good?

Select the correct option

- Vital courage
- Psychological courage
- Moral courage
- Physical courage

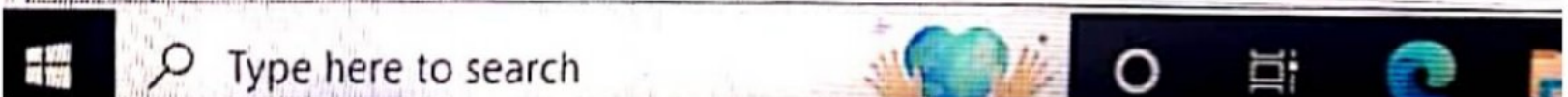
Click to Save Answer & M

Question # 9 of 10 ( Start time: 04:59:03 PM, 19 August 2022 )

Which of the following is regarded as synonym of courage?

Select the correct option

- Spinelessness
- Fearlessness
- Cowardice
- Fearfulness



**Question # 8 of 10 ( Start time: 04:58:37 PM, 19 August 2022 )**

"My concentration is like breathing. I never think of it" is an example of \_\_\_\_\_.

**Select the correct option**

- Mindfulness
- Wisdom
- Courage
- Flow



**PSY409 - Positive Psychology (Quiz 3)**

**Question # 7 of 10 ( Start time: 04:57:56 PM, 19 August 2022 )**

The people, who engage in community volunteer works, usually have:

**Select the correct option**

- |                       |                    |
|-----------------------|--------------------|
| <input type="radio"/> | Altruism           |
| <input type="radio"/> | Egotism Approaches |
| <input type="radio"/> | Apathetic approach |
| <input type="radio"/> | Flow               |

Question # 5 of 10 ( Start time: 04:56:46 PM, 19 August 2022 )

Identify the theory developed by Sternberg which specifies the processes used to balance personal interests with environmental context to achieve a common good?

Select the correct option

- |                       |                            |
|-----------------------|----------------------------|
| <input type="radio"/> | Dithering theory of wisdom |
| <input type="radio"/> | Berlin wisdom paradigm     |
| <input type="radio"/> | Balance theory of wisdom   |
| <input type="radio"/> | Wavering theory of wisdom  |

Question # 3 of 10 ( Start time: 04:55:37 PM, 19 August 2022 )

Which of the following is an emotional response to the perceived plight of another person?

Select the correct option

Empathy

Apathy

Egoism

Altruism



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Y409 - Positive Psychology (Quiz 3)

Quiz 3

Question # 10 of 10 ( Start time: 04:51:39 PM, 19 August 2022 )

Longitudinal research on flow reveals how flow experiences are associated with \_\_\_\_\_ overtime.

Select the correct option

- Betterment
- Achievement
- Detachment
- Attachment

Click to Save





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Question # 9 of 10 ( Start time: 04:51:00 PM, 19 August 2022 )

The term "successful aging" was popularized by:

Select the correct option

- Richard Snyder
- Abraham Maslow
- Martin Seligman
- Robert Havighurst





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PSY409 - Positive Psychology (Quiz 3)

Question # 3 of 10 ( Start time: 04:44:36 PM, 19 August 2022 )

Spiritual Transcendence Scale was developed by:

Select the correct option

- |                       |               |
|-----------------------|---------------|
| <input type="radio"/> | McPherson     |
| <input type="radio"/> | Thomas Hobbes |
| <input type="radio"/> | Piedmont      |
| <input type="radio"/> | Rehman        |





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57



MUZ10201028: FIZZA ANAM

**PSY409 - Positive Psychology (Quiz 3)****Question # 3 of 10 ( Start time: 04:36:52 PM, 19 August 2022 )**

Sufism, feminist, goddess, ecological, spiritualities are all examples of:

**Select the correct option**

<input type="radio"/>	Secularism
<input type="radio"/>	Traditional organized religions
<input type="radio"/>	Newer spirituality movements
<input type="radio"/>	Religious variations



MC210203617: KIRAN IRSHAD

PSY409 - Positive Psychology (Quiz 3)

Q

Question # 4 of 10 ( Start time: 04:45:42 PM, 19 August 2022 )

What did Genia conclude in his research on religiosity?

Select the correct option

- Intrinsic faith was related to a positive psycho-spiritual view on life
- People get closer to death and tend to look more towards God as they mature
- Religion causes satisfaction to increase positive impact with age
- More religious students feel less lonesome and more close to God

Click to





Time Left

PSY 408 - Positive Psychology (Quiz 3)

Quiz Start Time: 04:35 PM, 19 August 2022

Question # 2 of 10 ( Start time: 04:35:58 PM, 19 August 2022 )

Total Marks

Which of the following courage is the authentic expression of one's beliefs or values in pursuit of justice or the common good despite power differentials, dissent, disapproval or rejection?

Select the correct option

Vital courage

Physical courage

Psychological courage

Moral courage



Click to Save Answer & Move to Next Question






PSY409 - Positive Psychology (Quiz 3)

Question # 1 of 10 ( Start time: 04:35:09 PM, 19 August 2022 )

Which of the following is an emotional response to the perceived plight of another person?

Select the correct option

- Empathy 
- Egoism
- Altruism
- Apathy





Question # 10 of 10 ( start time: 04:33:02 PM, 19 August 2022 )

Which of the following is a subtype of vital courage?

Select the correct option

- Health courage
- Physical courage
- Moral courage
- Panic-specific courage

Click to Save Answer



Time Left

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 04:25 PM, 19 August 2022

Question # 8 of 10 ( Start time: 04:31:31 PM, 19 August 2022 )

Total Marks: 1

Which of the following is an optimal state of engagement in which a person perceives challenges to action as neither underutilizing nor overwhelming his or her existing skills and has clear, attainable goals and immediate feedback about progress?

Select the correct option

- Mindfulness
- Flow
- spirituality
- Attention

Click to Save Answer & Move to Next Question



Time Left

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 04:25 PM, 19 August 2022

Question # 8 of 10 ( Start time: 04:31:03 PM, 19 August 2022 )

Total Marks

Which of the following courage involves the strength to acknowledge and face personal weaknesses, destructive habits or threats to one's own psychological stability?

Select the correct option

- Moral courage
- Physical courage
- Psychological courage
- Islamic courage



Click to Save Answer & Move to Next Question



Time Le

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 04:25 PM, 19 Au

Question # 7 of 10 ( start time: 04:30:15 PM, 19 August 2022 )

Tot

Longitudinal research on flow reveals how flow experiences are associated with \_\_\_\_\_ overtime.

Select the correct option

- Detachment
- Betterment
- Attachment
- Achievement



Click to Save Answer & Move to Next Qu



Question # 5 of 10 ( Start time: 04:28:21 PM, 19 August 2022 )

What did Richards maintain in his research on religiosity?

Select the correct option

- |                       |   |
|-----------------------|---|
| <input type="radio"/> | Religion causes satisfaction to increase positive impact with age       |
| <input type="radio"/> | People get closer to death and tend to look more towards God as the     |
| <input type="radio"/> | More religious students feel less lonesome and more close to God        |
| <input type="radio"/> | Intrinsic faith was related to a positive psycho-spiritual view on life |



Time Left

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 04:25 PM, 19 August 20

Question # 2 of 10 ( Start time: 04:26:24 PM, 19 August 2022 )

Total Mark

Which of the following is the ability to find meaning in confusion and solve new problems, to draw inferences and understand the relationship of various concepts, independent of acquired knowledge?

Select the correct option

- Fluid intelligence
- Experiential intelligence
- Crystallized intelligence
- Contextual intelligence

Click to Save Answer & Move to Next Question



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Time Left 05

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 04:25 PM, 19 August 20

Question # 3 of 10 ( Start time: 04:27:15 PM, 19 August 2022 )

Total Mark

Which of the following is a dimension of courage in the Values in Action Classification system, which involves taking a physical, emotional or intellectual stance in the face of danger or fear?

Select the correct option

- Industry/Perseverance
- Valor
- Authenticity
- Enthusiasm/Zest


Click to Save Answer & Move to Next Question



Question # 4 of 10 ( start time: 04:27:59 PM, 19 August 2022 )

Ellen Langer is a -----

Select the correct option

- Social psychologist 
- Positive psychologist
- Sport psychologist
- Developmental psychologist

Click to Save Answer & Move to



Question # 1 of 10 ( Start time: 04:25:55 PM, 19 August 2022 )

"I am so involved in what I am doing, I don't see myself as separate from what I am doing" is an example of ..

Select the correct option

- Flow
- Mindfulness
- Wisdom
- Courage

Click to Save Answer

Question # 5 of 10 ( Start time: 02:29:05 PM, 19 August 2022 )

Jung proposed that wisdom develops through \_\_\_\_\_

Select the correct option

- Quality of one's social environment in early adulthood
- Resolution of daily crisis
- Resolution of psychic conflicts pertaining individuating from the family unit
- Person's childhood

Which of the following courage is the authentic expression of one's beliefs or values in pursuit of justice or the common good despite power differentials, dissent, disapproval or rejection?

\_\_\_\_\_

Select the correct option

- Moral courage
- Psychological courage
- Physical courage
- Vital courage

Click to Save Answer & Move to Next Question

\_\_\_\_\_

Question # 9 of 10 ( Start time: 02:45:21 PM, 19 August 2022 )

Total Mark

A cluster of traits exhibited by a person who enjoys life and who "generally does things for his or her own sake, rather than in order to achieve some later external goal" is called:

Select the correct option

- Autotelic personality
- Spiritual personality
- Extrovert personality
- Introvert personality

Click to Show Answer | 5 Marks for this question

Question # 8 of 10 ( Start time: 02:44:48 PM, 19 August 2022 )

Which of the following courage involves a person's persistence and perseverance through a disease, illness or disability despite an uncertain outcome?

Select the correct option

- Physical courage
- Moral courage
- Psychological courage
- Vital courage

Question # 8 of 10 ( Start time: 02:33:29 PM, 18 August 2023 )

Which of the following courage is an attempted physical behavior or action that seeks to uphold the val

Select the correct option

- Vital courage
- Physical courage
- Psychological courage
- Moral courage

Click to S

Question # 6 of 10 ( start time: 11:13:02 AM, 19 August 2022 )

Total Marks: 1

Which of the following orientation is defined as using religion for one's own benefit and for social reward in respect to spiritual well-being, by Genia?

Select the correct option

<input type="radio"/>	Central
<input checked="" type="radio"/>	Extrinsic
<input type="radio"/>	Inherent
<input type="radio"/>	Intrinsic

Click to Save Answer & Move to Next Question

Question # 7 of 10 ( Start time: 11:14:20 AM, 19 August 2022 )

Total Marks:

Which of the following support involves giving assistance or help when needed?

Select the correct option

- Social support
- Emotional support
- Socioemotional support
- Instrumental support

Click to Save Answer & Move to Next Question

Question # 5 of 10 ( Start time: 11:11:43 AM, 19 August 2022 )

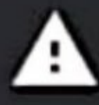
Total Marks: 1

According to studies conducted in Pakistan which one of the following is an important factor as far as happiness and life satisfaction is concerned.

Select the correct option

<input checked="" type="radio"/>	Social Support
<input type="radio"/>	Meaningful work
<input type="radio"/>	Healthy diet
<input type="radio"/>	Wealth

Click to Save Answer & Move to Next Question



MC210201700: AFIFA MUJAHID

Time Left 80 sec(s)

PSY409 - Positive Psychology (Quiz 3)

Quiz Start Time: 11:09 AM, 19 August 2022

Question # 3 of 10 ( start time: 11:10:51 AM, 19 August 2022 )

Total Marks: 1

Richards, in his research on religiosity, focused on relations of religiosity, personality and mental health in a sample of \_\_\_\_\_

Select the correct option

<input type="radio"/>	Nuns
<input type="radio"/>	Bankers
<input checked="" type="radio"/>	College students
<input type="radio"/>	Doctors

Click to Save Answer & Move to Next Question

Question # 1 of 10 ( Start time: 11:09:53 AM, 19 August 2022 )

Total Marks:

Which of the following is a dimension of courage in the Values in Action Classification system, which involves thriving or having motivation in challenging situations or tasks?

Select the correct option

- Valor
- Enthusiasm/Zest
- Authenticity
- Industry/Perseverance

Click to Save Answer & Move to Next Question

Question # 10 of 10 ( start time: 11:15:58 AM, 19 August 2022 )

Total Marks:

According to Ardelt's analysis of the characteristics that facilitated the development of wisdom revealed that \_\_\_\_\_ have an impact on the development of wisdom.

Select the correct option

- Resolution of psychic conflicts pertaining individuating from the family unit
- Quality of one's social environment in early adulthood
- Person's childhood
- Resolution of daily crisis

Click to Save Answer & Move to Next Question



MC200404973 SAMRA JAHAN

Time Left 6 sec(s)

PSY409: Quiz no. 04

Quiz Start Time: 09:04 PM, 04 March 2022

Question # 5 of 10 ( Start time: 09:09:08 PM, 04 March 2022 )

Total Marks: 1

What did Richards maintain in his research on religiosity?


Select the correct option

- More religious students feel less lonesome and more close to God
- People get closer to death and tend to look more towards God as they mature
- Religion causes satisfaction to increase positive impact with age
- Intrinsic faith was related to a positive psycho-spiritual view on life

Saving..

Ames and Samuels (1999) defined spirituality as:

Select the correct option

- |                                  |  |
|----------------------------------|--|
| <input type="radio"/>            | Search for psychological behavior  |
| <input type="radio"/>            | Culture and norms  |
| <input checked="" type="radio"/> | Search for meaning and purpose in one's life  |
| <input type="radio"/>            | Political organization of society  |




PSY409:Quiz no. 04

Question # 1 of 10 ( Start time: 11:10:17 PM, 04 March 2022 )

"My friend reacts to the positive event enthusiastically" is an example of \_\_\_\_\_

Select the correct option

- Active/Constructive 
- Active/Destructive
- Passive/Constructive
- Passive/Destructive

Question # 3 of 10 ( Start time: 10:35:59 PM, 04 March 2022 )

Total Marks: 1

“Requires apology from perpetrator” is an example of

\_\_\_\_\_.

Select the correct option

- Apologetic approach
- Humanistic approach
- Spiritual approach
- Rationalistic approach



Which of the following assesses the respondent's thoughts about a most recent interpersonal transgression?

Select the correct option

- HFS
- EVI
- TRIM
- WTF

Submit Answer / Marked for Review


Question # 7 of 10 ( Start time: 10:41:10 PM, 04 March 2022 )

Total Marks: 1

Which of the following actions are intended to stop or lessen the likelihood of physical or psychological problems before they appear?

Select the correct option

[Reload Math Equations](#)

- |                       |  |
|-----------------------|--|
| <input type="radio"/> | Resultant prevention   |
| <input type="radio"/> | Secondary prevention   |
| <input type="radio"/> | Primary prevention  |
| <input type="radio"/> | Derived prevention   |

[Click to Save Answer & Move to Next Question](#)

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SY409 Quiz no. 04

Quiz Start Time: 10:08 PM, 04 March 2022

Question # 1 of 10 ( Start time: 10:08:50 PM, 04 March 2022 )

Total Marks

Which of the following assesses the respondent's thoughts about a most recent interpersonal transgression?

Select the correct option

- HFS
- EVI
- TRIM
- WTF

Copy Question / Mark Question





Question # 2 of 10 ( Start time: 10:09:28 PM, 04 March 2022 )

Who proposed the dimensional conceptualization of personality disorders?

Select the correct option

- Salovey and Morris
- Salovey and Mayers
- Oldham and Morris
- Oldham and Mayers

click to show answer / how to report



Question # 8 of 10 ( Start time: 10:31:31 PM, 18 February 2022 )

Total Marks: 1

The Gallup organization conducted a study in USA in 1996 on spirituality and concluded that \_\_\_\_\_ of Americans believe in God.

Select the correct option

<input type="radio"/>	86%
<input checked="" type="radio"/>	96%
<input type="radio"/>	76%
<input type="radio"/>	66%

Click to Save Answer & Move to Next Question



Question # 10 of 10 ( Start time: 09:49:30 PM, 18 February 2022 )

Erikson emphasized that wisdom is gained through \_\_\_\_\_ specifically those involving integrity and despair

Select the correct option

- Person's childhood
- Resolution of daily crisis
- Quality of one's social environment in early adulthood
- Resolution of psychic conflicts pertaining individuating from the family unit

Click to Save Answer & Move to Next





Question # 1 of 10 (Start time: 09:38:20 PM, 18 February 2022)

Which of the following courage is an attempted physical behavior or action that seeks to uphold the values of a society or

Select the correct option

- Psychological courage
- Moral courage
- Vital courage
- Physical courage

Click to Save Answer & Move





Question # 7 of 10 (start time: 09:46:26 PM, 18 February 2022)

Which of the following was used to measure the universalistic and spiritual orientation of near death experiences?

Select the correct option

- Extrinsic religious scale
- Spiritual Transcendence Scale
- Revised intrinsic religious scale
- Religious Beliefs Inventory



Click to save Answer & Move





Question # 4 of 10 ( Start time: 09:42:43 PM, 18 February 2022 )

Which of the following is the quality of reverence, appreciating and being thankful for the present moment?

Select the correct option

- Gratitude
- Love-kindness
- Openness
- Empathy

Click to Save Answer





MC200400200 INSAH BIKI

Time Left 29 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 08:38 PM, 18 February 2022

Question # 9 of 10 ( Start time: 08:48:38 PM, 18 February 2022 )

Total Marks:

What did Markides maintain in his research on religiosity?

select the correct option

- Intrinsic faith was related to a positive psycho-spiritual view on life
- More religious students feel less lonesome and more close to God
- Religion causes satisfaction to increase positive impact with age
- People get closer to death and tend to look more towards God ad they mature

Click to Save Answer & Move to Next Question





MC200400206 12345 678

Time Left 3 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz start Time: 08:38 PM, 18 February 202

Question # 3 of 10 ( start time: 08:40:17 PM, 18 February 2022 )

Total Marks

According to Ardelt's analysis of the characteristics that facilitated the development of wisdom revealed that \_\_\_\_\_ have an impact on the development of wisdom.

Select the correct option

- Person's childhood
- Quality of one's social environment in early adulthood
- Resolution of psychic conflicts pertaining individuating from the family unit
- Resolution of daily crisis

▶ Click to Save Answer & Move to Next Question





UC200400296 LALIB RABZAJ

Time Left 39 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 07:39 PM, 18 February 202

Question # 4 of 10 (Start time: 07:42:33 PM, 18 February 2022)

Total Marks

When we are mindful, we become -----

Select the correct option

Obvious to context or perspective

Sensitive to context or perspective

Evident to context or perspective

Apparent to context or perspective

Click to Save Answer & Move to Next Question





**Universality and prayer fulfillment are the two sub scales of Spiritual Transcendence Scale. Which of the following is the third sub scale?**

Select the correct option

- Connectedness**
- Intrinsic religiosity**
- Religious beliefs**
- Extrinsic religiosity**

Click to Save Answer & Move to Next Question





*"My friend/relative/partner doesn't pay much attention to me" is an example of \_\_\_\_\_ style.*

Select the correct option

- Passive/Constructive*
- Active/Constructive*
- Passive/Destructive*
- Active/Destructive*

Click to Save Answer & Move to Next Question





**Which of the following is NOT included in Naikan technique used by Japanese?**

Select the correct option

- What did I give?
- What did I receive?
- What troubles and difficulties did I cause to others?
- What should be my behavior?

Click to Save Answer & Move to Next Question





*"God loves everyone, God would forgive them" is an example of \_\_\_\_\_.*

Select the correct option

- Spiritual approach*
- Empathic approach*
- Rationalistic approach*
- Humanistic approach*

Click to Save Answer & Move to Next Question





*"When I look at the world, I don't see much to be grateful for" is a sample item of*

\_\_\_\_\_.

Select the correct option

- Social Desirability Scale*
- Multidimensional Prayer Inventory*
- Gratitude Questionnaire*
- Gratitude, Resentment, and Appreciation Test*

Click to Save Answer & Move to Next Question





*"My relative reminds me that most good things have their bad aspects as well" is an example of \_\_\_\_\_ style.*

Select the correct option

- Active/Constructive
- Passive/Constructive
- Active/Destructive
- Passive/Destructive

Click to Save Answer & Move to Next Question





\_\_\_\_\_ is the pure empathetic desire to benefit another person, irrespective of personal gain.

Select the correct option

- Personal Egotism
- Sympathy
- Empathy
- Altruism

Click to Save Answer & Move to Next Question





**According to Genia which of the following orientation is defined as psychologically altering oneself to their faith in respect to spiritual well-being?**

Select the correct option

- |                                  |                    |
|----------------------------------|--------------------|
| <input type="radio"/>            | <b>Extrinsic</b>   |
| <input checked="" type="radio"/> | <b>Intrinsic</b>   |
| <input type="radio"/>            | <b>Outer</b>       |
| <input type="radio"/>            | <b>Superficial</b> |

Click to Save Answer & Move to Next Question



Question # 10 of 10 ( start time: 09:49:30 PM, 18 February 2022 )

Erikson emphasized that wisdom is gained through ..... specifically those involving integrity and despair.

Select the correct option

- |                       |   |
|-----------------------|---|
| <input type="radio"/> | Person's childhood  |
| <input type="radio"/> | Resolution of daily crisis  |
| <input type="radio"/> | Quality of one's social environment in early adulthood                        |
| <input type="radio"/> | Resolution of psychic conflicts pertaining individuating from the family unit |

B

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*"My relative seems even more happy and excited than I am" is an example of \_\_\_\_\_ style.*

Select the correct option

- Active/Constructive*
- Passive/Destructive*
- Active/Destructive*
- Passive/Constructive*

Click to Save Answer & Move to Next Question





**Psychological side of faith and spirituality is known as:**

Select the correct option

- |                                  |                        |
|----------------------------------|------------------------|
| <input type="radio"/>            | <b>Blind faith</b>     |
| <input type="radio"/>            | <b>Sturdy faith</b>    |
| <input checked="" type="radio"/> | <b>Intrinsic faith</b> |
| <input type="radio"/>            | <b>Extrinsic faith</b> |

[Click to Save Answer & Move to Next Question](#)





***Reducing the likelihood of attracting the attention of predators in children shows which of the following response?***

Select the correct option

- |                                  |                          |
|----------------------------------|--------------------------|
| <input type="radio"/>            | <b><i>Detachment</i></b> |
| <input checked="" type="radio"/> | <b><i>Despair</i></b>    |
| <input type="radio"/>            | <b><i>Stress</i></b>     |
| <input type="radio"/>            | <b><i>Protest</i></b>    |

Click to Save Answer & Move to Next Question





**Which of the following orientation is defined as using religion for one's own benefit and for social reward in respect to spiritual well-being, by Genia?**

Select the correct option

- Extrinsic**
- Intrinsic**
- Inherent**
- Central**

Click to Save Answer & Move to Next Question





*"My friend/relative/partner doesn't pay much attention to me" is an example of \_\_\_\_\_ style.*

Select the correct option

- Active/Destructive*
- Passive/Destructive*
- Active/Constructive*
- Passive/Constructive*

Click to Save Answer & Move to Next Question





**Which of the following personality style belongs to Histrionic personality disorder?**

Select the correct option

- Self- confident
- Solitary
- Devoted
- Dramatic

Click to Save Answer & Move to Next Question





*"My friend reacts to the positive event enthusiastically" is an example of \_\_\_\_\_ style.*

Select the correct option

- Active/Destructive*
- Passive/Constructive*
- Passive/Destructive*
- Active/Constructive*

Click to Save Answer & Move to Next Question





*Richards, in his research on religiosity, focused on relations of religiousness, personality and mental health in a sample of \_\_\_\_\_*

Select the correct option

- |                                  |                         |
|----------------------------------|-------------------------|
| <input type="radio"/>            | <i>Nuns</i>             |
| <input checked="" type="radio"/> | <i>College students</i> |
| <input type="radio"/>            | <i>Doctors</i>          |
| <input type="radio"/>            | <i>Bankers</i>          |

Click to Save Answer & Move to Next Question



Question # 7 of 10 ( start time: 09:46:26 PM, 18 February 2022 )

Which of the following was used to measure the universalistic and spiritual orientation of near death experiences?

Select the correct option

- |                       |                                   |
|-----------------------|-----------------------------------|
| <input type="radio"/> | Extrinsic religious scale         |
| <input type="radio"/> | Spiritual Transcendence Scale     |
| <input type="radio"/> | Revised Intrinsic religious scale |
| <input type="radio"/> | Religious Beliefs Inventory       |

D

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*"Helping friends and family is one of the great joys in life" is a sample item of:*

Select the correct option

- |                                  |   |
|----------------------------------|---|
| <input checked="" type="radio"/> | <i>Helping Attitude Scale</i>           |
| <input type="radio"/>            | <i>Self Report Altruism Scale</i>       |
| <input type="radio"/>            | <i>Prosocial Behavior Questionnaire</i> |
| <input type="radio"/>            | <i>Ethical Behavior Rating Scale</i>    |

Click to Save Answer & Move to Next Question





*"I thanked God for things occurring in my life" is a sample item of Thanksgiving subscale of the \_\_\_\_\_.*

Select the correct option

- Gratitude, Resentment, and Appreciation Test*
- Multidimensional Prayer Inventory*
- Gratitude Questionnaire*
- Social Desirability Scale*

Click to Save Answer & Move to Next Question



Question # 4 of 10 ( Start time: 09:41:07 PM, 18 February

SAWS stands for:

Select the correct option

<input type="radio"/>	Self-Altruistic Wisdom Scale
<input checked="" type="radio"/>	Self-Assessed Wisdom Scale
<input type="radio"/>	Self-Authentic Wisdom Scale
<input type="radio"/>	Self-Appreciated Wisdom Scale



**Ames and Samuels (1999) defined spirituality as:**

Select the correct option

- Search for psychological behavior
- Culture and norms
- Search for meaning and purpose in one's life
- Political organization of society

Click to Save Answer & Move to Next Question



Question # 5 of 10 ( start time: 09:43:38 PM, 18 February 2022 )

Which of the following courage involves the strength to acknowledge and face personal weaknesses, destructive habits or threats to psychological stability?

Select the correct option

- |                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | Psychological courage |
| <input type="radio"/> | Moral courage         |
| <input type="radio"/> | Physical courage      |
| <input type="radio"/> | Islamic courage       |

A

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MC200403194: ASMA BIBI

PSY409 - Positive Psychology (Quiz no. 03)

Question # 8 of 10 ( Start time: 10:05:59 PM, 18 February 2022 )

Which of the following is the quality of reverence, appreciating and being thankful for the present moment?

Select the correct option

Empathy

Love-kindness

Openness

Gratitude

Click to Save

Add a caption...

> Developmental psycho\_505

**Question # 6 of 10 ( Start time: 02:45:00 PM, 19 February 2022 )**

The shortness of life, total isolation of death, fear of not being, and disintegration of body after dying are all examples of.

**Select the correct option**



Postpartum anxiety



Social anxiety



Death anxiety



Social anxiety

C

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Quizzes group (4 messages): +92 345 3167718 C  
Msc 3rd semester (18 messages): Affia Vu Think...

PSY409 - Positive Psychology (Quiz no. 03)

Question # 6 of 10 ( Start time: 10:04:01 PM, 18 February 2022 )

Which of the following is a subtype of vital courage?

Select the correct option

- |                                  |                        |
|----------------------------------|------------------------|
| <input checked="" type="radio"/> | Physical courage       |
| <input type="radio"/>            | Health courage         |
| <input type="radio"/>            | Panic-specific courage |
| <input type="radio"/>            | Moral courage          |

Add a caption...



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Question # 10 of 10 ( Start time: 11:17:21 PM, 18 February 2022 )

Total Marks: 1

Which of the following courage involves a person's persistence and perseverance through a disease, illness or disability despite an uncertain outcome?

Select the correct option

- Moral courage
- Vital courage
- Psychological courage
- Physical courage

PSY409 - Positive Psychology (Quiz no. 03)

Question # 9 of 10 ( Start time: 09:48:40 PM, 18 February 2022 )

When we are mindless, our behavior may be \_\_\_\_\_ by rules and routines.

Select the correct option

- Directed
- Managed
- Guided
- Governed



MC200401534: NADIA REHMAN

Time Left: 84 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:18 PM, 18 February 2022

Question # 9 of 10 (Start time: 09:31:53 PM, 18 February 2022)

Total Marks:

Universality and prayer fulfillment are the two sub scales of Spiritual Transcendence Scale. Which of the following is the third sub scale?

Select the correct option

- Intrinsic religiosity
- Connectedness
- Religious beliefs
- Extrinsic religiosity

Click to Save Answer & Move to Next Question





MC200401534: NADIA REHMAN

Time Left: 86 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:18 PM, 18 February 2022

Question # 7 of 10 (Start time: 09:29:21 PM, 18 February 2022)

Total Marks:

Vicky Genia examined spirituality's impact on one's life. Genia used which of the following measure for assessment?

Select the correct option

- Spiritual Well-Being Scale
- Social Desirability Scale
- All of the given options
- Beck Depression Inventory

Click to Save Answer & Move to Next Question



Which of the following is a dimension of courage in the Values in Action Classification system, which involves thriving or having motivation in challenging situations or tasks?

Select the correct option

<input type="radio"/>	Valor
<input type="radio"/>	Industry/Perseverance
<input type="radio"/>	Enthusiasm/Zest
<input type="radio"/>	Authenticity

C

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Question 29 of 30 ( Start time: 08:47:43 PM, 18 February 2022 )

Only Start Time: 08:47 PM, 18 February 2022

Which of the following courage is the authentic expression of one's beliefs or values in pursuit of justice or the common good despite (or even) opposition or rejection?

Select the correct option

- Moral courage
- Physical courage
- Intellectual courage
- Psychological courage

Click to show previous & next question

Question # 4 of 10 ( Start time: 09:42:43 PM, 18 February 2022 )

Which of the following is the quality of reverence, appreciating and being thankful for the present moment?

Select the correct option

- Gratitude
- Love-kindness
- Openness
- Empathy

A

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Question # 1 of 10 ( Start time: 09:38:20 PM, 18 February 2022 )

Which of the following courage is an attempted physical behavior or action that seeks to uphold the values of a society or th

Select the correct option

- |                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | Psychological courage |
| <input type="radio"/> | Moral courage         |
| <input type="radio"/> | Vital courage         |
| <input type="radio"/> | Physical courage      |

D

**Question # 3 of 10 ( Start time: 09:41:34 PM, 18 February 2022 )**

Which of the following are the most celebrated human strengths?

**Select the correct option**

- |                       |                               |
|-----------------------|-------------------------------|
| <input type="radio"/> | Hope and wisdom               |
| <input type="radio"/> | Self efficacy and religiosity |
| <input type="radio"/> | Courage and self efficacy     |
| <input type="radio"/> | Wisdom and courage            |

D

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Question # 8 of 10 ( Start time: 10:31:31 PM, 18 February 2022 )

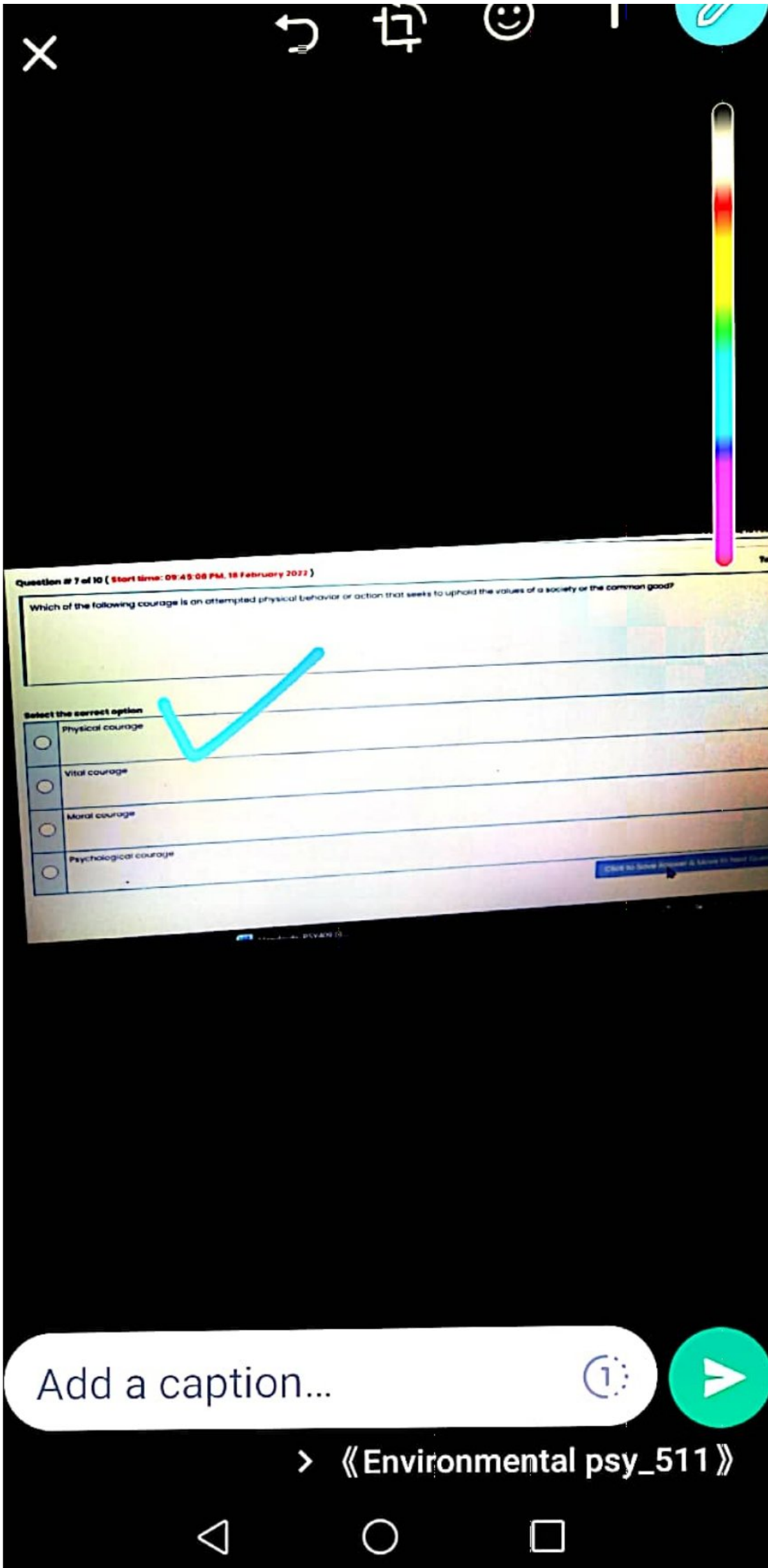
Total Marks: 1

The Gallup organization conducted a study in USA in 1996 on spirituality and concluded that \_\_\_\_\_ of Americans believe in God.

Select the correct option

<input type="radio"/>	86%
<input checked="" type="radio"/>	96%
<input type="radio"/>	76%
<input type="radio"/>	66%

Click to Save Answer & Move to Next Question



Question #7 of 10 (Start time: 09:45:08 PM, 18 February 2022)

Which of the following courage is an attempted physical behavior or action that seeks to uphold the values of a society or the common good?

Select the correct option

- Physical courage
- Vital courage
- Moral courage
- Psychological courage

Add a caption...



> «Environmental psy\_511»



MC200403194 ASMA BIBI

Time Left 87

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:59 PM, 18 February 2022

Question # 2 of 10 (Start time: 09:59:22 PM, 18 February 2022)

Total Marks: 1

..... is referred to as giving in the present moment within a context of love and compassion, without attachment to gain or thought of return.

Select the correct option

- Generosity
- Devotion
- Empathy
- Openness

Click to Save Answer & Move to Next Question

Add a caption...





MC200402490: SANA MAZHAR

Time Left 86 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:03 PM, 18 February 2022

Question # 2 of 10 (Start time: 09:04:44 PM, 18 February 2022)

Total Marks:

According to a research with earth quake victims in Pakistan, from where people are taking great strengths?

Select the correct option

- From religious beliefs
- From geographical beliefs
- From government beliefs
- From medical beliefs

Click to Save Answer & Move to Next Question





vulms.vu.edu.pk/Quiz



MC200403194 ASMA BIBI

Time Left 8.4

PSY408 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:58 PM, 18 Feb

Question # 9 of 10 (Start time: 10:05:39 PM, 18 February 2022)

Total mark

Which of the following is a dimension of courage in the Values in Action Classification system, which involves thriving or having motivation in challenging situations or tasks?

Select the correct option

- Authenticity
- Enthusiasm/Zest
- Industry/Perseverance
- Valor



Click to Save Answer & Move to Next Question

Add a caption...



Which of the following orientation is defined as using religion for one's own benefit and for social reward in respect to spiritual well-being?  
Overt?

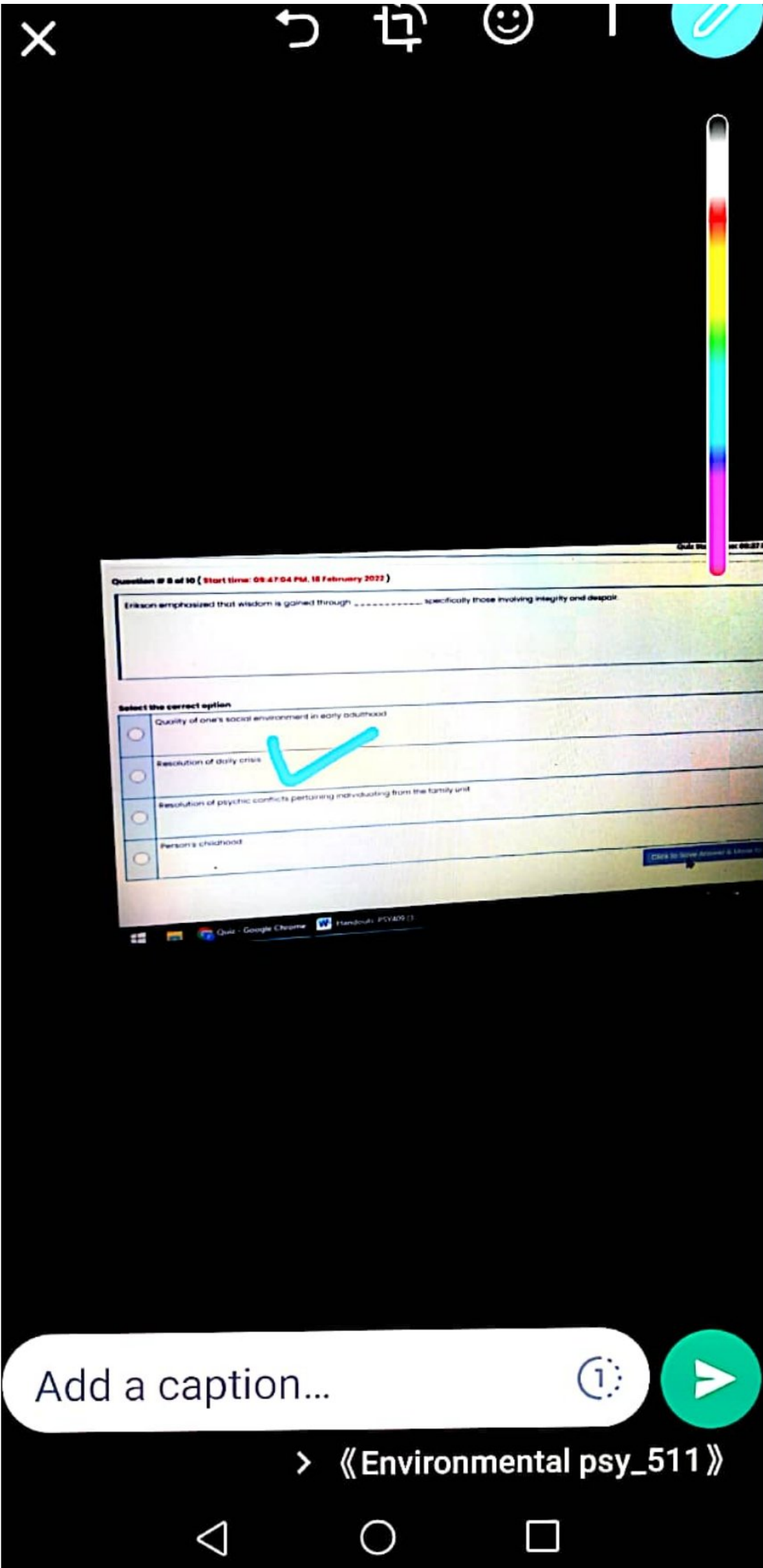
Select the correct option

- Inherent
- Intrinsic
- Extrinsic
- Central

Click to Save Answer & Move to Next Question

Add a caption...





Question # 8 of 10 ( Start time: 08:47:04 PM, 18 February 2022 )

Erikson emphasized that wisdom is gained through ..... specifically those involving integrity and despair.

Select the correct option

- Quality of one's social environment in early adulthood
- Resolution of daily crisis
- Resolution of psychic conflicts pertaining individuating from the family unit
- Person's childhood

Add a caption...



> <<Environmental psy\_511>>

**PSY409 - Positive Psychology (Quiz no. 03)**

**Question # 2 of 10 ( Start time: 08:52:20 PM, 18 February 2022 )**

Longitudinal research on flow reveals how flow experiences are associated with \_\_\_\_\_

**Select the correct option**

- Betterment
- Achievement
- Detachment
- Attachment



MC200402490: SANA MAZHAR

Time Left 87 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:03 PM, 18 February 2022

Question # 7 of 10 (Start time: 09:11:49 PM, 18 February 2022)

Total Marks:

"My concentration is like breathing. I never think of it" is an example of \_\_\_\_\_.

Select the correct option

- Courage
- Flow
- Wisdom
- Mindfulness

Click to Save Answer & Move to Next Question

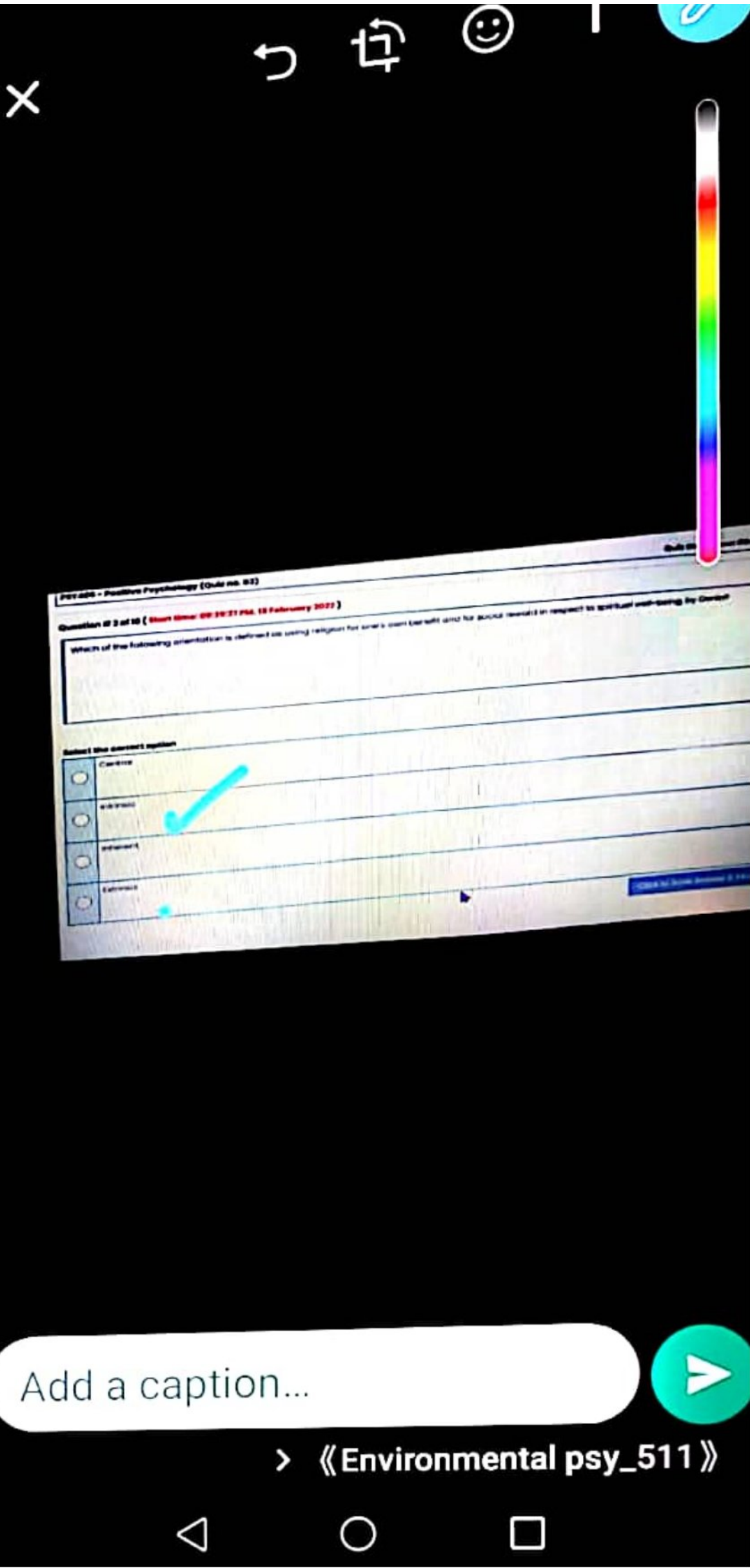


Question # 3 of 10 ( Start time: 08:53:53 PM, 18 February 2022 )

Ellen Langer is a \_\_\_\_\_.

Select the correct option

- Positive psychologist
- Sport psychologist
- Developmental psychologist
- Social psychologist



PSY405 - Positive Psychology (Quiz no. 52)

Question 2 of 10 ( Quiz timer: 00:19:21 PM, 18 February 2022 )

Which of the following orientations is defined as using religion for one's own benefit and for social reward in respect to spiritual well-being by oneself?

Select the correct option

- Caristic
- extrinsic
- inherent
- intrinsic

Add a caption...

» «Environmental psy\_511 »

Question # 7 of 10 ( Start time: 11:09:58 PM, 18 February 2022 )

Total Marks: 1

A cluster of traits exhibited by a person who enjoys life and who "generally does things for his or her own sake, rather than in order to achieve some later external goal" is called

Select the correct option

- Autotelic personality
- Spiritual personality
- Extrovert personality
- Introvert personality

PSY409 - Positive Psychology (Quiz no. 03)

Question # 8 of 10 ( Start time: 11:08:14 PM, 18 February 2022 )

What did Genia conclude in his research on religiosity?

Select the correct option

- |                                  |   |
|----------------------------------|---|
| <input type="radio"/>            | Religion causes satisfaction to increase positive impact with age           |
| <input type="radio"/>            | Intrinsic faith was related to a positive psycho-spiritual view on life     |
| <input checked="" type="radio"/> | People get closer to death and tend to look more towards God as they mature |
| <input type="radio"/>            | More religious students feel less lonesome and more close to God            |

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MC200403194: ASMA BIBI

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:58 PM, 18 February 2022

Question # 4 of 10 ( Start time: 10:01:38 PM, 18 February 2022 )

According to Genia which of the following orientation is defined as psychologically altering oneself to their faith in respect to spiritual being?

Select the correct option

- Extrinsic
- Outer
- Superficial
- Intrinsic

Click to Save Answer & Move to Next Question

Add a caption...



MC200403194: ASMA BIBI

PSY409 - Positive Psychology (Quiz no. 03)

Question # 5 of 10 ( Start time: 10:03:00 PM, 18 February 2022 )

Psychological side of faith and spirituality is known as:

Select the correct option

- Sturdy faith
- Extrinsic faith
- Intrinsic faith
- Blind faith

Question # 7 of 10 (Start time: 10:04:48 PM, 18 February 2022)

Which of the following courage involves the strength to acknowledge and face personal weaknesses, destructive habits or threats to psychological stability?

Select the correct option

- Psychological courage
- Islamic courage
- Moral courage
- Physical courage

Click to Save Answer & Move to Next Question

Add a caption...





IC200403194: ASMA BIBI

SY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 10:18 P

Question # 1 of 10 ( Start time: 09:58:23 PM, 18 February 2022 )

The shortness of life, total isolation of death, fear of not being, and disintegration of body after dying are all examples

Select the correct option

Death anxiety



Postpartum anxiety

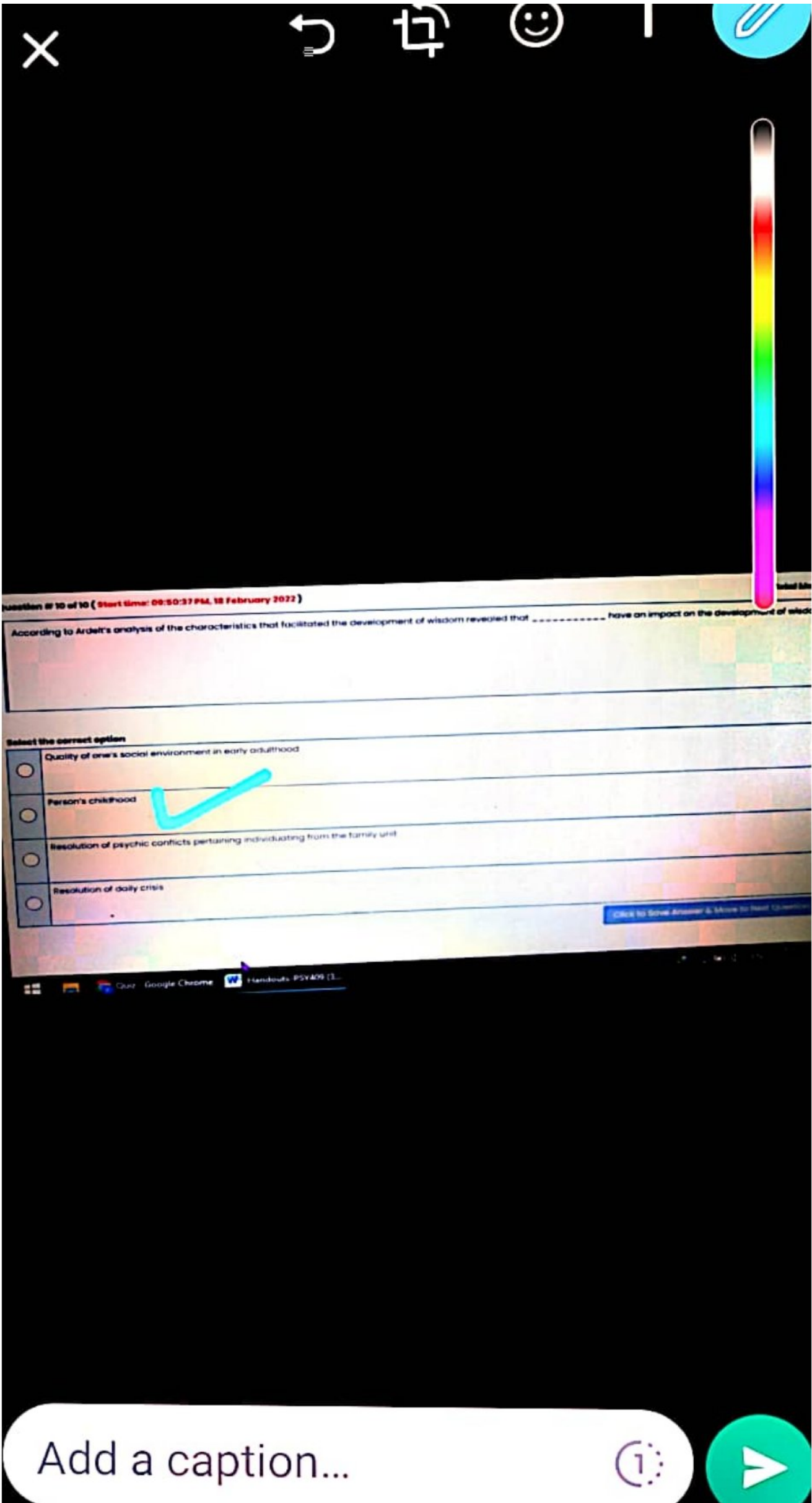
Social anxiety

Social anxiety

Click to Save Answer & Move

Add a caption...





Question # 10 of 10 ( Start time: 09:50:37 PM, 12 February 2022 )

According to Ardelt's analysis of the characteristics that facilitated the development of wisdom revealed that \_\_\_\_\_ have an impact on the development of wisdom.

Select the correct option

- Quality of one's social environment in early adulthood
- Person's childhood
- Resolution of psychic conflicts pertaining to individuating from the family unit
- Resolution of daily crisis

Click to Save Answer & Move to Next Question

Add a caption... 🕒 ➡



MC200402490: SANA MAZHAR

Time Left: 80 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:03 PM, 18 February 2022

Question # 8 of 10 (Start time: 09:10:17 PM, 18 February 2022)

Total Marks:

Which of the following is a subtype of vital courage?

select the correct option

- Physical courage
- Moral courage
- Health courage
- Panic-specific courage

Click to Save Answer & Move to Next Question



200403194: ASMA BIBI

Time Left

PSY-409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:58 PM, 18 February 2022

Question # 10 of 10 (Start time: 10:07:44 PM, 18 February 2022)

Which of the following orientation is defined as using religion for one's own benefit and for social reward in respect to spiritual well-being?

Select the correct option

- Inherent
- Intrinsic
- Extrinsic
- Central

Click to Save Answer & Move to Next Question

Add a caption...





MC200401534: NADIA REHMAN

Time Left 84 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:18 PM, 18 February 2022

Question # 8 of 10 ( start time: 09:31:19 PM, 18 February 2022 )

Total Marks:

The people, who engage in community volunteer works, usually have:

select the correct option

Reload Math Equations

- Egotism Approaches
- Apathetic approach
- Flow
- Altruism

Click to Save Answer & Move to Next Question



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1 new message

P3. ... 2022

Question # 9 of 10 ( start time: 09:14:38 PM, 18 February 2022 )

Total Marks:

Which of the following are the most celebrated human strengths?

**select the correct option**

- Wisdom and courage
- Self efficacy and religiosity
- Courage and self efficacy
- Hope and wisdom

Click to Save Answer & Move to Next Question





MC200401534: NADIA REHMAN

Time Left: 87 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 09:18 PM, 18 February 2022

Question # 4 of 10 (Start time: 09:23:42 PM, 18 February 2022)

Total Marks:

Which of the following is an optimal state of engagement in which a person perceives challenges to action as neither underutilizing nor overwhelming his or her existing skills and has clear, attainable goals and immediate feedback about progress?

Select the correct option


- Flow
- Spirituality
- Attention
- Mindfulness

Click to Save Answer & Move to Next Question



<input type="radio"/>	Internal religiosity
<input type="radio"/>	Connectedness
<input type="radio"/>	Religious beliefs
<input type="radio"/>	Latent religiosity



Add a caption...  

> « Environmental psy\_511 »



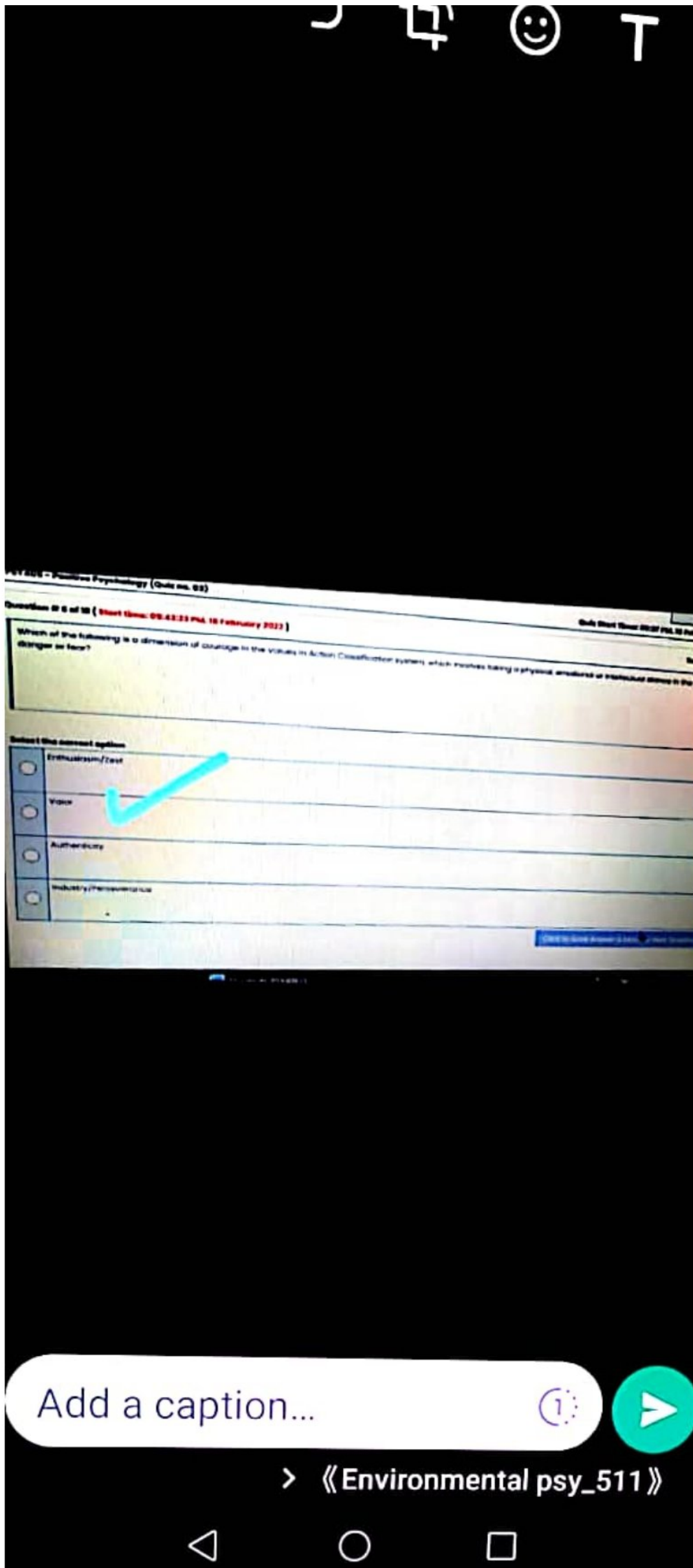
Question # 4 of 10 ( Start time: 08:55:09 PM, 18 February 2022 )

Arnes and Samuels (1999) defined spirituality as:

Select the correct option

- |                       |  |
|-----------------------|--|
| <input type="radio"/> | Political organization of society            |
| <input type="radio"/> | Search for psychological behavior            |
| <input type="radio"/> | Search for meaning and purpose in one's life |
| <input type="radio"/> | Culture and norms                            |






Positive Psychology (Quiz no. 02)

Question 20 of 30 ( Start time: 09:42:23 PM, 18 February 2022 )

Which of the following is a dimension of courage in the Values in Action Classification system, which involves taking a physical, emotional or intellectual stance in the face of danger or fear?

Select the correct option

- Enthusiasm/Zest
- Valor
- Authenticity
- Industry/Perseverance

Add a caption...  

> <<Environmental psy\_511>>

19200903129, ASMA BIDI

PSY409 - Positive Psychology (Quiz no. 03)

Question # 3 of 10 ( Start time: 10:00:40 PM, 18 February 2022 )

Sufism, feminist, goddess, ecological, spiritualities are all examples of:

Select the correct option

- Traditional organized religions
- Religious variations
- Newer spirituality movements
- Secularism


Add a caption...



Question # 10 of 10 ( Start time: 11:19:56 PM, 04 March 20

Psychological side of faith and spirituality is known as:

Select the correct option

<input type="radio"/>	Extrinsic faith
<input type="radio"/>	Intrinsic faith 
<input type="radio"/>	Blind faith
<input type="radio"/>	Sturdy faith

Question # 8 of 10 ( **Start time: 11:17:35 PM, 04 March 2022** )

"My relative seems even more happy and excited than I am" is an example of \_

Select the correct option

- Passive/Destructive
- Active/Constructive
- Active/Destructive
- Passive/Constructive

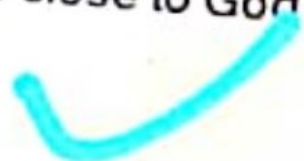


Question # 9 of 10 ( **Start time: 11:18:28 PM, 04 March 2022** )

What did Richards maintain in his research on religiosity?

Select the correct option

- Religion causes satisfaction to increase positive impact with age
- More religious students feel less lonesome and more close to God
- People get closer to death and tend to look more towards God as they mature
- Intrinsic faith was related to a positive psycho-spiritual view on life



Question # 1 of 10 ( Start time: 10:33:00 PM, 04 March 2022 )

Total Marks: 1

Hunsberger in his research on religiosity, found that religion causes satisfaction to increase positive impact with age on a sample of \_\_\_\_\_.

Select the correct option


<input type="radio"/>	College students
<input type="radio"/>	Nuns
<input checked="" type="radio"/>	Doctors
<input type="radio"/>	Bankers

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Question # 7 of 10 ( Start time: 11:16:41 PM, 04 March 2022 )

Which of the following is a freeing from a negative attachment to the source that has transgressed against a person?


Select the correct option

- |                       |   |
|-----------------------|---|
| <input type="radio"/> | Positivism  |
| <input type="radio"/> | Forgiveness  |
| <input type="radio"/> | Gratitude   |
| <input type="radio"/> | Empathy   |

Scanned with CamScanner

“It feels wonderful to assist others in need” is a sample item of:

Select the correct option

- Helping Attitude Scale 
- Self Report Altruism Scale
- Ethical Behavior Rating Scale
- Prosocial Behavior Questionnaire

Question # 6 of 10 ( Start time: 11:15:46 PM, 04 March 2022 )

"It feels wonderful to assist others in need" is a sample item of

Select the correct option

- Helping Attitude Scale
- Ethical Behavior Rating Scale
- Self Report Altruism Scale
- Prosocial Behavior Questionnaire

Question # 9 of 10 ( Start time: 10:43:36 PM, 04 March 2022 )

Total Marks: 1

“Stop the bad before it happens” is an example of:

Select the correct option

- |                       |  |
|-----------------------|--|
| <input type="radio"/> | Tertiary Intervention                          |
| <input type="radio"/> | Secondary Intervention                         |
| <input type="radio"/> | Primary Intervention <b>primary prevention</b> |
| <input type="radio"/> | Major Intervention                             |

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MC200404973: SAMRA JAHAN

Time Left 50 sec(s)

PSY409: Quiz no. 04

Quiz Start Time: 09 04 PM, 04 March 2022

Question # 2 of 10 ( Start time: 09 05:36 PM, 04 March 2022 )

Total Marks: 1

"I did a bad thing" is an example of \_\_\_\_\_.

Select the correct option


- Shame
- Guilt
- Apology
- Confession

Click to Save Answer & Move to Next Question



Which of the following enhancements are made to establish optimal functioning and satisfaction?

Select the correct option

- |                                  |  |
|----------------------------------|--|
| <input type="radio"/>            | Derived enhancements   |
| <input checked="" type="radio"/> | Primary enhancements  |
| <input type="radio"/>            | Resultant enhancements   |
| <input type="radio"/>            | Secondary enhancements   |

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Question # 4 of 10 ( Start time: 11:13:39 PM, 04 March 2022 )

Which of the following psychologist argues against egolistic motive in his book *The Altruistic Question* and presented *Empathy-Altruism Hypothesis*?

Select the correct option

- |                       |           |
|-----------------------|-----------|
| <input type="radio"/> | Rizzolati |
| <input type="radio"/> | Seligman  |
| <input type="radio"/> | Batson    |
| <input type="radio"/> | Bem dura  |

Scanned with CamScanner

Question # 5 of 10 ( Start time: 11:14:45 PM, 04 March 2022 )

Gratitude Questionnaire is a \_\_\_\_\_ point response scale.

Select the correct option

<input type="radio"/>	Nine
<input checked="" type="radio"/>	Seven
<input type="radio"/>	Three
<input type="radio"/>	Five

Which of the following was used to measure the universalistic and spiritual orientation of near death experiences?

Select the correct option

- Extrinsic religious scale
- Spiritual Transcendence Scale
- Religious Beliefs Inventory
- Revised intrinsic religious scale



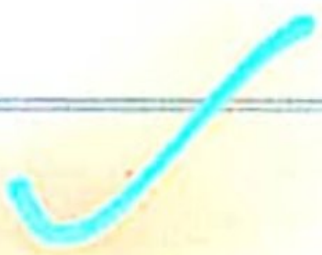
PSY409: Quiz no. 04

Question # 2 of 10 ( Start time: 11:11:25 PM, 04 March 2022 )

Spiritual Transcendence Scale was developed by:


Select the correct option

<input type="radio"/>	Thomas Hobbes
<input type="radio"/>	McPherson
<input type="radio"/>	Rehman
<input type="radio"/>	Piedmont



Negative labeling can create which type of expectations that can influence how professionals conceptualize and interact with individuals?

Select the correct option

<input type="radio"/>	Stereotypical	
<input type="radio"/>	Social	
<input type="radio"/>	Negative	
<input type="radio"/>	Conventional	

Question # 3 of 10 ( Start time: 11:12:32 PM, 04 March 2022 )

Which of the following actions are intended to stop or lessen the likelihood of physical or psychological problems before they appear?

Select the correct option

- Primary prevention
- Secondary prevention
- Resultant prevention
- Derived prevention

Ali is a psychologist who want to measure universality, prayer fulfillment and connectedness in his subjects. Which type of scale he should use for his research?

Select the correct option

- Revised intrinsic religious scale
- Religious Beliefs Inventory
- Spiritual Transcendence Scale
- Extrinsic religious scale

Click to Save Answer & Move to Next Question

According to Ardelt's analysis of the characteristics that facilitated the development of wisdom revealed that \_\_\_\_\_ have an impact on the development of wisdom.

Select the correct option

- Quality of one's social environment in early adulthood
- Person's childhood
- Resolution of psychic conflicts pertaining individuating from the family unit
- Resolution of daily crisis

B



MC200404973: SAMRA JAHAN

Time Left 69 sec(s)

PSY409: Quiz no. 04

Quiz Start Time: 09:04 PM, 04 March 2022

Question # 8 of 10 ( Start time: 09:12:50 PM, 04 March 2022 )

Total Marks:

TRIM stands for:

Select the correct option

- Thompson & Richard Interpersonal Motivations Inventory
- Thompson & Richard Idealistic Motivations Inventory
- Transgression-Related Impractical Motivations Inventory
- Transgression-Related Interpersonal Motivations Inventory

Click to Save Answer & Move to Next Question

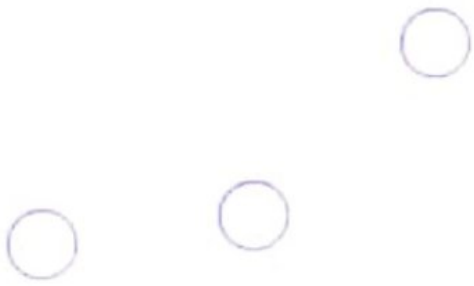


“My relative reminds me that most good things have their bad aspects as well” is an example of \_\_\_\_\_ style.

Select the correct option

- Passive/Destructive
- Active/Constructive
- Active/Destructive
- Passive/Constructive

Click to Save Answer & Move to Next Question



Gottman maintained that all of the following behaviors can foretell divorce EXCEPT \_\_\_\_\_.

Select the correct option

- Defensiveness
- Stonewalling
- Criticism
- Proximity

Click to Save Answer & Move to Next Question





quiz.vu.edu.pk/Qu



Question # 2 of 10 ( Start time: 10:09:28 PM, 04 March 2022 )

Who proposed the dimensional conceptualization of personality disorders?

Select the correct option

- Salovey and Morris
- Salovey and Mayers
- Oldham and Morris
- Oldham and Mayers




Close



Question # 10 of 10 ( Start time: 11:19:56 PM, 04 March 20

Psychological side of faith and spirituality is known as:

Select the correct option

- |                       |  |
|-----------------------|--|
| <input type="radio"/> | Extrinsic faith  |
| <input type="radio"/> | Intrinsic faith  |
| <input type="radio"/> | Blind faith  |
| <input type="radio"/> | Sturdy faith   |



Question # 5 of 10 ( Start time: 07:44:01 PM, 18 February 2022 )

Total Marks:

What did Richards maintain in his research on religiosity?

Select the correct option

- More religious students feel less lonesome and more close to God
- People get closer to death and tend to look more towards God as they mature
- Intrinsic faith was related to a positive psycho-spiritual view on life
- Religion causes satisfaction to increase positive impact with age

▶ Click to Save Answer & Move to Next Question





MC200400219: LAMIAH BAKZUJ

Time Left 61 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 07:39 PM, 18 February 2022

Question # 8 of 10 (Start time: 07:46:38 PM, 18 February 2022)

Total Marks: 1

Psychological side of faith and spirituality is known as:

Select the correct option

- Intrinsic faith
- Blind faith
- Sturdy faith
- Extrinsic faith

Click to Save Answer & Move to Next Question





MC200400296 L.ALI B RAMZAN

Time Left 19 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 07:39 PM, 18 February 2022

Question # 3 of 10 ( Start time: 07:41:11 PM, 18 February 2022 )

Total Marks:

Which of the following courage is the authentic expression of one's beliefs or values in pursuit of justice or the common good despite power differentials, dissent, disapproval or rejection?

Select the correct option

- Physical courage
- Psychological courage
- Moral courage
- Vital courage

▶ Click to Save Answer & Move to Next Question





MC200400276 LABIB RAMZAN

Time Left 22 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz start Time: 07:39 PM, 18 February 2022

Question # 1 of 10 ( Start time: 07:39:06 PM, 18 February 2022 )

Total Marks:

Universality and prayer fulfillment are the two sub scales of Spiritual Transcendence Scale. Which of the following is the third sub scale?

Select the correct option



Religious beliefs



Intrinsic religiosity



Connectedness



Extrinsic religiosity

Click to Save Answer & Move to Next Question





MC200400296 LAZIB RABZAN

Time Left 59 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 07:39 PM, 18 February 2022

Question # 2 of 10 (Start time: 07:40:38 PM, 18 February 2022)

Total Marks:

Which of the following is an emotional response to the perceived plight of another person?

Select the correct option

Altruism

Empathy

Egoism

Apathy

Click to Save Answer & Move to Next Question





Question # 6 of 10 (Start time: 07:45:11 PM, 18 February 2022)

Total Marks:

Sufism, feminist, goddess, ecological, spiritualities are all examples of:

Select the correct option

- Secularism
- Traditional organized religions
- Newer spirituality movements
- Religious variations

Click to Save Answer & Move to Next Question





MC200400296 LABIB RAJZAR

Time Left 31 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 07:39 PM, 18 February 2022

Question # 7 of 10 (Start time: 07:45:35 PM, 18 February 2022)

Total Marks:

Which of the following term describes actions or behaviors that are intended to benefit another person?

Select the correct option

- Gratitude
- Attachment
- Altruism
- Forgiveness

▶ Click to Save Answer & Move to Next Question





Question # 2 of 10 ( Start time: 09:39:58 PM, 18 February 2022 )

To

Which of the following is a dimension of courage in the Values in Action Classification system, which involves thriving or having motive challenging situations or tasks?

Select the correct option

- |                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | Valor                 |
| <input type="radio"/> | Industry/Perseverance |
| <input type="radio"/> | Enthusiasm/Zest       |
| <input type="radio"/> | Authenticity          |

Click to Save Answer & Move to Next Q





Question # 8 of 10 (Start time: 09:47:42 PM, 18 February 2022)

Total

According to Ardelt's analysis of the characteristics that facilitated the development of wisdom revealed that \_\_\_\_\_ have an on the development of wisdom.

Select the correct option

- Quality of one's social environment in early adulthood
- Person's childhood
- Resolution of psychic conflicts pertaining individuating from the family unit
- Resolution of daily crisis

Click to Save Answer & Move to Next Question





Question # 5 of 10 ( start time: 09:43:38 PM, 18 February 2022 )

Which of the following courage involves the strength to acknowledge and face personal weaknesses, destructive habits or threats psychological stability?

Select the correct option

- Psychological courage
- Moral courage
- Physical courage
- Islamic courage

Click to Save Answer & Move to Next





MC200400704: 18/02/2022

Time Left 10 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 08:38 PM, 18 February 2022

Question # 1 of 10 (Start time: 08:38:27 PM, 18 February 2022)

Total Marks: 1

Flow is experienced when perceived opportunities for action are in balance with actor's perceived \_\_\_\_\_.

Select the correct option

- Technology
- Thrills
- Skills
- Techniques

▶ Click to Save Answer & Move to Next Question





MC200400296 LABAIB BARZAI

Time Left 4 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 07:39 PM, 18 February 2022

Question # 9 of 10 (start time: 07:47:11 PM, 18 February 2022)

Total Marks

Which of the following is an optimal state of engagement in which a person perceives challenges to action as neither underutilizing nor overwhelming his or her existing skills and has clear, attainable goals and immediate feedback about progress?

Select the correct option

- Mindfulness
- Flow
- Attention
- Spirituality

▶ Click to Save Answer & Move to Next Question





Jung proposed that wisdom develops through -----

Select the correct option

- Person's childhood
- Resolution of psychic conflicts pertaining Individuating from the family unit
- Quality of one's social environment in early adulthood
- Resolution of daily crisis

Click to Save Answer & Move to Next Question





MC200400300 (2021-22)

Time Left 67 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 08:38 PM, 18 February 2022

Question # 2 of 10 (Start time: 08:39:50 PM, 18 February 2022)

Total Marks:

Which of the following is the quality of reverence, appreciating and being thankful for the present moment?

Select the correct option

- Openness
- Gratitude
- Empathy
- Love-kindness

Click to Save Answer & Move to Next Question





MC200400200 (2021/2022)

Time Left 68 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 08:38 PM, 18 February 2022

Question # 5 of 10 ( Start time: 08:43:16 PM, 18 February 2022 )

Total Marks:

Which of the following is an emotional response to the perceived plight of another person?

Select the correct option

- Empathy
- Altruism
- Apathy
- Egoism

Click to Save Answer & Move to Next Question





MC200440306 (BAALM 212)

Time Left 35 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 08:38 PM, 18 February 2022

Question # 7 of 10 (start time: 08:44:26 PM, 18 February 2022)

Total Marks:

The Gallup organization conducted a study in USA in 1996 on spirituality and concluded that \_\_\_\_\_ of Americans believe in God.

Select the correct option

- 86%
- 76%
- 66%
- 96%

▶ Click to Save Answer & Move to Next Question





MC2004010106 (18/10/2022)

Time Left 50 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz Start Time: 08:38 PM, 18 February 2022

Question # 6 of 10 (start time: 08:43:42 PM, 18 February 2022)

Total Marks: 1

Erikson emphasized that wisdom is gained through \_\_\_\_\_, specifically those involving integrity and despair.

Select the correct option



Person's childhood



Resolution of daily crisis



Resolution of psychic conflicts pertaining individuating from the family unit



Quality of one's social environment in early adulthood

Click to Save Answer & Move to Next Question





MC200400300 (18.12.2021)

Time Left 19 sec(s)

PSY409 - Positive Psychology (Quiz no. 03)

Quiz start Time: 08:38 PM, 18 February 2022

Question # 8 of 10 (Start time: 08:45:24 PM, 18 February 2022)

Total Marks

Which of the following courage involves the strength to acknowledge and face personal weaknesses, destructive habits or threats to one's own psychological stability?

Select the correct option



Psychological courage



Physical courage



Islamic courage



Moral courage



Click to Save Answer & Move to Next Question





**Mary Ainsworth's study of strange situation identified the following responses in children EXCEPT:**

Select the correct option

- Secure**
- Adaptive-resistant**
- Insecure-avoidant**
- Insecure-resistant/ambivalent**

Click to Save Answer & Move to Next Question



***Richards, in his research on religiosity, focused on relations of religiousness, personality and mental health in a sample of \_\_\_\_\_***

Select the correct option

- |                       |                                |
|-----------------------|--------------------------------|
| <input type="radio"/> | <b><i>Nuns</i></b>             |
| <input type="radio"/> | <b><i>College students</i></b> |
| <input type="radio"/> | <b><i>Doctors</i></b>          |
| <input type="radio"/> | <b><i>Bankers</i></b>          |
- B

***“Helping friends and family is one of the great joys in life” is a sample item of:***

Select the correct option


<input type="radio"/>	<b><i>Helping Attitude Scale</i></b>
<input type="radio"/>	<b><i>Self Report Altruism Scale</i></b>
<input type="radio"/>	<b><i>Prosocial Behavior Questionnaire</i></b>
<input type="radio"/>	<b><i>Ethical Behavior Rating Scale</i></b>

**A**

**Which of the following personality style belongs to Histrionic personality disorder?**

Select the correct option

<input type="radio"/>	<b>Self- confident</b>
<input type="radio"/>	<b>Solitary</b>
<input type="radio"/>	<b>Devoted</b>
<input type="radio"/>	<b>Dramatic</b>



**\_\_\_\_\_ is the pure empathetic desire to benefit another person, irrespective of personal gain.**

Select the correct option

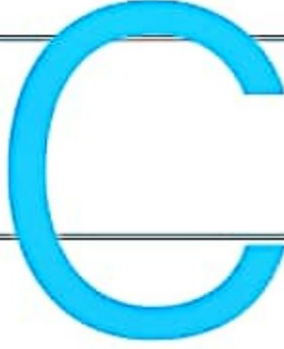
<input type="radio"/>	<b>Personal Egotism</b>
<input type="radio"/>	<b>Sympathy</b>
<input type="radio"/>	<b>Empathy</b>
<input type="radio"/>	<b>Altruism</b>

A

***Psychological side of faith and spirituality is known as:***


Select the correct option

<input type="radio"/>	<b><i>Blind faith</i></b>
<input type="radio"/>	<b><i>Sturdy faith</i></b>
<input type="radio"/>	<b><i>Intrinsic faith</i></b>
<input type="radio"/>	<b><i>Extrinsic faith</i></b>




*"My friend reacts to the positive event enthusiastically" is an example of \_\_\_\_\_ style.*

Select the correct option

- |                       |                             |
|-----------------------|-----------------------------|
| <input type="radio"/> | <i>Active/Destructive</i>   |
| <input type="radio"/> | <i>Passive/Constructive</i> |
| <input type="radio"/> | <i>Passive/Destructive</i>  |
| <input type="radio"/> | <i>Active/Constructive</i>  |
- 

***“My relative seems even more happy and excited than I am” is an example of \_\_\_\_\_ style.***

Select the correct option

<input type="radio"/>	<b><i>Active/Constructive</i></b>	
<input type="radio"/>	<b><i>Passive/Destructive</i></b>	
<input type="radio"/>	<b><i>Active/Destructive</i></b>	
<input type="radio"/>	<b><i>Passive/Constructive</i></b>	

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***Reducing the likelihood of attracting the attention of predators in children shows which of the following response?***

Select the correct option

<input type="radio"/>	<i>Detachment</i>
<input type="radio"/>	<i>Despair</i>
<input type="radio"/>	<i>Stress</i>
<input type="radio"/>	<i>Protest</i>

B

**According to Genia which of the following orientation is defined as psychologically altering oneself to their faith in respect to spiritual well-being?**

Select the correct option

<input type="radio"/>	<i>Extrinsic</i>
<input type="radio"/>	<i>Intrinsic</i>
<input type="radio"/>	<i>Outer</i>
<input type="radio"/>	<i>Superficial</i>

**B**

**Mary Ainsworth's study of strange situation identified the following responses in children EXCEPT:**

Select the correct option


<input type="radio"/>	<b>Secure</b>
<input type="radio"/>	<b>Adaptive-resistant</b>
<input type="radio"/>	<b>Insecure-avoidant</b>
<input type="radio"/>	<b>Insecure-resistant/ambivalent</b>

**B**

***“My friend/relative/partner doesn't pay much attention to me” is an example of \_\_\_\_\_ style.***

Select the correct option

<input type="radio"/>	<b><i>Passive/Constructive</i></b>
<input type="radio"/>	<b><i>Active/Constructive</i></b>
<input type="radio"/>	<b><i>Passive/Destructive</i></b>
<input type="radio"/>	<b><i>Active/Destructive</i></b>



**Which of the following is NOT included in Naikan technique used by Japanese?**


Select the correct option

<input type="radio"/>	<i>What did I give?</i>
<input type="radio"/>	<i>What did I receive?</i>
<input type="radio"/>	<i>What troubles and difficulties did I cause to others?</i>
<input type="radio"/>	<i>What should be my behavior?</i>

D

***“God loves everyone, God would forgive them” is an example of \_\_\_\_\_.***

Select the correct option

<input type="radio"/>	<b><i>Spiritual approach</i></b>	
<input type="radio"/>	<b><i>Empathic approach</i></b>	
<input type="radio"/>	<b><i>Rationalistic approach</i></b>	
<input type="radio"/>	<b><i>Humanistic approach</i></b>	

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*"My relative reminds me that most good things have their bad aspects as well" is an example of \_\_\_\_\_ style.*

Select the correct option

<input type="radio"/>	<i>Active/Constructive</i>
<input type="radio"/>	<i>Passive/Constructive</i>
<input type="radio"/>	<i>Active/Destructive</i>
<input type="radio"/>	<i>Passive/Destructive</i>

C

***“When I look at the world, I don’t see much to be grateful for” is a sample item of***

\_\_\_\_\_.

Select the correct option

- |                       |  |
|-----------------------|--|
| <input type="radio"/> | <b><i>Social Desirability Scale</i></b>                    |
| <input type="radio"/> | <b><i>Multidimensional Prayer Inventory</i></b>            |
| <input type="radio"/> | <b><i>Gratitude Questionnaire</i></b>                      |
| <input type="radio"/> | <b><i>Gratitude, Resentment, and Appreciation Test</i></b> |

C

Question # 2 of 10 ( Start time: 06:59:03 PM, 18 December 2021 )

Total Marks: 1

The key defining feature of \_\_\_\_\_ is the successful pursuit of positive feelings supplemented by the presence of attitudes and skills that amplify this type of happiness.

A

Select the correct option

- |                       |                         |
|-----------------------|-------------------------|
| <input type="radio"/> | The pleasant life       |
| <input type="radio"/> | The meaningful life     |
| <input type="radio"/> | The optimistic life     |
| <input type="radio"/> | The good (engaged) life |


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Question # 1 of 10 ( Start time: 07:39:06 PM, 18 February 2022 )

Total Marks: 1

Universality and prayer fulfillment are the two sub scales of Spiritual Transcendence Scale. Which of the following is the third sub scale?

▶ Select the correct option

- |                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | Religious beliefs     |
| <input type="radio"/> | Intrinsic religiosity |
| <input type="radio"/> | Connectedness         |
| <input type="radio"/> | Extrinsic religiosity |
- 

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Question # 3 of 10 ( Start time: 07:00:21 PM, 18 December 2021 )

Total Marks: 1

Which of the following is linked with future dimension of positive psychology?

Select the correct option

- |                                  |   |
|----------------------------------|---|
| <input type="radio"/>            | Hope and optimism                         |
| <input type="radio"/>            | Well-being, contentment, and satisfaction |
| <input checked="" type="radio"/> | Happiness, joy and flow                   |
| <input type="radio"/>            | Wisdom, courage and religiosity           |

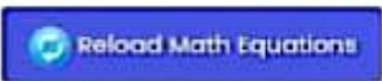
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Question # 5 of 10 ( start time: 07:21:27 PM, 18 December 2021 )

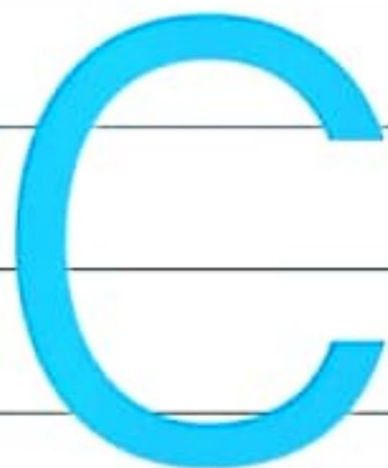
Total Marks: 1

Which one of the following is not the objective of the course 'Positive Psychology'?

Select the correct option

 Reload Math Equations

- |                       |  |
|-----------------------|--|
| <input type="radio"/> | To help people in identifying their strengths                          |
| <input type="radio"/> | To gain a deeper insight into the research of positive characteristics |
| <input type="radio"/> | To identify shortcomings of people and work on improving them          |
| <input type="radio"/> | To discuss factors which make life more meaningful                     |



When we are mindful, we become \_\_\_\_\_.

▶ Select the correct option

- Obvious to context or perspective
- Sensitive to context or perspective
- Evident to context or perspective
- Apparent to context or perspective

B

***Universality and prager fulfillment are the two sub scales of Spiritual Transcendence Scale. Which of the following is the third sub scale?***

Select the correct option

<input type="radio"/>	<b><i>Connectedness</i></b>	<b>A</b>
<input type="radio"/>	<b><i>Intrinsic religiosity</i></b>	
<input type="radio"/>	<b><i>Religious beliefs</i></b>	
<input type="radio"/>	<b><i>Extrinsic religiosity</i></b>	

**Which of the following orientation is defined as using religion for one's own benefit and for social reward in respect to spiritual well-being, by Genia?**

Select the correct option

<input type="radio"/>	<i>Extrinsic</i>
<input type="radio"/>	<i>Intrinsic</i>
<input type="radio"/>	<i>Inherent</i>
<input type="radio"/>	<i>Central</i>

B



*"I thanked God for things occurring in my life" is a sample item of Thanksgiving subscale of the \_\_\_\_\_.*

Select the correct option

- Gratitude, Resentment, and Appreciation Test*
- Multidimensional Prayer Inventory*
- Gratitude Questionnaire*
- Social Desirability Scale*

**B**

City of London Financial Services





*Richards, in his research on religiosity, focused on relations of religiousness, personality and mental health in a sample of \_\_\_\_\_*

Select the correct option

- Nuns*
- College students*
- Doctors*
- Bankers*

B

City of Jeddah, Saudi Arabia



Question # 10 of 10 ( **Start time: 08:01:37 PM, 18 February 2022** )

Which of the following are the most celebrated human strengths?

▶ **Select the correct option**

<input type="radio"/>	Hope and wisdom
<input type="radio"/>	Wisdom and courage
<input type="radio"/>	Courage and self efficacy
<input type="radio"/>	Self efficacy and religiosity

***Reducing the likelihood of attracting the attention of predators in children shows which of the following response?***

Select the correct option

<input type="radio"/>	<b><i>Detachment</i></b>
<input type="radio"/>	<b><i>Despair</i></b>
<input type="radio"/>	<b><i>Stress</i></b>
<input type="radio"/>	<b><i>Protest</i></b>

**B**

\_\_\_\_\_ is the pure empathetic desire to benefit another person, irrespective of personal gain.

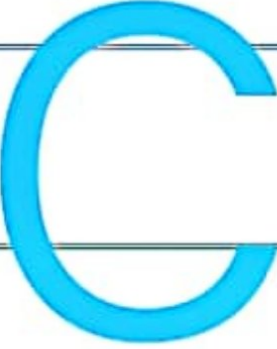
Select the correct option

<input type="radio"/>	<b>Personal Egotism</b>
<input type="radio"/>	<b>Sympathy</b>
<input type="radio"/>	<b>Empathy</b>
<input checked="" type="radio"/>	<b>Altruism</b>

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***Psychological side of faith and spirituality is known as:***

Select the correct option

- |                       |                               |
|-----------------------|-------------------------------|
| <input type="radio"/> | <b><i>Blind faith</i></b>     |
| <input type="radio"/> | <b><i>Sturdy faith</i></b>    |
| <input type="radio"/> | <b><i>Intrinsic faith</i></b> |
| <input type="radio"/> | <b><i>Extrinsic faith</i></b> |
- 

\_\_\_\_\_ is the pure empathetic desire to benefit another person, irrespective of personal gain.

Select the correct option

<input type="radio"/>	<b>Personal Egotism</b>
<input type="radio"/>	<b>Sympathy</b>
<input type="radio"/>	<b>Empathy</b>
<input type="radio"/>	<b>Altruism</b>

A

**According to Genia which of the following orientation is defined as psychologically altering oneself to their faith in respect to spiritual well-being?**


Select the correct option

- |                       |                    |
|-----------------------|--------------------|
| <input type="radio"/> | <i>Extrinsic</i>   |
| <input type="radio"/> | <i>Intrinsic</i>   |
| <input type="radio"/> | <i>Outer</i>       |
| <input type="radio"/> | <i>Superficial</i> |
- B

*"My relative reminds me that most good things have their bad aspects as well" is an example of \_\_\_\_\_ style.*

Select the correct option

<input type="radio"/>	<i>Active/Constructive</i>
<input type="radio"/>	<i>Passive/Constructive</i>
<input type="radio"/>	<i>Active/Destructive</i>
<input type="radio"/>	<i>Passive/Destructive</i>



***“My friend/relative/partner doesn’t pay much attention to me” is an example of \_\_\_\_\_ style.***

Select the correct option

- |                       |                                    |
|-----------------------|------------------------------------|
| <input type="radio"/> | <b><i>Passive/Constructive</i></b> |
| <input type="radio"/> | <b><i>Active/Constructive</i></b>  |
| <input type="radio"/> | <b><i>Passive/Destructive</i></b>  |
| <input type="radio"/> | <b><i>Active/Destructive</i></b>   |
- C

Click on the correct answer

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