


Question # 10 of 10 (Start time: 07:05:47 PM, 09 January 2024)

Total Marks

Valiant (2002) stated that in his 80 years longitudinal study, only 30% of participants were able to survive till the end of the study. It is more likely that those 30% who survived adopted the following lifestyle factors which were predictive of successful aging EXCEPT:

Select the correct option

 Reload Math Equation

- Maintaining a firm opinion 
- Maintaining a healthy weight
- Coping adaptively with mature defenses
- Not abusing alcohol

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



Question # 8 of 10 (Start time: 07:03:07 PM, 09 January 2024)

Encourage friendships of children with prosocial peers in healthy activities, is part of:

Select the correct option



Asset-focused strategies



Risk-focused strategies



Outcome-focused strategies



Process-focused strategies



[Click to Show Answer](#)

7:01

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Quiz
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409 - Positive Psychology (Quiz 03)

Quiz Start Time: 06:57 PM, 09 January 2024

Question # 5 of 10 (Start time: 07:01:12 PM, 09 January 2024)

Total Marks: 10

_____ is a person's ability to meet the social, education and occupational expectations of society.

Select the correct option

Home adaptation

Internal adaptation

Inner adaptation

External adaptation



Click to Save Answer & Move to Next Question

Question # 6 of 10 (Start time: 07:01:58 PM, 09 January 2024)

All of the following are primary tasks of adulthood as given by George Valliant EXCEPT:

Select the correct option


- | | | |
|-----------------------|----------------------|---|
| <input type="radio"/> | Interiority |  |
| <input type="radio"/> | Intimacy | |
| <input type="radio"/> | Career consolidation | |
| <input type="radio"/> | Identity | |

Question # 7 of 10 (Start time: 07:02:29 PM, 09 January 2024)

Total Marks:

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

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

Question # 4 of 10 (Start time: 07:00:36 PM, 09 January 2024)

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

- Berlin wisdom paradigm
- Dithering theory of wisdom
- Wavering theory of wisdom
- Balance theory of wisdom



Click to Save Answer & Move to Next Question

Question # 1 of 10 (start time: 06:57:44 PM, 09 January 2024)

Total Marks:

"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

 Psychological resilience Emotional intelligence Hope Wisdom[Click to Save Answer & Move to Next Question](#)

Question # 3 of 10 (Start time: 08:59:58 PM, 09 January 2024)

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

6:58

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Quiz

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Question # 2 of 10 (Start time: 06:58:24 PM, 09 January 2024)

Which of the following factor is important for promoting resilience in girls?

Select the correct option



Household with good structure and rules



Encouragement of emotional expressiveness



Home that emphasized risk taking



A male role model



Click to Save Answer

Question # 10 of 10 (Start time: 05:46:36 PM, 09 January 2024)

All of the following are primary tasks of adulthood as given by George Valliant EXCEPT:


Select the correct option

- | | |
|-----------------------|----------------------|
| <input type="radio"/> | Career consolidation |
| <input type="radio"/> | Inferiority |
| <input type="radio"/> | Identity |
| <input type="radio"/> | Intimacy |
- 

Question # 9 of 10 (Start time: 05:46:08 PM, 09 January 2024)

SAWS stands for:

Select the correct option

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

Question # 5 of 10 (Start time: 05:41:45 PM, 09 January 2024)

Which of the following is NOT the predictor of hope?

Select the correct option

<input type="radio"/>	Sports success
<input type="radio"/>	Academic success
<input type="radio"/>	Health
<input type="radio"/>	Wealth



Question # 8 of 10 (Start time: 05:45:11 PM, 09 January 2024)

Which of the following factor is important for promoting resilience in boys?

Select the correct option

- | | |
|-----------------------|---|
| <input type="radio"/> | Reliable support from an older female |
| <input type="radio"/> | Home with emphasis on independence |
| <input type="radio"/> | Encouragement of emotional expressiveness |
| <input type="radio"/> | Home with emphasis on risk taking |

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PSY409 - Positive Psychology (Quiz 03)

Quiz Start T

Question # 7 of 10 (Start time: 05:44:22 PM, 09 January 2024)

According to Ardel's analysis of the characteristics that facilitated the development of wisdom revealed that _____ on the development of wisdom.

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

PSY409 - Positive Psychology (Quiz 03)

Question # 4 of 10 (**Start time: 05:40:56 PM, 09 January 2024**)

Robert Havighurst popularized the term of:

Select the correct option

Successful aging



Successful career

Successful lifestyle

Successful marriage

Question # 7 of 10 (Start time: 05:44:22 PM, 09 January 2024)

According to Ardel's analysis of the characteristics that facilitated the development of wisdom revealed that _____ on the development of wisdom.

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

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PSY409 - Positive Psychology (Quiz 03)

Quiz Start Time: 05:37 PM,

Question # 3 of 10 (Start time: 05:40:00 PM, 09 January 2024)

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

Select the correct option

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





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PSY409 - Positive Psychology (Quiz 03)

Quiz Start Time: 05:37 PM, 09 Ja

Question # 1 of 10 (start time: 05:37:49 PM, 09 January 2024)

T

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



Valor



Industry/Perseverance



Authenticity



Enthusiasm/Zest

Question # 2 of 10 (Start time: 05:39:08 PM, 09 January 2024)

Which of the following is a characteristic of individuals with present orientation?

Select the correct option

Derive great pleasure in highly intense activities

Very conservative, overly cautious approach to one's life



Form clear goals and conjure the requisite paths to reach those goals

Emphasis on pleasurable views of previous interpersonal relationships

Question # 10 of 10 (**start time: 04:29:06 PM, 09 January 2024**)

How many items are there in Time Perspective Inventory?

Select the correct option

- | | |
|----------------------------------|----|
| <input type="radio"/> | 46 |
| <input checked="" type="radio"/> | 56 |
| <input type="radio"/> | 66 |
| <input type="radio"/> | 76 |

Question # 9 of 10 (start time: 04:28:01 PM, 09 January 2024)

Total Marks: 1

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

Life span contextualism

Procedural knowledge

Managing uncertainty



Question # 8 of 10 (Start time: 04:27:20 PM, 09 January 2024)

Total Marks: 1

"An individual's capacity to withstand stressors and not manifest psychological dysfunction such as mental illness or persistent negative mood" is the definition of _____.

Select the correct option

- | | | |
|-----------------------|--------------------------|---|
| <input type="radio"/> | Psychological resilience |  |
| <input type="radio"/> | Optimism | |
| <input type="radio"/> | Self-efficacy | |
| <input type="radio"/> | Hope | |

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

Question # 7 of 10 (**Start time: 04:26:37 PM, 09 January 2024**)

SAWS stands for:

Select the correct option



Self-Appreciated Wisdom Scale



Self-Assessed Wisdom Scale



Self-Altruistic Wisdom Scale



Self-Authentic Wisdom Scale



Question # 6 of 10 (start time: 04:25:58 PM, 09 January 2024)

Total Marks: 1

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

- | | |
|----------------------------------|------------------------|
| <input type="radio"/> | Concrete operations |
| <input type="radio"/> | Sensorimotor stage |
| <input checked="" type="radio"/> | Dialectical operations |
| <input type="radio"/> | Preoperational stage |

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

Question # 5 of 10 (start time: 04:25:13 PM, 09 January 2024)

Total Marks: 1

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

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

Question # 3 of 10 (**start time: 04:23:24 PM, 09 January 2024**)

Which of the following is regarded as synonym of courage?

Select the correct option

- | | |
|----------------------------------|---------------|
| <input checked="" type="radio"/> | Fearlessness |
| <input type="radio"/> | Fearfulness |
| <input type="radio"/> | cowardice |
| <input type="radio"/> | Spinelessness |
- 

Question # 5 of 10 (start time: 04:25:13 PM, 09 January 2024)

Total Marks: 1

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

Click to Save Answer & Move to Next Question

Question # 2 of 10 (**Start time: 04:21:29 PM, 09 January 2024**)

Robert Havighurst popularized the term of:

Select the correct option

<input type="radio"/>	Successful marriage
<input checked="" type="radio"/>	Successful aging
<input type="radio"/>	Successful career
<input type="radio"/>	Successful lifestyle

Question # 4 of 10 (**start time: 04:24:40 PM, 09 January 2024**)

Amy Wrzesniewski is a _____.

Select the correct option

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

Question # 1 of 10 (Start time: 04:20:43 PM, 09 January 2024)

Total Marks: 1

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

Physical courage

Moral courage

