

تاریخ: ۱۳۹۷/۱۰/۱۷

ساعت: ۱۵:۳۰

کد آزمون: ۰۰۰

مدت زمان: ۹۰ دقیقه

صفحه: ۲ / ۱

باسمه تعالی

آزمون پایان ترم نیم سال اول تحصیلی ۹۸-۹۷

رشته: روانشناسی اسلامی (مثبت‌گرا)

استاد: محمد تقی تبیک

بارم: ۲۰ نمره

درس: زبان تخصصی - ارشد روانشناسی

نام و نام خانوادگی: .....

شماره دانشجویی: .....



آزمون دارای ۳ سوال تشریحی می باشد.

## ۱. Find the Persian equivalents for the following terms.

Happiness : .....

Life satisfaction : .....

Flourishing : .....

Virtue : .....

Eudaimonia : .....

Utilitarianism : .....

Subjective well-being : .....

Hedonism : .....

Self-determination : .....

Self-acceptance : .....

Growth : .....

Self-actualization : .....

Purpose in life .....

Hardiness : .....

Flow experiences : .....

Optimism : .....

Hope.....

Intrinsic motivation.....

Emotional intelligence.....

Values ..... (۵)

## ۲. Fill in the blanks with the following words.

Competence; Life satisfaction; Psychological well-being (PWB); Autonomy; Subjective well-being (SWB); Affect;

A. Cognitive part of subjective well-being is expressed by.....

B. The notion of ..... is used in research literature as a substitute for the term 'happiness'.

C. ....represents the emotional side of SWB.

D. ...., which is a model of well-being widely advocated by a psychology professor, Carol Ryff.

E. The need to feel confident in doing what one is doing is called.....

F. The need to choose what one is doing, being an agent of one's own life is called..... (۳)



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### ۳. Translate the following paragraphs into Persian.

- A. There were three tasks of psychology prior to World War Two. These were to: (۱) cure mental illness; (۲) enhance the lives of the normal population; and (۳) study geniuses. Due to the aftermath of two world wars and the return of many psychologically impaired soldiers, research funding focused on its first agenda, with the other two nearly forgotten.
- B. Positive emotions do not only open our mind to alternative strategies – research has shown that the experience of positive emotions coupled with the broadening effect has the ability to build personal resources, which we are able to dip into when needed. These include intellectual resources (problem solving, being open to learning), physical resources (cardiovascular health, coordination), social resources (we can maintain relationships and create new ones) and psychological resources (resilience, optimism, sense of identity and goal orientation).
- C. Emotional intelligence (EI) is a widely used phrase within pop psychology. Salovey and Mayer (۱۹۹۰ : ۱۸۹) define EI as the ‘ability to monitor one’s own and others’ feelings and emotions, to discriminate among them, and to use this information to guide one’s thinking and action.
- D. The two main elements of dispositional optimism are the concepts of *expectancy* and *confidence*. Expectancy is the most crucial element as it has a direct link with expectancy value theories of motivation, which posit that all behavior is a result of the desire to obtain a person’s values or goals. Thus, in order to achieve the goal, it must have value and spark motivation to continue. (۱۲)

**Good Luck**