

PSYCHOLOGY EXAMINATION –MARCH-12

II PUC- SCHEME OF VALUATION

I. Answer the following in one sentence each

1. Mention two pleasant emotions.

Key: Sympathy, empathy, joy, happiness, etc. 1

2. What is hunger pang?

Key: Aching or gnawing experience is known as hunger pang. 1

3. What is hydrocephalus?

Key: Abnormal accumulation of cerebrospinal fluid in the cranium is known as hydrocephalus. 1

4. Give an example for group test of intelligence?

Key: Army Alpha, Army Beta, RPM, etc. 1

5. What is the meaning of the term 'Persona'?

Key: The meaning of the term persona is actor's mask. 1

6. Give an example for projective test?

Key: Rorschach Ink-Blot test, Thematic Apperception Test, Sentence Completion test. 1

7. What is sublimation?

Key: Draining of thwarted energy into socially approved channels is known as sublimation. 1

8. Define counseling?

Key: consultation and mutual interchange of opinions, deliberating together is known as counseling. (Any other suitable definition can be considered). 1

9. What is the meaning of the term 'prejudicism'?

Key: The meaning of the word prejudicism is judgment based on previous decision. 1

10. What is curriculum?

Key: The scheme of curricular and extracurricular activities to be carried in the institution during the academic year is known as curriculum. 1

II. Answer any ten of the following in 2or 3 sentences each.

11. What is Motivation? Define.

Key: Motivation is an urge from within which sets the organism into action in a definite direction to reach the goal. 2

12. What is Anxiety?

Key: Anxiety is an internal fear but the causes unknown. The anxiety will elicit all the symptoms of fear, such as palpitation, restlessness, etc. 2

13. If a 10 years old girl's mental age is 14. What is her IQ?

Key: MA = 14
CA = 10 $IQ = \frac{M.A}{C.A} \times 100$ 1

IQ = ?

$IQ = \frac{14 \times 100}{10} = 140$ 1

14. Write Wechsler's definition of intelligence.

Key: Intelligence is the aggregate or global capacity of an individual to act purposefully, to think rationally and to deal effectively with his/her environment. 1

15. What is a questionnaire? Give an example

Key: A questionnaire is a set of questions carefully prepared on the problem of the study. Each question is having two alternative answers- yes/no or true/false, etc. the subject has to indicate only one answer by putting tick mark or encircling it. Example: MMPI, EPI, Bell's Adjustment Inventory. 2

16. What is Interview? What are the two types of interview?

Key: Interview is a face to face contact (or direct contact) between the interviewer and interviewee, in which the interviewer asks a set of questions to the interviewee, related to the problem and obtains the answer. 1

The two types of interviews are:

1. Guided(structured) interview
2. Unguided (unstructured) interview. 1

17. What are the causes of frustration?

Key: causes of frustration are of three types, they are:

- a) External obstacles: draughts, floods, accidents, failures, Financial problems etc. 2
- b) Internal obstacles: low intelligence, disability, low or no education, etc
- c) Social –ethical obstacles : rigid moral values, religion, etc

18. What is meant by task oriented approach?

Key: When a person feels competent to handle a stressful situation his behavior tends to be task oriented. i.e., aimed mainly, to deal, with requirement of adjustive demand. 2

19. What is conflict? Define.

Key: Clash between two goals or two needs in which the choice of one causes frustration with regard to the other is known as conflict. 2

20. What is not counseling?

- Key:** a) counseling not simply giving advice or suggestions to the client. 1
- b) Not influencing the client's beliefs, values, interests' attitudes, decisions etc. with or without force. 1

21. What is vocational counseling?

Key: The type of Counseling where the Counselor guides the client to select a suitable employment, by orienting him in terms of training facilities Opportunities, working conditions, employment market information. The Counselor also assists in personnel requirements and demand for workers in Different occupations. 2

22. What is dissent?

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Key: When people think that, their freedom is in jeopardy, they feel negative emotional state. To reduce this state and restore their sense of freedom, they react in just the opposite way. This is known as dissent.

III. Answer any eight of the following in 15- 20 sentences each.

23. What are the physiological changes that take place during emotion? Explain.

Key: During emotional condition the following physiological changes take place in the body:

- a) Releasing of extra energy: During emotional state, abnormal amount of energy is released to meet the emergency situation. 1
- b) Visceral functions: In the emotional condition, digestive and excretory organs get less energy to carry on their activities. Hence digestion, urination, defecation, etc slows down or suspended for some time. 1
- c) Respiration and circulation: In order to supply more oxygen and food (glucose) to meet the emergency breathing becomes faster, further blood pressure and pulse rate increase rapidly. 1
- d) Electrical resistance of the skin gets reduced; this can be measured by psychogalvanometer. This is known as galvanic skin response. 1
- e) Voice changes: When we are angry voice becomes loud, under fear voice shrinks, etc. 1

24. Discuss achievement motivation?

Key: The need for achievement is need to accomplish challenging goals and achieve standard of excellence. 1

Achievement motivation varies from individual to individual and culture to culture. This is very strong among western country people in comparison to eastern part of the world. Careful analysis of achievement motivation reveals that there is strong inferiority feeling to be covered or compensated by achieving something in their life. 1

McClelland found from his studies that individuals who show a high need for achievement are more likely to be found in high risk jobs. He also suggests that cultural variation in the need for achievement is due to child rearing practice.

Religion also influences the need for achievement. For e.g. Hinduism and Buddhism, stress on values, simple living, high thinking, and non attachment. In such religious society achievement motivation is low. Careful analysis of competitions reveals the involvement of need for achievement. 1

Mc Clelland has identified four basic characteristics of high achievers

1. Start their own business or entrepreneurship
2. They work on moderately difficult task.
3. Find satisfaction in accomplishing a task rather than rewards.
4. They are better on a task, learn things faster and accomplish more in less in time.

To conclude, people with high achievement motivation are real backbone of any organization. The high achievers can be better managers in production to research and development, etc. 2

The achievement motivation can developed at early age.

25. Explain the growth of intelligence? 5

Key: as the child grows older his intelligence also grows correspondingly. According to the studies the intelligence grows rapidly in the early childhood, the growth slows down around the age of 12-13years and growth ceases at 16-20 years of age.

The psychologists differ regarding the exact age at which the growth of intelligence ceases. According to Terman and Merrill, growth of intelligence reaches its peak around the age of 16 years. Freeman and Florey state that intelligence growth reaches its peak around 20 years of age. Binet test of intelligence has showed that in some individuals grows up to the age of 18 years. In the majority of the people, growth of intelligence reaches its peak around 15 -16 years. This disagreement in the upper age limit is due to several factors such as the ability of the individuals, nature of the test used.etc., People of superior intelligence show the growth of intelligence up to 18 years, individuals with the normal intelligence show growth of intelligence up to 16 years, individuals with low intelligence show the growth of intelligence up to 13-14 years. Hence the growth of intelligence varies from individual to individual. Now the psychologists have arrived at the conclusion that intelligence grows up to 16 years of age. While calculating the IQ of the people we keep 16 years as the maximum chronological age (CA).

26. What is Mental Age? How do you find out mental age? Explain.

Key: Mental Age refers to level of mental development relative to the environment in which he/she lives. The mental age (MA) concept was given by Alfred Binet. 1

According to Binet, mental age of an individual is expressed in terms of the age group to which the individual's psychological functioning belongs. That is if a 10 years old boy performs the intellectual task that are normal to 10 year old, then his mental age is 10 years and his chronological age is said to be 10 years. In case the individual's performance is equal to the performance of 9 years old his MA is said to be 9years. If his intellectual performance is equal to

12 years old, then his MA is said to be 12 years. In the first instance, the individual's intelligence is normal or average. In second instance, the individual is said to have below average level of intelligence and in the third instance, the individual is said to have above average intelligence.

The MA grows along with chronological age up to 16 years in the normal individual, up to 14 years in below normal intelligence and up to 20 years in the individual's with superior intelligence. 4

27. Explain Eysenck's personality inventory with advantages and disadvantages.

Key: The Eysenck's Personality Inventory (EPI) consists of 57 questions. Each question has two alternative answers. S has to read each question and indicate the answer by encircling either of the two answers. There is no right or wrong answer, There is no time limit for the test, but he has answer as quickly as possible without spending much time over any question. No question should be left unanswered. 3

Out of 57 questions, 24 questions refer to extroversion- introversion dimension, 24 questions refer to neurotic dimension. The remaining belongs to lie scale.

Advantages: 1

Easy to administer and the inventory is neither too long nor too short. The subject finds it interesting to answer. This is the only questionnaire which has lie detecting questions.

Disadvantages: 1

The questionnaire measures only few dimensions of personality, such as introversion-extroversion dimension and neurotic dimension.

28. Explain Rorschach Ink-Blot Test?

Key: Rorschach Ink-Blot Test was developed by Hermann Rorschach a Swiss psychiatrist. This test consists of 10 symmetrical inkblots. Each blot is mounted on a stiff board of 8" by 10", card numbers 1, 4, 5, 6 and 7 are made of varying shades of grey and black. Blot 2 and 3 have some red patches. Blots 8, 9 and 10 are of different colors. Blot 10 has grey patches in addition to colors. 2

The blots are prepared and standardized on certain rationales, such as:

1. The forms must be relatively simple.
2. The blots must be suggestive of something
3. They must be tried out before they can be used as apparatus for the test. 1

4. The blots must be symmetrical, with very little difference between the two halves.

Administration: the test should be conducted in quiet and well lit room. The cards should be presented in serial order one by one. The S can hold the card in any position and any distance, but not beyond arms length. With these preconditions the S is given instructions as “tell me what that could be” or “what do you see”. All the responses of the subject are recorded verbatim. After obtaining the responses the second session of inquiry is done to ascertain that specific part of the blot to which response belongs, on which the scoring is done. 2

29. What is repression (selective forgetting)? Explain repression defense mechanism with an example.

Key: “Unacceptable or unpleasant impulses are pushed back into unconscious”/ or “Threatening, painful and unpleasant thoughts and desire excluded from consciousness” is also known as selective forgetting. 3

Repression helps the individual to control dangerous and unacceptable desires and at the same time alleviates the anxiety associated with such desires.

For e.g. 1. A student, who is not willing to go and write the exam, may forget the date of exam or forget the admission ticket. 1

2. A person who is not willing to attend the marriage of his friend in far away place due to financial problems, may forget the date of the marriage and after few days may recall. 1

30. What is reaction formation? Explain with examples.

Key: Reaction formations is an unusual method of controlling undesirable or socially unacceptable urges, by denying their existence and develop opposite traits that disguises and checks the basic motive. For, e.g. 2

1. A wicked man behaves like a kind hearted person.

2. A person with bad virtues preaches morality, ethics, etc. 2

It is self deceptive in nature not subjected to conscious control. Reaction formation has some adjustment values, in helping to maintain the socially approved behavior. If it crosses certain limits, it leads to severe maladjustments. 1

31. What are the duties of the counselor? Explain

Key: The following are the duties of the counselor:

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1. He has to arrange orientation programs to teachers to enlist their co-operation.
2. Arrange orientation programs for fresher and also for those passing through transition period.
3. Set up guidance committee, occupational and information centre
4. Provide them information through educational and career talks by experts, group discussions and film shows, etc.
5. Educate students regarding proper study habits and assist them in their development.
6. Refer major or minor psychological problem cases to the health centre for correction.
7. Administer psychological tests to assess each student and to guide or counsel him, if necessary.
8. Provide counseling services to students.
9. Help in the placement of the students
10. Take up research projects relating to the field of educational, vocational and personal –social guidance and counseling in the college or the institution.

32. Explain non- directive counseling technique.

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Key: Carl Roger's is the father of this counseling technique. This is a client centered technique. That is, the client (counselee) plays a major role. The counselor helps the counselee to understand the nature and causes of his problems. The goal of this technique is to make the client independent and to workout his own understanding. The client acquires the necessary skills to help himself. The main duty of the counselor is listen to the client and encouraging him to speak about his problem. He shows the empathy with the client and makes feel at ease. Whenever it is necessary, he will probe or dig in to the problem of the client with suitable questions. There is full freedom to the client and that is why this technique is known as client centered therapy.

33. What are the characteristics of attitude? Explain

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Key: Attitudes are learned and acquired through experience - they may be based on biological motives but they are not innate or inborn. For e.g., our hunger for food is biological but our

preference for rice is an attitude acquired because of the environment in which we are brought up.

-Attitudes are more or less permanent- Once they are formed they are relatively stable and fixed. They change only when there is a very strong reason.

-They are goal- directed either in a positive or negative way. They are either favorable or unfavorable, that means, they are for or against an object, person, situation or group.

-They are not behavior- but predispositions to behave in a particular way- they affect behavior and act as motives or driving forces to motivate behavior.

-It denotes adjustment of an individual towards a selected aspect of his environment.

-They are not directly known but indirectly inferred from actions and words. A person's attitude can be understood from his facial expressions, gestures, postures, etc. which is difficult to measure.

-They are shared by all members of a group. This leads to conformity of behavior with the large majority of the group. The norms and values of the group are internalized through the formation of attitudes

34. Explain the growth of prejudice?

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Key: Prejudices are accepted ready-made from older people. The child is born as a member of a particular group and as it develops and grows, it learns the same attitudes and prejudices for or against another group that is practiced by the members of its group.

b) Some prejudices arise because of misconceptions or misunderstandings about the other group. For e.g., In America, the blacks, were thought to be less intelligent, dirty, uncivilized and immoral.

c) Some prejudices are learnt because of traumatic experiences with some members of the other group. Then all members of the other group are thought to share the same characteristic. For e.g., a woman who is ill-treated by her husband begins to feel that, all men are violent, uncaring people.

d) Prejudices also arise out of differences in customs and ways of living. If one group feels that the other group is completely opposite to itself in its ways of living, then a negative attitude can develop. Such prejudices are seen more strongly during times of clash or conflict between the two groups.

e) Prejudices arise out of competition for scarce resources. For e.g., wealth, property, social recognition, educational and employment opportunities, political power, prestige, etc. if these

resources are limited, then there is great competition for them. People try to reduce competition by forming small groups and developing hostile attitudes towards other groups.

f) Many prejudices are because of Ethnocentrism. Each group thinks and feels that it is superior to or better than other groups. Due to this, people exaggerate and magnify their own folkways, language, etc. and put down others' ways of doing things.

g) It also depends on personality characteristics of the individual. Submissive person may easily accept the opinions of his group members but a person with a more questioning attitude may not accept it so easily. He may argue with others and form his own opinion.

h) Many prejudices are spread by mass media like news reports, columns in magazines, etc.

IV. Answer any two of the following in 30 to 35 sentences each.

35. How do you control fear and anxiety?

Key: Psychologists have suggested several ways to control fear and anxiety; some of them are as follows:

Fear: fear can be controlled by following ways;

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1. Method of tolerance- the individual is exposed gradually to the situation which causes fear, while exposing the individual to the fearful situation draw his attention away from the situation.
2. Exhaustion: expose the individual to the fearful situation until he gets exhausted
3. Desensitize the individual to the fearful situation by giving repeated exposure.
4. Reinterpret the situation causing fear.
5. Parents should be role models to their children in facing the fearful situation.

Anxiety: the following ways are effective to overcome anxiety.

1. Body mind relaxation technique relieves anxiety. 5
2. Writing down ones own thoughts, feelings and frustration at the end of everyday, reading and expressing them in action alone in a room, gives a great relief.
3. Practicing Wolman's technique of progressive relaxation of the muscles of the body.
4. Brisk walking in the morning, doing exercise, yoga every day, reduces anxiety.

5. Conflicts are the major sources of anxiety. Hence, conflicts can be resolved by writing down pros and cons of every conflicting issue and taking a decision on the merit of the case.
6. Practicing transcendental meditation also helps in reducing anxiety.
7. Plan activities well in advance.
8. Share feelings with like minded people.

36. What is Mental Retardation? What are the causes of Mental retardation? Explain.

Key: “Mental Retardation is the inability to meet the demands of everyday life. Individual having I.Q. below 70 is called as mentally retarded”. Or “significantly sub average level of intellectual functioning is known as mental retardation” 1

Causes of mental retardation: There are several causes for the mental retardation. These causes can be grouped in to three parts. They are:

1. Prenatal causes (factors): 3
 - a. Prenatal means before birth. If the mothers become pregnant after 40, chances of giving birth to mentally retard are more, because the eggs produced during menopause stage are very weak.
 - b. Mothers with chronic health diseases like diabetes, syphilis, hypertension, etc may give birth to mentally retarded.
 - c. Repeated exposure to X-Ray in the early pregnancy leads to mental retardation.
 - d. Any infections during pregnancy may cause mental retardation.
 - e. Other causes which may lead to mental retardation in the prenatal period are taking drugs, typhoid vaccine, anti-tetanic serum, etc.
2. Perinatal hazards: Perinatal means during birth. In India, especially in the villages we hardly find people who are properly trained in helping safe delivery. Some of the major hazards which causes mental retardation at time of birth are: 3
 - a. Head injury at the time of the birth.
 - b. Anoxia- no respiration immediately after birth.

- c. Deficiency of thiamine and glutamic acid.
- d. Infections due to unhygienic delivery.
- e. Premature birth or low birth weight, etc.

3. Postnatal causes: after the birth the following factors may cause mental retardation. 3

A) Meningitis. B) Lung disease. C) Poisoning. D) Malnutrition. E) Trauma during childhood. F) Lack of stimulating environment or motivating environment. G). encephalitis, etc

Both hereditary and environmental factors play a major role in the growth of intelligence. A healthy mother can give birth to a healthy child.

37. Explain Cyclothyme-Schizotheme questionnaire and Mysore Personality Inventory. 4

Key: a. Cyclothyme -schizothyme questionnaire: 4

This questionnaire was developed by Prof. B.Krishnan of Mysore University. The questionnaire consists of 80 questions. There are two alternative answers in front of each question – yes/no. The subject has to indicate the answer of his choice by encircling it. All the questions should be answered. There is no time limit, but subject has to answer as quickly as possible. There is no right or wrong answers. The answers given by the subject will be analyzed and interpreted with the help of the scoring key. The scoring key consists of only cyclothymic (extrovert) answers. Schizothymic answers are subtracted from cyclothymic answers. If the score is between 0-25, then the subject is ambivert, if the score is between 26-80, the subject is said to be extrovert, if the score is -4 and below, then the subject is said to be introvert.

b. Mysore Personality inventory: 6

MPI was constructed by Prof. B.Krishnan of Mysore University. This inventory consists of 235 statements divided into seven areas- 1. F-family. 2. E-emotionality. 3. S- sociability. 4. M-mood. 5. R- reality. 6. C-character. 7. L-leadership. Few items are as follows:

1. I worry about possible misfortune – true/false.
2. I get upset easily- true/false.

Each question has two alternative answers-true/false. The subject has to indicate his answer by putting a tick mark against one of the two answers against each question. The subject has to indicate the answers as quickly as possible.

The raw scores are calculated by using hand scoring keys. The scores are converted into standard scores.

In addition to seven different areas, the inventory has the validity scale, which consists of 16 statements to be answered by the subject. If the raw score exceeds validity limit by 9, the scores are rejected. The average reliability of the test is 0.96 and mean is 50.

38. How are attitudes formed? Explain

Key: Attitudes are formed in different ways. They are formed by our interaction with the family members. They are the main source for the attitude formation. Secondly, our attitudes are formed by the society to which we belong. Thirdly, our attitudes are formed by traumatic experiences.

The basic psychological processes involved in the formation of attitudes are:

1. Need satisfaction: We develop favorable attitude towards others who are satisfying our needs and wants. Unfavourable attitude are formed towards people who block ways of satisfying our needs. For e.g. a child develops positive or favorable attitude towards its mother, because she always satisfies the needs of the child. 2
2. Information exposure: attitudes also develop as a result of the information to which the individual is exposed. As we gain knowledge about the person or situation, we develop favorable or unfavorable attitude towards them. Exposure to external world and mingling with people play a major role in the formation of attitudes. 2
3. Social values, beliefs and norms: our social values, beliefs and norms promote formation of attitudes about many things. A religious Hindu believes that their sufferings are due to the sins of their previous birth. So their attitude towards sufferings is neutral. But the attitude of an atheists towards the same suffering is quite different. 2
4. Group Affiliation: From birth to death man is associated with the number of groups like family, friends, peers, schools and colleges, religious ethnic, etc. These groups have great influence on the formation of attitudes. Especially the influence of primary groups is very significant. 2
5. Personality variable: Though group influence play a major role in the formation of attitudes, individual's personality play an important role in determining diversity in the attitudes of the group members. 2

Vetter and Dexter attempted to show that personality characteristics like introversion, extroversion, dominance and submissiveness are related to attitudes like 'radicalism and conservatism'.

(Practical Part)

V. Answer any two of the following

39. Explain the plan and procedure you have followed in the study of the effect of feeling tone.

Key:

Experimenter: x

Date :

Subject: y

Time :

Problem: To study the effect of feeling tone on recall (reproduction) of Pleasant and Unpleasant words: - 1

Materials: 1) Three lists of stimulus words of 15 each.

List – A – Neutral words

List – B – Pleasant words

List – C - Unpleasant words

2) Stop – watch 3) Writing Materials

Plan : Present the list of words orally until the subject can just reproduce all the three lists of words. Ask the subject to recall the words after 48 hrs. Find out the words reproduce by the subject and compare the three lists of words with each other. 1

Procedure: The subject was asked to sit comfortably and asked him to listen to the instructions attentively. "I will present you orally a few words. Listen to me carefully. 3
After presenting the list once, I will give you a short interval. During the interval try to recall as many words as possible. Then I repeat the procedure for some more trials. When you feel that you can reproduce the entire list, tell me. I will give you time to reproduce words. Write down the words and hand over the list to me." With these instructions the subject was asked to "start". Stop-watch also started simultaneously. The list of words read out audibly at the rate of a word per 2 seconds. At the end of each presentation, 15 seconds time was given to the subject to recall the words. The same procedure was followed to the remaining lists of words also. After 48 hours the 'S' was asked to reproduce the lists of words again.

Precautions: 1) The words should be selected carefully
2) The words should be presented with even speed and tone.
3) The 'S' should not be told that he will have to reproduce words after 48 hours.

4) The words of the three lists must be presented in random order in recall.

40. Write the plan and procedure you have followed in the study of effect of emotion on speed of responses by discrete method

Key:

Experimenter: x

Subject: y

Date:

Time :

Problem: To study experimentally the effect of emotions on the speed of responses by discrete method. 1

Materials: 1) Two lists of stimulus words of 25 in each list.

List – A – Non-Emotional words.

List –B- Emotional words

2) Stop – watch 3) Writing materials

Plan: The experiment was conducted in two series. Compare the responses and reaction time for emotional and non-emotional words . 1

Procedure:-

Series-I. The subject was asked to sit comfortably. The 'S' was asked to listen to the instructions carefully. "I will give a list of words. Read the words mentally one after another. Write down the responses immediately after reading each word. Like this you will have to read and respond to as many words as possible with a single response to each word." With these instructions the subject was asked to start and the stop-clock also started simultaneously. At the end of 40 seconds the 'S' was asked to 'stop'. The responses given by the 'S' was counted. 3

Series –II. The same procedure was followed while presenting the list – 'B'

Precautions : After the instructions one or two trials were given to 'S' to ensure that the 'S' understood the instructions properly.

41. Write the plan and procedure you have adopted in the study of vocational interest by paired comparison method

Ans. Key:

Experimenter: x

Subject: y

Date :

Time :

Marks

Problem: Determine the vocational interest by paired comparison method

Materials: 1) 10 Vocational areas (Police, Journalism, Teaching, Administration, Law, etc) written in bold letters on 8"x10" cards.

2) Writing materials

1

Plan : Using paired comparison method , find out the number of times , each profession is preferred by the subject. 1

Procedure: The subject was asked to sit comfortably in the chair. Then the Instructions were given as follows. “Now I am going to show you a few Areas of jobs (Vocations) by paired comparison method. You look at them, Compare them in your mind and tell me your preference of the two. Like this I will show you all the areas of vocations. Every time you should tell your preference.” With these instructions the ‘S’ was asked to be ready to see the Vocational areas, Written on cards. Then the cards were shown to the subject by paired comparison Method. His preferences were marked in the table. Like this all the Vocational Areas were presented to the ‘S’ and his responses were marked in the table. 3

Precautions: 1) While presenting the Vocational areas by paired comparison method the care was taken that the same areas were not compared with each other more than once.