

**2 0 2 4**

**PSYCHOLOGY**

*Full Marks : 70*

*Time : 3 hours*

*The figures in the margin indicate full marks for the questions*

*General Instructions :*

- (i) Write all the answers in the Answer Script.
- (ii) Attempt Part—A (Objective Questions) serially.
- (iii) Attempt all parts of a question together at one place.

( PART : A—OBJECTIVE )

( Marks : 22 )

SECTION—I

( Marks : 10 )

- 1.** Choose and write the most appropriate answer from the choices provided (any *five*) : 1×5=5

(a) Sternberg's triarchic theory of intelligence represents

- (i) the information processing approach
- (ii) the psychometric approach
- (iii) Both (i) and (ii)

- (b) Individual psychology was popularized by
- (i) Karen Horney
  - (ii) Alfred Adler
  - (iii) Erich Fromm
- (c) Conscious suppression of stressful thoughts and their replacement by self-protective thoughts is an example of
- (i) Task-oriented coping strategy
  - (ii) Emotion-oriented coping strategy
  - (iii) Avoidance-oriented coping strategy
- (d) Antecedent-belief-consequence (ABC) analysis is the first step in
- (i) Rational emotive therapy
  - (ii) Cognitive behaviour therapy
  - (iii) Logotherapy
- (e) Which one of the following is not an effective strategy for handling prejudice?
- (i) Minimizing opportunities for learning prejudice
  - (ii) Emphasizing a narrow social identity
  - (iii) Discouraging the tendency towards self-fulfilling prophecy

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(f) Which of the following refers to the relative social position given to group members by others?

(i) Rules

(ii) Norms

(iii) Status

2. Indicate whether the following statements are True or False (any *five*) : 1×5=5

(a) Stressed individuals may be less likely to expose themselves to pathogens.

(b) Compliance is also called 'external public conformity'.

(c) Attitudes always predicted actual pattern of one's behavior.

(d) Organizational psychology is a branch of psychology that deals with workplace behavior.

(e) Interpersonal communication involves communicating with yourself.

(f) The *Diagnostic and Statistical Manual of Mental Disorders* is published by the World Health Organization (WHO).

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SECTION—II

( Marks : 12 )

3. Answer the following questions in less than 30 words each  
(any six) : 2×6=12

- (a) Define emotional intelligence.
- (b) What is the halo effect?
- (c) List any two behavioural symptoms of anorexia nervosa.
- (d) What is unconditional positive regard?
- (e) Explain two reasons why people join groups.
- (f) List some features of crowding.
- (g) What are close-ended questions? Give examples.
- (h) What is poverty cycle?

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( PART : B—DESCRIPTIVE )

( Marks : 48 )

4. Write short notes (less than 60 words) on any *four* of the following : 3×4=12

(a) Cattell's personality factors

*Or*

Structure of personality

(b) Phobias

*Or*

ADHD

(c) Social facilitation

(d) Social identity

(e) Ethics in psychotherapy

5. Answer the following questions in less than 100 words each : 4×6=24

(a) What is self-control? Suggest some psychological techniques of self-control.

*Or*

How do projective techniques assess personality?

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(b) Describe the major symptoms of schizophrenia.

*Or*

How do psychological models explain the occurrence of abnormal behaviour?

(c) Briefly describe the various techniques used in behaviour therapy.

*Or*

Describe the nature and scope of psychotherapy.

(d) Explain the concept of pro-social behaviour.

*Or*

How do the characteristics of an existing attitude influence attitude change?

(e) What factors determine whether people will cooperate or compete?

*Or*

Why does social loafing occur?

(f) Differentiate between instrumental aggression and hostile aggression. Suggest some strategies to reduce aggression.

*Or*

Describe the characteristics of an effective counselor.

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6. Answer the following questions in less than 200 words each : 6×2=12

(a) What is IQ? How can you differentiate between non-verbal and performance tests of intelligence?

*Or*

Describe the theory of multiple intelligence proposed by Howard Gardner.

(b) Define stress. Explain the emotional and behavioural effects of stress.

*Or*

What are life skills? Describe how life skills can help to meet life's challenges.

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