

2024
PSYCHOLOGY

Full marks: 80

Time : 3 hours

General instructions:

- i. *Approximately 15 minutes is allotted to read the question paper and revise the answers.*
- ii. *The question paper consists of 28 questions.*
- iii. *Marks are indicated against each question.*
- iv. *Answers to questions carrying 1 mark should not exceed one sentence.*
- v. *Answers to questions carrying 2 marks should not exceed 50 words.*
- vi. *Answers to questions carrying 4 marks should not exceed 100 words.*
- vii. *Answers to questions carrying 6 marks should not exceed 200 words.*
- viii. *Answers to questions carrying 8 marks should not exceed 300 words.*

N.B: Check that all pages of the question paper are complete as indicated on the top left side.
(The figures in the margin indicate full marks to the questions)

Choose the correct answer from the given alternatives in questions 1 to 10.

1. _____ is the first step in understanding a psychological attribute. **1**
(a) Assessment (b) Intelligence.
(c) Situationism (d) Values
2. Mary lags behind her peers in language and motor skills. She is trained in self care as well as in simple social and communication skills. She also needs little supervision in everyday task. Her level of intellectual disability falls in which category. **1**
(a) Mild (I.Q 55 to 70) (b) Moderate (I.Q 35-40 to 50-55)
(c) Severe (I.Q 20-25 to 35-40) (d) Profound (I.Q below 20-25)
3. As persons, we always make some judgement about our own values or worth. This value judgement about herself/ himself is called. **1**
(a) Self-efficacy (b) Self-regulation
(c) Self- esteem (d) Self-control
4. Which of the following is a personality trait proposed by Cattell? **1**
(a) Cardinal Traits (b) Central Traits
(c) Secondary Traits (d) Source Traits
5. Who emphasised psychological conflict and disturbed interpersonal relationship as causes of psychological disorder? **1**
(a) St. Augustine (b) Johann Weyer
(c) Galen (d) Hippocrates
6. Azo believes that he is being plotted against, spied on, slandered, threatened, attacked or deliberately victimised. Identify the delusion experienced by Azo. **1**
(a) Delusion of reference (b) Delusion of control
(c) Delusion of Grandeur (d) Delusion of Persecution

7. An alcoholic is given a mild electric shock and asked to smell the alcohol. With repeated pairings, the smell of the alcohol is disliked as the pain of the shock is associated with it and the person will give up alcohol this is most likely due to: **1**
(a) Token economy (b) Modelling
(c) Aversive conditioning (d) Systematic desensitisation
8. Which therapy locates the cause of psychological distress in irritational thoughts and beliefs? **1**
(a) Behaviour Therapy (b) Cognitive Therapy
(c) Biomedical Therapy (d) Client- Centered therapy
9. The concept of cognitive dissonance was proposed by: **1**
(a) Leon Festinger (b) Frits Heider
(c) Zajonc (d) Norman Triplett
10. Kekhrie exercises regularly and gets the honour of being 'Miss Good Health' in school, she may develop a positive attitude towards exercise and health in general. This is due to **1**
(a) Learning attitudes by association.
(b) Learning attitudes through group or cultural norms.
(c) Learning through exposure to information.
(d) Learning attitudes by being rewarded or punished.
11. List any two characteristics of traits. **2**
12. Carl Jung developed his own theory of personality. Briefly explain. **2**
13. Meren has been watching TV and also spending more time on the phone to deal with the stress. Which coping strategy is being used by Meren? Briefly explain. **2**
14. What is OCD? **2**
15. State any two goals of psychotherapy. **1+1=2**
16. Highlight the two components of a therapeutic alliance. **1+1=2**
17. Are attitudes learnt? Explain how. **2**
18. Individuals attitude may not always be exhibited through behaviour. When would there be consistency between attitudes and behaviour? **1+1=2**
19. Theories of intelligence are broadly classified into two approaches. Explain briefly. **2+2=4**
20. Seema communicates her feelings and views clearly with confidence. She could say 'no' to a request or state an opinion without being self-conscious. Seema is someone who has high self-esteem and a solid sense of her own identity. Suggest any two life skills that can help Seema meet the challenges of life successfully. **2+2=4**

21. Discuss any four techniques used in behaviour therapy. **1x4=4**
22. Explain any two factors that influence attitude change. **2+2=4**
23. Explain any four reasons that make people join groups. **4**
24. (a) “Any intellectual activity involves the independent functioning of three neurological systems.” Explain with reference to PASS model. **6**
- Or**
- (b) Explain any three parameters on which basis the psychotherapies are classified. **(3x2=6)**
25. (a) Give a brief description of the psychosexual stages of development. **3+3=6**
- Or**
- (b) Ben holds a negative attitude towards individuals of a particular community. He avoids helping or interacting with them in his workplace and also in the market. Identify and explain the behaviour being exhibited by Ben. Mention any three strategies that can help Ben overcome such negative attitudes.
26. (a) A wide range of events and conditions can generate stress. Explain three sources of stress. **3x2=6**
- Or**
- (b) What is a group? List any four salient characteristics of a group. **(2+4=6)**
27. (a) Intelligence tests are of several types. Discuss any two types of intelligence tests. List any two ill-effects of intelligence testing. **6+2=8**
- Or**
- (b) Explain any two projective techniques for assessment of personality. **(4+4=8)**
28. (a) Discuss any four factors that facilitate positive health and well being. **4x2=8**
- Or**
- (b) What is meant by the term ‘Dissociation’? Discuss two forms of dissociative disorders. **(2+6=8)**
