

2024

PSYCHOLOGY
(Theory)

Full Marks : 70

Pass Marks : 21

Time : Three hours

All the questions are compulsory.

The figures in the right margin indicate full marks for the questions.

Answer Question nos. 1 – 3 in about 120 words. Each item carries 5 marks.

1. How does self-esteem play an important role in our everyday life? 5

Or

State how Behavioural Analysis assesses personality? 5

2. Enumerate the stress-management techniques. 5

Or

How does stress affect the Immune System? 5

3. What are the various technique used in behavior therapy? 5

Or

How can Humanistic-therapy encourage the client to seek personal growth and self-actualisation? 5

P.T.O.

Answer the following questions. Each question carries 3 marks and each answer has a word limit of 50 words.

4. (i) Differentiate between Interpersonal Intelligence and Intrapersonal Intelligence. 3

Or

How does Componential Intelligence differ from Experiential Intelligence?

3

- (ii) Explain the influence of heredity and environment on intelligence. 3

Or

Describe the characteristics of emotionally intelligent persons. 3

- (iii) What is the expression of 'Eysenck's theory of personality'? 3

Or

What are the stages of personality according to Sigmund Freud? 3

- (iv) Distinguish between obsession and compulsion. 3

Or

Differentiate between Delusion and Hallucination. 3

- (v) How can CBT (Cognitive Behaviour Therapy) be used in treating psychological disorders? 3

Or

What are the techniques used in the rehabilitation of the mentally ill? 3

- (vi) What are the factors that influence the formation of an attitude? 3

Or

What strategies can be used for handling prejudice? 3

5. *Explain each item in about 30 words. Each item carries 2 marks.*
- (i) Psychological test. 2
 - (ii) Show diagrammatically the Normal Curve Pattern showing distribution of IQ scores in the population. 2
 - (iii) Show in figure the pattern of adjustment of self-concept. 2
 - (iv) Classification of Psychological Disorder. 2
 - (v) Features of ADHD. 2
 - (vi) Diagrammatically show the relation of stress with illness. 2
 - (vii) Eating disorders. 2
 - (viii) Source characteristics. 2
 - (ix) Teams. 2
 - (x) Cohesiveness. 2
6. *Answer the following questions in a word or group of words or a sentence each. Each question carries 1 mark.*
- (i) Who proposed Hierarchical Model of Intelligence? 1
 - (ii) Define Intelligence Quotient. 1
 - (iii) Show in figure the self and group boundaries. 1
 - (iv) Mention one technique of self-control. 1
 - (v) Diagrammatically show the General Adaption Syndrome. 1
 - (vi) State one characteristic of Autism Spectrum Disorder. 1
 - (vii) What is Agoraphobia? 1
 - (viii) Define Impression formation. 1
 - (ix) What do you understand by 'Kernel of Truth'? 1
 - (x) What is Social Loafing? 1

7. *The following questions are Multiple Choice Questions. Choose the correct answer from the four alternatives and rewrite it along with the corresponding alphabet. Each item carries 1 mark only.*

(i) Distinctiveness and variations among people's characteristics and behavioural patterns is called : 1

- (a) Situationism
- (b) Variability
- (c) Individual differences
- (d) Assessment

(ii) When people try to make unreasonable feelings or behaviours seem reasonable and acceptable, it is known as : 1

- (a) Rationalization
- (b) Denial
- (c) Reaction formation
- (d) Regression

(iii) Which of the following coping behaviours are problem-focused? 1

- (a) Making efforts to improve one's performance after a setback.
- (b) Hiding examination results from parents.
- (c) Finding fault with classmates for poor marks in tests.
- (d) Feeling sorry for poor marks in a test.

(iv) "An unexpected travel away from home and workplace, the assumption of a new identity and the inability to recall the previous identity". This signifies the features of which of the following : 1

- (a) Dissociative fugue
- (b) Depersonalization
- (c) Dissociative Amnesia
- (d) None of these

(v) Logo therapy is given by - 1

- (a) Victor Frankl
- (b) Sigmund Freud
- (c) Ivan Pavlov
- (d) Carl Rogers

(vi) In 1957, Leon Festinger published his theory of - 1

- (a) Balance
- (b) Cognitive Dissonance
- (c) Learning
- (d) Attitude

(vii) What is the correct sequence for the stages of group formation? 1

- (a) Forming, Norming, Storming, Adjourning and Performing
- (b) Storming, Forming, Performing, Adjourning and Norming
- (c) Forming, Storming, Norming, Performing and Adjourning
- (d) Performing, Adjourning, Norming, Storming and Forming