

2025

**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.*

***For Question Nos. 1 to 7 select the most appropriate one from the given alternatives a, b, c and d and rewrite the same.***

1. Two-factor theory of intelligence was proposed by : 1  
(a) Arthur Jensen (b) Charles Spearman  
(c) Alfred Binet (d) Wechesler
2. Rorschach Inkblot test consists of : 1  
(a) 8 inkblot cards (b) 11 inkblot cards  
(c) 10 inkblot cards (d) 12 inkblot cards
3. Which of the following is the correct sequence for the stages of Genereal Adaptation Syndrome (GAS) ? 1  
(a) Alarm reaction → Resistance → Exhaustion

**P.T.O.**

(b) Resistance → Alarm reaction → Exhaustion

(c) Alarm reaction → Exhaustion → Resistance

(d) Resistance → Exhaustion → Alarm reaction

4. Intense and incapacitating fear and embarrassment when dealing with others is : 1

(a) Panic Disorder

(b) Obsessive-compulsive Disorder

(d) Depression

(d) Social phobia

5. Client-Centred Therapy was introduced by : 1

(a) Abraham Maslow

(b) Aaron Beck

(c) Carl Rogers

(d) None of the above

6. Which of the following are the factors that influence attitude change? 1

(a) Message characteristics

(b) Source characteristics

(c) Target characteristics

(d) All of the above

7. We all belong to different types of groups namely Primary, Secondary, Formal and Informal. What type of group will the armed forces be, if you join it? 1

(a) Primary, Secondary and Informal

(b) Formal and Informal

(c) Secondary and Formal

(d) Primary, Secondary and Formal

**Answer Question Nos. 8 to 17 in one word or one sentence each.**

- |   |   |
|---|---|
| 8. Write the formula of I.Q?  | 1 |
| 9. What is Life-skill?  | 1 |
| 10. Who formulate Rational Emotive Therapy (RET)?                                       | 1 |
| 11. What do you understand by Occupational Therapy?                                     | 1 |
| 12. What is the primary focus of logotherapy in the context of psychological treatment? | 1 |
| 13. Write any one component of attitude?  | 1 |
| 14. Mention any one strategy of handling Prejudice?                                     | 1 |
| 15. Define Cohesiveness.  | 1 |
| 16. What is group polarisation?   | 1 |
| 17. How is ingroup different from outgroup?   | 1 |

**Answer Question Nos. 18 to 27 in about 30 words each.**

- |   |   |
|---|---|
| 18. Show the elements of Triarchic Theory of intelligence in figure.                            | 2 |
| 19. Diagrammatically show self and group boundaries in Western and Indian Cultural perspective. | 2 |
| 20. Diagrammatically show the structure of personality in Freudian Theory.                      | 2 |
| 21. Draw the Psychological meaning of Stress in figure.   | 2 |
| 22. What are the 4D's of psychological abnormality?   | 2 |



23. Explain how cognitive problems such as overgeneralisation and illogical thinking contribute to abnormal behavior. 2
24. Describe in two points the effect of alcohol in our body. 2
25. As a therapist, you find out that your client is your classmate from high school. As a professional what ethics you have to apply while dealing with your client. (Write any two points) 2
26. Differentiate between beliefs and values. 2
27. Write in any two points on why people join groups. 2

*Answer Question Nos. 28 to 33 in about 50 words each.*

28. Explain the 'P' in the PASS Model of intelligence. 3

**OR**

Differentiate between individual test and group test. 3

29. Explain the traditional Indian thought 'Buddhi' highlighting its relation to intelligence. 3

**OR**

Explain the concept of "Street Smart" in the Triarchic theory of intelligence. 3

30. "Aptitude is the special abilities in a particular field of activity". Justify with example. 3

**OR**

A psychologist want to study about a patient in depth. Analyse the psychological assessment method the psychologist has to apply. (Write any three)

3

31. Analyse the impact of parenting on self-esteem with example.

3

**OR**

Analyse how childhood experiences influence the development of personality according to Karen Horney.

3

32. Explain in 3 points how psychotherapy aims to change maladaptive behaviors of an individual.

3

**OR**

Describe any 3 factors that contribute to healing in Psychotherapy.

3

33. Justify your answer on how persuability, self-esteem and intelligence can affect attitude change.

3

**OR**

As a teacher, you want to change the behavior of some arrogant students. Explain any 3 learning conditions or processes you can apply to change their attitudes.

3

***Answer Question Nos. 34 to 36 in about 150 words each.***

34. Describe the five broad dimensions of personality according to Big Five Model.

5

**OR**

Explain how Freud's psychosexual stages influence personality development.

5

35. In what ways Life-skills can be applied while managing the challenges of life. 5

*OR*

Your final examination is coming up and you are not prepared. You become overwhelmed and stressed. Predict the effects of stress you might have on your everyday psychological functioning. 5

36. As a school counsellor, you find out one of the student has extreme anxiety, unable to concentrate, withdrawing from friends and decrease in academic performance. Predict five psychological factors that might be contributing to the student's abnormal behavior. 5

*OR*

Analyse how intellectual disability affects an individual's daily functioning and quality of life. 5