



General Instructions

- (i) The examination will be conducted in Computer-Based Test (CBT) mode.
- (ii) Each question carries +5 marks for correct answer and -1 mark for wrong answer.
- (iii) The total number of questions are 50.
- (iv) Duration of the exam is 1 hour (60 minutes).

1. Who proposed the Triarchic Theory of Intelligence, which includes componential, experiential, and contextual intelligence?

- (A) Howard Gardner
- (B) Robert Sternberg
- (C) Charles Spearman
- (D) Louis Thurstone

Correct Answer: (B) Robert Sternberg

Solution:

Concept:

The Triarchic Theory of Intelligence was proposed by psychologist Robert Sternberg. This theory challenged the traditional idea that intelligence is measured only through IQ tests. Sternberg suggested that intelligence is a broader concept involving three major dimensions:

Analytical Intelligence (Componential)

Creative Intelligence (Experiential)

Practical Intelligence (Contextual)

Analytical intelligence refers to problem-solving and logical reasoning abilities. Creative intelligence relates to handling novel situations and generating new ideas. Practical intelligence involves adapting to real-life situations and environments.

Step 1: Analyze each option carefully.

Howard Gardner:

Gardner proposed the Theory of Multiple Intelligences, not the Triarchic Theory.

Robert Sternberg:

He proposed the Triarchic Theory consisting of componential, experiential, and contextual intelligence.

Charles Spearman:

Spearman proposed the Two-Factor Theory involving:

g-factor and s-factor

Louis Thurstone:

Thurstone proposed the theory of Primary Mental Abilities.

Step 2: Identify the correct psychologist.

Since the Triarchic Theory was developed by Robert Sternberg, the correct answer is:

Robert Sternberg

Quick Tip: Remember Sternberg's theory using the shortcut:

A-C-P

where:

A = Analytical, C = Creative, P = Practical

2. Which of the following is considered a 'projective technique' for personality assessment?

- (A) MMPI-2
- (B) 16PF
- (C) Rorschach Inkblot Test
- (D) Eysenck Personality Questionnaire

Correct Answer: (C) Rorschach Inkblot Test

Solution:

Concept:

Personality assessment methods are broadly classified into:

Objective Tests

and

Projective Tests

Objective tests contain structured questions with fixed responses. Projective techniques present ambiguous stimuli so that individuals project their unconscious feelings, motives, and conflicts onto them.

The Rorschach Inkblot Test is one of the most famous projective tests. In this method, individuals are shown inkblot images and asked to describe what they see. Their interpretations help psychologists understand hidden personality characteristics and emotional conflicts.

Step 1: Examine each option.

MMPI-2:

Minnesota Multiphasic Personality Inventory is an objective personality test.

16PF:

The Sixteen Personality Factor Questionnaire is also an objective personality inventory.

Rorschach Inkblot Test:

This is a classic projective technique using ambiguous inkblots.

Eysenck Personality Questionnaire:

This is an objective personality test developed by Hans Eysenck.

Step 2: Select the projective technique.

Thus, the correct answer is:

Rorschach Inkblot Test

Quick Tip: Projective tests use ambiguous stimuli to reveal unconscious thoughts and emotions. Examples:

Rorschach Inkblot Test

Thematic Apperception Test (TAT)

3. According to Hans Selye, the General Adaptation Syndrome (GAS) involves three stages. What is the correct sequence?

- (A) Resistance, Alarm, Exhaustion
- (B) Alarm, Exhaustion, Resistance
- (C) Alarm, Resistance, Exhaustion
- (D) Exhaustion, Resistance, Alarm

Correct Answer: (C) Alarm, Resistance, Exhaustion

Solution:

Concept:

Hans Selye introduced the General Adaptation Syndrome (GAS) to explain how the body responds to stress over time.

According to this theory, stress responses occur in three sequential stages:

Alarm Stage

Resistance Stage

Exhaustion Stage

Alarm Stage:

The body recognizes the stressor and activates the fight-or-flight response. Adrenaline and

stress hormones increase rapidly.

Resistance Stage:

The body attempts to adapt and cope with the stressor while maintaining physiological balance.

Exhaustion Stage:

If stress continues for a prolonged period, body resources become depleted, leading to fatigue and illness.

Step 1: Arrange the stages in proper order.

The correct sequence is:

Alarm → Resistance → Exhaustion

Step 2: Match with the options.

Hence, the correct answer is:

Alarm, Resistance, Exhaustion

Quick Tip: Remember GAS using:

$A \rightarrow R \rightarrow E$

which stands for:

Alarm → Resistance → Exhaustion

4. A person who experiences intense fear of open, public places where escape might be difficult is likely suffering from:

- (A) Agoraphobia
- (B) Social Anxiety Disorder
- (C) Specific Phobia
- (D) Panic Disorder

Correct Answer: (A) Agoraphobia

Solution:

Concept:

Agoraphobia is an anxiety disorder characterized by intense fear of situations where escape may be difficult or help unavailable during panic-like symptoms.

Common feared situations include:

- Crowded public spaces
- Open marketplaces
- Public transportation
- Large gatherings

People with agoraphobia may avoid leaving their homes due to extreme anxiety.

Step 1: Understand the symptoms described.

The question mentions:

- Fear of open places
- Fear of public spaces
- Fear that escape may be difficult

These symptoms directly match agoraphobia.

Step 2: Differentiate from other disorders.

Social Anxiety Disorder:

Fear of social judgment or embarrassment.

Specific Phobia:

Fear related to a specific object or situation.

Panic Disorder:

Repeated panic attacks without necessarily involving public-place fear.

Step 3: Identify the correct disorder.

Thus, the correct answer is:

Agoraphobia

Quick Tip: Agoraphobia can be remembered as:

Agora = Marketplace/Open Space

Hence, fear of open public spaces.

5. Which therapeutic approach emphasizes that disorders are often caused by irrational beliefs and thought processes, and aims to restructure these thoughts?

- (A) Psychodynamic Therapy
- (B) Humanistic Therapy
- (C) Cognitive Therapy
- (D) Biomedical Therapy

Correct Answer: (C) Cognitive Therapy

Solution:

Concept:

Cognitive Therapy is based on the idea that psychological problems are often caused by distorted, irrational, or negative patterns of thinking. According to cognitive psychologists, the way people think about situations greatly influences how they feel and behave.

The main objective of Cognitive Therapy is to identify faulty thought patterns and replace them with more realistic and rational beliefs.

Step 1: Understand the basis of Cognitive Therapy.

Cognitive therapists believe that emotional disturbances arise because people interpret situations inaccurately.

Examples of irrational thoughts include:

- "I always fail in everything."
- "Nobody likes me."
- "If I make one mistake, I am a complete failure."

Such beliefs can lead to anxiety, depression, and low self-esteem.

Step 2: Understand the goal of treatment.

The therapist helps the client:

- Identify irrational beliefs.
- Challenge negative thoughts.
- Replace faulty thinking with realistic thinking.
- Develop healthier patterns of behavior.

Step 3: Evaluate the alternatives.

- Psychodynamic Therapy focuses on unconscious conflicts.
- Humanistic Therapy emphasizes personal growth and self-actualization.
- Biomedical Therapy uses medication and biological treatments.
- Cognitive Therapy focuses on changing irrational thoughts.

Step 4: Choose the correct answer.

Since the question specifically mentions irrational beliefs and restructuring thoughts, the correct answer is:

Cognitive Therapy

Final Answer:

(C) Cognitive Therapy

Quick Tip: Cognitive Therapy works on the principle: "Change the way you think, and your feelings and behavior will change."

6. The tendency of individuals to put in less effort when working in a group compared to working individually is known as:

- (A) Group Polarization
- (B) Social Loafing
- (C) Conformity
- (D) Social Facilitation

Correct Answer: (B) Social Loafing

Solution:

Concept:

Social Loafing refers to the tendency of individuals to reduce their effort when they work as part of a group compared to when they work alone.

This phenomenon was first observed when people exerted less effort while pulling a rope in a group than when pulling individually.

Step 1: Understand Social Loafing.

When people work in groups, individual responsibility becomes less visible.

As a result:

- People may rely on others.
- Individual contribution becomes difficult to evaluate.
- Motivation to work hard may decrease.

Step 2: Differentiate from other concepts.

- Group Polarization – Group discussion leads to more extreme decisions.
- Conformity – Changing behavior to match group norms.
- Social Facilitation – Improved performance due to the presence of others.
- Social Loafing – Reduced effort in group tasks.

Step 3: Match the definition.

The question states that people put in less effort while working in groups.

This is exactly the definition of:

Social Loafing

Final Answer:

(B) Social Loafing

Quick Tip: Social Loafing = "Less effort in groups than when working alone."

7. Which component of attitude refers to the emotional experience and feelings one has towards an attitude object?

- (A) Cognitive Component
- (B) Behavioral Component
- (C) Affective Component
- (D) Evaluative Component

Correct Answer: (C) Affective Component

Solution:

Concept:

Psychologists generally describe attitude using the ABC Model:

- Affective Component (Feelings)
- Behavioral Component (Actions)
- Cognitive Component (Beliefs)

Step 1: Understand the Affective Component.

The affective component refers to:

- Emotions
- Feelings
- Likes and dislikes
- Positive or negative reactions

towards an attitude object.

Example:

A person may like environmental conservation because it makes them feel happy and responsible.

Step 2: Compare with other components.

- Cognitive Component – What a person thinks or believes.
- Behavioral Component – How a person behaves.
- Affective Component – How a person feels.

Step 3: Choose the correct component.

Since the question specifically refers to feelings and emotions, the answer is:

Affective Component

Final Answer:

(C) Affective Component

Quick Tip: ABC of Attitude:

A = Affective (Feelings)

B = Behavioral (Actions)

C = Cognitive (Beliefs)

8. According to the psychodynamic approach, which part of the personality operates on the 'Reality Principle'?

- (A) Id
- (B) Ego
- (C) Superego
- (D) Libido

Correct Answer: (B) Ego

Solution:

Concept:

Sigmund Freud proposed that personality consists of three major structures:

- Id

- Ego
- Superego

Each follows a different principle.

Step 1: Understand the Id.

The Id operates on the:

Pleasure Principle

It seeks immediate satisfaction of desires.

Step 2: Understand the Ego.

The Ego operates on the:

Reality Principle

It considers practical realities and decides how desires can be satisfied appropriately.

Step 3: Understand the Superego.

The Superego represents moral values and ideals.

It acts as the conscience of the individual.

Step 4: Identify the correct structure.

Since the Reality Principle is associated with the Ego,

Ego

is the correct answer.

Final Answer:

(B) Ego

Quick Tip: Id = Pleasure Principle

Ego = Reality Principle

Superego = Moral Principle

9. The 'Human-Environment Relationship' unit discusses how environmental stressors affect

behavior. Which of the following is considered an environmental stressor?

- (A) Crowding
- (B) Motivation
- (C) Intelligence
- (D) Self-efficacy

Correct Answer: (A) Crowding

Solution:

Concept:

Environmental stressors are external conditions or situations present in a person's surroundings that create physical or psychological stress. These stressors can influence emotions, behavior, health, and overall well-being.

Common environmental stressors include:

- Noise pollution
- Crowding and congestion
- Extreme temperatures
- Air pollution
- Natural disasters
- Poor living conditions

Environmental psychology studies how such factors affect human behavior and mental health.

Step 1: Understand the meaning of crowding.

Crowding refers to a situation in which too many people occupy a limited space, reducing privacy and personal space.

Examples include:

- Overcrowded classrooms
- Congested public transport
- Packed marketplaces
- Densely populated residential areas

Such situations often lead to:

- Irritation
- Anxiety
- Frustration
- Reduced concentration
- Increased stress levels

Therefore, crowding acts as an environmental stressor.

Step 2: Examine the remaining options.

- **Motivation** is an internal psychological process that energizes behavior.
- **Intelligence** is a cognitive ability and not an environmental factor.
- **Self-efficacy** refers to a person's belief in their own capabilities.

These are personal psychological variables rather than environmental stressors.

Step 3: Identify the correct answer.

Among the given options, only crowding represents an external environmental condition capable of producing stress.

Final Answer:

Crowding

Quick Tip: Environmental stressors originate from the surroundings. Noise, pollution, crowding, and extreme weather are common examples.

10. In counseling, 'Empathy' is a core skill. What does empathy primarily involve?

- (A) Giving advice to the client
- (B) Feeling sympathy for the client's situation
- (C) Understanding the client's perspective as if it were your own
- (D) Judging the client's behavior

Correct Answer: (C) Understanding the client's perspective as if it were your own

Solution:

Concept:

Empathy is one of the most important counseling skills. It refers to the counselor's ability to understand and experience the feelings, thoughts, and perspectives of the client while maintaining objectivity.

Empathy helps create:

- Trust
- Emotional safety
- Effective communication
- A strong counselor-client relationship

Psychologist **Carl Rogers** emphasized empathy as a fundamental condition for successful counseling.

Step 1: Understand the meaning of empathy.

Empathy means putting oneself in another person's position and understanding how that person feels.

For example, if a client says:

"I feel anxious before every examination."

An empathetic counselor might respond:

"You seem to be experiencing a lot of pressure and worry before your exams."

This response reflects understanding of the client's feelings.

Step 2: Differentiate empathy from sympathy.

Many students confuse empathy with sympathy.

- **Sympathy** means feeling sorry for someone.
- **Empathy** means understanding another person's feelings and experiences from their point of view.

Counselors focus primarily on empathy rather than sympathy.

Step 3: Analyze the given options.

- **Giving advice** is not the primary meaning of empathy.
- **Feeling sympathy** refers to pity or concern, not deep understanding.
- **Understanding the client's perspective as if it were your own** correctly describes empathy.
- **Judging the client** is contrary to the principles of counseling.

Step 4: Choose the correct answer.

Empathy involves understanding another person's experiences and emotions from their perspective while maintaining professional objectivity.

Final Answer:

Understanding the client's perspective as if it were your own

Quick Tip: Empathy means "I understand how you feel," whereas sympathy means "I feel sorry for you."