

CUET PG 2026 Psychology Question Paper with Solutions(Memory Based)

Time Allowed :1 Hour 30 Mins	Maximum Marks :300	Total Questions :75
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General Instructions

Read the following instructions very carefully and strictly follow them:

- The exam lasts 90 minutes (1 hour 30 minutes).
- There are 75 Multiple Choice Questions (MCQs) to be answered.
- +4 marks for every correct answer. -1 mark (negative marking) for every incorrect answer. 0 marks for unanswered or un-attempted questions.
- For any discrepancy in questions, the English version is considered final (except for language-specific papers).
- Click one of the four options to choose an answer.
- You must click "Save & Next" to confirm your response. Only saved answers are considered for evaluation.
- Use "Mark for Review & Next" to flag a question for later. You can unselect or change your answer using the "Clear Response" button.
- All calculations must be done on the Rough Sheets provided at the centre. These must be returned to the invigilator after the exam.

1. Which level of measurement is the only one that includes a true zero point?

(1) Nominal (2) Ordinal (3) Interval (4) Ratio

Correct Answer: (4) Ratio

Solution:

Concept: Levels of measurement describe how data is classified and interpreted in statistics. There are four primary levels:

- **Nominal Level:** Data is categorized without any order (e.g., gender, colors).
- **Ordinal Level:** Data has a meaningful order, but differences between values are not measurable (e.g., rankings).
- **Interval Level:** Data has ordered values with meaningful differences, but there is **no true zero point** (e.g., temperature in Celsius).
- **Ratio Level:** Data has ordered values, equal intervals, and a **true zero point**, meaning the value zero represents the absence of the quantity (e.g., height, weight, age).

Step 1: Identify the level with a true zero point.

Among the four levels of measurement, only the **ratio level** contains a true zero. A true zero means that the quantity being measured can be completely absent.

For example:

- Height = 0 cm means no height.
- Weight = 0 kg means no weight.

Thus, the correct answer is **Ratio**.

Quick Tip

Only the **Ratio level of measurement** has a **true zero point**. A simple way to remember: **Ratio = Real zero**.

2. In Erikson's stages of psychosocial development, which conflict do adolescents typically face?

(1) Trust vs. Mistrust (2) Industry vs. Inferiority (3) Identity vs. Role Confusion (4) Intimacy vs. Isolation

Correct Answer: (3) Identity vs. Role Confusion

Solution:

Concept: The theory of **psychosocial development** was proposed by **Erik Erikson**. He described eight stages of human development, each characterized by a specific psychological conflict that individuals must resolve to develop a healthy personality.

Each stage corresponds to a different period of life, from infancy to adulthood.

- Infancy: Trust vs. Mistrust
- Early Childhood: Autonomy vs. Shame and Doubt
- Preschool Age: Initiative vs. Guilt
- School Age: Industry vs. Inferiority
- Adolescence: Identity vs. Role Confusion

Step 1: Identify the stage corresponding to adolescence.

During adolescence, individuals try to develop a sense of personal identity. They explore different roles, beliefs, and goals to understand who they are.

If adolescents successfully develop a stable identity, they gain a strong sense of self. If not, they may experience confusion about their role in society.

Thus, the psychosocial conflict during adolescence is **Identity vs. Role Confusion**.

Quick Tip

In Erikson's theory, **adolescence (approximately 12–18 years)** is associated with the conflict **Identity vs. Role Confusion**, where individuals explore their personal identity and future roles.

3. Who proposed the "Three-Factor Theory" of personality involving Extraversion, Neuroticism, and Psychoticism?

- (1) Sigmund Freud (2) Hans Eysenck (3) Carl Rogers (4) Gordon Allport

Correct Answer: (2) Hans Eysenck

Solution:

Concept: The **Three-Factor Theory of Personality** was proposed by the psychologist **Hans Eysenck**. According to this theory, personality can be explained using three major dimensions.

These dimensions are:

- **Extraversion (E):** Reflects sociability, activity level, and enthusiasm.
- **Neuroticism (N):** Indicates emotional instability, anxiety, and moodiness.
- **Psychoticism (P):** Associated with aggressiveness, impulsivity, and lack of empathy.

This model is commonly known as the **PEN model of personality** (Psychoticism–Extraversion–Neuroticism).

Step 1: Identify the psychologist associated with the PEN model.

Among the given options, **Hans Eysenck** developed the theory that personality traits can be grouped into these three major dimensions.

Therefore, the correct answer is **Hans Eysenck**.

Quick Tip

Remember the acronym **PEN**: **P**sycho**T**icism, **E**xtraversion, **N**euroticism — proposed by **Hans Eysenck**.

4. What is a Type II error in hypothesis testing?

- (1) Rejecting a true null hypothesis
(2) Failing to reject a false null hypothesis
(3) Accepting a true null hypothesis
(4) Rejecting both null and alternative hypotheses

Correct Answer: (2) Failing to reject a false null hypothesis

Solution:

Concept: In hypothesis testing, two types of errors can occur when making statistical decisions about the null hypothesis H_0 .

- **Type I Error:** Rejecting the null hypothesis when it is actually true.
- **Type II Error:** Failing to reject the null hypothesis when it is actually false.

Type I error is often denoted by α , while Type II error is denoted by β .

Step 1: Identify the definition of Type II error.

A Type II error occurs when a researcher does not reject the null hypothesis even though it is false. In other words, the test fails to detect an effect or difference that actually exists.

Thus, the correct answer is **Failing to reject a false null hypothesis**.

Quick Tip

Remember: **Type I Error** = False positive (rejecting a true H_0). **Type II Error** = False negative (failing to reject a false H_0).

5. Which part of the brain is primarily responsible for transferring short-term memory into long-term memory?

- (1) Cerebellum
- (2) Hippocampus
- (3) Medulla Oblongata
- (4) Hypothalamus

Correct Answer: (2) Hippocampus

Solution:

Concept: Memory formation involves several regions of the brain. One of the most important structures involved in memory processing is the **hippocampus**, which is located in the medial temporal lobe of the brain.

The hippocampus plays a crucial role in converting short-term memories into long-term memories and is essential for learning and memory consolidation.

Step 1: Identify the brain structure responsible for memory consolidation.

Among the given options, the **hippocampus** is specifically associated with transferring information from short-term memory to long-term memory.

Damage to the hippocampus can lead to severe memory problems, especially difficulty in forming new long-term memories.

Therefore, the correct answer is **Hippocampus**.

Quick Tip

The **Hippocampus** is essential for **memory consolidation**, helping transfer information from short-term memory into long-term memory.

6. In classical conditioning, what is the term for the reappearance of a conditioned response after a period of extinction?

- (1) Generalization
- (2) Spontaneous Recovery

- (3) Discrimination
- (4) Extinction

Correct Answer: (2) Spontaneous Recovery

Solution:

Concept: Classical conditioning, first studied by Ivan Pavlov, explains how organisms learn associations between stimuli. During conditioning, a neutral stimulus becomes capable of producing a response after being paired with an unconditioned stimulus.

Important processes in classical conditioning include:

- **Acquisition:** Learning phase where the conditioned response is established.
- **Extinction:** Gradual disappearance of the conditioned response when the conditioned stimulus is presented without the unconditioned stimulus.
- **Spontaneous Recovery:** Reappearance of the conditioned response after a rest period following extinction.

Step 1: Identify the term describing the return of a conditioned response after extinction.

Even after extinction, the conditioned response may suddenly reappear when the conditioned stimulus is presented again after some time. This phenomenon is known as **Spontaneous Recovery**.

Therefore, the correct answer is **Spontaneous Recovery**.

Quick Tip

Spontaneous Recovery refers to the sudden reappearance of a previously extinguished conditioned response after a period of rest.

7. Which therapy is based on the principle of "Unconditional Positive Regard"?

- (1) Psychoanalysis
- (2) Behavior Therapy
- (3) Client-Centered Therapy
- (4) Cognitive Therapy

Correct Answer: (3) Client-Centered Therapy

Solution:

Concept: **Client-Centered Therapy**, also known as **Person-Centered Therapy**, was developed by psychologist Carl Rogers. This therapy emphasizes the importance of the therapist providing a supportive and non-judgmental environment for the client.

One of the key principles of this therapy is **Unconditional Positive Regard**.

- **Unconditional Positive Regard:** Accepting and valuing the client without judgment.
- **Empathy:** Understanding the client's feelings from their perspective.

- **Congruence:** Being genuine and authentic in the therapeutic relationship.

Step 1: Identify the therapy associated with unconditional acceptance of the client.

Among the given options, **Client-Centered Therapy** specifically emphasizes unconditional positive regard as a central therapeutic principle.

Thus, the correct answer is **Client-Centered Therapy**.

Quick Tip

Carl Rogers' Client-Centered Therapy is built on three key elements: **Empathy, Congruence, and Unconditional Positive Regard**.

8. According to Maslow's hierarchy, which need must be met immediately after safety needs?

- (1) Physiological Needs
- (2) Esteem Needs
- (3) Love and Belongingness Needs
- (4) Self-Actualization Needs

Correct Answer: (3) Love and Belongingness Needs

Solution:

Concept: Abraham Maslow proposed the **Hierarchy of Needs Theory**, which suggests that human needs are arranged in a hierarchical order. Individuals must satisfy lower-level needs before progressing to higher-level needs.

The five levels of Maslow's hierarchy are:

- **Physiological Needs:** Basic survival needs such as food, water, and shelter.
- **Safety Needs:** Protection, security, and stability.
- **Love and Belongingness Needs:** Social relationships, friendship, love, and acceptance.
- **Esteem Needs:** Respect, recognition, and self-confidence.
- **Self-Actualization:** Achieving one's full potential.

Step 1: Identify the level that comes after safety needs.

According to the hierarchy, once safety and security needs are fulfilled, individuals seek social connections, affection, and a sense of belonging.

Thus, the next level is **Love and Belongingness Needs**.

Quick Tip

Maslow's hierarchy order: **Physiological → Safety → Love/Belonging → Esteem → Self-Actualization**.

9. What is the mean of a standard normal distribution (Z-score)?

- (1) 1
- (2) 0
- (3) -1
- (4) 0.5

Correct Answer: (2) 0

Solution:

Concept: A **standard normal distribution** is a special type of normal distribution that has been standardized so that its mean and standard deviation are fixed.

Key characteristics of a standard normal distribution:

- Mean $\mu = 0$
- Standard deviation $\sigma = 1$

Z-scores indicate how many standard deviations a value is from the mean.

Step 1: Identify the mean of the standard normal distribution.

By definition, the standard normal distribution has a mean equal to 0. Therefore, the center of the Z-distribution is zero.

Hence, the correct answer is **0**.

Quick Tip

For a **standard normal distribution**: Mean $\mu = 0$ and Standard Deviation $\sigma = 1$.

10. Which defense mechanism involves pushing threatening thoughts into the unconscious mind?

- (1) Projection
- (2) Repression
- (3) Rationalization
- (4) Displacement

Correct Answer: (2) Repression

Solution:

Concept: Defense mechanisms are unconscious psychological strategies used by individuals to cope with anxiety and protect the ego from distressing thoughts or feelings. These mechanisms were originally described in psychoanalytic theory.

Common defense mechanisms include:

- **Repression:** Unconsciously pushing threatening or painful thoughts into the unconscious mind.
- **Projection:** Attributing one's own unacceptable feelings to others.

- **Rationalization:** Creating logical explanations to justify unacceptable behavior.
- **Displacement:** Redirecting emotions from a threatening target to a safer one.

Step 1: Identify the defense mechanism that pushes threatening thoughts into the unconscious.

Among the given options, **Repression** refers to the unconscious process of blocking disturbing thoughts, memories, or impulses from conscious awareness.

Thus, the correct answer is **Repression**.

Quick Tip

Repression is the most fundamental defense mechanism, where unwanted thoughts are pushed into the **unconscious mind**.

11. Who is known as the father of Operant Conditioning?

- (1) Ivan Pavlov
- (2) B. F. Skinner
- (3) Edward Thorndike
- (4) John B. Watson

Correct Answer: (2) B. F. Skinner

Solution:

Concept: Operant Conditioning is a learning theory that explains how behavior is influenced by its consequences. According to this theory, behaviors followed by reinforcement are more likely to be repeated, while behaviors followed by punishment are less likely to occur.

This theory was developed by **B. F. Skinner**, an American psychologist.

Key components of operant conditioning include:

- **Reinforcement:** Increases the likelihood of a behavior.
- **Punishment:** Decreases the likelihood of a behavior.
- **Reinforcement Schedules:** Patterns that determine how reinforcement is delivered.

Step 1: Identify the psychologist associated with operant conditioning.

Among the given options, **B. F. Skinner** is recognized for developing the theory of operant conditioning and conducting experiments using the Skinner Box.

Therefore, the correct answer is **B. F. Skinner**.

Quick Tip

B. F. Skinner is called the **father of Operant Conditioning**, emphasizing learning through reinforcement and punishment.

12. The "Strange Situation" procedure was developed by Mary Ainsworth to measure what?

- (1) Intelligence in infants
- (2) Language development
- (3) Attachment styles in infants
- (4) Cognitive development

Correct Answer: (3) Attachment styles in infants

Solution:

Concept: The **Strange Situation** is a laboratory procedure developed by psychologist **Mary Ainsworth** to study attachment relationships between infants and their caregivers.

This procedure involves a series of structured episodes where the infant experiences separations and reunions with the caregiver, as well as the presence of a stranger. The infant's reactions during these situations help researchers identify patterns of attachment.

The main attachment styles identified are:

- **Secure Attachment**
- **Avoidant Attachment**
- **Ambivalent (Resistant) Attachment**
- **Disorganized Attachment**

Step 1: Identify the purpose of the Strange Situation procedure.

The Strange Situation procedure was specifically designed to observe how infants respond to separation and reunion with their caregiver, which helps determine their **attachment style**.

Thus, the correct answer is **Attachment styles in infants**.

Quick Tip

The **Strange Situation** experiment by **Mary Ainsworth** is used to measure different **attachment styles in infants**.

13. Which theory of emotion suggests that physiological arousal and emotional experience occur simultaneously?

- (1) James-Lange Theory
- (2) Cannon-Bard Theory
- (3) Schachter-Singer Theory
- (4) Opponent-Process Theory

Correct Answer: (2) Cannon-Bard Theory

Solution:

Concept: Different psychological theories explain how emotions arise in response to stimuli.

- **James-Lange Theory:** Physiological arousal occurs first, and the emotional experience follows.
- **Cannon-Bard Theory:** Physiological arousal and emotional experience occur **simultaneously**.
- **Schachter-Singer Theory:** Emotion depends on physiological arousal and cognitive interpretation.
- **Opponent-Process Theory:** Emotions are followed by opposite emotional reactions.

Step 1: Identify the theory stating that arousal and emotion occur at the same time.

According to the **Cannon-Bard Theory**, when a stimulus is perceived, the brain simultaneously triggers both physiological arousal and the emotional experience.

Therefore, the correct answer is **Cannon-Bard Theory**.

Quick Tip

Cannon-Bard Theory: Emotion and physiological arousal happen **at the same time**.

14. What is the term for a research design that follows the same group of participants over a long period?

- (1) Cross-sectional Study
- (2) Longitudinal Study
- (3) Experimental Study
- (4) Case Study

Correct Answer: (2) Longitudinal Study

Solution:

Concept: In psychological research, different research designs are used to study behavior and development.

- **Cross-sectional Study:** Data is collected from different groups at one point in time.
- **Longitudinal Study:** The same participants are studied repeatedly over an extended period.
- **Experimental Study:** Researchers manipulate variables to observe their effects.
- **Case Study:** In-depth study of a single individual or small group.

Step 1: Identify the design that studies the same participants for many years.

A **longitudinal study** tracks the same individuals over time to observe changes and development.

Thus, the correct answer is **Longitudinal Study**.

Quick Tip

A **Longitudinal Study** follows the **same participants over a long period**, helping researchers observe developmental changes.

15. In Piaget’s theory, at what stage does a child develop ”Object Permanence”?

- (1) Sensorimotor Stage
- (2) Preoperational Stage
- (3) Concrete Operational Stage
- (4) Formal Operational Stage

Correct Answer: (1) Sensorimotor Stage

Solution:

Concept: Jean Piaget proposed the **Theory of Cognitive Development**, which describes how children’s thinking evolves through four stages.

- **Sensorimotor Stage (0–2 years)**
- **Preoperational Stage (2–7 years)**
- **Concrete Operational Stage (7–11 years)**
- **Formal Operational Stage (11+ years)**

One of the most important achievements during the early stage is the development of **Object Permanence**.

Step 1: Understand the meaning of object permanence.

Object permanence refers to the understanding that objects continue to exist even when they cannot be seen, heard, or touched.

Step 2: Identify the stage where this ability develops.

According to Piaget, children develop object permanence during the **Sensorimotor Stage** as they interact with the world through their senses and motor activities.

Therefore, the correct answer is **Sensorimotor Stage**.

Quick Tip

Object Permanence develops during Piaget’s **Sensorimotor Stage (0–2 years)**.