

# CUET-UG Psychology Sample Paper-12

Duration: 1 Hour

Maximum Marks: 250

## Instructions

- This paper contains a total of 50 Multiple Choice Questions.
- Each correct answer carries **+5 marks**.
- Each incorrect answer carries **-1 mark**.
- No negative marking for unattempted questions.

**Q1.** A child is able to solve a complex puzzle by mentally rotating the pieces to see how they fit before physically moving them. According to Gardner's Theory of Multiple Intelligences, this primarily demonstrates high:

- (A) Logical-Mathematical Intelligence.
- (B) Spatial Intelligence.
- (C) Kinesthetic Intelligence.
- (D) Componential Intelligence.

**Q2.** In the PASS model of intelligence, which functional unit is responsible for the 'Arousal' required to ignore distractions during a long lecture?

- (A) The First Functional Unit.
- (B) The Second Functional Unit.
- (C) The Third Functional Unit.
- (D) The Fourth Functional Unit.

**Q3.** Which of the following describes Arthur Jensen's 'Level II' associative learning?

- (A) Rote memory and output that is similar to input.
- (B) Cognitive elaboration and abstract reasoning.
- (C) Sensory-motor coordination and reflex actions.
- (D) Interpersonal awareness and social skills.



- Q4.** A test designed to measure a person's potential to become a successful pilot after specific training is classified as an:
- (A) Achievement Test.
  - (B) Aptitude Test.
  - (C) Intelligence Test.
  - (D) Interest Inventory.
- Q5.** Which theory of intelligence emphasizes that intelligence is not a single entity but consists of three independent components: Componential, Experiential, and Contextual?
- (A) Two-Factor Theory.
  - (B) Structure-of-Intellect Model.
  - (C) Triarchic Theory.
  - (D) Theory of Primary Mental Abilities.
- Q6.** What is the primary difference between a Culture-Fair test and a Culture-Biased test?
- (A) Culture-Fair tests only use verbal language.
  - (B) Culture-Fair tests use non-verbal stimuli to minimize the impact of language and education.
  - (C) Culture-Biased tests are only used for adults.
  - (D) Culture-Fair tests measure emotional intelligence exclusively.
- Q7.** According to Freud, which part of the personality is governed by the 'Moral Principle' and acts as the internal censor?
- (A) Id.
  - (B) Ego.
  - (C) Superego.
  - (D) Libido.



- Q8.** A person who is highly competitive, feels a constant sense of time urgency, and is easily provoked to anger would be classified under:
- (A) Type B Personality.
  - (B) Type A Personality.
  - (C) Type C Personality.
  - (D) Type D Personality.
- Q9.** In the 'Five Factor Model' (OCEAN), a person who is anxious, self-pitying, and emotionally unstable would score high on:
- (A) Openness to Experience.
  - (B) Extraversion.
  - (C) Neuroticism.
  - (D) Conscientiousness.
- Q10.** Which projective technique requires the subject to tell a story based on a series of ambiguous pictures depicting social situations?
- (A) Rorschach Inkblot Test.
  - (B) Thematic Apperception Test (TAT).
  - (C) Rosenzweig Picture-Frustration Study.
  - (D) Draw-a-Person Test.
- Q11.** According to Carl Rogers, 'Unconditional Positive Regard' from others is essential for an individual to become a:
- (A) Socially Dominant Person.
  - (B) Fully Functioning Person.
  - (C) Sublimated Person.
  - (D) Self-Efficacious Person.
- Q12.** Which defense mechanism involves pushing threatening or painful thoughts into the unconscious to forget them?



- (A) Projection.
- (B) Regression.
- (C) Repression.
- (D) Rationalization.

**Q13.** The 'Collective Unconscious' containing inherited universal images or 'Archetypes' was a concept proposed by:

- (A) Alfred Adler.
- (B) Karen Horney.
- (C) Carl Jung.
- (D) Erik Erikson.

**Q14.** Self-efficacy, the belief in one's own ability to achieve a specific goal, is a core concept in the theory of:

- (A) B.F. Skinner.
- (B) Albert Bandura.
- (C) Raymond Cattell.
- (D) Gordon Allport.

**Q15.** According to Hans Selye's General Adaptation Syndrome (GAS), during which stage does the body initiate the 'Fight-or-Flight' response?

- (A) Resistance Stage.
- (B) Exhaustion Stage.
- (C) Alarm Reaction Stage.
- (D) Appraisal Stage.

**Q16.** In the 'Transactional Model of Stress' by Lazarus, determining whether an event is "positive, negative, or neutral" is part of:

- (A) Secondary Appraisal.



- (B) Primary Appraisal.
- (C) Tertiary Appraisal.
- (D) Cognitive Restructuring.

**Q17.** Which coping strategy involves a person seeking information or changing their own behavior to solve the problem causing stress?

- (A) Emotion-focused coping.
- (B) Problem-focused coping.
- (C) Avoidance-oriented coping.
- (D) Defense-oriented coping.

**Q18.** The 'Hardiness' personality trait, which protects against stress, consists of the 'Three Cs': Commitment, Challenge, and:

- (A) Compassion.
- (B) Control.
- (C) Confidence.
- (D) Calmness.

**Q19.** Psychoneuroimmunology (PNI) is the study of how stress affects the interaction between the mind, the brain, and the:

- (A) Digestive System.
- (B) Immune System.
- (C) Respiratory System.
- (D) Circulatory System.

**Q20.** A person who experiences sudden, overwhelming episodes of intense terror without any apparent trigger is likely suffering from:

- (A) Generalized Anxiety Disorder.
- (B) Panic Disorder.



- (C) Specific Phobia.
- (D) Obsessive-Compulsive Disorder.

**Q21.** The 'Dopamine Hypothesis' suggests that an overabundance or oversensitivity to dopamine is a primary cause of:

- (A) Depression.
- (B) Bipolar Disorder.
- (C) Schizophrenia.
- (D) Anorexia Nervosa.

**Q22.** Which disorder is characterized by a persistent pattern of inattention, hyperactivity, and impulsivity that interferes with functioning?

- (A) Autism Spectrum Disorder.
- (B) Oppositional Defiant Disorder.
- (C) ADHD.
- (D) Conduct Disorder.

**Q23.** If a person feels a constant need to wash their hands exactly 20 times to prevent a perceived catastrophe, the 'hand washing' is the:

- (A) Obsession.
- (B) Compulsion.
- (C) Delusion.
- (D) Hallucination.

**Q24.** 'Anhedonia', a common symptom of Major Depressive Disorder, refers to:

- (A) The inability to feel pleasure in previously enjoyed activities.
- (B) Excessive sleeping and fatigue.
- (C) Racing thoughts and high energy.
- (D) Frequent crying spells.



- Q25.** Which eating disorder is characterized by an intense fear of gaining weight, leading to extreme self-starvation and a distorted body image?
- (A) Bulimia Nervosa.
  - (B) Binge Eating Disorder.
  - (C) Anorexia Nervosa.
  - (D) Pica.
- Q26.** A 'Dissociative Fugue' is a rare condition where an individual:
- (A) Experiences multiple distinct personalities.
  - (B) Forgets their identity and unexpectedly travels away from home.
  - (C) Has recurring flashbacks of a traumatic event.
  - (D) Becomes paralyzed without any medical reason.
- Q27.** Symptoms like 'Flat Affect' and 'Social Withdrawal' in Schizophrenia are categorized as:
- (A) Positive Symptoms.
  - (B) Negative Symptoms.
  - (C) Disorganized Symptoms.
  - (D) Catatonic Symptoms.
- Q28.** The classification system published by the World Health Organization (WHO) for mental disorders is called the:
- (A) DSM-5.
  - (B) ICD-11.
  - (C) MMPI.
  - (D) PAI.
- Q29.** Somatic Symptom Disorder involves having significant physical symptoms that:
- (A) Are caused by a clearly identified medical condition.



- (B) Result in excessive distress and anxiety despite no clear organic cause.
- (C) Only occur during sleep.
- (D) Lead to a sudden increase in cognitive performance.

**Q30.** A therapist encourages a client to speak whatever comes to mind, regardless of how trivial or irrelevant it may seem, to uncover unconscious desires. This technique is known as:

- (A) Active Listening.
- (B) Free Association.
- (C) Cognitive Restructuring.
- (D) Systematic Desensitization.

**Q31.** In the 'Humanistic-Existential' approach, the primary cause of psychological distress is often seen as:

- (A) Maladaptive reinforcement contingencies.
- (B) A lack of meaning in life or a block in the path to self-actualization.
- (C) Chemical imbalances in the neurotransmitter systems.
- (D) Repressed childhood sexual conflicts.

**Q32.** Which therapeutic method involves the use of 'Token Economy' to reinforce socially desirable behaviors in institutional settings?

- (A) Psychodynamic Therapy.
- (B) Behavior Therapy.
- (C) Client-Centered Therapy.
- (D) Gestalt Therapy.

**Q33.** The 'Empty Chair Technique', used to help clients integrate conflicting parts of their personality, is a hallmark of:

- (A) Rational Emotive Behavior Therapy.
- (B) Logotherapy.



- (C) Gestalt Therapy.
- (D) Biofeedback.

**Q34.** Aaron Beck's Cognitive Therapy was originally developed to treat which specific disorder by identifying the 'Cognitive Triad'?

- (A) Schizophrenia.
- (B) Depression.
- (C) Specific Phobias.
- (D) Substance Abuse.

**Q35.** Which of the following is a 'Bio-medical' therapy that involves passing a mild electric current through the brain to treat severe cases of depression?

- (A) Cognitive Behavior Therapy (CBT).
- (B) Electroconvulsive Therapy (ECT).
- (C) Transcranial Magnetic Stimulation.
- (D) Vicarious Learning.

**Q36.** In client-centered therapy, when a therapist communicates that they understand the client's internal world from the client's perspective, they are showing:

- (A) Transference.
- (B) Empathy.
- (C) Sympathy.
- (D) Resistance.

**Q37.** The 'Fundamental Attribution Error' refers to the tendency of observers to:

- (A) Overestimate the impact of situational factors on others' behavior.
- (B) Underestimate the impact of dispositional factors on their own behavior.
- (C) Overestimate the impact of dispositional factors and underestimate situational factors when judging others.



(D) Blame themselves for every negative outcome in a group setting.

**Q38.** When an individual's attitude toward an object is changed because they were persuaded by the 'attractiveness' or 'fame' of the communicator rather than the argument itself, they have used the:

- (A) Central route to persuasion.
- (B) Peripheral route to persuasion.
- (C) Cognitive Dissonance route.
- (D) Self-fulfilling prophecy.

**Q39.** According to Leon Festinger, 'Cognitive Dissonance' occurs when:

- (A) Two people in a group have different opinions.
- (B) An individual holds two cognitions that are psychologically inconsistent.
- (C) A person is unable to remember social information.
- (D) The 'Id' and 'Superego' are in conflict.

**Q40.** Which component of an attitude involves the specific actions or intentions one has toward an attitude object?

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

**Q41.** A belief that all members of a specific group possess certain characteristics, regardless of individual variation, is known as a:

- (A) Prejudice.
- (B) Stereotype.
- (C) Discrimination.
- (D) Scapegoat.



- Q42.** The 'Self-Serving Bias' is a tendency to attribute our successes to \_\_\_\_\_ factors and our failures to \_\_\_\_\_ factors.
- (A) Internal; External.
  - (B) External; Internal.
  - (C) Situational; Dispositional.
  - (D) Unstable; Stable.
- Q43.** In the P-O-X triad model of balance theory, balance exists when the product of the three relationships is:
- (A) Negative.
  - (B) Zero.
  - (C) Positive.
  - (D) Infinite.
- Q44.** The phenomenon where an individual's performance on a well-learned task improves in the presence of an audience is called:
- (A) Social Loafing.
  - (B) Social Facilitation.
  - (C) Social Inhibition.
  - (D) Deindividuation.
- Q45.** According to Bruce Tuckman, the stage of group development where members start working together and develop a sense of group identity is:
- (A) Forming.
  - (B) Storming.
  - (C) Norming.
  - (D) Performing.
- Q46.** The tendency of a group to make decisions that are more extreme than the initial inclination of its members is known as:



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

**Q47.** Which of the following occurs when the desire for harmony in a decision-making group overrides a realistic appraisal of alternatives?

- (A) Social Facilitation.
- (B) Groupthink.
- (C) Compliance.
- (D) Identification.

**Q48.** A group with which an individual does not identify and toward which they may feel competition or even hostility is known as an:

- (A) In-group.
- (B) Out-group.
- (C) Primary Group.
- (D) Reference Group.

**Q49.** In 'Social Loafing', an individual's effort decreases because:

- (A) The task is too difficult.
- (B) Their individual contribution cannot be evaluated.
- (C) The group size is too small.
- (D) They are highly motivated to succeed.

**Q50.** Which type of social influence involves changing behavior to match the majority response, often to be 'right' or to be 'liked'?

- (A) Obedience.
- (B) Conformity.



(C) Compliance.

(D) Reactance.



**Detailed Solutions****Q1.****Solution**

**Concept:** Howard Gardner's Theory of Multiple Intelligences proposes that intelligence is not a single general ability but a collection of distinct modalities. Spatial intelligence specifically involves the capacity to perceive, manipulate, and mentally transform visual patterns. It includes skills such as mental rotation, visualization, and understanding spatial relationships between objects. Individuals high in this intelligence can imagine movements or arrangements without physically interacting with objects, making it crucial in tasks like puzzles, design, and navigation.

**Solution:** The question describes a child solving a puzzle by mentally rotating pieces before physically placing them. This indicates the ability to visualize and manipulate objects in the mind, which is the hallmark of spatial intelligence. Logical-mathematical intelligence involves reasoning and numerical problem-solving, not visualization. Kinesthetic intelligence relates to physical movement and body coordination, which is not the primary process here. Componential intelligence is part of Sternberg's Triarchic Theory, not Gardner's framework. Since the child is relying on mental imagery and spatial manipulation rather than physical trial-and-error or numerical reasoning, the most appropriate classification is spatial intelligence.

**Final Answer:** Spatial Intelligence

**Answer: (B)**

**Q2.****Solution**

**Concept:** The PASS model of intelligence divides cognitive processing into four functional units: Planning, Attention, Simultaneous, and Successive processing. The first functional unit, known as the Arousal-Attention system, is responsible for maintaining alertness, focus, and resistance to distractions. It regulates the individual's level of consciousness and ensures sustained attention during cognitive tasks, especially in situations requiring prolonged concentration such as lectures or study sessions.

**Solution:** The question asks which functional unit is responsible for "arousal" that helps ignore distractions. In the PASS model, arousal and attention are core functions of the first functional unit. This unit controls alertness and the ability to maintain focus over time. The second unit deals with simultaneous processing, integrating information into wholes. The third unit handles successive processing, organizing information sequentially. The fourth unit, planning, involves decision-making and problem-solving. Since ignoring distractions and maintaining focus depend on attention and arousal mechanisms, the correct answer is the first functional unit.

**Final Answer:** The First Functional Unit

**Answer: (A)**



Q3.

**Solution**

**Concept:** Arthur Jensen proposed two levels of intelligence: Level I and Level II. Level I is associated with associative learning, involving rote memorization and simple reproduction of learned material. Level II, on the other hand, involves cognitive processing such as abstract thinking, reasoning, and problem-solving. It reflects deeper understanding and the ability to manipulate information mentally rather than merely recalling it.

**Solution:** The question asks about Jensen's Level II associative learning. Level II is characterized by higher-order cognitive processes such as reasoning, abstraction, and problem-solving. It goes beyond simple memorization and involves understanding relationships and applying knowledge in new contexts. Option (A) describes rote memory, which corresponds to Level I. Option (C) relates to basic sensory-motor functions, and (D) refers to social intelligence. Therefore, the correct description of Level II is cognitive elaboration and abstract reasoning, as it captures the essence of advanced intellectual functioning.

**Final Answer:** Cognitive elaboration and abstract reasoning

**Answer: (B)**

Q4.

**Solution**

**Concept:** Psychological tests are designed to measure different aspects of human ability. Achievement tests assess what a person has already learned, while aptitude tests predict future performance or potential after training. Intelligence tests measure general cognitive ability, and interest inventories assess preferences. Aptitude tests are especially useful in career guidance, as they estimate an individual's capacity to acquire specific skills with proper training and practice.

**Solution:** The question describes a test that measures a person's potential to become a successful pilot after receiving training. This clearly aligns with the definition of an aptitude test, which predicts future performance rather than assessing current knowledge. Achievement tests would measure existing knowledge about aviation, not potential. Intelligence tests evaluate general mental ability, not specific skill prediction. Interest inventories only assess preferences and inclinations. Since the focus is on predicting how well the individual can perform after training, the correct classification is an aptitude test.

**Final Answer:** Aptitude Test

**Answer: (B)**



Q5.

**Solution**

**Concept:** Robert Sternberg's Triarchic Theory of Intelligence proposes that intelligence consists of three interrelated components: Componential (analytical), Experiential (creative), and Contextual (practical). This theory emphasizes that intelligence is not a single unified ability but a combination of different skills used in problem-solving, creativity, and adapting to real-life situations. Each component reflects a different way individuals process information and respond to their environment.

**Solution:** The question asks which theory defines intelligence as comprising three independent components: Componential, Experiential, and Contextual. This description directly corresponds to Sternberg's Triarchic Theory. The Two-Factor Theory (Spearman) focuses on general and specific factors. The Structure-of-Intellect Model (Guilford) proposes multiple dimensions but not these three specific components. The Theory of Primary Mental Abilities (Thurstone) identifies several independent abilities but again not these three. Therefore, the correct answer is the Triarchic Theory, which explicitly includes these three components.

**Final Answer:** Triarchic Theory

**Answer:** (C)

Q6.

**Solution**

**Concept:** Culture-fair and culture-biased tests differ in the extent to which cultural factors influence performance. Culture-fair tests aim to minimize the impact of language, education, and cultural background by using non-verbal or abstract items. In contrast, culture-biased tests rely heavily on culturally specific knowledge, language, and experiences, which may disadvantage individuals from different backgrounds. The goal of culture-fair testing is to provide a more equitable assessment of innate ability.

**Solution:** The question asks for the primary difference between culture-fair and culture-biased tests. Culture-fair tests are specifically designed to reduce the influence of cultural and linguistic differences by using non-verbal stimuli such as shapes, patterns, or figures. This ensures that individuals from diverse backgrounds can perform without being disadvantaged by language or education. Option (A) is incorrect because culture-fair tests avoid heavy reliance on verbal language. Options (C) and (D) are unrelated to the concept. Therefore, the correct answer is that culture-fair tests use non-verbal stimuli to minimize cultural impact.

**Final Answer:** Use non-verbal tests to reduce language/education bias

**Answer:** (B)



Q7.

**Solution**

**Concept:** Sigmund Freud's psychoanalytic theory divides personality into three components: Id, Ego, and Superego. The Superego operates on the moral principle and represents internalized societal and parental standards. It acts as a conscience, guiding behavior based on ethical values and ideals. It also functions as an internal censor, regulating impulses from the Id and influencing the Ego to make morally acceptable decisions.

**Solution:** The question asks which part of personality is governed by the moral principle and acts as an internal censor. In Freud's model, the Superego fulfills this role by enforcing moral standards and ideals. The Id operates on the pleasure principle, seeking immediate gratification. The Ego works on the reality principle, balancing desires and constraints. Libido refers to psychic energy, not a structural component of personality. Since the Superego controls moral judgments and restricts inappropriate impulses, it is the correct answer.

**Final Answer:** Superego

**Answer:** (C)

Q8.

**Solution**

**Concept:** Personality types describe consistent behavioral patterns. Type A personality is characterized by competitiveness, time urgency, aggression, and hostility. Individuals with this pattern often experience high stress levels and are driven to achieve goals quickly. In contrast, Type B individuals are relaxed, patient, and less prone to stress. Type A behavior pattern has been linked to health risks such as hypertension and cardiovascular issues due to chronic stress and emotional reactivity.

**Solution:** The question describes a person who is highly competitive, constantly feels time pressure, and is easily angered. These are classic features of Type A personality. Such individuals are often goal-oriented but may become impatient and hostile when facing delays or obstacles. Type B personalities, on the other hand, are calm and not driven by urgency. Type C and Type D are associated with other emotional patterns, such as suppression or distress, but do not primarily emphasize competitiveness and urgency. Therefore, the described behavioral traits clearly align with Type A personality, making it the correct classification.

**Final Answer:** Type A Personality

**Answer:** (B)



Q9.

**Solution**

**Concept:** The Five Factor Model (OCEAN) explains personality through five broad traits: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Neuroticism specifically refers to emotional instability, anxiety, moodiness, and vulnerability to stress. Individuals high in neuroticism tend to experience negative emotions such as fear, sadness, and anger more frequently and intensely. This trait reflects how well a person can manage emotional responses and psychological stress.

**Solution:** The question describes a person who is anxious, self-pitying, and emotionally unstable. These characteristics are central features of high neuroticism in the Five Factor Model. Openness relates to creativity and curiosity, extraversion to sociability and energy, and conscientiousness to organization and discipline. None of these traits capture emotional instability. Neuroticism specifically addresses tendencies toward anxiety, mood swings, and negative emotional states. Therefore, based on the behavioral description provided, the correct answer is neuroticism, as it best represents emotional instability and heightened sensitivity to stress.

**Final Answer:** Neuroticism

**Answer:** (C)

Q10.

**Solution**

**Concept:** Projective techniques are psychological assessment tools that use ambiguous stimuli to reveal underlying thoughts, feelings, and motives. The Thematic Apperception Test (TAT) involves presenting individuals with pictures depicting social situations and asking them to create stories. These narratives reflect the individual's unconscious needs, conflicts, and personality traits. Unlike structured tests, projective techniques allow free expression and are widely used in clinical psychology for personality assessment.

**Solution:** The question asks which projective technique requires storytelling based on ambiguous social images. The Thematic Apperception Test (TAT) fits this description precisely, as it uses picture cards and asks individuals to construct stories about them. The Rorschach Inkblot Test uses inkblots rather than social scenes. The Rosenzweig Picture-Frustration Study focuses on responses to frustration, not full storytelling. The Draw-a-Person Test involves drawing rather than narration. Since the method described involves interpreting pictures and generating stories, the correct answer is the Thematic Apperception Test.

**Final Answer:** Thematic Apperception Test (TAT)

**Answer:** (B)



Q11.

**Solution**

**Concept:** Carl Rogers, a humanistic psychologist, emphasized the importance of self-concept and personal growth. He proposed that unconditional positive regard—acceptance and support without judgment—is essential for psychological well-being. When individuals receive such acceptance, they are more likely to develop congruence between their real and ideal selves. This leads to becoming a fully functioning person, characterized by openness to experience, self-trust, and continuous personal growth.

**Solution:** The question asks what an individual becomes when they receive unconditional positive regard. According to Rogers, such acceptance allows individuals to grow without fear of rejection, enabling them to explore their true potential. This results in becoming a fully functioning person. Other options, such as socially dominant or self-efficacious, do not directly relate to Rogers' framework. Sublimation is a Freudian concept, not humanistic. Therefore, the correct answer is fully functioning person, as it aligns directly with Rogers' theory of personal development.

**Final Answer:** Fully Functioning Person

**Answer: (B)**

Q12.

**Solution**

**Concept:** Defense mechanisms are unconscious psychological strategies used by the ego to reduce anxiety arising from unacceptable thoughts or feelings. Repression is one of the primary defense mechanisms, involving the unconscious blocking of disturbing memories or impulses. Unlike suppression, which is conscious, repression operates automatically, preventing distressing content from entering conscious awareness while still influencing behavior indirectly.

**Solution:** The question describes a mechanism where threatening or painful thoughts are pushed into the unconscious to be forgotten. This is the defining feature of repression. Projection involves attributing one's own unacceptable feelings to others. Regression is reverting to earlier developmental behaviors. Rationalization involves justifying behavior with logical explanations. None of these involve unconscious blocking of thoughts. Therefore, the correct answer is repression, as it directly refers to pushing distressing content out of conscious awareness.

**Final Answer:** Repression

**Answer: (C)**



Q13.

**Solution**

**Concept:** Carl Jung expanded psychoanalytic theory by introducing the concept of the collective unconscious, a universal layer of the unconscious mind shared by all humans. It contains archetypes—innate, symbolic patterns such as the hero, mother, and shadow. These archetypes influence behavior, dreams, and cultural expressions. Jung believed that these inherited elements shape personality beyond personal experiences, distinguishing his theory from Freud's focus on individual unconscious processes.

**Solution:** The question asks who proposed the idea of the collective unconscious and archetypes. Carl Jung is the correct answer, as he developed this concept as part of analytical psychology. Alfred Adler focused on inferiority and striving for superiority. Karen Horney emphasized social and cultural influences. Erik Erikson proposed psychosocial stages of development. None of these theorists introduced the concept of archetypes. Therefore, the correct answer is Carl Jung, who uniquely contributed this idea to personality theory.

**Final Answer:** Carl Jung

**Answer:** (C)

Q14.

**Solution**

**Concept:** Self-efficacy refers to an individual's belief in their ability to successfully perform tasks and achieve goals. It is a central concept in Albert Bandura's Social Cognitive Theory. Bandura emphasized that learning occurs through observation, imitation, and cognitive processes. Self-efficacy influences motivation, persistence, and performance, as individuals with high self-efficacy are more likely to take on challenges and persist despite difficulties.

**Solution:** The question asks which theorist introduced the concept of self-efficacy. Albert Bandura is the correct answer, as self-efficacy is a key component of his Social Cognitive Theory. B.F. Skinner focused on operant conditioning and reinforcement. Raymond Cattell worked on trait theory and factor analysis. Gordon Allport emphasized individual traits. None of these theorists developed the concept of self-efficacy. Therefore, the correct answer is Albert Bandura, as he directly linked belief in one's abilities to behavior and performance.

**Final Answer:** Albert Bandura

**Answer:** (B)



Q15.

**Solution**

**Concept:** Hans Selye's General Adaptation Syndrome (GAS) explains the body's physiological response to stress in three stages: Alarm, Resistance, and Exhaustion. The Alarm stage is the initial reaction where the body detects a stressor and activates the sympathetic nervous system. This leads to the release of stress hormones such as adrenaline and cortisol, preparing the body for immediate action through the fight-or-flight response, which enhances alertness, energy, and survival readiness.

**Solution:** The question asks which stage of GAS initiates the fight-or-flight response. This response occurs when the body first encounters a stressor and rapidly mobilizes its resources to deal with the threat. This initial reaction is known as the Alarm Reaction Stage. During this phase, physiological changes such as increased heart rate, rapid breathing, and heightened alertness occur. The Resistance stage follows, where the body attempts to adapt to the stressor, and the Exhaustion stage occurs when resources are depleted. Since the fight-or-flight mechanism is activated immediately upon encountering stress, the correct answer is the Alarm Reaction Stage.

**Final Answer:** Alarm Reaction Stage

**Answer:** (C)

Q16.

**Solution**

**Concept:** Lazarus' Transactional Model of Stress emphasizes cognitive appraisal in evaluating stress. It involves two main stages: primary and secondary appraisal. Primary appraisal is the initial evaluation of an event to determine whether it is irrelevant, benign-positive, or stressful. Secondary appraisal follows, where the individual assesses coping resources and options. This model highlights that stress depends on perception and interpretation rather than just the external situation.

**Solution:** The question asks which stage involves determining whether an event is positive, negative, or neutral. This evaluation is part of primary appraisal, where the individual interprets the significance of the event. If the event is perceived as harmful, threatening, or challenging, it may lead to stress. Secondary appraisal, on the other hand, involves evaluating coping strategies and available resources. Tertiary appraisal is not a standard component of the model, and cognitive restructuring refers to changing thought patterns. Therefore, the correct answer is primary appraisal, as it involves the initial judgment of the event's nature.

**Final Answer:** Primary Appraisal

**Answer:** (B)



Q17.

**Solution**

**Concept:** Coping strategies are methods used to manage stress. Problem-focused coping aims to address the source of stress directly by finding solutions or changing behavior. It includes seeking information, planning, and taking action. In contrast, emotion-focused coping deals with managing emotional responses, while avoidance coping involves ignoring the problem. Problem-focused coping is most effective when the stressor is controllable and can be changed through effort and decision-making.

**Solution:** The question describes a coping strategy where a person seeks information or modifies their behavior to resolve the stress-causing issue. This approach directly targets the problem rather than the emotional response. Such strategies are characteristic of problem-focused coping. Emotion-focused coping would involve reducing emotional distress rather than solving the issue. Avoidance-oriented coping involves ignoring or escaping the stressor. Defense-oriented coping refers to unconscious mechanisms. Since the individual is actively attempting to solve the problem, the correct answer is problem-focused coping.

**Final Answer:**

**Answer: (B)**

Q18.

**Solution**

**Concept:** Hardiness is a personality trait that helps individuals cope effectively with stress. It consists of three components known as the “Three Cs”: Commitment, Control, and Challenge. Commitment involves staying engaged in life activities, control refers to the belief in one’s ability to influence events, and challenge involves viewing change as an opportunity rather than a threat. Individuals high in hardiness are more resilient and better able to handle stressful situations.

**Solution:** The question asks for the missing component of the “Three Cs” of hardiness. The three components are Commitment, Challenge, and Control. Commitment reflects involvement in activities, challenge refers to perceiving stress as an opportunity for growth, and control involves believing that one can influence outcomes. Options like compassion, confidence, and calmness are not part of the hardiness model. Therefore, the correct answer is control, as it completes the triad of personality traits that buffer against stress.

**Final Answer:**

**Answer: (B)**



Q19.

**Solution**

**Concept:** Psychoneuroimmunology (PNI) is an interdisciplinary field that studies the interaction between psychological processes, the nervous system, and the immune system. It explores how stress, emotions, and behavior influence immune functioning. Chronic stress can weaken immune responses, making individuals more susceptible to illness. This field highlights the connection between mental states and physical health, emphasizing the importance of managing stress for overall well-being.

**Solution:** The question asks which system interacts with the mind and brain in the study of psychoneuroimmunology. As the name suggests, “immunology” refers to the immune system. PNI specifically examines how psychological factors affect immune responses and how the brain communicates with immune processes. Other systems like digestive, respiratory, or circulatory are not the primary focus of this field. Therefore, the correct answer is the immune system, as it is central to the concept of psychoneuroimmunology.

**Final Answer:** Immune System

**Answer: (B)**

Q20.

**Solution**

**Concept:** Panic disorder is an anxiety disorder characterized by recurrent, unexpected panic attacks—sudden episodes of intense fear or discomfort. These attacks may include symptoms such as rapid heartbeat, sweating, dizziness, and a sense of impending doom. Unlike phobias, panic attacks occur without a specific trigger. The unpredictability of these episodes often leads to persistent concern about future attacks and avoidance of situations associated with them.

**Solution:** The question describes sudden and overwhelming episodes of terror without any apparent trigger. This is a defining feature of panic disorder. Generalized anxiety disorder involves chronic, diffuse worry rather than acute attacks. Specific phobias are tied to identifiable objects or situations. Obsessive-compulsive disorder involves intrusive thoughts and repetitive behaviors. Since the episodes are intense, sudden, and not linked to a specific trigger, the correct diagnosis is panic disorder.

**Final Answer:** Panic Disorder

**Answer: (B)**



Q21.

**Solution**

**Concept:** The dopamine hypothesis is a biological theory explaining certain mental disorders. It suggests that excessive dopamine activity or increased sensitivity of dopamine receptors in the brain contributes to symptoms of schizophrenia, particularly positive symptoms such as hallucinations and delusions. This theory is supported by the effectiveness of antipsychotic medications that reduce dopamine activity, thereby alleviating these symptoms.

**Solution:** The question asks which disorder is associated with an overabundance or oversensitivity to dopamine. The dopamine hypothesis specifically explains schizophrenia. High dopamine levels are linked to hallucinations, delusions, and disorganized thinking. Depression and anorexia involve different neurochemical pathways, while bipolar disorder involves mood fluctuations with multiple neurotransmitters. Since the theory directly connects dopamine dysregulation to schizophrenia, the correct answer is schizophrenia.

**Final Answer:** Schizophrenia

**Answer:** (C)

Q22.

**Solution**

**Concept:** Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder marked by persistent patterns of inattention, hyperactivity, and impulsivity. These symptoms interfere with daily functioning in academic, social, or occupational settings. Individuals may struggle with sustaining attention, controlling impulses, and remaining still. ADHD typically begins in childhood and may continue into adulthood, affecting performance and relationships if not properly managed through behavioral strategies or medical intervention.

**Solution:** The question describes a disorder involving inattention, hyperactivity, and impulsivity that disrupt functioning. This triad of symptoms is the hallmark of ADHD. Autism Spectrum Disorder primarily involves deficits in social communication and restricted behaviors. Oppositional Defiant Disorder is characterized by defiant and hostile behavior toward authority figures. Conduct Disorder involves more severe rule-breaking and aggressive behaviors. Since the described symptoms specifically align with attention difficulties, excessive activity, and impulsiveness, the correct answer is ADHD.

**Final Answer:** ADHD

**Answer:** (C)



Q23.

**Solution**

**Concept:** Obsessive-Compulsive Disorder (OCD) involves obsessions and compulsions. Obsessions are intrusive, unwanted thoughts or fears that cause anxiety. Compulsions are repetitive behaviors or mental acts performed to reduce that anxiety or prevent a feared outcome. These behaviors are often excessive and not realistically connected to the feared event. The cycle of obsession and compulsion reinforces the disorder, making it difficult for individuals to stop these actions without intervention.

**Solution:** The question describes a person who repeatedly washes their hands exactly 20 times to prevent a feared catastrophe. The act of hand washing is a repetitive behavior performed to reduce anxiety caused by an underlying fear. This makes it a compulsion. The obsession would be the intrusive thought or fear of contamination or catastrophe. Delusions involve fixed false beliefs, and hallucinations involve sensory experiences without external stimuli. Since the behavior described is repetitive and aimed at reducing anxiety, the correct answer is compulsion.

**Final Answer:**

**Answer:** (B)

Q24.

**Solution**

**Concept:** Anhedonia is a key symptom of Major Depressive Disorder and refers to the diminished ability to experience pleasure in activities that were once enjoyable. It reflects a disruption in the brain's reward system, often associated with reduced motivation and emotional responsiveness. Individuals with anhedonia may lose interest in hobbies, social interactions, or daily activities, significantly impacting their quality of life and emotional well-being.

**Solution:** The question asks for the meaning of anhedonia. Among the options, the inability to feel pleasure in previously enjoyed activities accurately defines this symptom. Excessive sleeping and fatigue are also symptoms of depression but are not synonymous with anhedonia. Racing thoughts and high energy are more characteristic of manic episodes. Frequent crying spells indicate emotional distress but do not specifically capture loss of pleasure. Therefore, the correct answer is the inability to feel pleasure in activities that were once enjoyable.

**Final Answer:**

**Answer:** (A)



Q25.

**Solution**

**Concept:** Anorexia Nervosa is an eating disorder characterized by extreme restriction of food intake, intense fear of gaining weight, and a distorted body image. Individuals often perceive themselves as overweight despite being underweight. This disorder can lead to severe physical health complications, including malnutrition, organ damage, and even death. Psychological factors such as perfectionism and control often contribute to its development and persistence.

**Solution:** The question describes an eating disorder involving fear of weight gain, self-starvation, and distorted body perception. These are defining features of Anorexia Nervosa. Bulimia Nervosa involves binge eating followed by purging behaviors. Binge Eating Disorder includes overeating without compensatory actions. Pica involves eating non-food substances. Since the symptoms clearly align with extreme restriction and fear of weight gain, the correct answer is Anorexia Nervosa.

**Final Answer:** Anorexia Nervosa

**Answer:** (C)

Q26.

**Solution**

**Concept:** Dissociative disorders involve disruptions in memory, identity, or consciousness. Dissociative fugue is a rare condition where an individual suddenly loses personal identity and travels away from home, often assuming a new identity. This occurs as a psychological response to stress or trauma. During the fugue state, the person is unaware of memory loss, and upon recovery, they may have no recollection of events that occurred during the episode.

**Solution:** The question asks about the defining feature of dissociative fugue. The correct description is forgetting one's identity and unexpectedly traveling away from home. Multiple personalities are associated with dissociative identity disorder. Flashbacks are characteristic of post-traumatic stress disorder. Paralysis without medical cause is seen in conversion disorder. Since the key feature of fugue is sudden travel combined with memory loss, the correct answer is forgetting identity and traveling away.

**Final Answer:** Forgets their identity and unexpectedly travels away from home

**Answer:** (B)



Q27.

**Solution**

**Concept:** Schizophrenia symptoms are broadly categorized into positive and negative symptoms. Positive symptoms involve the addition of abnormal behaviors such as hallucinations and delusions. Negative symptoms represent the absence or reduction of normal functions, including flat affect, reduced emotional expression, lack of motivation, and social withdrawal. These symptoms significantly impair social functioning and quality of life, often being more persistent and harder to treat.

**Solution:** The question describes flat affect and social withdrawal. These symptoms indicate a reduction in normal emotional expression and social engagement, which are characteristic of negative symptoms. Positive symptoms involve excesses like hallucinations, while disorganized symptoms relate to confused thinking and speech. Catatonic symptoms involve motor disturbances. Since the described features reflect diminished functioning rather than added abnormal behavior, the correct answer is negative symptoms.

**Final Answer:** Negative Symptoms

**Answer: (B)**

Q28.

**Solution**

**Concept:** The classification of mental disorders is standardized through internationally recognized systems. The World Health Organization (WHO) publishes the International Classification of Diseases (ICD), which includes diagnostic criteria for mental and behavioral disorders. The latest version, ICD-11, provides a global framework for diagnosis, research, and treatment planning. It is widely used across countries, unlike DSM-5, which is primarily used in the United States.

**Solution:** The question asks which classification system is published by WHO. The correct answer is ICD-11, as it is the official global diagnostic system developed by the World Health Organization. DSM-5 is published by the American Psychiatric Association. MMPI and PAI are psychological assessment tools, not classification systems. Since the focus is on an international diagnostic manual by WHO, ICD-11 is the correct choice.

**Final Answer:** ICD-11

**Answer: (B)**



Q29.

**Solution**

**Concept:** Somatic Symptom Disorder involves excessive focus on physical symptoms such as pain or fatigue, which may or may not have a medical explanation. The key feature is not the absence of symptoms but the disproportionate thoughts, anxiety, and behaviors related to them. Individuals experience significant distress and impairment, often repeatedly seeking medical help despite reassurance that no serious condition is present.

**Solution:** The question asks about the defining characteristic of somatic symptom disorder. The correct description is having significant physical symptoms that cause excessive distress and anxiety despite no clear organic cause. Option (A) is incorrect because the disorder is defined by disproportionate concern, not confirmed medical causes. Options (C) and (D) are unrelated. Therefore, the correct answer is that the symptoms lead to excessive distress without a clear medical explanation.

**Final Answer:** Result in excessive distress and anxiety despite no clear organic cause

**Answer: (B)**

Q30.

**Solution**

**Concept:** Free association is a psychoanalytic technique developed by Sigmund Freud to explore the unconscious mind. In this method, clients are encouraged to express any thoughts that come to mind without censorship. This process helps reveal hidden conflicts, desires, and memories that influence behavior. It is a key method in psychoanalysis for uncovering repressed material and understanding underlying psychological issues.

**Solution:** The question describes a therapist asking a client to say whatever comes to mind, regardless of relevance. This is the defining feature of free association. Active listening involves attentively hearing the client, not encouraging unrestricted speech. Cognitive restructuring is part of cognitive therapy, focusing on changing thought patterns. Systematic desensitization is a behavioral technique for reducing anxiety. Therefore, the correct answer is free association, as it directly aligns with the described method.

**Final Answer:** Free Association

**Answer: (B)**



Q31.

**Solution**

**Concept:** The humanistic-existential approach focuses on personal growth, self-awareness, and the search for meaning. It suggests that psychological distress arises when individuals feel a lack of purpose or are blocked from achieving self-actualization. This perspective emphasizes free will, authenticity, and the importance of living a meaningful life. Therapies based on this approach aim to help individuals realize their potential and find personal meaning.

**Solution:** The question asks what is considered the primary cause of distress in the humanistic-existential approach. According to this perspective, distress arises from a lack of meaning in life or obstacles in achieving self-actualization. Behavioral explanations focus on reinforcement patterns, biological approaches on chemical imbalances, and psychoanalytic theories on repressed conflicts. Since the humanistic-existential view emphasizes meaning and growth, the correct answer is a lack of meaning or blockage in self-actualization.

**Final Answer:** A lack of meaning in life or a block in the path to self-actualization

**Answer: (B)**

Q32.

**Solution**

**Concept:** Behavior therapy is based on principles of learning, particularly operant conditioning. It focuses on modifying observable behaviors through reinforcement and punishment. A token economy is a behavioral technique where individuals earn tokens for displaying desired behaviors, which can later be exchanged for rewards. This method is commonly used in institutional settings such as schools and psychiatric facilities to encourage adaptive behaviors.

**Solution:** The question asks which therapy uses token economy. Token economy is a classic technique of behavior therapy, as it relies on reinforcement to shape behavior. Psychodynamic therapy focuses on unconscious conflicts, client-centered therapy emphasizes empathy and acceptance, and Gestalt therapy focuses on awareness and integration. Since token economy directly applies principles of operant conditioning, the correct answer is behavior therapy.

**Final Answer:** Behavior Therapy

**Answer: (B)**



Q33.

**Solution**

**Concept:** Gestalt therapy emphasizes awareness, personal responsibility, and integration of fragmented parts of the self. The empty chair technique is a key method used in this approach, where clients engage in a dialogue with different aspects of themselves or significant others. This helps resolve internal conflicts, enhance self-awareness, and achieve emotional integration by expressing thoughts and feelings in a structured experiential manner.

**Solution:** The question asks which therapy uses the empty chair technique. This technique is a hallmark of Gestalt therapy, developed by Fritz Perls. It involves role-playing and dialogue to explore unresolved conflicts. Rational Emotive Behavior Therapy focuses on changing irrational beliefs, logotherapy emphasizes meaning in life, and biofeedback involves physiological monitoring. Since the empty chair technique is specifically associated with Gestalt therapy, the correct answer is Gestalt therapy.

**Final Answer:** Gestalt Therapy

**Answer: (C)**

Q34.

**Solution**

**Concept:** Aaron Beck's Cognitive Therapy focuses on identifying and modifying dysfunctional thought patterns. It was originally developed to treat depression and is based on the concept of the cognitive triad: negative views about the self, the world, and the future. These automatic negative thoughts contribute to depressive symptoms. By restructuring these cognitions, therapy aims to improve mood and behavior, making it one of the most effective treatments for depression.

**Solution:** The question asks which disorder Beck's Cognitive Therapy was originally designed to treat. Beck developed this approach specifically for depression, identifying the cognitive triad as a central feature. Individuals with depression often hold negative beliefs about themselves (worthlessness), the world (hostility), and the future (hopelessness). While cognitive therapy is now used for many disorders, its origin lies in treating depression. Therefore, the correct answer is depression.

**Final Answer:** Depression

**Answer: (B)**



Q35.

**Solution**

**Concept:** Biomedical therapies involve physical or biological interventions to treat mental disorders. Electroconvulsive Therapy (ECT) is one such treatment where controlled electric currents are passed through the brain to induce a brief seizure. It is primarily used in severe cases of depression, especially when other treatments have failed. Despite misconceptions, ECT is administered under anesthesia and has been found effective in rapidly reducing severe depressive symptoms.

**Solution:** The question asks which therapy involves passing a mild electric current through the brain. This description matches Electroconvulsive Therapy (ECT). Cognitive Behavioral Therapy is a psychological treatment, not biomedical. Transcranial Magnetic Stimulation uses magnetic fields, not electric currents. Vicarious learning is a social learning process. Since ECT specifically involves electrical stimulation of the brain to treat severe depression, the correct answer is Electroconvulsive Therapy.

**Final Answer:** Electroconvulsive Therapy (ECT)

**Answer: (B)**

Q36.

**Solution**

**Concept:** Client-centered therapy, developed by Carl Rogers, emphasizes empathy, unconditional positive regard, and genuineness. Empathy involves understanding the client's internal world from their perspective and communicating this understanding effectively. It helps build trust and encourages clients to explore their feelings openly. This approach facilitates self-awareness and personal growth by creating a supportive and non-judgmental therapeutic environment.

**Solution:** The question describes a therapist understanding the client's internal world from the client's perspective. This is the definition of empathy. Transference involves projecting feelings onto the therapist, sympathy involves feeling pity, and resistance refers to reluctance in therapy. Since the therapist is accurately perceiving and reflecting the client's experiences without judgment, the correct answer is empathy.

**Final Answer:** Empathy

**Answer: (B)**



Q37.

**Solution**

**Concept:** The Fundamental Attribution Error is a concept in social psychology describing a bias in how people explain others' behavior. Observers tend to attribute others' actions to internal dispositions such as personality traits while underestimating situational influences. This bias leads to incorrect judgments, as external factors often play a significant role. It highlights the tendency to overlook context when evaluating others' behavior.

**Solution:** The question asks for the definition of the Fundamental Attribution Error. The correct explanation is that observers overestimate dispositional factors and underestimate situational influences when judging others. Option (A) reverses the bias, (B) relates to self-judgment, and (D) is unrelated. Since this bias specifically involves misattributing others' behavior to internal traits rather than external circumstances, the correct answer is the overestimation of dispositional factors and underestimation of situational factors.

**Final Answer:** Overestimate personal traits, underestimate situation.

**Answer: (C)**

Q38.

**Solution**

**Concept:** The Elaboration Likelihood Model explains two routes to persuasion: central and peripheral. The central route involves careful evaluation of arguments, while the peripheral route relies on superficial cues such as attractiveness, credibility, or fame of the communicator. Attitude changes through the peripheral route are often temporary and less stable, as they are not based on deep processing of information.

**Solution:** The question describes attitude change based on attractiveness or fame rather than the argument itself. This indicates reliance on superficial cues, which defines the peripheral route to persuasion. The central route involves logical evaluation of arguments. Cognitive dissonance refers to inconsistency between beliefs, and self-fulfilling prophecy is about expectations influencing outcomes. Since the decision is based on external cues rather than content, the correct answer is the peripheral route.

**Final Answer:** Peripheral route to persuasion

**Answer: (B)**



Q39.

**Solution**

**Concept:** Cognitive dissonance, proposed by Leon Festinger, refers to the psychological discomfort experienced when an individual holds two or more contradictory beliefs, attitudes, or behaviors. This inconsistency creates tension, motivating the individual to reduce the dissonance by changing beliefs, attitudes, or actions. It plays a significant role in decision-making and attitude change, influencing how people justify their behavior.

**Solution:** The question asks when cognitive dissonance occurs. The correct definition is when an individual holds two cognitions that are psychologically inconsistent. This creates discomfort and leads to efforts to restore consistency. Differences in opinions between people do not define dissonance. Memory issues and conflicts between id and superego are unrelated concepts. Therefore, the correct answer is the presence of inconsistent cognitions within an individual.

**Final Answer:** An individual holds two cognitions that are psychologically inconsistent

**Answer: (B)**

Q40.

**Solution**

**Concept:** Attitudes are composed of three components: cognitive, affective, and behavioral. The cognitive component involves beliefs and thoughts about an object, the affective component refers to feelings or emotions toward it, and the behavioral component includes actions or intentions toward the object. This tripartite model explains how attitudes influence not only what people think and feel but also how they are likely to act in real-life situations.

**Solution:** The question asks which component of attitude involves actions or intentions toward an object. This is the behavioral component, as it reflects how a person behaves or intends to behave. The cognitive component relates to beliefs, while the affective component deals with emotions. The evaluative component is not part of the standard tripartite model. Since the focus is on actions and behavioral tendencies, the correct answer is the behavioral component.

**Final Answer:** Behavioral Component

**Answer: (C)**



Q41.

**Solution**

**Concept:** A stereotype is a generalized belief about a group of people, assuming that all members share certain traits. It simplifies social perception but often ignores individual differences. Prejudice refers to an attitude or emotional bias toward a group, while discrimination involves behavior toward that group. Stereotypes can be positive or negative but are typically rigid and resistant to change, influencing how individuals perceive and interact with others.

**Solution:** The question describes a belief that all members of a group possess certain characteristics regardless of individual variation. This definition matches a stereotype. Prejudice involves emotional attitudes, discrimination refers to actions, and scapegoating involves blaming a group for problems. Since the emphasis is on a generalized belief about a group, the correct answer is stereotype.

**Final Answer:**

**Answer: (B)**

Q42.

**Solution**

**Concept:** The self-serving bias is a cognitive bias in which individuals attribute positive outcomes to internal factors such as ability or effort, while attributing negative outcomes to external factors like luck or situational influences. This bias helps maintain self-esteem and protect one's self-image. It reflects a tendency to interpret events in a way that favors oneself, often distorting objective evaluation of performance.

**Solution:** The question asks how successes and failures are attributed in self-serving bias. Successes are typically attributed to internal factors such as skill or intelligence, while failures are blamed on external factors such as bad luck or difficult circumstances. This pattern helps individuals preserve a positive self-image. The other options either reverse or misrepresent this pattern. Therefore, the correct answer is internal for successes and external for failures.

**Final Answer:**

**Answer: (A)**



Q43.

**Solution**

**Concept:** Heider's Balance Theory explains how individuals strive for consistency in relationships among three elements: Person (P), Other (O), and Object (X). In the P-O-X triad, balance is achieved when the product of the relationships (positive or negative) is positive. Balanced states are psychologically stable, while imbalanced states create tension, motivating individuals to change their attitudes or relationships to restore balance.

**Solution:** The question asks when balance exists in the P-O-X triad. According to balance theory, each relationship is assigned a positive or negative sign, and balance occurs when the product of these three signs is positive. If the product is negative, the system is imbalanced, leading to discomfort. Since balance is defined by a positive product, the correct answer is positive.

**Final Answer:** Positive

**Answer:** (C)

Q44.

**Solution**

**Concept:** Social facilitation refers to the tendency for an individual's performance to improve on simple or well-learned tasks when in the presence of others. The presence of an audience increases arousal, which enhances dominant responses. However, for complex or new tasks, this increased arousal may impair performance. This concept highlights how social context influences individual behavior and performance outcomes.

**Solution:** The question describes improved performance on a well-learned task in the presence of an audience. This is the definition of social facilitation. Social loafing refers to reduced effort in group settings, social inhibition refers to decreased performance, and deindividuation involves loss of self-awareness in groups. Since the performance improves due to the presence of others, the correct answer is social facilitation.

**Final Answer:** Social Facilitation

**Answer:** (B)



Q45.

**Solution**

**Concept:** Bruce Tuckman proposed stages of group development: Forming, Storming, Norming, and Performing. In the norming stage, group members resolve conflicts, establish norms, and develop cohesion. A sense of group identity begins to emerge, and cooperation increases. This stage is crucial for building trust and collaboration, allowing the group to function more effectively in subsequent stages.

**Solution:** The question asks which stage involves members working together and developing group identity. This occurs in the norming stage, where conflicts are resolved and norms are established. The forming stage involves initial orientation, storming involves conflict, and performing involves efficient task completion. Since the focus is on cohesion and identity development, the correct answer is norming.

**Final Answer:** Norming

**Answer: (C)**

Q46.

**Solution**

**Concept:** Group polarization refers to the tendency of group discussion to strengthen the initial inclinations of members, leading to more extreme decisions. When individuals with similar views interact, their opinions become more intensified in the same direction. This occurs due to persuasive arguments and social comparison, as members seek approval and validation. As a result, groups may take riskier or more conservative decisions than individuals would alone.

**Solution:** The question asks which phenomenon describes group decisions becoming more extreme than initial individual inclinations. This is known as group polarization. Groupthink involves poor decision-making due to pressure for consensus, not extremity. Social loafing refers to reduced effort in groups, and conformity involves aligning with group norms. Since the key feature is the intensification of opinions after discussion, the correct answer is group polarization.

**Final Answer:** Group Polarization

**Answer: (B)**



Q47.

**Solution**

**Concept:** Groupthink is a phenomenon where the desire for harmony and consensus within a group leads to poor decision-making. Members suppress dissenting opinions, fail to critically evaluate alternatives, and prioritize agreement over accuracy. This can result in flawed decisions, as the group ignores risks and alternative viewpoints. It often occurs in highly cohesive groups under pressure, where maintaining unity becomes more important than making the best choice.

**Solution:** The question describes a situation where the desire for harmony overrides realistic evaluation of alternatives. This is the defining characteristic of groupthink. Social facilitation involves performance changes in the presence of others, compliance refers to agreeing with requests, and identification involves adopting behaviors to maintain relationships. Since the emphasis is on consensus at the cost of critical thinking, the correct answer is groupthink.

**Final Answer:**

**Answer: (B)**

Q48.

**Solution**

**Concept:** An out-group refers to a group with which an individual does not identify and may even feel opposition or hostility toward. In contrast, an in-group is a group to which one belongs and feels loyalty. The distinction between in-groups and out-groups plays a significant role in social identity, often leading to bias, stereotyping, and intergroup conflict.

**Solution:** The question asks which group an individual does not identify with and may feel hostility toward. This description matches an out-group. An in-group involves belonging and identification, a primary group refers to close relationships, and a reference group is used for comparison. Since the defining feature is lack of identification and possible hostility, the correct answer is out-group.

**Final Answer:**

**Answer: (B)**



Q49.

**Solution**

**Concept:** Social loafing refers to the tendency of individuals to exert less effort when working in a group compared to when working alone. This occurs because individual contributions are less identifiable, leading to reduced accountability. When people believe their efforts cannot be evaluated separately, they may rely on others to carry the workload, resulting in decreased overall group performance.

**Solution:** The question asks why effort decreases in social loafing. The primary reason is that individual contributions cannot be easily evaluated, reducing personal responsibility. Task difficulty or group size alone does not define social loafing, and high motivation would increase effort, not decrease it. Since the key factor is reduced accountability due to lack of individual evaluation, the correct answer is that contributions cannot be evaluated.

**Final Answer:** Their individual contribution cannot be evaluated

**Answer: (B)**

Q50.

**Solution**

**Concept:** Conformity is a type of social influence where individuals change their behavior or beliefs to align with group norms or majority opinion. It can occur due to informational influence (desire to be correct) or normative influence (desire to be liked or accepted). Conformity plays a significant role in shaping social behavior and maintaining group cohesion, though it may sometimes suppress individuality.

**Solution:** The question asks which social influence involves matching behavior to the majority, often to be right or liked. This is the definition of conformity. Obedience involves following orders from authority, compliance involves agreeing to requests, and reactance involves resisting influence. Since the behavior change is driven by alignment with group norms, the correct answer is conformity.

**Final Answer:** Conformity

**Answer: (B)**



**Answer Key**

Q	Ans	Q	Ans	Q	Ans	Q	Ans	Q	Ans
1	B	2	A	3	B	4	B	5	C
6	B	7	C	8	B	9	C	10	B
11	B	12	C	13	C	14	B	15	C
16	B	17	B	18	B	19	B	20	B
21	C	22	C	23	B	24	A	25	C
26	B	27	B	28	B	29	B	30	B
31	B	32	B	33	C	34	B	35	B
36	B	37	C	38	B	39	B	40	C
41	B	42	A	43	C	44	B	45	C
46	B	47	B	48	B	49	B	50	B

