

# CUET-UG Psychology Sample Paper-17

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 neuropsychologist is evaluating a student who is excellent at multi-tasking and maintaining focus in a noisy classroom (Arousal/Attention) but fails to reorganize a set of jumbled blocks into a specific design shown on a card. According to the PASS Model of Intelligence, which functional unit is primarily involved in the student's deficit, and which specific cognitive process is being impaired?

- (A) The first functional unit; Selective Attention.
- (B) The second functional unit; Simultaneous Processing.
- (C) The second functional unit; Successive Processing.
- (D) The third functional unit; Planning and monitoring.

**Q2.** A student is given a task to plan a school event. They successfully identify the goals, develop a timeline, and monitor their progress, but they fail to see how the individual decorations relate to the overall theme of the hall (Simultaneous Processing). According to the PASS Model of Intelligence, the student's strength in planning and monitoring is governed by which functional unit of the brain, and where is it primarily located?

- (A) The first functional unit; Brain stem.
- (B) The second functional unit; Parietal and Occipital lobes.
- (C) The third functional unit; Prefrontal cortex.
- (D) The fourth functional unit; Temporal lobe.



- Q3.** In the context of Interpersonal Intelligence, Howard Gardner emphasizes the ability to discern:
- (A) One's own internal feelings and spiritual motivations.
  - (B) The subtle moods, temperaments, and intentions of others to influence group dynamics.
  - (C) Patterns in the natural world and biological classifications.
  - (D) Logical relationships between abstract symbols and mathematical constants.
- Q4.** The 'Flynn Effect' has shown a steady rise in IQ scores over generations. Which type of intelligence, according to Cattell's theory, is most sensitive to these environmental and educational shifts?
- (A) Fluid Intelligence.
  - (B) Crystallized Intelligence.
  - (C) Level I Associative Learning.
  - (D) Contextual Intelligence.
- Q5.** Which of the following describes a "Speed Test" in psychological testing?
- (A) A test where items are very difficult, and the time limit is generous.
  - (B) A test where all items are relatively easy, but the time limit is so strict that very few can finish.
  - (C) A test that measures the maximum power of the individual's intellect.
  - (D) A test designed specifically for clinical diagnosis of ADHD.
- Q6.** In Arthur Jensen's hierarchical model, Level II abilities are characterized by:
- (A) Simple output that is nearly identical to the input received.
  - (B) Transformation of input into abstract concepts and cognitive elaboration.
  - (C) Rote memorization of paired associates.
  - (D) Reflexive sensory-motor coordination.



- Q7.** According to the 'Indian Perspective' of personality, the layer of the self known as 'Vijnanamaya Kosh' refers to the:
- (A) Physical body and nutritional sheath.
  - (B) Life energy or breath sheath.
  - (C) Mental and emotional sheath.
  - (D) Intellectual and wisdom sheath.
- Q8.** A person who uses 'Reaction Formation' as a defense mechanism would likely behave in which of the following ways?
- (A) Shouting at a subordinate because they were reprimanded by their boss.
  - (B) Expressing excessive, exaggerated love for a sibling they actually resent.
  - (C) Refusing to admit that they have a serious health problem despite symptoms.
  - (D) Channeling their aggression into writing intense crime novels.
- Q9.** In Karen Horney's theory, 'Basic Anxiety' stems from:
- (A) The conflict between the Id and the Superego.
  - (B) Feelings of isolation and helplessness in a potentially hostile world during childhood.
  - (C) The failure to resolve the Oedipus complex.
  - (D) The lack of 'Unconditional Positive Regard' from parents.
- Q10.** According to the 'Five Factor Model' (OCEAN), which trait is most strongly associated with the tendency to experience negative emotions such as anxiety, anger, and depression?
- (A) Low Agreeableness.
  - (B) High Conscientiousness.
  - (C) High Neuroticism.
  - (D) Low Extraversion.



- Q11.** The 'Self-report' personality inventory that was specifically designed using 'Empirical Keying' to distinguish normal individuals from those with psychiatric diagnoses is:
- (A) 16 PF.
  - (B) EPQ-R.
  - (C) MMPI-2.
  - (D) Myers-Briggs Type Indicator.
- Q12.** In 'Social Cognitive Theory', Albert Bandura's concept of 'Self-Efficacy' is primarily influenced by which of the following?
- (A) Genetic temperament and hereditary factors.
  - (B) Past performance accomplishments and vicarious experiences.
  - (C) The balance between the Real Self and the Ideal Self.
  - (D) The strength of the Collective Unconscious.
- Q13.** A patient is shown a series of 10 ambiguous inkblots and asked to describe what they see. The psychologist scores the responses based on 'Location', 'Determinants', and 'Content'. This describes the:
- (A) Thematic Apperception Test (TAT).
  - (B) Rorschach Inkblot Test.
  - (C) Rosenzweig P-F Study.
  - (D) Draw-a-Person Test.
- Q14.** According to Alfred Adler, 'Striving for Superiority' is a process where individuals try to:
- (A) Become better than everyone else to achieve power.
  - (B) Overcome their own feelings of inferiority and move toward self-perfection.
  - (C) Balance their masculine and feminine archetypes.
  - (D) Repress their biological instincts to fit into society.



- Q15.** In Hans Selye's 'General Adaptation Syndrome' (GAS), which stage is characterized by the parasympathetic nervous system attempting to reverse the physiological changes of the 'Alarm' stage while the stressor still persists?
- (A) Exhaustion Stage.
  - (B) Resistance Stage.
  - (C) Appraisal Stage.
  - (D) Secondary Reaction Stage.
- Q16.** According to Lazarus's Transactional Model, if an individual determines that a stressor is a 'Challenge' rather than a 'Threat', they are likely to experience:
- (A) More intense physiological distress and panic.
  - (B) A focus on potential gain and more effective problem-solving behavior.
  - (C) Immediate movement into the Stage of Exhaustion.
  - (D) Use of denial as a primary coping mechanism.
- Q17.** A person who uses 'Avoidance-oriented' coping when faced with a financial crisis would most likely:
- (A) Create a strict budget and look for a second job.
  - (B) Talk to a counselor to manage their anxiety about money.
  - (C) Spend more time playing video games to keep their mind off the bills.
  - (D) Re-evaluate their spending habits to find where they went wrong.
- Q18.** The 'Stress-Inoculation Training' (SIT) technique involves three phases. In the 'Application and Follow-through' phase, the client:
- (A) Learns about the nature of stress and its effects.
  - (B) Practices relaxation and self-instructional skills.
  - (C) Tests their new coping skills in real-world or simulated stressful situations.
  - (D) Identifies the irrational 'musts' in their belief system.



- Q19.** Which personality trait, part of the 'Hardiness' triad, refers to the belief that change is a natural part of life and an opportunity for growth?
- (A) Commitment.
  - (B) Control.
  - (C) Challenge.
  - (D) Confidence.
- Q20.** A patient with Schizophrenia exhibits 'Waxy Flexibility'. This is a clinical sign associated with which type of symptom cluster?
- (A) Positive Symptoms (Delusions).
  - (B) Negative Symptoms (Avolition).
  - (C) Catatonic Symptoms.
  - (D) Disorganized Symptoms.
- Q21.** In 'Somatic Symptom Disorder', unlike 'Conversion Disorder', the patient:
- (A) Shows a sudden loss of a sensory or motor function.
  - (B) Experiences real physical symptoms that cause extreme distress and preoccupation, even if no serious medical cause is found.
  - (C) Is intentionally faking symptoms to gain attention.
  - (D) Forgets their personal identity after a trauma.
- Q22.** The 'Diathesis-Stress' model of Schizophrenia suggests that 'Diathesis' refers to the:
- (A) Environmental triggers that start the first episode.
  - (B) Biological or genetic vulnerability to the disorder.
  - (C) Socio-economic status of the patient.
  - (D) Quality of the family's communication patterns.
- Q23.** Which neurotransmitter is most closely linked to the 'Reward System' of the brain and is often depleted in individuals suffering from chronic substance use and depression?



- (A) Acetylcholine.
- (B) Dopamine.
- (C) Glutamate.
- (D) GABA.

**Q24.** A person who feels a "lump in the throat" (Globus hystericus) or develops "glove anesthesia" without any neurological damage is likely suffering from:

- (A) Panic Disorder.
- (B) Conversion Disorder.
- (C) Illness Anxiety Disorder.
- (D) Depersonalization.

**Q25.** In 'Obsessive-Compulsive Disorder' (OCD), the 'Compulsions' are maintained through which learning principle?

- (A) Positive Reinforcement.
- (B) Negative Reinforcement (Anxiety Reduction).
- (C) Vicarious Learning.
- (D) Classical Conditioning.

**Q26.** Which of the following is a 'Negative' symptom of Schizophrenia characterized by a total lack of emotional expression and responsiveness?

- (A) Alogia.
- (B) Anhedonia.
- (C) Flat Affect.
- (D) Avolition.

**Q27.** 'Cyclothymic Disorder' is best described as a milder form of:

- (A) Schizophrenia.
- (B) Bipolar Disorder.



- (C) Generalized Anxiety Disorder.
- (D) Major Depressive Disorder.

**Q28.** A child who displays 'Echolalia' (repeating exactly what is said to them) and has a severe deficit in social reciprocity is most likely diagnosed with:

- (A) ADHD.
- (B) Autism Spectrum Disorder.
- (C) Conduct Disorder.
- (D) Intellectual Disability.

**Q29.** The cognitive symptom of 'Anhedonia' in Major Depressive Disorder refers to:

- (A) Frequent thoughts of suicide.
- (B) Inability to experience pleasure from activities once found enjoyable.
- (C) Difficulty in making simple daily decisions.
- (D) Persistent feelings of guilt and worthlessness.

**Q30.** In 'Rational Emotive Behavior Therapy' (REBT), when a therapist uses 'Logical Disputation', they are primarily aiming to:

- (A) Provide empirical evidence that contradicts the client's belief.
- (B) Show the client that their irrational belief does not follow logically from the activating event.
- (C) Determine if the belief is helping the client reach their life goals.
- (D) Use Socratic questioning to allow the client to discover their own errors.

**Q31.** Which of the following describes the 'Cognitive Triad' of depression as proposed by Aaron Beck?

- (A) Negative views about the Self, the World, and the Future.
- (B) Conflicts between the Id, Ego, and Superego.
- (C) Lack of Attention, Successive processing, and Planning.



(D) Negative views about the Past, the Family, and the Career.

**Q32.** The therapeutic technique of 'Systematic Desensitization' is based on the principle of 'Reciprocal Inhibition', which states that:

- (A) Anxiety and relaxation cannot exist in the body at the same time.
- (B) Every action has an equal and opposite reaction in the psyche.
- (C) Unconscious impulses must be inhibited by the ego.
- (D) Maladaptive behaviors are inhibited by aversive conditioning.

**Q33.** In 'Logotherapy', Victor Frankl emphasizes the concept of 'Paradoxical Intention'. This technique involves:

- (A) Asking the client to perform the very action they fear.
- (B) Creating a balance between the client's real and ideal self.
- (C) Using tokens to reinforce positive social behaviors.
- (D) Interpreting dreams to find the hidden meaning of life.

**Q34.** A therapist uses 'Biofeedback' to help a client with hypertension. This process works by:

- (A) Changing the client's irrational "musts" into "preferences".
- (B) Providing real-time physiological data to help the client gain voluntary control over involuntary functions.
- (C) Using mild electric shocks to reduce the craving for harmful substances.
- (D) Encouraging the client to speak freely about their childhood traumas.

**Q35.** In 'Gestalt Therapy', the concept of 'Unfinished Business' refers to:

- (A) Tasks at work that lead to burnout and stress.
- (B) Unexpressed feelings from the past that linger and interfere with effective psychological contact in the present.
- (C) The failure to reach self-actualization due to environmental blocks.
- (D) The gap between one's IQ and one's actual academic achievement.



- Q36.** Which of the following is a primary characteristic of 'Client-Centered Therapy' that distinguishes it from 'Psychodynamic Therapy'?
- (A) The therapist acts as an authority figure who interprets the unconscious.
  - (B) The therapist provides a non-directive, supportive environment focused on the "here and now".
  - (C) It focuses on aversive conditioning to change behavior.
  - (D) It utilizes dream analysis and free association as core tools.
- Q37.** According to the 'Elaboration Likelihood Model' (ELM), a person is more likely to be persuaded by the 'Central Route' if:
- (A) They are tired and not interested in the topic.
  - (B) The communicator is a famous celebrity or athlete.
  - (C) They have a high 'Need for Cognition' and the topic is personally relevant.
  - (D) The message is repeated multiple times during a short period.
- Q38.** The 'Fundamental Attribution Error' is the tendency for observers to \_\_\_\_\_ the influence of situational factors and \_\_\_\_\_ the influence of dispositional factors when explaining others' behavior.
- (A) Overestimate; Underestimate.
  - (B) Underestimate; Overestimate.
  - (C) Balance; Ignore.
  - (D) Ignore; Balance.
- Q39.** In 'Balance Theory' (P-O-X), an unbalanced state exists when:
- (A) The product of the three relationships in the triad is positive.
  - (B) The product of the three relationships in the triad is negative.
  - (C) All three relationships in the triad are positive.
  - (D) Two relationships are negative and one is positive.
- Q40.** A 'Self-Fulfilling Prophecy' occurs when:



- (A) A person changes their attitude to reduce cognitive dissonance.
- (B) An individual's expectations about another person eventually lead that person to behave in ways that confirm those expectations.
- (C) People attribute their success to internal factors and failure to external factors.
- (D) An audience is influenced by the physical attractiveness of the source.

**Q41.** Which of the following is an example of 'Social Inhibition'?

- (A) A professional pianist playing better in front of a large audience.
- (B) A student performing worse on a complex, new math problem when their teacher is watching.
- (C) An individual working less hard in a group project than they would alone.
- (D) A person following a direct order from an authority figure.

**Q42.** A high-profile environmentalist is giving a lecture on climate change. A student in the audience, who is already deeply concerned about the environment, pays close attention to the scientific data and logical arguments presented. Meanwhile, another student, who has little interest in the topic, is mostly impressed by the speaker's prestigious awards and confident body language. According to the Elaboration Likelihood Model (ELM), which routes to persuasion are the two students respectively utilizing?

- (A) Both are using the Central Route.
- (B) Student 1: Central Route; Student 2: Peripheral Route.
- (C) Student 1: Peripheral Route; Student 2: Central Route.
- (D) Student 1: Cognitive Dissonance; Student 2: Self-perception Route.

**Q43.** In the context of Fritz Heider's P-O-X Triad model, consider a scenario where Person (P) likes Other (O), and they are discussing a specific social issue (X). If Person (P) discovers that Other (O) holds a view on 'X' that is diametrically opposite to their own, a state of 'imbalance' is created. According to the theory, which of the following is NOT a likely psychological outcome for Person (P) to restore balance?



- (A) P changes their own attitude toward X to match O's view.
- (B) P changes their attitude toward O and starts to dislike them.
- (C) P tries to persuade O to change their view on X.
- (D) P maintains their own view and their liking for O while accepting the imbalance as a permanent state.

**Q44.** Cognitive Dissonance is most likely to lead to attitude change when:

- (A) There is high 'External Justification' for the behavior.
- (B) There is low 'External Justification' for the behavior (Insufficient Justification).
- (C) The person does not care about the topic.
- (D) The person is forced to behave in a certain way.

**Q45.** In the 'Storming' stage of group development, the group is primarily characterized by:

- (A) High levels of cohesion and established norms.
- (B) Conflict among members regarding roles, leadership, and goals.
- (C) Peak task performance and energy.
- (D) Initial politeness and uncertainty about the group's purpose.

**Q46.** 'Social Loafing' is less likely to occur when:

- (A) The group size is very large.
- (B) The task is perceived as unimportant.
- (C) Individual contributions are identifiable and evaluated.
- (D) The group members do not know each other.

**Q47.** Which of the following is a primary cause of 'Group Polarization'?

- (A) Members wanting to be liked and accepted by the group (Normative influence).



- (B) Exposure to new, persuasive arguments in favor of the group's initial leaning (Informational influence).
- (C) The presence of a strong, autocratic leader.
- (D) Both (A) and (B).

**Q48.** 'Groupthink' is most likely to occur in groups that are:

- (A) Highly diverse and open to outside criticism.
- (B) Highly cohesive, isolated from contrary opinions, and under high stress.
- (C) Small and newly formed.
- (D) Led by a democratic leader who encourages dissent.

**Q49.** In 'Deindividuation', an individual in a large crowd experiences a/an \_\_\_\_\_ in self-awareness and a/an \_\_\_\_\_ in following group norms.

- (A) Increase; Decrease.
- (B) Decrease; Increase.
- (C) Increase; Increase.
- (D) Decrease; Decrease.

**Q50.** The 'Stanford Prison Experiment' by Philip Zimbardo highlighted the powerful influence of \_\_\_\_\_ on individual behavior.

- (A) Genetic traits.
- (B) Social roles and situational factors.
- (C) Intellectual ability.
- (D) Parenting styles.



**Detailed Solutions**

Q1.

**Solution**

**Concept:** The PASS Model of Intelligence explains cognitive functioning through three functional units: the first unit handles arousal and attention, the second unit manages information processing (simultaneous and successive), and the third unit is responsible for planning and regulation. Simultaneous processing involves integrating separate elements into a coherent whole, such as spatial organization in block design tasks.

**Solution:** The student shows strong arousal and attention skills, indicating the first functional unit is intact. However, difficulty in reorganizing jumbled blocks into a structured design reflects impairment in understanding spatial relationships as a whole. This ability is specifically linked to Simultaneous Processing in the second functional unit, which involves synthesizing visual-spatial information into meaningful patterns. Successive processing relates to sequential information like digit span, while planning involves higher-order executive control. Since the task is spatial and holistic, the deficit is best explained by impairment in Simultaneous Processing within the second functional unit.

**Final Answer:** The second functional unit; Simultaneous Processing

**Answer: (B)**

Q2.

**Solution**

**Concept:** In the PASS Model, the third functional unit governs Planning processes, including goal setting, decision-making, self-monitoring, and evaluation of behavior. This unit is primarily associated with the prefrontal cortex of the brain, which is responsible for executive functions such as organizing, regulating actions, and adapting strategies based on feedback.

**Solution:** The student demonstrates strong abilities in identifying goals, organizing tasks, and monitoring progress, which are key aspects of Planning. These functions are controlled by the third functional unit in the PASS model. Although the student struggles with Simultaneous processing (seeing relationships among elements), the question specifically asks about their strength in planning and monitoring. Neuropsychologically, these executive functions are linked to the prefrontal cortex. The first unit (brain stem) handles arousal, while the second unit (parietal-occipital regions) handles processing of information. Therefore, the correct answer is the third functional unit located in the prefrontal cortex.

**Final Answer:** The third functional unit; Prefrontal cortex

**Answer: (C)**



Q3.

**Solution**

**Concept:** Howard Gardner's Theory of Multiple Intelligences proposes that intelligence is not a single entity but consists of distinct types. Interpersonal intelligence refers to the capacity to understand and interact effectively with others. It includes sensitivity to others' emotions, intentions, motivations, and the ability to respond appropriately in social contexts.

**Solution:** The question focuses on interpersonal intelligence, which is the ability to interpret and respond to the behavior, feelings, and intentions of others. This includes recognizing subtle emotional cues, understanding social dynamics, and influencing group interactions effectively. Option (A) refers to intrapersonal intelligence, which involves self-awareness. Option (C) relates to naturalistic intelligence, and option (D) corresponds to logical-mathematical intelligence. Therefore, the correct description of interpersonal intelligence is the ability to discern others' moods, temperaments, and intentions to guide social interaction and group functioning.

**Final Answer:** Reading subtle moods and intentions of others to influence group dynamics

**Answer: (B)**

Q4.

**Solution**

**Concept:** The Flynn Effect refers to the observed rise in IQ scores across generations, largely attributed to environmental factors such as improved education, nutrition, and cognitive stimulation. In Cattell's theory, intelligence is divided into Fluid Intelligence (biologically based problem-solving ability) and Crystallized Intelligence (knowledge acquired through experience and education).

**Solution:** The Flynn Effect is strongly influenced by environmental improvements like schooling and cultural exposure, which enhance accumulated knowledge and skills. This aligns with Crystallized Intelligence, as it reflects learning, language development, and knowledge acquisition over time. Fluid Intelligence, on the other hand, is more biologically determined and less affected by environmental changes. Since the Flynn Effect reflects gains due to better education and enriched environments, it primarily impacts Crystallized Intelligence. The other options do not directly relate to Cattell's classification or environmental sensitivity in intelligence growth.

**Final Answer:** Crystallized Intelligence

**Answer: (B)**



Q5.

**Solution**

**Concept:** Psychological tests are often classified as speed tests or power tests. A speed test measures how quickly a person can solve relatively simple problems under strict time constraints. The focus is on the rate of performance rather than difficulty level, and typically not all items are expected to be completed.

**Solution:** In a speed test, the items are generally easy, but the time limit is so restrictive that even capable individuals cannot complete all questions. This contrasts with power tests, where items are difficult, and time is sufficient to attempt all questions. Option (A) describes a power test, and option (C) also refers to power testing. Option (D) is unrelated to test classification. Therefore, the correct description of a speed test is one where all items are relatively easy but must be completed quickly, making time the limiting factor in performance.

**Final Answer:** A very easy test with a very strict time limit so most people can't finish

**Answer: (B)**

Q6.

**Solution**

**Concept:** Arthur Jensen's hierarchical model of intelligence distinguishes between Level I (associative learning) and Level II (cognitive or conceptual abilities). Level I involves basic processes like rote memorization and simple associations, whereas Level II includes higher-order thinking such as reasoning, problem-solving, and abstract thinking.

**Solution:** Level II abilities involve transforming sensory input into meaningful, abstract representations. This includes reasoning, concept formation, and cognitive elaboration, which are essential for problem-solving and intellectual tasks. Option (A) and (C) describe simple associative learning typical of Level I, while option (D) relates to basic motor responses. Therefore, Level II abilities are best described as processes that convert raw input into complex, abstract understanding, enabling higher cognitive functioning and intelligent behavior.

**Final Answer:** Transformation of input into abstract concepts and cognitive elaboration

**Answer: (B)**



Q7.

**Solution**

**Concept:** In the Indian perspective of personality, the concept of Panchakosha describes five layers of the self: Annamaya (physical), Pranamaya (vital energy), Manomaya (mind/emotions), Vijnanamaya (intellect), and Anandamaya (bliss). Each layer represents a deeper level of human existence and consciousness.

**Solution:** Vijnanamaya Kosh refers to the intellectual or wisdom sheath, which governs reasoning, discrimination, and higher knowledge. It is responsible for understanding truth, making judgments, and guiding behavior based on insight. The Annamaya Kosh relates to the physical body, Pranamaya to life energy, and Manomaya to emotions and thoughts. Since the question asks about the intellectual layer of the self, Vijnanamaya Kosh clearly corresponds to wisdom and intellect. Thus, the correct answer is the intellectual and wisdom sheath.

**Final Answer:** Intellectual and wisdom sheath

**Answer: (D)**

Q8.

**Solution**

**Concept:** Reaction Formation is a defense mechanism proposed by Freud in which an individual unconsciously transforms an unacceptable impulse into its exact opposite. This occurs to reduce anxiety arising from forbidden thoughts or feelings. Instead of expressing the true emotion, the person overcompensates by displaying exaggerated behaviors that are opposite in nature, often appearing excessive or rigid.

**Solution:** The question asks for behavior that reflects Reaction Formation. This mechanism involves expressing the opposite of one's true feelings. Option (B), where a person shows excessive love toward a sibling they actually resent, clearly demonstrates this reversal. Option (A) represents displacement, where anger is redirected to a safer target. Option (C) is denial, involving refusal to accept reality. Option (D) reflects sublimation, where unacceptable impulses are channeled into socially acceptable activities. Therefore, only option (B) fits the definition of Reaction Formation, as it involves masking hostility with exaggerated affection.

**Final Answer:** Expressing excessive, exaggerated love for a sibling they actually resent

**Answer: (B)**



Q9.

**Solution**

**Concept:** Karen Horney's theory emphasizes social and cultural influences on personality development. She introduced the concept of Basic Anxiety, which refers to a deep feeling of insecurity that arises during childhood. This anxiety develops when a child feels isolated, helpless, and unloved in a potentially hostile environment due to inadequate parenting or lack of warmth and security.

**Solution:** Basic Anxiety, according to Horney, originates from disturbed interpersonal relationships in early life, particularly when a child experiences neglect, rejection, or inconsistency. This leads to feelings of helplessness and vulnerability in a world perceived as threatening. Option (B) directly reflects this definition. Option (A) is related to Freud's structural model, option (C) refers to Freud's psychosexual theory, and option (D) aligns with Carl Rogers' humanistic theory. Thus, the correct answer is option (B), which accurately captures Horney's idea of anxiety stemming from childhood insecurity.

**Final Answer:** Childhood feelings of isolation and helplessness in a hostile world

**Answer: (B)**

Q10.

**Solution**

**Concept:** The Five Factor Model (OCEAN) describes personality across five broad traits: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Neuroticism specifically refers to emotional instability and the tendency to experience negative emotional states such as anxiety, sadness, irritability, and mood swings.

**Solution:** The question asks which trait is linked to experiencing negative emotions. High Neuroticism is characterized by frequent emotional distress, including anxiety, anger, and depression. Individuals scoring high on this trait are more reactive to stress and less emotionally stable. Option (A) relates to interpersonal behavior, option (B) reflects organization and discipline, and option (D) concerns sociability. None of these directly capture emotional instability. Therefore, option (C) is correct, as Neuroticism directly measures susceptibility to negative affect and emotional disturbances.

**Final Answer:** High Neuroticism

**Answer: (C)**



Q11.

**Solution**

**Concept:** Empirical keying is a method used in test construction where items are selected based on their ability to differentiate between groups, such as clinical and non-clinical populations. The MMPI-2 is a widely used personality inventory developed using this approach, making it highly effective for identifying psychological disorders.

**Solution:** The MMPI-2 (Minnesota Multiphasic Personality Inventory-2) was specifically designed using empirical keying. Items were chosen because they statistically distinguished individuals with psychiatric conditions from normal individuals. Option (A) 16 PF is based on factor analysis, option (B) EPQ-R measures personality dimensions like extraversion and neuroticism, and option (D) MBTI categorizes personality types. None of these use empirical keying in the same diagnostic manner. Therefore, MMPI-2 is the correct answer as it is uniquely designed for clinical assessment using this method.

**Final Answer:** MMPI-2

**Answer:** (C)

Q12.

**Solution**

**Concept:** In Social Cognitive Theory, Albert Bandura introduced the concept of self-efficacy, which refers to an individual's belief in their ability to successfully perform tasks or handle situations. This belief influences motivation, effort, persistence, and performance across various domains.

**Solution:** Self-efficacy is primarily shaped by four sources, the most important being past performance accomplishments (mastery experiences) and vicarious experiences (observing others succeed). When individuals succeed in tasks, their confidence increases, and observing similar others succeed strengthens belief in their own abilities. Option (A) focuses on biological factors, option (C) relates to Rogers' theory, and option (D) is from Jung's theory. Therefore, option (B) correctly identifies the main influences on self-efficacy as described by Bandura.

**Final Answer:** Past performance accomplishments and vicarious experiences

**Answer:** (B)



Q13.

**Solution**

**Concept:** Projective tests are personality assessment tools that present ambiguous stimuli to elicit projections of unconscious thoughts and feelings. The Rorschach Inkblot Test is one such method, where individuals interpret inkblots, and responses are analyzed based on location, determinants, and content.

**Solution:** The procedure described—showing ambiguous inkblots and scoring responses based on location, determinants, and content—is characteristic of the Rorschach Inkblot Test. Option (A) TAT uses pictures to create stories, option (C) Rosenzweig P-F Study measures frustration responses, and option (D) Draw-a-Person Test involves drawing human figures. Only the Rorschach test uses inkblots and the specific scoring system mentioned. Therefore, the correct answer is the Rorschach Inkblot Test.

**Final Answer:** Rorschach Inkblot Test

**Answer: (B)**

Q14.

**Solution**

**Concept:** Alfred Adler's Individual Psychology emphasizes that human behavior is driven by a fundamental motivation called "striving for superiority." This does not mean dominating others, but rather overcoming personal feelings of inferiority and moving toward growth, competence, and self-improvement. According to Adler, individuals are motivated to achieve mastery, perfection, and fulfillment of their potential.

**Solution:** The concept of striving for superiority refers to a healthy and universal drive to overcome inferiority and achieve personal growth. Option (B) correctly captures this idea, as it emphasizes self-improvement and overcoming internal limitations. Option (A) incorrectly interprets superiority as dominance over others, which Adler rejected. Option (C) relates to Jung's theory of archetypes, and option (D) aligns with Freud's psychoanalytic ideas. Therefore, the correct answer is option (B), as Adler viewed striving for superiority as a constructive and growth-oriented process rather than competition with others.

**Final Answer:** Overcome their own feelings of inferiority and move toward self-perfection

**Answer: (B)**



Q15.

**Solution**

**Concept:** Hans Selye's General Adaptation Syndrome (GAS) describes the body's response to stress in three stages: Alarm, Resistance, and Exhaustion. During the Alarm stage, the body activates the fight-or-flight response. In the Resistance stage, the body attempts to adapt to the stressor and restore balance, often involving the parasympathetic nervous system.

**Solution:** The question asks for the stage where the body attempts to counteract the effects of the alarm reaction while the stressor is still present. This describes the Resistance stage, where physiological arousal remains elevated but stabilizes as the body tries to cope. Option (A) Exhaustion occurs when resources are depleted. Option (C) Appraisal is part of cognitive theories, and option (D) is not part of GAS. Therefore, the correct answer is option (B), as it reflects the adaptive efforts of the body during prolonged stress.

**Final Answer:** Resistance Stage

**Answer: (B)**

Q16.

**Solution**

**Concept:** Lazarus's Transactional Model of Stress emphasizes cognitive appraisal in determining how individuals respond to stress. When a stressor is appraised as a "challenge," it is perceived as an opportunity for growth or gain, leading to positive emotions and active coping. In contrast, a "threat" appraisal leads to anxiety and defensive reactions.

**Solution:** If an individual perceives a stressor as a challenge, they are more likely to engage in constructive coping strategies and focus on potential benefits. Option (B) correctly reflects this, highlighting improved problem-solving and motivation. Option (A) describes threat appraisal, while options (C) and (D) are unrelated to challenge perception. Therefore, the correct answer is option (B), as challenge appraisal enhances performance and adaptive coping rather than causing distress.

**Final Answer:** A focus on potential gain and more effective problem-solving behavior

**Answer: (B)**



Q17.

**Solution**

**Concept:** Coping strategies are methods used to manage stress. Avoidance-oriented coping involves evading the stressor or associated emotions rather than directly addressing the problem. This may include distraction, denial, or engaging in unrelated activities to avoid thinking about the issue.

**Solution:** The question asks for an example of avoidance-oriented coping in a financial crisis. Option (C), spending time playing video games to avoid thinking about bills, clearly reflects avoidance behavior. Options (A) and (D) involve problem-focused coping, while option (B) represents emotion-focused coping. Avoidance coping does not solve the problem but temporarily reduces stress by distraction. Therefore, the correct answer is option (C), as it best illustrates avoidance of the stressful situation.

**Final Answer:** Spend more time playing video games to keep their mind off the bills

**Answer: (C)**

Q18.

**Solution**

**Concept:** Stress-Inoculation Training (SIT), developed by Meichenbaum, is a cognitive-behavioral approach to managing stress. It consists of three phases: conceptualization (understanding stress), skill acquisition (learning coping techniques), and application and follow-through (applying skills in real-life situations).

**Solution:** In the application and follow-through phase, individuals actively use the coping strategies they have learned in real or simulated stressful situations. This helps reinforce skills and build confidence. Option (C) correctly describes this stage. Option (A) refers to conceptualization, option (B) to skill acquisition, and option (D) relates to REBT. Therefore, the correct answer is option (C), as it involves practicing and testing coping skills in practical contexts.

**Final Answer:** Tests their new coping skills in real-world or simulated stressful situations

**Answer: (C)**



Q19.

**Solution**

**Concept:** Hardiness is a personality trait that helps individuals cope effectively with stress. It consists of three components: Commitment (engagement in life activities), Control (belief in one's influence over events), and Challenge (viewing change as an opportunity for growth rather than a threat).

**Solution:** The question asks which component reflects the belief that change is natural and beneficial. This is the Challenge component, which encourages individuals to see stressors as opportunities for learning and development. Option (A) relates to involvement, option (B) to perceived control, and option (D) is not part of the hardiness triad. Therefore, the correct answer is option (C), as it directly captures the growth-oriented perspective on change.

**Final Answer:** Challenge

**Answer:** (C)

Q20.

**Solution**

**Concept:** Schizophrenia is a severe mental disorder characterized by disturbances in thought, perception, and behavior. Symptoms are categorized into positive, negative, disorganized, and catatonic types. Catatonic symptoms involve motor abnormalities, including rigidity, immobility, and unusual postures such as waxy flexibility.

**Solution:** Waxy flexibility refers to a condition where a patient maintains positions in which they are placed, even if uncomfortable. This is a hallmark of catatonic symptoms in schizophrenia. Option (A) relates to delusions, option (B) to lack of motivation, and option (D) to incoherent behavior. Only option (C) correctly identifies the motor disturbance associated with waxy flexibility. Therefore, the correct answer is catatonic symptoms.

**Final Answer:** Catatonic Symptoms

**Answer:** (C)



Q21.

**Solution**

**Concept:** Somatic Symptom Disorder involves the presence of genuine physical symptoms accompanied by excessive thoughts, feelings, and behaviors related to those symptoms. Unlike Conversion Disorder, where neurological symptoms (e.g., paralysis, blindness) appear without medical explanation, Somatic Symptom Disorder focuses on distress and preoccupation with bodily symptoms, regardless of whether a medical cause exists.

**Solution:** The key distinction is that in Somatic Symptom Disorder, the symptoms are real and distressing, and the individual is excessively preoccupied with them. Option (B) accurately reflects this. Option (A) describes Conversion Disorder, involving loss of function. Option (C) refers to factitious disorder or malingering, where symptoms are intentionally produced. Option (D) relates to dissociative disorders. Therefore, the correct answer is option (B), as it highlights persistent concern and distress over physical symptoms without necessarily having a serious medical explanation.

**Final Answer:** Excessive distress over physical symptoms without a clear medical cause

**Answer: (B)**

Q22.

**Solution**

**Concept:** The Diathesis-Stress Model explains the development of psychological disorders as an interaction between a predispositional vulnerability (diathesis) and environmental stressors. Diathesis refers to an inherent biological, genetic, or psychological susceptibility that increases the likelihood of developing a disorder under stress.

**Solution:** In schizophrenia, diathesis represents the underlying vulnerability, often genetic or neurobiological in nature. Environmental stressors such as trauma or social adversity may trigger the disorder in individuals with this predisposition. Option (B) correctly defines diathesis. Option (A) refers to stress, not vulnerability. Options (C) and (D) are contextual factors but not the core definition of diathesis. Therefore, the correct answer is option (B), as it accurately captures the biological predisposition component of the model.

**Final Answer:** Biological or genetic vulnerability to the disorder

**Answer: (B)**



Q23.

**Solution**

**Concept:** The brain's reward system is primarily regulated by the neurotransmitter dopamine. It plays a crucial role in motivation, pleasure, and reinforcement learning. Dysregulation or depletion of dopamine is associated with conditions such as depression and substance use disorders, where individuals experience reduced pleasure (anhedonia).

**Solution:** Dopamine is central to the brain's reward circuitry, particularly in pathways like the mesolimbic system. Chronic substance use can alter dopamine signaling, leading to reduced natural reward sensitivity. Option (B) correctly identifies dopamine. Acetylcholine is involved in memory and muscle function, glutamate in excitatory signaling, and GABA in inhibitory processes. None of these are primarily responsible for reward processing. Therefore, the correct answer is dopamine, as it directly governs motivation and reinforcement.

**Final Answer:** Dopamine

**Answer: (B)**

Q24.

**Solution**

**Concept:** Conversion Disorder is characterized by neurological symptoms such as paralysis, blindness, or unusual sensory experiences that cannot be explained by medical conditions. These symptoms arise unconsciously in response to psychological conflict or stress, often symbolizing underlying emotional issues.

**Solution:** Symptoms like "globus hystericus" (a lump in the throat) and "glove anesthesia" (loss of sensation in a non-anatomical pattern) are classic examples of Conversion Disorder. These symptoms lack a neurological basis but are experienced as real by the patient. Option (B) correctly identifies this disorder. Option (A) Panic Disorder involves sudden anxiety attacks, option (C) focuses on fear of illness, and option (D) involves detachment from self. Therefore, the correct answer is Conversion Disorder.

**Final Answer:** Conversion Disorder

**Answer: (B)**



Q25.

**Solution**

**Concept:** In Obsessive-Compulsive Disorder (OCD), compulsions are repetitive behaviors performed to reduce anxiety caused by obsessions. These behaviors are reinforced because they temporarily relieve distress, making the individual more likely to repeat them in the future.

**Solution:** The maintenance of compulsions is best explained by negative reinforcement. When a person performs a compulsion, their anxiety decreases, reinforcing the behavior. This cycle strengthens compulsive actions over time. Option (B) correctly identifies this principle. Positive reinforcement involves adding a reward, while vicarious learning involves observing others. Classical conditioning may play a role in the development of obsessions but not the maintenance of compulsions. Therefore, the correct answer is negative reinforcement through anxiety reduction.

**Final Answer:**

**Answer: (B)**

Q26.

**Solution**

**Concept:** Negative symptoms of schizophrenia refer to deficits or reductions in normal emotional and behavioral functioning. These include flat affect (reduced emotional expression), alogia (poverty of speech), anhedonia (loss of pleasure), and avolition (lack of motivation).

**Solution:** The symptom described—a complete lack of emotional expression—is known as flat affect. Individuals with flat affect show minimal facial expression, reduced eye contact, and a monotone voice. Option (C) correctly identifies this symptom. Alogia refers to reduced speech, anhedonia to inability to feel pleasure, and avolition to lack of motivation. Therefore, the correct answer is flat affect, as it directly represents diminished emotional responsiveness.

**Final Answer:**

**Answer: (C)**



Q27.

**Solution**

**Concept:** Cyclothymic Disorder is a mood disorder characterized by chronic, fluctuating mood disturbances involving numerous periods of hypomanic and depressive symptoms that are less severe than those seen in Bipolar Disorder. It is considered part of the bipolar spectrum and represents a milder, more persistent form of mood instability without full-blown manic or major depressive episodes.

**Solution:** Cyclothymic Disorder shares core features with Bipolar Disorder, such as alternating elevated and depressed mood states. However, the symptoms are less intense and do not meet the full criteria for manic or major depressive episodes. Option (B) correctly identifies this relationship. Option (A) Schizophrenia involves psychotic symptoms, option (C) Generalized Anxiety Disorder involves excessive worry, and option (D) Major Depressive Disorder lacks mood elevation. Therefore, Cyclothymic Disorder is best understood as a milder form of Bipolar Disorder.

**Final Answer:**

**Answer: (B)**

Q28.

**Solution**

**Concept:** Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder characterized by deficits in social communication and interaction, along with restricted and repetitive patterns of behavior. Echolalia, the repetition of words or phrases spoken by others, is a common feature seen in individuals with ASD, especially in early development.

**Solution:** The presence of echolalia combined with severe deficits in social reciprocity strongly indicates Autism Spectrum Disorder. Option (B) correctly identifies this condition. ADHD involves attention and hyperactivity issues, Conduct Disorder involves rule-breaking behavior, and Intellectual Disability focuses on cognitive deficits. None of these typically present with echolalia as a core symptom. Therefore, the correct answer is Autism Spectrum Disorder, as it directly matches both communication and social interaction difficulties described in the question.

**Final Answer:**

**Answer: (B)**



Q29.

**Solution**

**Concept:** Anhedonia is a key symptom of Major Depressive Disorder and refers to the diminished ability to experience pleasure from activities that were previously enjoyable. It reflects a core disruption in the brain's reward system and significantly impacts motivation and emotional well-being.

**Solution:** The term anhedonia specifically describes the inability to feel pleasure. Option (B) directly captures this definition. Option (A) refers to suicidal ideation, option (C) to cognitive difficulties, and option (D) to negative self-evaluation. While these are also symptoms of depression, they do not define anhedonia. Therefore, the correct answer is option (B), as it precisely represents the loss of interest and enjoyment in previously rewarding activities.

**Final Answer:** Inability to experience pleasure from activities once found enjoyable

**Answer: (B)**

Q30.

**Solution**

**Concept:** Rational Emotive Behavior Therapy (REBT), developed by Albert Ellis, focuses on identifying and challenging irrational beliefs. Logical disputation is one method used in REBT, where the therapist questions whether a belief logically follows from the activating event, helping clients recognize inconsistencies in their thinking.

**Solution:** Logical disputation specifically involves examining whether the client's belief logically arises from the situation. Option (B) correctly describes this process. Option (A) refers to empirical disputation, which uses evidence. Option (C) relates to pragmatic disputation, focusing on usefulness. Option (D) is more aligned with general cognitive therapy techniques. Therefore, the correct answer is option (B), as it emphasizes logical analysis of irrational beliefs.

**Final Answer:** Showing irrational beliefs don't logically follow from the activating event

**Answer: (B)**



Q31.

**Solution**

**Concept:** Aaron Beck's Cognitive Theory of Depression proposes the Cognitive Triad, which consists of three types of negative thinking patterns: negative views about the self, the world, and the future. These distorted cognitions contribute to and maintain depressive symptoms.

**Solution:** The cognitive triad explains how depressed individuals interpret their experiences pessimistically. They view themselves as inadequate, the world as hostile, and the future as hopeless. Option (A) correctly captures this triad. Option (B) refers to Freud's structural model, option (C) to the PASS model, and option (D) is not part of Beck's theory. Therefore, the correct answer is option (A), as it accurately reflects the three central negative beliefs in depression.

**Final Answer:** Negative views about the Self, the World, and the Future

**Answer:** (A)

Q32.

**Solution**

**Concept:** Systematic Desensitization is a behavioral therapy technique used to treat phobias and anxiety disorders. It is based on the principle of reciprocal inhibition, which states that two incompatible physiological states, such as anxiety and relaxation, cannot occur simultaneously.

**Solution:** During systematic desensitization, the individual is gradually exposed to anxiety-provoking stimuli while practicing relaxation techniques. This pairing inhibits the anxiety response. Option (A) correctly defines reciprocal inhibition. Option (B) is unrelated, option (C) reflects psychoanalytic ideas, and option (D) refers to aversive conditioning. Therefore, the correct answer is option (A), as it explains the underlying principle that relaxation counteracts anxiety.

**Final Answer:** Anxiety and relaxation cannot exist in the body at the same time

**Answer:** (A)

Q33.

**Solution**

**Concept:** Logotherapy, developed by Viktor Frankl, focuses on finding meaning in life. One of its techniques, paradoxical intention, involves encouraging clients to intentionally engage in or exaggerate the behavior they fear, thereby reducing anxiety through humor and breaking the cycle of fear.

**Solution:** Paradoxical intention works by reversing the client's fear response. By deliberately attempting the feared behavior, the anxiety associated with it diminishes. Option (A) correctly describes this technique. Option (B) relates to humanistic therapy, option (C) to behavior modification, and option (D) to psychoanalysis. Therefore, the correct answer is option (A), as it captures the essence of confronting fear through intentional action.

**Final Answer:** Asking the client to perform the very action they fear

**Answer:** (A)



Q34.

**Solution**

**Concept:** Biofeedback is a behavioral and physiological technique used in therapy to help individuals gain awareness and voluntary control over involuntary bodily processes such as heart rate, blood pressure, and muscle tension. It works by providing real-time information about physiological functions so that the client can learn to self-regulate them through relaxation and cognitive control strategies.

**Solution:** In hypertension management, biofeedback is used to help clients observe physiological indicators like blood pressure and heart rate in real time. This feedback enables them to learn relaxation techniques and gradually gain control over autonomic responses. Option (B) correctly describes this mechanism. Option (A) relates to cognitive restructuring in REBT, option (C) refers to aversion therapy, and option (D) is associated with psychoanalytic approaches. Therefore, the correct answer is option (B), as biofeedback specifically involves monitoring physiological signals to develop voluntary control over involuntary functions.

**Final Answer:** Biofeedback: giving real-time body signals to help control involuntary functions

**Answer: (B)**

Q35.

**Solution**

**Concept:** Gestalt Therapy emphasizes awareness, present experience, and personal responsibility. The concept of “Unfinished Business” refers to unresolved emotional experiences from the past that have not been fully expressed or integrated. These unresolved feelings interfere with present awareness and healthy psychological functioning.

**Solution:** Unfinished business occurs when individuals suppress or avoid emotions from past experiences such as anger, grief, or resentment. These emotions persist and disrupt present relationships and awareness. Option (B) correctly describes this concept. Option (A) refers to occupational stress, option (C) aligns with humanistic psychology but is not specific, and option (D) relates to educational psychology. Therefore, the correct answer is option (B), as it highlights unresolved emotional experiences interfering with present functioning.

**Final Answer:** Unresolved past feelings that continue to affect present psychological interactions

**Answer: (B)**



Q36.

**Solution**

**Concept:** Client-Centered Therapy, developed by Carl Rogers, is a humanistic approach that emphasizes empathy, unconditional positive regard, and genuineness. It is non-directive, meaning the therapist does not interpret or guide but instead provides a supportive environment that encourages self-exploration and personal growth in the present moment.

**Solution:** A key distinction of client-centered therapy is that it avoids authoritative interpretation and instead focuses on the client's subjective experience. Option (B) correctly describes this approach, emphasizing a non-directive and supportive "here and now" environment. Option (A) and (D) describe psychodynamic therapy, while option (C) refers to behavioral therapy. Therefore, the correct answer is option (B), as it aligns with Rogers' emphasis on empathy and self-directed growth.

**Final Answer:** Non-directive, supportive environment focused on the here and now

**Answer: (B)**

Q37.

**Solution**

**Concept:** The Elaboration Likelihood Model (ELM) explains how persuasion occurs through two routes: central and peripheral. The central route involves careful and thoughtful evaluation of message content and is activated when individuals are motivated and able to process information.

**Solution:** The central route is most likely to be used when the individual has high motivation and ability to process information, such as high need for cognition and personal relevance of the topic. Option (C) correctly describes these conditions. Option (A) reflects low involvement leading to peripheral processing, option (B) relies on source attractiveness, and option (D) involves mere exposure effects. Therefore, the correct answer is option (C), as it best represents deep cognitive processing in persuasion.

**Final Answer:** High Need for Cognition and personal relevance of the topic

**Answer: (C)**



Q38.

**Solution**

**Concept:** The Fundamental Attribution Error is a social cognitive bias in which observers tend to overemphasize dispositional (personality-based) explanations for others' behavior while underestimating situational influences. This leads to distorted judgments about why people behave the way they do.

**Solution:** When observing others, individuals often assume behavior is caused by internal traits rather than external circumstances. Thus, they overestimate dispositional factors and underestimate situational ones. Option (A) correctly reflects this pattern. Option (B) reverses the relationship, while options (C) and (D) are not conceptually accurate. Therefore, the correct answer is option (A), as it accurately describes the bias in attributing behavior to personality rather than context.

**Final Answer:** Overestimate; Underestimate

**Answer: (A)**

Q39.

**Solution**

**Concept:** Balance Theory, proposed by Fritz Heider, explains cognitive consistency in triadic relationships involving a person (P), another person (O), and an object or attitude (X). A balanced state exists when the relationships are consistent, while an unbalanced state creates psychological tension that motivates change.

**Solution:** In Balance Theory, a triad is unbalanced when the product of the relationship signs is negative, indicating inconsistency among attitudes. Option (B) correctly identifies this condition. Option (A) describes a balanced state, while options (C) and (D) do not define balance mathematically. Therefore, the correct answer is option (B), as a negative product reflects psychological imbalance in the P-O-X system.

**Final Answer:** The product of the three relationships in the triad is negative

**Answer: (B)**



Q40.

**Solution**

**Concept:** A Self-Fulfilling Prophecy is a social psychological process in which an individual's expectation about another person influences their behavior toward that person, causing the person to behave in a way that confirms the original expectation. It involves perception, expectation, behavioral confirmation, and reinforcement, often occurring unconsciously in social interactions.

**Solution:** The correct description of a self-fulfilling prophecy is when expectations shape behavior in a way that confirms those expectations. Option (B) accurately captures this mechanism. Option (A) refers to cognitive dissonance reduction, option (C) is attribution theory (fundamental attribution error), and option (D) relates to peripheral persuasion factors like attractiveness. Therefore, the correct answer is option (B), as it clearly explains how expectations influence behavior to produce expected outcomes.

**Final Answer:** Self-fulfilling prophecy: expectations cause behavior that confirms them

**Answer: (B)**

Q41.

**Solution**

**Concept:** Social Inhibition refers to a decrease in individual performance due to the presence of others, especially in situations involving complex or unfamiliar tasks. It is closely related to social facilitation theory, where the presence of others can either enhance or impair performance depending on task difficulty.

**Solution:** Social inhibition occurs when an individual performs worse due to the presence of an audience or observers, particularly in difficult tasks. Option (B) correctly illustrates this, as the student performs worse on a complex math problem under observation. Option (A) reflects social facilitation, option (C) describes social loafing, and option (D) refers to obedience. Therefore, the correct answer is option (B), as it best represents performance impairment due to social presence.

**Final Answer:** Decreased performance due to evaluation anxiety (social inhibition)

**Answer: (B)**



Q42.

**Solution**

**Concept:** The Elaboration Likelihood Model (ELM) explains persuasion through two routes: central and peripheral. The central route involves careful analysis of message content, used when individuals are motivated and able to process information. The peripheral route relies on superficial cues like attractiveness or credibility.

**Solution:** The first student is highly interested in the topic and evaluates scientific arguments, indicating central route processing. The second student is influenced by awards and appearance, indicating peripheral route processing. Option (B) correctly matches these patterns. Options (A) and (C) incorrectly assign routes, while (D) refers to unrelated theories. Therefore, the correct answer is option (B), as it accurately distinguishes deep cognitive processing from superficial cue-based persuasion.

**Final Answer:** Student 1: Central Route; Student 2: Peripheral Route

**Answer: (B)**

Q43.

**Solution**

**Concept:** In Heider's P-O-X Balance Theory, individuals strive for cognitive consistency in triadic relationships involving Person (P), Other (O), and an object or attitude (X). When imbalance occurs, people typically restore balance by changing attitudes toward O, X, or both.

**Solution:** When P likes O but disagrees on X, imbalance occurs. Common resolutions include changing one's attitude toward X, changing attitude toward O, or attempting to influence O. Option (D) is NOT a likely outcome because people generally seek cognitive balance rather than tolerating persistent imbalance. Options (A), (B), and (C) all represent plausible balancing strategies. Therefore, the correct answer is option (D), as accepting long-term imbalance contradicts the theory's core principle of cognitive consistency.

**Final Answer:** P maintains both views and accepts imbalance as permanent

**Answer: (D)**



Q44.

**Solution**

**Concept:** Cognitive Dissonance Theory (Leon Festinger) states that psychological discomfort arises when there is inconsistency between beliefs and behaviors. Attitude change is most likely when individuals experience dissonance without sufficient external justification for their behavior, leading them to adjust their attitudes to reduce discomfort.

**Solution:** When external justification is low, individuals cannot easily justify their behavior externally and are motivated to change internal attitudes. Option (B) correctly identifies this condition. Option (A) reduces dissonance through justification, option (C) prevents relevance, and option (D) implies coercion with justification. Therefore, the correct answer is option (B), as insufficient external justification creates the strongest pressure for attitude change.

**Final Answer:** Low External Justification (Insufficient Justification)

**Answer: (B)**

Q45.

**Solution**

**Concept:** Group development stages, as proposed by Tuckman, include Forming, Storming, Norming, Performing, and Adjourning. The Storming stage is characterized by conflict as members challenge roles, leadership, and group goals, leading to tension and competition within the group.

**Solution:** During the Storming stage, group members experience disagreements and struggle for position and influence. Option (B) correctly describes this conflict-driven phase. Option (A) corresponds to Norming, option (C) to Performing, and option (D) to Forming. Therefore, the correct answer is option (B), as it accurately reflects interpersonal conflict and role confusion in early group development.

**Final Answer:** Conflict among members regarding roles, leadership, and goals

**Answer: (B)**

Q46.

**Solution**

**Concept:** Social Loafing refers to the reduction in individual effort when working in a group compared to working alone. It is more likely when individual contributions are not identifiable, the task is unimportant, or group size is large. Accountability and evaluation reduce social loafing.

**Solution:** Social loafing decreases when individual contributions are visible and evaluated, increasing accountability and motivation. Option (C) correctly identifies this condition. Option (A) increases loafing due to diffusion of responsibility, option (B) reduces motivation, and option (D) does not directly reduce loafing. Therefore, the correct answer is option (C), as identifiability of performance encourages individual effort.

**Final Answer:** Individual contributions are identifiable and evaluated

**Answer: (C)**



Q47.

**Solution**

**Concept:** Group polarization refers to the tendency for group discussions to intensify the initial attitudes of members, making their final position more extreme than their original inclination. This occurs due to two main processes: normative influence, where individuals align with group norms to gain acceptance, and informational influence, where exposure to new arguments strengthens the dominant viewpoint within the group.

**Solution:** Group polarization is driven by both normative influence (desire for acceptance) and informational influence (persuasive arguments shared within the group). Normative influence encourages conformity to avoid social rejection, while informational influence strengthens beliefs through additional supporting evidence. Option (A) captures only normative influence, and option (B) captures informational influence. However, both processes operate together in producing polarization. Option (C) is unrelated, as leadership style does not primarily cause polarization. Therefore, the correct answer is option (D), as both normative and informational influences jointly intensify group attitudes.

**Final Answer:** Both (A) and (B)

**Answer: (D)**

Q48.

**Solution**

**Concept:** Groupthink is a psychological phenomenon in highly cohesive groups where the desire for unanimity overrides realistic appraisal of alternative courses of action. It leads to poor decision-making due to suppression of dissent, pressure to conform, and isolation from external opinions, especially under stressful conditions.

**Solution:** Groupthink is most likely when groups are highly cohesive, insulated from outside viewpoints, and operating under high stress or directive leadership. These conditions discourage critical thinking and promote conformity. Option (B) correctly describes these characteristics. Option (A) would reduce groupthink, option (C) is not sufficient alone, and option (D) encourages dissent, which prevents groupthink. Therefore, the correct answer is option (B), as it reflects the key conditions that foster poor decision-making in cohesive groups.

**Final Answer:** Highly cohesive, isolated from contrary opinions, and under high stress

**Answer: (B)**



Q49.

**Solution**

**Concept:** Deindividuation is a psychological state in which individuals lose self-awareness and personal responsibility in group or crowd situations. This often leads to increased conformity to group norms, impulsive behavior, and reduced self-regulation due to anonymity and reduced accountability.

**Solution:** In deindividuation, self-awareness decreases because individuals feel less identifiable in a crowd, leading to reduced personal accountability. At the same time, adherence to group norms increases as behavior becomes more influenced by the collective. Option (B) correctly reflects this pattern. Option (A) reverses the relationship, and options (C) and (D) are inconsistent with the theory. Therefore, the correct answer is option (B), as it accurately describes decreased self-awareness and increased conformity.

**Final Answer:** Decrease; Increase

**Answer: (B)**

Q50.

**Solution**

**Concept:** The Stanford Prison Experiment conducted by Philip Zimbardo demonstrated how situational forces and assigned social roles can significantly influence human behavior. Participants adopted behaviors consistent with their assigned roles (guards or prisoners), highlighting the power of situational pressures over individual personality traits.

**Solution:** The experiment showed that individuals quickly internalized assigned roles, leading to behavior changes such as aggression in guards and passivity in prisoners. This demonstrated that situational factors and social roles can strongly shape behavior, sometimes overriding personal dispositions. Option (B) correctly identifies this central finding. Options (A), (C), and (D) do not capture the situational explanation. Therefore, the correct answer is option (B), as it reflects the dominance of social roles and environmental context in shaping behavior.

**Final Answer:** Social roles and situational factors

**Answer: (B)**



**Answer Key**

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

