

CUET-UG Psychology Sample Paper-18

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 psychologist is assessing a child who can easily find their way through a complex, unfamiliar maze after looking at the map for only a few seconds. According to Gardner's Multiple Intelligences theory, this child is showing high levels of Spatial intelligence. However, which specific functional process of the PASS model would also be highly activated during this holistic map-reading task?

- (A) Successive Processing.
- (B) Simultaneous Processing.
- (C) Arousal/Attention.
- (D) Planning.

Q2. In the context of the 'Flynn Effect', which of the following is the most scientifically accurate observation regarding IQ scores over the last few decades?

- (A) Scores on tests of crystallized intelligence have risen, while fluid intelligence has remained stagnant.
- (B) There has been a significant rise in IQ scores globally, attributed primarily to improved nutrition and environmental stimulation.
- (C) Verbal IQ has seen a massive increase, whereas performance IQ has declined due to technology.
- (D) IQ scores have reached a 'ceiling effect' and have begun to decline in all developed nations.



- Q3.** A person is able to solve a series of logic puzzles by following a strict, step-by-step algorithmic approach. According to Sternberg's Triarchic Theory, this individual is primarily utilizing which component of Componential Intelligence?
- (A) Knowledge Acquisition components.
 - (B) Meta-components.
 - (C) Performance components.
 - (D) Contextual components.
- Q4.** In the 'Structure of Intellect' (SOI) model, if a student is asked to categorize a list of words based on their hidden emotional meanings, which 'Content' and 'Operation' are being engaged?
- (A) Content: Symbolic; Operation: Memory.
 - (B) Content: Semantic; Operation: Evaluation.
 - (C) Content: Behavioral; Operation: Cognition.
 - (D) Content: Semantic; Operation: Divergent Production.
- Q5.** Which of the following is a primary criticism of 'Group Tests' of intelligence compared to 'Individual Tests'?
- (A) They are too expensive and time-consuming to administer.
 - (B) They do not allow the examiner to observe the subject's behavior and rapport closely.
 - (C) They are generally less reliable than individual tests.
 - (D) They can only be used for measuring verbal intelligence.
- Q6.** Arthur Jensen proposed that 'Level II' learning involves cognitive elaboration. Which of the following tasks is a classic example of Level II learning?
- (A) Recalling a list of groceries in any order.
 - (B) Memorizing the multiplication tables by rote.
 - (C) Summarizing the main theme of a philosophical text.
 - (D) Copying a geometric figure exactly as it appears.



- Q7.** In the 'Indian Perspective', the 'Annamaya Kosh' refers to the sheath of the self that is:
- (A) Vital energy or breath.
 - (B) Composed of food and physical matter.
 - (C) Intellectual and discerning.
 - (D) Purely emotional and mental.
- Q8.** According to Karen Horney, a person who copes with 'Basic Anxiety' by becoming overly dependent on others and seeking constant approval is exhibiting a movement:
- (A) Against people.
 - (B) Toward people.
 - (C) Away from people.
 - (D) Beyond people.
- Q9.** A corporate trainer is using the 'Elaboration Likelihood Model' (ELM) to design a seminar. They know that the employees are highly motivated to learn about new tax benefits but lack the time to process complex financial jargon. To ensure the message is persuasive, the trainer decides to use a famous financial guru to deliver the talk. Which route to persuasion is primarily being targeted, and what is the 'cue' being utilized?
- (A) Central route; Logical evidence.
 - (B) Peripheral route; Source expertise/celebrity.
 - (C) Systematic route; Data-driven arguments.
 - (D) Cognitive Dissonance route; Forced compliance.
- Q10.** A person who is highly organized, punctual, and disciplined would score high on which of the 'Big Five' traits?
- (A) Agreeableness.
 - (B) Openness to Experience.



- (C) Conscientiousness.
- (D) Neuroticism.

Q11. The 'Q-Sort' technique, often used in humanistic research, is primarily designed to measure the discrepancy between:

- (A) The Id and the Superego.
- (B) The Real Self and the Ideal Self.
- (C) Internal and External Locus of Control.
- (D) Primary and Secondary traits.

Q12. Which personality assessment utilizes 10 'Clinical Scales' and 'Validity Scales' to identify psychological distortions and malingering?

- (A) 16 PF.
- (B) NEO-PI-R.
- (C) MMPI-2.
- (D) Eysenck Personality Questionnaire.

Q13. According to Alfred Adler, 'Individual Psychology' emphasizes that every person is motivated by a desire to overcome feelings of inadequacy, a process he called:

- (A) Self-Actualization.
- (B) Striving for Superiority.
- (C) Collective Unconscious.
- (D) Archetypal Realization.

Q14. A student who is angry with their teacher but goes home and shouts at their younger brother is using which defense mechanism?

- (A) Projection.
- (B) Displacement.
- (C) Sublimation.



(D) Rationalization.

Q15. In the 'General Adaptation Syndrome' (GAS), during which stage does the body's 'Systemic Alarm' lead to the release of glucocorticoids to maintain high energy levels?

(A) Alarm Reaction Stage.

(B) Resistance Stage.

(C) Exhaustion Stage.

(D) Cognitive Appraisal Stage.

Q16. According to the 'Hardiness' triad (Kobasa), the 'Control' factor refers to:

(A) The ability to dominate others in stressful situations.

(B) The belief that one can influence the course of events in their life.

(C) Having a strong external locus of control.

(D) Suppressing all emotions during a crisis.

Q17. A person who deals with stress by seeking information, learning new skills, and making a plan of action is using:

(A) Emotion-focused coping.

(B) Task-oriented/Problem-focused coping.

(C) Avoidance-oriented coping.

(D) Rationalization.

Q18. Which of the following is considered a 'Life Event' stressor according to the Holmes and Rahe scale?

(A) Constant noise from a nearby construction site.

(B) Getting married or starting a new job.

(C) A daily commute in heavy traffic.

(D) Feeling inferior to a colleague.



- Q19.** The 'Burnout' phenomenon is most common in human service professions. Which of its three dimensions involves a tendency to treat clients as objects rather than people?
- (A) Emotional Exhaustion.
 - (B) Depersonalization.
 - (C) Reduced Personal Accomplishment.
 - (D) Cognitive Dissonance.
- Q20.** In Schizophrenia, 'Delusions of Control' involve the belief that:
- (A) One is a famous historical figure.
 - (B) One's thoughts or actions are being manipulated by external forces.
 - (C) One is being followed by secret agents.
 - (D) One's body is rotting or infested with parasites.
- Q21.** A patient exhibits 'Alogia' and 'Avolition', along with a complete lack of emotional expression. When they do speak, they claim that their internal organs have been replaced by clockwork machinery. How would a clinician categorize these symptoms according to the classification of Schizophrenia?
- (A) Alogia and Avolition are Positive symptoms; Clockwork organs is a Somatic Delusion.
 - (B) Alogia and Avolition are Negative symptoms; Clockwork organs is a Somatic Delusion.
 - (C) Alogia and Avolition are Disorganized symptoms; Clockwork organs is a Delusion of Grandeur.
 - (D) Alogia and Avolition are Negative symptoms; Clockwork organs is an Auditory Hallucination.
- Q22.** Which disorder is characterized by a persistent, irrational fear of being in situations where escape might be difficult or help might not be available in the event of a panic attack?



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

Q23. A patient who experiences a sudden, total loss of memory for their personal identity and unexpectedly wanders away from home is likely experiencing:

- (A) Dissociative Identity Disorder.
- (B) Dissociative Fugue.
- (C) Depersonalization.
- (D) Anterograde Amnesia.

Q24. What is the primary difference between 'Bipolar I' and 'Bipolar II' disorder?

- (A) Bipolar I requires a major depressive episode, Bipolar II does not.
- (B) Bipolar I requires at least one full manic episode, while Bipolar II requires hypomania and major depression.
- (C) Bipolar II is more severe than Bipolar I.
- (D) Bipolar I is primarily genetic, while Bipolar II is environmental.

Q25. Which Childhood Disorder is characterized by persistent deficits in social communication, social interaction, and restricted, repetitive patterns of behavior?

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

Q26. In 'Conversion Disorder', a person might experience a loss of physical function (like blindness) without a medical cause. This was historically referred to by Freud as:

- (A) Neurasthenia.



- (B) Hysteria.
- (C) Melancholia.
- (D) Psychopathy.

Q27. Which eating disorder involves a cycle of binge eating followed by purging, but usually maintains a relatively normal body weight?

- (A) Anorexia Nervosa.
- (B) Bulimia Nervosa.
- (C) Binge Eating Disorder.
- (D) Pica.

Q28. The 'Diathesis-Stress Model' suggests that a disorder manifests when:

- (A) Only environmental stress is present.
- (B) Only a biological predisposition is present.
- (C) A biological vulnerability is triggered by environmental stressors.
- (D) The Ego is stronger than the Id.

Q29. Which of the following is a 'Negative Symptom' of Schizophrenia?

- (A) Auditory Hallucinations.
- (B) Disorganized Speech.
- (C) Alogia (poverty of speech).
- (D) Delusions of grandeur.

Q30. In 'Rational Emotive Behavior Therapy' (REBT), the therapist identifies a client's "musts" and "shoulds." If a client believes, "I must be loved by everyone or I am worthless," and the therapist asks, "Where is it written that everyone has to love you?" which specific part of the A-B-C-D-E model is the therapist engaging in?

- (A) Activating Event.
- (B) Belief System.



- (C) Disputation.
- (D) Emotional Consequence.

Q31. Which therapeutic model emphasizes that psychological distress arises from a lack of "Unconditional Positive Regard" and focuses on the therapist's qualities of empathy and congruence rather than specific techniques?

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

Q32. In 'Beck's Cognitive Therapy', if a student receives one low grade and concludes, "My entire academic career is a failure," they are committing which specific cognitive distortion?

- (A) Selective Abstraction.
- (B) Personalization.
- (C) Magnification/Overgeneralization.
- (D) Arbitrary Inference.

Q33. The 'Empty Chair Technique' is a hallmark of which therapeutic approach, and what is its primary goal?

- (A) Psychoanalysis; to release pent-up libido.
- (B) Gestalt Therapy; to integrate conflicting parts of the self or resolve unfinished business.
- (C) Logotherapy; to find the meaning of life.
- (D) Behavior Therapy; to provide aversive conditioning.

Q34. In 'Behavior Therapy', the process of 'Systematic Desensitization' is most effective for treating phobias because it utilizes:

- (A) Negative Reinforcement.



- (B) Reciprocal Inhibition.
- (C) Transference.
- (D) Cognitive Restructuring.

Q35. Which therapy is specifically grounded in the philosophy of Existentialism and focuses on the client's 'will-to-meaning' in the face of suffering?

- (A) Humanistic Therapy.
- (B) Logotherapy.
- (C) Client-Centered Therapy.
- (D) REBT.

Q36. In 'Rational Emotive Behavior Therapy' (REBT), the therapist identifies that a client is 'Catastrophizing' a minor work error. The therapist asks the client: "What is the worst that could realistically happen, and how does that affect your total worth as a human being?" This specific technique of challenging the client's irrationality belongs to which stage of the A-B-C-D-E model?

- (A) Activating Event (A).
- (B) Consequence (C).
- (C) Disputation (D).
- (D) Effective Philosophy (E).

Q37. In the context of 'Psychodynamic Therapy', when a patient starts treating the therapist as a strict father figure and reacts with the same rebellion they felt in childhood, this is known as:

- (A) Resistance.
- (B) Counter-transference.
- (C) Positive Transference.
- (D) Negative Transference.



- Q38.** According to the 'Elaboration Likelihood Model' (ELM), if an audience is highly motivated to listen but lacks the technical knowledge to understand the speaker's data, which route of persuasion are they most likely to fall back on?
- (A) Central Route.
 - (B) Peripheral Route.
 - (C) Cognitive Dissonance Route.
 - (D) Systematic Route.
- Q39.** When explaining our own failures, we tend to blame external circumstances, but when explaining our successes, we take internal credit. This specific bias is called:
- (A) Fundamental Attribution Error.
 - (B) Actor-Observer Bias.
 - (C) Self-Serving Bias.
 - (D) Halo Effect.
- Q40.** The 'Scapegoat Theory' of prejudice suggests that 'In-groups' often blame 'Out-groups' for their own troubles. This is a social application of which defense mechanism?
- (A) Sublimation.
 - (B) Displacement.
 - (C) Rationalization.
 - (D) Regression.
- Q41.** Which of the following describes the 'Kernel of Truth' hypothesis regarding stereotypes?
- (A) Stereotypes are 100
 - (B) Stereotypes may be based on a small degree of factual evidence but are grossly exaggerated.
 - (C) Stereotypes are entirely fabricated by the media.



(D) Stereotypes only apply to minority groups.

Q42. A student fails a competitive exam and tells their parents, "The paper was out of syllabus and the examiner was too strict." However, when their friend fails the same exam, the student thinks, "He didn't study hard enough and isn't very bright." This discrepancy in attribution illustrates which combined cognitive bias?

(A) Self-Serving Bias and the Fundamental Attribution Error.

(B) The Halo Effect and the Actor-Observer Effect.

(C) The Actor-Observer Effect and the Self-Serving Bias.

(D) Group Polarization and Social Loafing.

Q43. A teacher is told that a group of "average" students are actually "late bloomers" with high potential. By the end of the year, these students perform significantly better. This is an example of:

(A) Social Facilitation.

(B) Self-Fulfilling Prophecy.

(C) Diffusion of Responsibility.

(D) Deindividuation.

Q44. In the 'Tuckman Model' of group development, which stage is characterized by the emergence of a group structure, hierarchy, and consensus on how the group will operate?

(A) Forming.

(B) Storming.

(C) Norming.

(D) Performing.

Q45. According to Irving Janis, which of the following scenarios is LEAST likely to lead to 'Groupthink' in a decision-making body?



- (A) A highly cohesive team working under a strict deadline with an autocratic leader.
- (B) A group that is isolated from outside experts and feels an illusion of invulnerability.
- (C) A diverse group where the leader encourages 'Devil's Advocacy' and seeks outside opinions.
- (D) A group experiencing high stress from external threats that favors consensus over accuracy.

Q46. 'Social Loafing' is most likely to occur in which of the following scenarios?

- (A) A relay race where individual times are recorded.
- (B) A group project where one overall grade is given and individual efforts are not tracked.
- (C) An individual exam in a crowded room.
- (D) A tug-of-war where the person's family is watching.

Q47. The phenomenon of 'Group Polarization' suggests that after a group discussion, the group's final decision will be:

- (A) More moderate and cautious than the individual members' initial views.
- (B) More extreme in the direction of the members' initial leanings.
- (C) Completely random and unrelated to the discussion.
- (D) A perfect average of all individual opinions.

Q48. Which of the following is a symptom of 'Groupthink', as identified by Irving Janis?

- (A) Encouraging dissenting opinions.
- (B) An illusion of invulnerability and high pressure to conform.
- (C) Bringing in outside experts to challenge ideas.
- (D) Low group cohesiveness.



- Q49.** According to Zajonc's 'Drive Theory' of social facilitation, the presence of an audience increases arousal, which strengthens the 'dominant response'. This means that on a complex or new task, the person will likely:
- (A) Perform better.
 - (B) Perform worse.
 - (C) Perform the same.
 - (D) Stop performing entirely.
- Q50.** The 'Minimal Group Paradigm' studies showed that prejudice and discrimination can occur:
- (A) Only after years of historical conflict.
 - (B) Even when groups are formed based on trivial or arbitrary criteria (like the toss of a coin).
 - (C) Only between different racial or ethnic groups.
 - (D) When there is a scarcity of physical resources.



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

Concept: The PASS model of intelligence explains cognitive functioning through four processes: Planning, Attention/Arousal, Simultaneous Processing, and Successive Processing. Simultaneous processing involves integrating information into a coherent whole, especially in spatial tasks, visual recognition, and pattern understanding. It is crucial for tasks requiring holistic perception, such as interpreting maps or navigating environments where multiple spatial cues must be processed together rather than in sequence.

Solution: In this scenario, the child quickly interprets a complex unfamiliar maze using a map, which requires understanding spatial relationships as an integrated whole. This is not a step-by-step linear analysis but a holistic processing of visual-spatial information. Simultaneous processing is specifically responsible for organizing separate visual elements into a unified structure, which directly supports navigation and spatial reasoning tasks. Successive processing involves sequential information handling (like language or ordered recall), which is not dominant here. Arousal/attention relates to alertness and focus, not spatial integration. Planning involves strategy formation and execution control, but the core cognitive demand here is interpreting spatial relationships. Therefore, simultaneous processing is the most appropriate PASS component activated in this task. The correct answer is option (B).

Final Answer: Simultaneous Processing

Answer: (B)



Q2.

Solution

Concept: The Flynn Effect refers to the observed global increase in IQ scores over generations. This rise has been documented across many countries and is primarily linked to environmental improvements such as better nutrition, increased education, cognitive stimulation, and reduced infectious disease burden. It reflects changes in abstract reasoning and problem-solving abilities rather than genetic evolution, highlighting the role of environmental factors in cognitive development.

Solution: The Flynn Effect consistently shows that average IQ scores have increased over time in many populations worldwide. Research attributes this rise mainly to environmental and societal improvements, including better schooling systems, enhanced nutrition during developmental years, urbanization, and greater exposure to complex cognitive tasks. These factors enhance abstract reasoning and test familiarity. Option (B) accurately summarizes this scientific consensus. Option (A) is incorrect because both crystallized and fluid intelligence have shown changes in different contexts, not a simple split pattern. Option (C) is unsupported, as there is no evidence that verbal IQ rises while performance IQ declines due to technology. Option (D) is incorrect because no universal decline or ceiling effect has been observed globally. Hence, option (B) is correct.

Final Answer: Significant rise in IQ due to environmental improvements

Answer: (B)

Q3.

Solution

Concept: Sternberg's Triarchic Theory divides intelligence into analytical, creative, and practical components. The componential aspect of analytical intelligence includes meta-components (planning and decision-making), performance components (executing strategies), and knowledge-acquisition components (learning new information). Performance components are specifically responsible for carrying out the actual steps of problem-solving, especially in structured, algorithmic, and rule-based tasks.

Solution: The individual in the question solves logic puzzles using a strict, step-by-step algorithm. This indicates execution of a predefined strategy rather than generating new rules or planning the strategy itself. In Sternberg's model, such execution of cognitive operations corresponds to performance components. Meta-components would involve designing or selecting strategies, not executing them. Knowledge-acquisition components deal with learning and encoding new information, which is not central here. Contextual intelligence relates to adapting to real-world environments, also not relevant in abstract puzzle-solving. Since the task emphasizes systematic execution of logical steps, it directly reflects performance components. Therefore, the correct answer is option (C).

Final Answer: Performance components

Answer: (C)



Q4.

Solution

Concept: Guilford's Structure of Intellect (SOI) model classifies intelligence along three dimensions: Operations, Contents, and Products. Content refers to the type of information (semantic, symbolic, behavioral, figural), while operations include cognition, memory, divergent production, convergent production, and evaluation. Semantic content involves meaning-based information, and evaluation involves making judgments about correctness, relevance, or value of information.

Solution: In this task, the student categorizes words based on their hidden emotional meanings, which requires interpreting and judging subtle semantic nuances. This clearly involves semantic content because the focus is on meaning embedded in language. The operation involved is evaluation because the task requires judging and classifying based on emotional significance rather than simply recalling or generating ideas. Cognition involves basic understanding, memory involves recall, and divergent production involves generating multiple responses, none of which fully capture the judgment-based requirement here. Therefore, the correct combination is Semantic content with Evaluation operation, making option (B) correct.

Final Answer: Semantic; Evaluation

Answer: (B)

Q5.

Solution

Concept: Group intelligence tests are administered to multiple individuals simultaneously and are efficient for large-scale assessment. However, unlike individual intelligence tests, they do not allow detailed behavioral observation of the test-taker. Individual tests provide richer qualitative data, including attention, emotional responses, problem-solving style, and examiner-examinee interaction, which improves interpretative depth and diagnostic accuracy.

Solution: The key limitation of group intelligence tests compared to individual tests is the lack of direct, close observation of the examinee's behavior. In individual testing, the examiner can observe how a person approaches problems, their frustration tolerance, motivation, and interaction style. These qualitative insights are absent in group testing because many individuals are assessed simultaneously under standardized conditions. Option (A) is incorrect because group tests are generally cost-effective and time-efficient. Option (C) is incorrect as group tests can be reliable though less detailed. Option (D) is false because group tests measure both verbal and non-verbal abilities depending on design. Therefore, the most accurate criticism is option (B).

Final Answer: Lack of behavioral observation and rapport

Answer: (B)



Q6.

Solution

Concept: Arthur Jensen's theory distinguishes between Level I and Level II learning. Level I involves simple associative learning and rote memorization, while Level II involves cognitive elaboration, abstraction, and higher-order processing. Level II learning requires understanding, integration, and transformation of information rather than mechanical repetition, making it closer to deep learning and conceptual thinking.

Solution: Level II learning is characterized by meaningful cognitive processing and elaboration of information. Among the given options, summarizing a philosophical text requires understanding the central ideas, organizing them, and expressing them in a condensed, meaningful form. This involves abstraction, interpretation, and restructuring of knowledge, which are core features of Level II learning. In contrast, recalling a grocery list or memorizing multiplication tables reflects rote memory (Level I learning). Copying a geometric figure is also mechanical reproduction without conceptual processing. Therefore, the task that best represents cognitive elaboration is summarizing philosophical content. Hence, option (C) is correct.

Final Answer: Summarizing the main theme of a philosophical text

Answer: (C)

Q7.

Solution

Concept: In Indian philosophical psychology, the concept of the Pancha Koshas explains the layered structure of human existence. The Annamaya Kosh is the outermost sheath and represents the physical body, which is sustained by food (anna) and composed of physical matter. It includes biological processes, bodily structure, and material existence. Other koshas such as Pranamaya, Manomaya, Vijnanamaya, and Anandamaya represent progressively subtler levels of energy, mind, intellect, and bliss respectively.

Solution: The Annamaya Kosh refers specifically to the gross physical body, which is dependent on food for nourishment and survival. It includes muscles, bones, organs, and all material aspects of human existence. Option (B) correctly identifies this as being composed of food and physical matter. Option (A) refers to the Pranamaya Kosh, which deals with vital energy or breath. Option (C) refers to the Vijnanamaya Kosh, which involves intellect and discrimination. Option (D) corresponds to the Manomaya Kosh, which includes emotions and mental processes. Since Annamaya Kosh is the most external and physical layer, option (B) is correct.

Final Answer: Composed of food and physical matter

Answer: (B)



Q8.

Solution

Concept: Karen Horney's theory of personality emphasizes that individuals develop coping strategies in response to Basic Anxiety, which arises from feelings of insecurity in early relationships. She proposed three interpersonal coping strategies: moving toward people (compliance and dependency), moving against people (aggression and dominance), and moving away from people (detachment and withdrawal). These represent fundamental ways individuals manage anxiety and social relationships.

Solution: A person who becomes overly dependent on others and seeks constant approval is engaging in the "moving toward people" strategy. This reflects compliance, submissiveness, and a strong need for affection and acceptance as a defense against Basic Anxiety. Option (A) refers to hostility and dominance, which is moving against people. Option (C) refers to withdrawal and emotional detachment, which is moving away from people. Option (D) is not part of Horney's original framework. Since dependency and approval-seeking align with interpersonal compliance, the correct answer is option (B).

Final Answer:

Answer: (B)

Q9.

Solution

Concept: The Elaboration Likelihood Model (ELM) explains persuasion through two routes: the central route and the peripheral route. The central route involves careful, thoughtful processing of information when motivation and ability are high. The peripheral route relies on superficial cues such as attractiveness, credibility, or celebrity endorsement when individuals lack time or ability to process detailed arguments.

Solution: In this scenario, employees are motivated but do not have enough time to process complex financial information. Instead of detailed arguments, the trainer uses a famous financial guru, which serves as a credibility and authority cue. This shifts persuasion toward the peripheral route, where decisions are influenced by heuristics rather than deep cognitive processing. Option (A) refers to logical reasoning, which is central route processing. Option (C) is not a standard ELM term. Option (D) relates to cognitive dissonance theory, not ELM. Since the persuasion relies on celebrity expertise as a shortcut, the correct answer is option (B).

Final Answer:

Answer: (B)



Q10.

Solution

Concept: The Big Five personality model describes five broad traits: Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Conscientiousness refers to an individual's level of organization, discipline, responsibility, and goal-directed behavior. People high in this trait are typically punctual, reliable, self-disciplined, and efficient in managing tasks and obligations.

Solution: A person who is highly organized, punctual, and disciplined clearly reflects high Conscientiousness. This trait is associated with structured behavior, careful planning, and strong self-regulation. Option (A) Agreeableness involves cooperation and kindness, not organization. Option (B) Openness involves creativity and curiosity. Option (D) Neuroticism relates to emotional instability and anxiety. Since the described characteristics align directly with responsibility and discipline, the correct answer is option (C).

Final Answer: Conscientiousness

Answer: (C)

Q11.

Solution

Concept: The Q-Sort technique, developed within humanistic psychology, is a personality assessment method where individuals sort descriptive statements to reflect their self-concept. It is commonly used to compare the Real Self (how a person actually perceives themselves) with the Ideal Self (how a person would like to be). The degree of similarity or discrepancy between these two representations indicates psychological adjustment and self-congruence.

Solution: The primary purpose of the Q-Sort technique is to measure the discrepancy between the Real Self and the Ideal Self. A smaller discrepancy suggests higher self-congruence and psychological well-being, while a larger gap indicates internal conflict or dissatisfaction. Option (A) is psychoanalytic and unrelated. Option (C) refers to locus of control, which is a different construct. Option (D) refers to trait classification, not self-concept comparison. Therefore, the correct answer is option (B).

Final Answer: Real Self and Ideal Self

Answer: (B)



Q12.

Solution

Concept: The Minnesota Multiphasic Personality Inventory-2 (MMPI-2) is a widely used psychological assessment tool designed to measure personality structure and psychopathology. It includes clinical scales that assess different psychological conditions and validity scales that detect response biases such as exaggeration, minimization, or malingering. This makes it highly useful in clinical diagnosis and forensic evaluation.

Solution: The MMPI-2 is specifically known for its 10 clinical scales and multiple validity scales that help identify distorted responding patterns and detect malingering. This distinguishes it from other personality inventories. Option (A), 16 PF, measures normal personality traits but lacks extensive clinical validity scales. Option (B), NEO-PI-R, assesses the Big Five traits. Option (D), EPQ, focuses on Eysenck's personality dimensions. Therefore, the correct answer is option (C).

Final Answer: MMPI-2

Answer: (C)

Q13.

Solution

Concept: Alfred Adler's Individual Psychology emphasizes that human behavior is driven by feelings of inferiority and the need to overcome them. He proposed that individuals are motivated by a striving for superiority, which is not dominance over others but rather self-improvement, mastery, and personal growth. This process is central to personality development and psychological compensation mechanisms.

Solution: According to Adler, individuals are fundamentally motivated by feelings of inferiority experienced in childhood, which drive them toward striving for superiority. This represents an ongoing effort to achieve competence, success, and self-enhancement. Option (A) is Maslow's concept. Option (C) is Jung's concept. Option (D) is also Jungian. Since Adler's core idea is overcoming inferiority through self-improvement, the correct answer is option (B).

Final Answer: Striving for Superiority

Answer: (B)



Q14.

Solution

Concept: Defense mechanisms are unconscious psychological strategies proposed in psychodynamic theory to reduce anxiety caused by internal conflicts or external stressors. Displacement occurs when an individual shifts emotional responses from a threatening source to a safer target. This helps reduce tension without directly confronting the original source of frustration. Other mechanisms include projection, sublimation, and rationalization, each serving different ego-protective functions.

Solution: In this situation, the student is angry with the teacher (the real source of frustration) but expresses anger toward a younger brother, who is a safer and less threatening target. This clearly reflects displacement, where emotions are redirected from the original source to a substitute target. Projection would involve attributing one's own feelings to someone else. Sublimation involves channeling impulses into socially acceptable activities. Rationalization involves logical justification of behavior. Since the emotion is shifted rather than transformed or justified, displacement is the correct mechanism. Therefore, option (B) is correct.

Final Answer: Displacement

Answer: (B)

Q15.

Solution

Concept: The General Adaptation Syndrome (GAS), proposed by Hans Selye, explains the body's physiological response to stress in three stages: Alarm, Resistance, and Exhaustion. In the Alarm Reaction stage, the body detects a stressor and activates the sympathetic nervous system, leading to the release of stress hormones like glucocorticoids (e.g., cortisol) to prepare the body for a fight-or-flight response.

Solution: During the Alarm Reaction stage, the body experiences an immediate physiological response to a stressor. This includes activation of the adrenal glands and secretion of glucocorticoids, which help maintain elevated energy levels by increasing glucose availability and preparing the body for action. Option (B), Resistance Stage, involves adaptation and sustained coping but not the initial surge. Option (C), Exhaustion Stage, occurs when resources are depleted. Option (D) is unrelated to GAS. Since the systemic alarm triggers hormone release, the correct answer is the Alarm Reaction Stage, option (A).

Final Answer: Alarm Reaction Stage

Answer: (A)



Q16.

Solution

Concept: Suzanne Kobasa's Hardiness theory describes a personality trait that helps individuals cope effectively with stress. It consists of three components: Commitment, Control, and Challenge. The Control dimension refers to the belief that one has the ability to influence or manage events in life rather than feeling helpless in the face of stressors.

Solution: The Control factor in hardiness reflects an internal belief system where individuals perceive themselves as capable of influencing outcomes through their actions. It is not about controlling others or suppressing emotions but about personal agency and effectiveness in stressful situations. Option (A) is incorrect because dominance over others is not part of hardiness. Option (C) is incorrect because hardiness is associated with internal, not external, locus of control. Option (D) is incorrect because emotional suppression is not a defined component. Therefore, the correct answer is option (B).

Final Answer: Belief in influencing life events

Answer: (B)

Q17.

Solution

Concept: Coping strategies are cognitive and behavioral efforts used to manage stress. Problem-focused or task-oriented coping involves directly addressing the source of stress through planning, skill development, and problem-solving. Emotion-focused coping aims at regulating emotional responses, while avoidance coping involves evading the stressor. Rationalization is a defense mechanism rather than an active coping strategy.

Solution: In this case, the person actively deals with stress by seeking information, learning new skills, and making an action plan. These behaviors are characteristic of task-oriented or problem-focused coping because they aim to eliminate or reduce the stressor itself rather than just managing emotions. Emotion-focused coping would involve managing feelings like anxiety or sadness. Avoidance coping would involve ignoring or escaping the problem. Rationalization involves justifying behavior after the fact. Since the focus is on direct problem-solving and action planning, option (B) is correct.

Final Answer: Task-oriented/Problem-focused coping

Answer: (B)



Q18.

Solution

Concept: The Holmes and Rahe Social Readjustment Rating Scale identifies major life events that require significant psychological adjustment and can act as stressors. These events are typically discrete, impactful changes in life circumstances such as marriage, job change, divorce, or relocation, which demand adaptation and restructuring of daily routines.

Solution: Life event stressors are major changes that significantly alter a person's social or personal environment. Getting married or starting a new job are classic examples included in the Holmes and Rahe scale because they require adjustment to new roles and responsibilities. Option (A) refers to chronic environmental stress, not life events. Option (C) is daily hassle stress. Option (D) refers to cognitive evaluation rather than an external event. Therefore, the correct answer is option (B).

Final Answer: Getting married or starting a new job

Answer: (B)

Q19.

Solution

Concept: Burnout is a psychological syndrome commonly seen in human service professions, characterized by chronic workplace stress. According to Maslach's model, it has three dimensions: Emotional Exhaustion, Depersonalization, and Reduced Personal Accomplishment. Depersonalization involves developing a detached and impersonal attitude toward clients, treating them as objects rather than human beings.

Solution: Among the three dimensions of burnout, depersonalization specifically refers to a negative, cynical, and detached response toward clients or recipients of service. This leads professionals to view individuals as cases or objects rather than as people with emotions and needs. Emotional exhaustion refers to feeling drained and fatigued. Reduced personal accomplishment involves a decline in feelings of competence and achievement. Cognitive dissonance is unrelated to burnout. Since the question focuses on objectifying clients, the correct answer is depersonalization, option (B).

Final Answer: Depersonalization

Answer: (B)



Q20.

Solution

Concept: In schizophrenia, delusions are fixed, false beliefs that are not consistent with cultural norms and are resistant to reasoning. Delusions of control, also known as passivity phenomena, are specifically characterized by the belief that one's thoughts, feelings, or actions are being controlled, inserted, or manipulated by external forces. This reflects a disturbance in the sense of agency and self-control, which is a core symptom of psychotic disorders.

Solution: Delusions of control involve the experience that external forces are influencing or controlling one's mind or behavior. The individual may feel that thoughts are being inserted, removed, or that actions are being directed by outside agents. Option (A) describes grandiose delusions. Option (C) refers to persecutory delusions. Option (D) describes somatic delusions involving bodily distortion or infestation. Since delusions of control specifically involve external manipulation of thoughts and actions, the correct answer is option (B).

Final Answer: One's thoughts or actions are being manipulated by external forces

Answer: (B)

Q21.

Solution

Concept: Schizophrenia symptoms are broadly classified into positive symptoms, negative symptoms, and disorganized symptoms. Positive symptoms include hallucinations and delusions. Negative symptoms involve loss or reduction of normal functioning such as alogia (reduced speech), avolition (lack of motivation), and flat affect (reduced emotional expression). Delusions can also be further categorized, including somatic delusions where bodily functions are distorted in belief.

Solution: In this case, alogia and avolition indicate reduced speech and lack of motivation, which are classic negative symptoms of schizophrenia. Additionally, the belief that internal organs have been replaced by clockwork machinery is a somatic delusion, as it involves distorted perception of bodily structure. Option (A) is incorrect because these are not positive symptoms. Option (C) is incorrect because alogia and avolition are not disorganized symptoms, and the delusion is not grandiose. Option (D) is incorrect because the delusion is not auditory hallucination. Therefore, the correct classification is negative symptoms with somatic delusion, making option (B) correct.

Final Answer: Negative symptoms; Somatic delusion

Answer: (B)



Q22.

Solution

Concept: Anxiety disorders include conditions characterized by excessive fear and behavioral disturbances. Agoraphobia is specifically defined as an intense fear of being in situations where escape might be difficult or help unavailable in case of panic-like symptoms. This leads individuals to avoid open spaces, crowds, or situations outside their comfort zone due to perceived inability to escape or receive assistance.

Solution: The key feature described is fear of situations where escape is difficult or help is unavailable during a panic episode. This is the defining characteristic of agoraphobia. Option (A), social anxiety disorder, involves fear of social evaluation. Option (B), specific phobia, involves fear of a specific object or situation. Option (D), generalized anxiety disorder, involves chronic and diffuse worry. Since the fear is linked to escape and safety in public or open situations, the correct answer is option (C).

Final Answer: Agoraphobia

Answer: (C)

Q23.

Solution

Concept: Dissociative disorders involve disruptions in memory, identity, consciousness, or perception. Dissociative fugue is a rare condition characterized by sudden, unexpected travel away from home or usual surroundings, accompanied by amnesia for one's identity or autobiographical information. It is often associated with stress or trauma and involves temporary loss of personal identity.

Solution: The patient in this scenario shows sudden loss of personal identity and wanders away from home, which is the hallmark of dissociative fugue. Option (A), dissociative identity disorder, involves multiple distinct identities. Option (C), depersonalization, involves feeling detached from oneself but not identity loss with wandering. Option (D), anterograde amnesia, involves inability to form new memories. Since the key features are identity loss and travel away from home, the correct answer is dissociative fugue, option (B).

Final Answer: Dissociative Fugue

Answer: (B)



Q24.

Solution

Concept: Bipolar disorders are mood disorders characterized by episodes of mania, hypomania, and depression. Bipolar I disorder is defined by the presence of at least one full manic episode, which may or may not be accompanied by depressive episodes. Bipolar II disorder involves at least one hypomanic episode and at least one major depressive episode, but no full manic episode.

Solution: The primary distinction between Bipolar I and Bipolar II lies in the severity of manic symptoms. Bipolar I includes full mania, which is severe and may involve psychosis or hospitalization. Bipolar II involves hypomania, which is a milder form of mania, along with major depressive episodes. Option (A) is incorrect because depression is not required for Bipolar I. Option (C) is incorrect because Bipolar I is generally more severe. Option (D) is incorrect as classification is not based on cause. Therefore, the correct answer is option (B).

Final Answer: Bipolar I: Mania; Bipolar II: Hypomania + Depression

Answer: (B)

Q25.

Solution

Concept: Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder characterized by persistent deficits in social communication and social interaction, along with restricted, repetitive patterns of behavior, interests, or activities. Symptoms typically appear in early childhood and vary in severity, affecting functioning across multiple domains of development.

Solution: The description provided matches the core diagnostic features of Autism Spectrum Disorder. It includes difficulties in social communication, impaired interaction, and repetitive or restricted behaviors. Option (A), ADHD, involves inattention and hyperactivity. Option (B), Oppositional Defiant Disorder, involves defiant behavior. Option (D), Conduct Disorder, involves rule violations and aggression. Since the key features are social deficits and repetitive behaviors, the correct answer is Autism Spectrum Disorder, option (C).

Final Answer: Autism Spectrum Disorder

Answer: (C)



Q26.

Solution

Concept: Conversion Disorder is a somatic symptom disorder where individuals experience neurological symptoms such as paralysis, blindness, or sensory loss without any identifiable medical cause. Historically, Sigmund Freud referred to such conditions as hysteria, explaining them as unconscious conflicts converting into physical symptoms as a form of psychological defense mechanism.

Solution: In Freud's psychoanalytic theory, Conversion Disorder was historically labeled as hysteria. It was believed that unresolved psychological conflicts were converted into physical symptoms affecting motor or sensory function. Option (A), neurasthenia, refers to chronic fatigue and weakness. Option (C), melancholia, is an old term for severe depression. Option (D), psychopathy, refers to antisocial personality traits. Since Freud associated unexplained physical symptoms with hysteria, the correct answer is option (B).

Final Answer: Hysteria

Answer: (B)

Q27.

Solution

Concept: Eating disorders are characterized by severe disturbances in eating behavior and related thoughts and emotions. Bulimia Nervosa is defined by recurrent episodes of binge eating followed by compensatory behaviors such as vomiting, fasting, or excessive exercise. Unlike Anorexia Nervosa, individuals with Bulimia Nervosa typically maintain a body weight within or near the normal range, making it less visibly detectable despite serious psychological and physiological consequences.

Solution: The key features described are binge eating followed by purging while maintaining relatively normal body weight. This pattern is characteristic of Bulimia Nervosa. Option (A), Anorexia Nervosa, involves extreme restriction of food intake and significantly low body weight. Option (C), Binge Eating Disorder, involves binge episodes without compensatory purging. Option (D), Pica, involves eating non-food substances. Since the cycle of bingeing and purging with normal weight aligns with Bulimia Nervosa, option (B) is correct.

Final Answer: Bulimia Nervosa

Answer: (B)



Q28.

Solution

Concept: The Diathesis-Stress Model explains psychological disorders as the result of interaction between biological vulnerability (diathesis) and environmental stressors. Diathesis refers to genetic, biochemical, or psychological predispositions, while stress refers to life events or environmental pressures that trigger the manifestation of a disorder when the vulnerability threshold is exceeded.

Solution: According to this model, a disorder develops only when an underlying vulnerability interacts with external stress. Biological predisposition alone is insufficient, and stress alone may not produce the disorder. Option (A) is incorrect because stress alone is not enough. Option (B) is incorrect because vulnerability alone is insufficient. Option (D) is unrelated psychoanalytic theory. The correct explanation is that a biological vulnerability is activated or triggered by environmental stressors, making option (C) correct.

Final Answer: Biological vulnerability triggered by environmental stress

Answer: (C)

Q29.

Solution

Concept: Schizophrenia symptoms are categorized into positive, negative, and disorganized symptoms. Positive symptoms involve additions to behavior such as hallucinations and delusions. Negative symptoms involve deficits or reductions in normal functioning, including alogia (reduced speech), avolition, anhedonia, and flat affect. These reflect loss of normal emotional and cognitive functioning.

Solution: Among the options, alogia is a classic negative symptom characterized by poverty of speech and reduced verbal output. Option (A), auditory hallucinations, is a positive symptom. Option (B), disorganized speech, is a disorganized symptom. Option (D), delusions of grandeur, is a positive symptom involving false beliefs of superiority. Since negative symptoms involve loss of normal function and alogia fits this category, option (C) is correct.

Final Answer: Alogia (poverty of speech)

Answer: (C)



Q30.

Solution

Concept: Rational Emotive Behavior Therapy (REBT), developed by Albert Ellis, uses the ABCDE model: Activating event (A), Belief system (B), Emotional/behavioral consequences (C), Disputation (D), and Effective new belief (E). Disputation involves challenging irrational beliefs by questioning their logic, evidence, and usefulness to restructure dysfunctional thinking patterns.

Solution: In this scenario, the therapist challenges the irrational belief "I must be loved by everyone" by asking for evidence or justification, which directly disputes the irrational belief. This is the D component of the ABCDE model, known as Disputation. Option (A) refers to the triggering event. Option (B) refers to beliefs themselves. Option (D) refers to emotional consequences. Since the therapist is actively challenging irrational thinking, option (C) is correct.

Final Answer: Disputation

Answer: (C)

Q31.

Solution

Concept: Client-Centered Therapy, developed by Carl Rogers, is a humanistic approach that emphasizes the therapist's role in providing a supportive environment characterized by empathy, genuineness (congruence), and unconditional positive regard. Psychological distress is believed to arise when individuals lack acceptance and experience incongruence between self-concept and experience.

Solution: The therapy described focuses on unconditional positive regard and emphasizes therapist qualities such as empathy and congruence rather than techniques. This is the core of Client-Centered Therapy. Option (A), existential therapy, focuses on meaning and existence. Option (C), psychodynamic therapy, focuses on unconscious conflicts. Option (D), CBT, focuses on cognitive restructuring techniques. Since the emphasis is on acceptance and therapist attitude, option (B) is correct.

Final Answer: Client-Centered Therapy

Answer: (B)



Q32.

Solution

Concept: Beck's Cognitive Therapy identifies cognitive distortions as systematic errors in thinking that contribute to emotional distress. Overgeneralization involves drawing broad, negative conclusions based on a single event. Magnification involves exaggerating the significance of negative events. Selective abstraction focuses only on negative details, while arbitrary inference involves drawing conclusions without evidence.

Solution: The student concludes that one low grade means their entire academic career is a failure, which is an overgeneralization from a single event to a global conclusion. It also involves magnifying the importance of one failure, but the dominant distortion is overgeneralization. Option (A) involves focusing only on negative details. Option (B) involves assigning personal blame. Option (D) involves unsupported conclusions. Since the key error is extending one failure to the whole future, option (C) is correct.

Final Answer: Magnification/Overgeneralization

Answer: (C)

Q33.

Solution

Concept: Gestalt Therapy focuses on awareness, present experience, and integration of split or unfinished aspects of personality. The Empty Chair Technique is a key experiential method in which the client engages in a dialogue with an imagined person or part of the self. It helps bring unresolved emotions, conflicts, or "unfinished business" into awareness and promotes emotional integration and closure.

Solution: The Empty Chair Technique is a classic intervention in Gestalt Therapy. It is used to help clients express unresolved feelings toward significant others or conflicting aspects of themselves by role-playing dialogue. This process increases awareness and supports integration of fragmented experiences. Option (A) is incorrect because psychoanalysis focuses on unconscious drives, not structured experiential dialogue. Option (C) refers to meaning-making in logotherapy. Option (D) involves aversive conditioning in behavior therapy. Since the technique focuses on integration of unresolved conflicts, option (B) is correct.

Final Answer: Gestalt Therapy; Integration of unfinished business

Answer: (B)



Q34.

Solution

Concept: Systematic Desensitization is a behavioral therapy technique developed by Joseph Wolpe for treating phobias and anxiety disorders. It is based on the principle of reciprocal inhibition, which states that relaxation and anxiety cannot occur simultaneously. The technique involves gradual exposure to feared stimuli while the individual remains in a relaxed state, thereby replacing fear responses with relaxation.

Solution: The effectiveness of systematic desensitization lies in reciprocal inhibition, where relaxation responses inhibit anxiety responses during exposure to feared situations. The process typically includes relaxation training, construction of a fear hierarchy, and gradual exposure. Option (A), negative reinforcement, involves behavior strengthening through removal of an aversive stimulus. Option (C), transference, is a psychodynamic concept. Option (D), cognitive restructuring, belongs to cognitive therapy. Since the core mechanism is replacing anxiety with relaxation, option (B) is correct.

Final Answer: Reciprocal Inhibition

Answer: (B)

Q35.

Solution

Concept: Logotherapy, developed by Viktor Frankl, is a form of existential psychotherapy that emphasizes the human search for meaning in life, even in suffering. It is based on the belief that the primary motivational force in humans is the "will-to-meaning." Unlike other therapies, it focuses on finding purpose rather than avoiding distress or solely modifying behavior.

Solution: Logotherapy is directly grounded in existential philosophy and emphasizes helping individuals discover meaning in life despite suffering or adversity. It encourages responsibility and purpose as central to psychological well-being. Option (A), humanistic therapy, is broader and includes multiple approaches. Option (C), client-centered therapy, focuses on unconditional positive regard. Option (D), REBT, focuses on cognitive restructuring of irrational beliefs. Since the focus is meaning-making in existence, option (B) is correct.

Final Answer: Logotherapy

Answer: (B)



Q36.

Solution

Concept: In REBT, the ABCDE model explains how emotional disturbances arise from irrational beliefs rather than events themselves. Disputation (D) involves actively challenging irrational beliefs using logical, empirical, and pragmatic questioning. It helps clients examine the validity and consequences of their thoughts and replace them with rational alternatives.

Solution: The therapist questions the client's catastrophic thinking by asking what is realistically the worst outcome and whether it affects their overall worth. This directly challenges irrational beliefs about self-worth and exaggeration of consequences, which is characteristic of the Disputation stage. Option (A) refers to the activating event. Option (B) refers to emotional consequences. Option (D) refers to the new rational philosophy developed after disputation. Since the therapist is actively challenging distorted thinking, option (C) is correct.

Final Answer: Disputation

Answer: (C)

Q37.

Solution

Concept: In psychodynamic therapy, transference occurs when a client unconsciously redirects feelings, desires, or expectations from significant past relationships onto the therapist. This often reflects unresolved childhood conflicts and allows these patterns to be explored in therapy. Negative transference involves hostile or critical feelings toward the therapist, while positive transference involves affection or idealization.

Solution: In this case, the patient reacts to the therapist as if they were a strict father figure and responds with rebellion similar to childhood experiences. This indicates the projection of past parental feelings onto the therapist, which is transference. Since the reaction involves hostility and resistance, it is specifically negative transference. Option (A), resistance, refers to avoidance of therapy progress. Option (B), countertransference, refers to therapist reactions. Option (C), positive transference, involves affection. Therefore, option (D) is correct.

Final Answer: Negative Transference

Answer: (D)



Q38.

Solution

Concept: The Elaboration Likelihood Model (ELM) describes two routes of persuasion: the central route and the peripheral route. The central route is used when individuals are both motivated and able to process information deeply. The peripheral route is used when motivation or ability is limited, leading individuals to rely on superficial cues such as credibility, attractiveness, or authority.

Solution: In this scenario, the audience is motivated but lacks technical understanding of the content. When ability to process information is low, individuals rely on peripheral cues rather than detailed arguments, even if motivation is high. Thus, they shift to the peripheral route of persuasion. Option (A), central route, requires both motivation and ability. Option (C), cognitive dissonance route, is unrelated. Option (D), systematic route, is another term for central processing. Therefore, option (B) is correct.

Final Answer: Peripheral Route

Answer: (B)

Q39.

Solution

Concept: Social cognition explains how individuals interpret and attribute causes to behavior. The self-serving bias is a systematic tendency where individuals attribute positive outcomes to internal factors like ability or effort, while attributing negative outcomes to external factors such as luck or situation. This bias helps maintain self-esteem and protects self-image by selectively interpreting successes and failures in a favorable manner.

Solution: In the given scenario, the person takes credit for success but blames external factors for failure. This pattern clearly reflects self-serving bias, which is a motivational attribution bias aimed at protecting self-esteem. Option (A), fundamental attribution error, involves overemphasizing dispositional causes for others' behavior. Option (B), actor-observer bias, refers to explaining our own behavior differently from others' behavior. Option (D), halo effect, involves generalizing one positive trait to overall impression. Since the pattern is internal credit for success and external blame for failure, option (C) is correct.

Final Answer: Self-Serving Bias

Answer: (C)



Q40.

Solution

Concept: Scapegoat theory explains prejudice as a psychological process where frustration and social stress are displaced onto weaker or minority groups. This reflects the defense mechanism of displacement, where emotions such as anger are redirected from the actual source of frustration to a safer or socially convenient target, often leading to prejudice and intergroup hostility.

Solution: In scapegoating, in-groups project their failures or frustrations onto out-groups, blaming them for their problems. This is a social manifestation of displacement because the original source of frustration is not confronted, and emotions are redirected toward a less powerful group. Option (A), sublimation, involves channeling impulses into constructive activities. Option (C), rationalization, involves logical justification. Option (D), regression, involves reverting to earlier developmental behaviors. Since blame is shifted to another group, option (B) is correct.

Final Answer: Displacement

Answer: (B)

Q41.

Solution

Concept: Stereotypes are generalized beliefs about groups of people that simplify social perception but often distort reality. The Kernel of Truth hypothesis suggests that stereotypes may originate from some real, observable differences between groups. However, these differences are typically small and become exaggerated, oversimplified, and rigid, leading to inaccurate judgments and social bias.

Solution: According to the Kernel of Truth hypothesis, stereotypes are not completely false but are based on limited factual observations that are then overgeneralized to entire groups. Option (A) is incorrect because stereotypes are not fully accurate. Option (C) is incorrect because they are not purely media-created. Option (D) is incorrect because stereotypes apply to all social groups, not just minorities. Since stereotypes contain a small factual base but are exaggerated, option (B) is correct.

Final Answer: Based on limited truth but grossly exaggerated

Answer: (B)



Q42.

Solution

Concept: Attribution theory explains how individuals interpret causes of behavior in themselves and others. The self-serving bias leads individuals to attribute their own successes internally and failures externally. The actor-observer effect describes the tendency to explain our own behavior situationally while explaining others' behavior dispositionally. Together, these biases shape inconsistent and subjective social judgments.

Solution: In this case, the student attributes their own failure to external factors like a difficult paper but attributes a friend's failure to internal factors like lack of ability. This reflects both self-serving bias (protecting self-esteem through external attribution for failure) and fundamental attribution tendency toward dispositional judgment of others. Option (B) is incorrect because halo effect and actor-observer do not fully explain both sides. Option (C) is incorrect pairing. Option (D) is unrelated group behavior concepts. Therefore, option (A) is correct.

Final Answer: Self-Serving Bias and Fundamental Attribution Error

Answer: (A)

Q43.

Solution

Concept: A self-fulfilling prophecy occurs when a belief or expectation about a person leads to behaviors that cause the expectation to become true. This process often involves teachers' or authority figures' expectations influencing their behavior toward individuals, which in turn shapes the individuals' performance and outcomes, reinforcing the original belief.

Solution: In this scenario, the teacher believes the students are high-potential "late bloomers" and treats them accordingly, likely providing more attention, encouragement, and opportunities. As a result, students improve and perform better, confirming the initial expectation. This is a classic self-fulfilling prophecy effect. Option (A), social facilitation, involves performance changes due to presence of others. Option (C), diffusion of responsibility, occurs in groups. Option (D), deindividuation, involves loss of self-awareness. Therefore, option (B) is correct.

Final Answer: Self-Fulfilling Prophecy

Answer: (B)



Q44.

Solution

Concept: Tuckman's model of group development describes stages that groups typically pass through: Forming, Storming, Norming, Performing, and Adjourning. The Norming stage is characterized by the development of group cohesion, establishment of roles, shared norms, and agreement on group procedures, leading to improved cooperation and structure within the group.

Solution: The stage where group structure, hierarchy, and consensus on functioning emerge is the Norming stage. In this phase, conflicts from the storming stage are resolved, and members begin to work collaboratively with clear expectations and roles. Option (A), forming, involves initial orientation. Option (B), storming, involves conflict. Option (D), performing, involves high productivity after structure is established. Since structure and consensus are formed, option (C) is correct.

Final Answer: Norming

Answer: (C)

Q45.

Solution

Concept: Irving Janis proposed Groupthink as a dysfunctional decision-making process that occurs in highly cohesive groups where the desire for unanimity overrides realistic appraisal of alternatives. It is more likely in conditions such as strong leadership pressure, isolation from external opinions, high stress, and lack of structured dissent. Preventive factors include openness to outside input, critical evaluation, and designated roles like devil's advocate.

Solution: Groupthink is least likely when a group encourages critical thinking and external evaluation of ideas. Option (C) describes a diverse group where the leader promotes devil's advocacy and seeks outside opinions, both of which reduce conformity pressure and prevent illusion of unanimity. Option (A), (B), and (D) all include classic groupthink conditions such as cohesion, isolation, stress, and conformity pressure. Therefore, the scenario least likely to produce groupthink is option (C).

Final Answer: Diverse group with devil's advocacy and outside opinions

Answer: (C)



Q46.

Solution

Concept: Social loafing refers to the reduction in individual effort when people work in groups compared to when they work alone. It occurs when individual contributions are not identifiable or evaluated, leading to diffusion of responsibility. It is more likely in group tasks where performance is shared and accountability is low.

Solution: Social loafing is most likely when individual effort cannot be distinguished and the group receives a single collective outcome. In a group project with one overall grade and no tracking of individual contributions, individuals may reduce effort because personal accountability is minimized. Option (A) involves identifiable individual performance, reducing loafing. Option (C) is an individual task. Option (D) involves social facilitation, not loafing. Therefore, option (B) is correct.

Final Answer:

Answer: (B)

Q47.

Solution

Concept: Group polarization is a social psychological phenomenon in which group discussion strengthens the initial tendencies of group members, leading to more extreme decisions in the same direction as their original inclinations. It occurs due to informational influence and social comparison, where individuals adopt more extreme positions after hearing supporting arguments and wanting to align with perceived group norms.

Solution: After group discussion, individuals tend to shift toward more extreme versions of their initial opinions rather than becoming moderate. This means risk-averse groups become more cautious, and risk-taking groups become more extreme. Option (A) is incorrect because discussion does not lead to moderation. Option (C) is incorrect because outcomes are systematic, not random. Option (D) is incorrect because it is not a simple average. Therefore, option (B) is correct.

Final Answer:

Answer: (B)



Q48.

Solution

Concept: Groupthink is characterized by a set of symptoms that impair decision-making, including illusion of invulnerability, collective rationalization, belief in inherent morality of the group, pressure on dissenters, self-censorship, and illusion of unanimity. These factors reduce critical thinking and lead to poor-quality decisions.

Solution: A key symptom of groupthink is the illusion of invulnerability combined with strong pressure to conform, where group members believe their decisions are unquestionably correct and discourage dissent. Option (A) and (C) encourage healthy decision-making and reduce groupthink. Option (D) contradicts groupthink since low cohesiveness prevents it. Therefore, the correct symptom described is option (B).

Final Answer: Illusion of invulnerability and pressure to conform

Answer: (B)

Q49.

Solution

Concept: Zajonc's Drive Theory of social facilitation states that the presence of others increases physiological arousal, which enhances the emission of dominant responses. For well-learned or simple tasks, the dominant response is correct, leading to improved performance. For complex or unfamiliar tasks, the dominant response is often incorrect, leading to impaired performance.

Solution: In complex or new tasks, the dominant response is usually incorrect or not well established. When audience presence increases arousal, it strengthens this incorrect dominant response, leading to poorer performance. Option (A) applies to simple tasks. Option (C) is incorrect because performance changes with arousal. Option (D) is unrelated. Therefore, on complex tasks, performance worsens, making option (B) correct.

Final Answer: Perform worse

Answer: (B)



Q50.

Solution

Concept: The Minimal Group Paradigm, developed by Henri Tajfel, demonstrates that discrimination and in-group favoritism can emerge even when group distinctions are trivial and meaningless. It shows that mere categorization into groups is sufficient to produce bias, even without history, conflict, or competition over resources.

Solution: Research using minimal group experiments found that people show favoritism toward their own group even when groups are formed randomly, such as by coin toss or arbitrary labels. This indicates that prejudice can arise without real conflict or resource scarcity. Option (A) is incorrect because history is not required. Option (C) is incorrect because it is not limited to race or ethnicity. Option (D) is incorrect because scarcity is not necessary. Therefore, option (B) is correct.

Final Answer: Even with trivial or arbitrary group assignment

Answer: (B)



Answer Key

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

