

CUET-UG Psychology Sample Paper-1

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. According to the PASS model of intelligence proposed by Das, Naglieri, and Kirby, which of the following processes involves the ability to perceive relationships between different pieces of information and integrate them into a meaningful whole?

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

Q2. A child who is able to understand others' feelings and motives and can navigate social complexities effectively would be high on which type of intelligence according to Howard Gardner?

- (A) Intrapersonal Intelligence
- (B) Interpersonal Intelligence
- (C) Spatial Intelligence
- (D) Naturalistic Intelligence

Q3. In Freud's psychodynamic theory, which defense mechanism involves attributing one's own unaccepted or "shameful" feelings and impulses to someone else?

- (A) Regression
- (B) Projection



- (C) Reaction Formation
- (D) Rationalization

Q4. Hans Eysenck proposed that personality could be reduced to two broad dimensions. Which of the following describes an individual who is quiet, introspective, and prefers solitary activities?

- (A) High Psychoticism
- (B) High Extroversion
- (C) Low Neuroticism
- (D) High Introversion

Q5. During which stage of Selye's General Adaptation Syndrome (GAS) does the body experience the "fight or flight" response, characterized by the release of adrenaline?

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

Q6. A person feels intense fear in social situations where they might be evaluated or scrutinized by others. This clinical condition is most likely identified as:

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

Q7. In Cognitive Behaviour Therapy (CBT), the process of identifying and changing "Automatic Negative Thoughts" (ANTs) is primarily associated with the work of:

- (A) Albert Ellis



- (B) Sigmund Freud
- (C) Aaron Beck
- (D) Carl Rogers

Q8. According to Fritz Heider's P-O-X triangle, which of the following represents a "balanced" state in a social relationship?

- (A) *P* likes *O*, *O* likes *X*, and *P* dislikes *X*
- (B) *P* dislikes *O*, *O* dislikes *X*, and *P* likes *X*
- (C) *P* likes *O*, *O* likes *X*, and *P* likes *X*
- (D) *P* likes *O*, *O* dislikes *X*, and *P* likes *X*

Q9. The phenomenon where individuals perform better on simple or well-learned tasks in the presence of others is known as:

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

Q10. Which of the following projective techniques uses a series of symmetrical inkblots to evaluate an individual's personality structure?

- (A) Thematic Apperception Test (TAT)
- (B) Rosenzweig Picture-Frustration Study
- (C) Rorschach Inkblot Test
- (D) Draw-a-Person Test

Q11. Sternberg's Triarchic Theory of Intelligence identifies three types of intelligence. Which type involves the ability to deal with novel situations and use past experiences to solve problems?

- (A) Componential Intelligence
- (B) Experiential Intelligence



- (C) Contextual Intelligence
- (D) Analytical Intelligence

Q12. Which personality assessment tool is specifically designed to measure the "Big Five" factors of personality (OCEAN)?

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

Q13. Lazarus and Folkman's transactional model of stress emphasizes that the impact of a stressor depends on "Primary Appraisal." This appraisal involves:

- (A) Assessing one's coping resources
- (B) Evaluating the significance of the event (Harm, Threat, or Challenge)
- (C) Re-evaluating the situation after coping
- (D) Physical reaction to the stressor

Q14. Negative symptoms of Schizophrenia, such as "Alogia," refer to:

- (A) Loss of motivation
- (B) Poverty of speech
- (C) Inability to feel pleasure
- (D) Blunted affect

Q15. In Carl Rogers' Client-Centered Therapy, the therapist provides "Unconditional Positive Regard." This means:

- (A) Directing the client towards better behavior
- (B) Agreeing with everything the client says
- (C) Non-judgmental acceptance of the client's feelings and personhood
- (D) Analyzing the client's childhood traumas



- Q16.** An individual experiences persistent, irrational thoughts (obsessions) and feels compelled to perform repetitive acts (compulsions). This is characteristic of:
- (A) Generalised Anxiety Disorder
 - (B) Obsessive-Compulsive Disorder
 - (C) Post-Traumatic Stress Disorder
 - (D) Somatic Symptom Disorder
- Q17.** The "A-B-C" model of Rational Emotive Behavior Therapy (REBT) was developed by:
- (A) Aaron Beck
 - (B) Albert Ellis
 - (C) Victor Frankl
 - (D) Frederick Perls
- Q18.** Prejudice is often associated with "Stereotypes." A stereotype is the _____ component of prejudice.
- (A) Affective
 - (B) Behavioral
 - (C) Cognitive
 - (D) Conative
- Q19.** In a group, when individuals exert less effort because their individual contribution cannot be evaluated, it is called:
- (A) Groupthink
 - (B) Social Loafing
 - (C) Crowd Behavior
 - (D) Compliance
- Q20.** Which of the following represents the correct sequence of Freud's Psychosexual stages of development?



- (A) Oral, Anal, Phallic, Genital, Latency
- (B) Oral, Anal, Latency, Phallic, Genital
- (C) Oral, Anal, Phallic, Latency, Genital
- (D) Anal, Oral, Phallic, Latency, Genital

Q21. The term "Emotional Intelligence" was first conceptualized by Salovey and Mayer, but popularized by:

- (A) Robert Sternberg
- (B) Daniel Goleman
- (C) Arthur Jensen
- (D) J.P. Guilford

Q22. Which approach to personality emphasizes the role of "Self-Actualization" and "Free Will"?

- (A) Psychodynamic Approach
- (B) Behaviorist Approach
- (C) Humanistic Approach
- (D) Type Approach

Q23. Under the DSM-5, ADHD is classified as a:

- (A) Mood Disorder
- (B) Neurodevelopmental Disorder
- (C) Dissociative Disorder
- (D) Personality Disorder

Q24. In Behavior Therapy, "Systematic Desensitization" is primarily used to treat:

- (A) Depression
- (B) Schizophrenia
- (C) Phobias and Anxiety



(D) Addiction

Q25. The "Foot-in-the-door" technique of social influence involves:

- (A) Starting with a large request that is rejected
- (B) Starting with a small request that is accepted, followed by a larger request
- (C) Giving a gift before making a request
- (D) Threatening the individual to comply

Q26. According to the "Culture-Fair" test principles, which of the following is considered a non-verbal test of intelligence?

- (A) Stanford-Binet Test
- (B) Raven's Progressive Matrices
- (C) Wechsler Adult Intelligence Scale (Verbal part)
- (D) Jalota's Mental Ability Test

Q27. Which part of the personality, according to Freud, works on the "Reality Principle"?

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

Q28. When a person experiences physical symptoms like pain or paralysis without any underlying medical cause, they may be diagnosed with:

- (A) Conversion Disorder
- (B) Hypochondriasis
- (C) Panic Disorder
- (D) Depersonalization



- Q29.** The process of "Logotherapy," which focuses on finding meaning in even the most painful circumstances, was developed by:
- (A) Carl Jung
 - (B) Viktor Frankl
 - (C) Alfred Adler
 - (D) Karen Horney
- Q30.** The tendency of group members to reach a consensus so extreme that it ignores realistic alternatives is known as:
- (A) Group Facilitation
 - (B) Groupthink
 - (C) Social Inhibition
 - (D) Altruism
- Q31.** In Cattell's theory of personality, "Source Traits" are:
- (A) Visible behaviors like friendliness
 - (B) Underlying structures that determine surface traits
 - (C) Traits common to all humans
 - (D) Temporary states of mind
- Q32.** The "Structure of Intellect" (SI) model, which identifies 180 cells or factors of intelligence, was proposed by:
- (A) Charles Spearman
 - (B) Louis Thurstone
 - (C) J.P. Guilford
 - (D) Howard Gardner
- Q33.** Which type of stress arises from daily hassles and minor irritations like traffic or noisy neighbors?



- (A) Environmental Stress
- (B) Social Stress
- (C) Personal Stress
- (D) Traumatic Stress

Q34. A person experiencing a "Manic Episode" as part of Bipolar Disorder would typically show:

- (A) Extreme sadness and lethargy
- (B) Excessive talkativeness, inflated self-esteem, and decreased need for sleep
- (C) Persistent fear of germs
- (D) Loss of memory regarding personal identity

Q35. The therapeutic technique of "Token Economy" is based on the principles of:

- (A) Classical Conditioning
- (B) Operant Conditioning
- (C) Observational Learning
- (D) Insight Learning

Q36. In the context of attitude change, the "Source Characteristics" that influence persuasion include:

- (A) Intelligence of the audience
- (B) Credibility and Attractiveness of the speaker
- (C) Medium of communication
- (D) Resistance of the target

Q37. A "Primary Group" is characterized by:

- (A) Formal rules and goals
- (B) Large membership and impersonal relations
- (C) Face-to-face, intimate, and emotional bonds



(D) Temporary nature

Q38. According to Spearman, the "g-factor" stands for:

(A) Genetic Intelligence

(B) General Intelligence

(C) Group Intelligence

(D) Growth Intelligence

(E)

Q39. Self-efficacy refers to:

(A) One's sense of self-worth

(B) One's belief in their ability to perform a specific task successfully

(C) One's public image

(D) The collective identity of a group

Q40. Post-Traumatic Stress Disorder (PTSD) is most likely to occur after:

(A) A failed exam

(B) A chronic illness

(C) A natural disaster or violent assault

(D) A change in job

Q41. The "Empty Chair Technique" is a hallmark of which therapeutic approach?

(A) Psychodynamic Therapy

(B) Gestalt Therapy

(C) Behavior Therapy

(D) Existential Therapy

Q42. The "Halo Effect" occurs when:

(A) We judge a person based on one positive characteristic



- (B) We blame the victim for their misfortune
- (C) We follow the majority opinion blindly
- (D) We reduce our effort in a group task

Q43. Which of the following is an example of an "In-group" bias?

- (A) Viewing members of other groups as superior
- (B) Viewing one's own group as better and more deserving than others
- (C) Treating everyone equally regardless of group
- (D) Avoiding group interactions altogether

Q44. The Two-Factor Theory of Intelligence was proposed by:

- (A) Alfred Binet
- (B) Charles Spearman
- (C) David Wechsler
- (D) Lewis Terman

Q45. According to the "Hardiness" personality trait (Kobasa), the three 'Cs' that help people resist stress are:

- (A) Confidence, Care, Caution
- (B) Commitment, Control, Challenge
- (C) Calmness, Competence, Creativity
- (D) Change, Compassion, Clarity

Q46. Which of the following is a key feature of "Aptitude" that distinguishes it from "Achievement"?

- (A) It measures what a person has already learned.
- (B) It represents the potential to acquire a specific skill or knowledge in the future.
- (C) It is always a measure of general mental ability.



(D) It is not affected by environmental factors.

Q47. In the context of self-regulation, the process where an individual observes their own behavior and the consequences that follow is known as:

- (A) Self-instruction
- (B) Self-reinforcement
- (C) Self-monitoring
- (D) Self-punishment

Q48. The "Frustration-Aggression Hypothesis," which suggests that aggression is always a consequence of frustration, was originally proposed by:

- (A) Albert Bandura
- (B) Dollard and Miller
- (C) Konrad Lorenz
- (D) Sigmund Freud

Q49. Which of the following is NOT a characteristic of a "Group" in psychological terms?

- (A) Common goals or motives
- (B) Interdependence among members
- (C) Just a collection of people at the same place (e.g., a crowd at a bus stop)
- (D) Satisfaction of specific needs through membership

Q50. A psychologist uses a technique where the client is encouraged to say whatever comes to mind, regardless of how irrelevant or embarrassing it may seem. This technique is called:

- (A) Systematic Desensitization
- (B) Free Association
- (C) Cognitive Restructuring
- (D) Empathy



Detailed Solutions**Q1.****Solution****Concept:**

The PASS model of intelligence (Planning, Attention-Arousal, Simultaneous, and Successive) was developed by J.P. Das, Jack Naglieri, and Kirby. It views intelligence as a set of information-processing functions. Simultaneous processing refers to the ability to integrate separate stimuli into a single whole or pattern to understand the relationship between them.

Solution:

1. The PASS model describes four essential cognitive processes. 2. "Simultaneous Processing" occurs when you perceive the relations among various concepts and integrate them into a meaningful entity. A classic example is solving Raven's Progressive Matrices or understanding a map. 3. "Successive Processing" involves remembering information in a serial order (like learning digits). 4. "Planning" involves goal setting and monitoring, while "Arousal" involves maintaining focus. 5. Therefore, the ability to perceive relationships and integrate information corresponds to simultaneous processing.

Final Answer: The process described is Simultaneous Processing.

Answer: (C)

Q2.**Solution****Concept:**

Howard Gardner's Theory of Multiple Intelligences suggests that intelligence is not a single entity but consists of eight distinct types. Interpersonal intelligence is the ability to understand and effectively interact with others, involving sensitivity to their moods, temperaments, motivations, and intentions.

Solution:

1. "Interpersonal Intelligence" focuses on the external world and social interactions. People high in this intelligence make good leaders, social workers, and teachers. 2. "Intrapersonal Intelligence" refers to understanding one's own internal feelings and motives. 3. "Spatial Intelligence" involves mental imagery and navigation. 4. "Naturalistic Intelligence" relates to sensitivity toward the natural world (plants/animals). 5. Since the child can navigate social complexities and understand others' motives, they are high on Interpersonal Intelligence.

Final Answer: The child is high on Interpersonal Intelligence.

Answer: (B)



Q3.

Solution**Concept:**

In Psychodynamic theory, defense mechanisms are unconscious psychological strategies used by the Ego to protect the individual from anxiety arising from unacceptable thoughts or feelings. Projection is a mechanism where individuals deal with emotional conflict by falsely attributing their own unacknowledged feelings to others.

Solution:

1. "Projection" involves taking a thought or impulse that is "bad" or "internal" and placing it on an "external" target. For example, a person who is angry might accuse others of being hostile. 2. "Regression" involves retreating to an earlier developmental stage. 3. "Reaction Formation" involves behaving in a way exactly opposite to one's true feelings. 4. "Rationalization" involves creating logical excuses for unacceptable behavior. 5. Thus, attributing one's own unaccepted impulses to others is strictly defined as projection.

Final Answer: The defense mechanism is Projection.

Answer: (B)

Q4.

Solution**Concept:**

Hans Eysenck's theory of personality is based on biological predispositions. He initially identified two dimensions: Extraversion vs. Introversion and Neuroticism vs. Emotional Stability. Introversion characterizes people who are inward-looking and socially reserved.

Solution:

1. Individuals scoring high on "Introversion" tend to be quiet, reserved, and enjoy time alone. They prefer a lower level of external stimulation. 2. Individuals scoring high on "Extraversion" are outgoing, active, and gregarious. 3. "Neuroticism" refers to emotional instability or high reactivity to stress. 4. "Psychoticism" (added later) refers to being tough-minded or antisocial. 5. The description of a quiet, introspective person who prefers solitary activities perfectly fits the dimension of High Introversion.

Final Answer: The person is characterized by High Introversion.

Answer: (D)



Q5.

Solution**Concept:**

Hans Selye's General Adaptation Syndrome (GAS) describes the three-stage process the body goes through when responding to stress. The stages are Alarm Reaction, Resistance, and Exhaustion. The first stage is the immediate physiological response to a perceived threat.

Solution:

1. The "Alarm Reaction Stage" is the initial response. The sympathetic nervous system is activated, releasing hormones like adrenaline. This prepares the body for "fight or flight." 2. The "Resistance Stage" follows if the stressor continues, where the body tries to cope and adapt, and the parasympathetic system tries to return functions to normal. 3. The "Exhaustion Stage" occurs if resources are depleted after prolonged stress. 4. Since the question asks about the immediate fight or flight response and adrenaline release, it refers to the first stage. 5. Therefore, the correct stage is the Alarm Reaction Stage.

Final Answer: The stage is the Alarm Reaction Stage.

Answer: (C)

Q6.

Solution**Concept:**

Social Anxiety Disorder (formerly called Social Phobia) is a common type of anxiety disorder. It involves intense, persistent fear of being watched and judged by others. This fear can affect work, school, and other day-to-day activities. It is distinct from generalized anxiety because the fear is specifically tied to social scrutiny.

Solution:

1. The core feature of "Social Anxiety Disorder" is the irrational fear of social situations where the individual feels they may be evaluated, embarrassed, or humiliated. 2. "Agoraphobia" is the fear of being in places or situations from which escape might be difficult or help might not be available. 3. "Panic Disorder" involves recurrent, unexpected panic attacks that are not necessarily tied to a social trigger. 4. "Specific Phobia" is an irrational fear of a particular object or situation (like spiders or heights), rather than social interaction itself. 5. Given the description of intense fear specifically during social evaluation, the clinical condition is Social Anxiety Disorder.

Final Answer: The condition is Social Anxiety Disorder.

Answer: (B)



Q7.

Solution**Concept:**

Cognitive Therapy, specifically Cognitive Behaviour Therapy (CBT), focuses on the relationship between thoughts, feelings, and behaviors. Aaron Beck is the pioneer of this approach, emphasizing that psychological distress is often maintained by "Automatic Negative Thoughts" (ANTs) and cognitive distortions.

Solution:

1. Aaron Beck developed Cognitive Therapy after observing that depressed patients had a "Cognitive Triad" of negative beliefs about themselves, the world, and the future. 2. The process of CBT involves "Cognitive Restructuring," where the therapist and client work together to identify these ANTs and replace them with more realistic, positive thoughts. 3. Albert Ellis developed REBT, which focuses on irrational "beliefs" (the A-B-C model), which is similar but distinct in terminology. 4. Sigmund Freud founded Psychoanalysis, focusing on the unconscious, while Carl Rogers founded Client-Centered therapy, focusing on empathy. 5. Therefore, the identification of ANTs is primarily the work of Aaron Beck.

Final Answer: The work is associated with Aaron Beck.

Answer: (C)

Q8.

Solution**Concept:**

Fritz Heider's Balance Theory (represented by the P-O-X triangle) explains how people strive for consistency in their social perceptions. *P* is the person, *O* is another person, and *X* is the object of attitude. A state is "balanced" if the product of the three signs (positive for liking, negative for disliking) in the triangle is positive (+).

Solution:

1. To find a balanced state, we look at the relationships: $P \leftrightarrow O$, $O \leftrightarrow X$, and $P \leftrightarrow X$. 2. In Option C: *P* likes *O* (+), *O* likes *X* (+), and *P* likes *X* (+). The product is $(+) \times (+) \times (+) = (+)$. This is balanced. 3. In Option A: *P* likes *O* (+), *O* likes *X* (+), and *P* dislikes *X* (-). The product is $(+) \times (+) \times (-) = (-)$. This is unbalanced. 4. In Option B: *P* dislikes *O* (-), *O* dislikes *X* (-), and *P* likes *X* (+). The product is $(-) \times (-) \times (+) = (+)$. This is actually also balanced, but the most classic "positive" balanced state in textbook examples is the "all-positive" triangle. 5. In most exam contexts for Psychology, the state where all three relations are positive is the primary example of a balanced, tension-free relationship.

Final Answer: The balanced state is represented by *P* likes *O*, *O* likes *X*, and *P* likes *X*.

Answer: (C)



Q9.

Solution**Concept:**

Social facilitation refers to the finding that people sometimes perform better on tasks when others are around. This phenomenon was first studied by Norman Triplett and later refined by Robert Zajonc, who suggested that the presence of others increases physiological arousal, which strengthens the "dominant response."

Solution:

1. Social Facilitation occurs when the presence of an audience or co-actors improves performance on simple or well-learned tasks. For example, a cyclist might ride faster when racing against others than when riding alone. 2. Conversely, if the task is complex or new, the presence of others can lead to "Social Inhibition," where performance actually declines. 3. "Social Loafing" is the opposite concept where individuals put in less effort when working in a group because individual accountability is reduced. 4. "Group Polarization" refers to the tendency for groups to make decisions that are more extreme than the initial inclination of its members. 5. "Deindividuation" involves a loss of self-awareness and self-restraint in group situations that foster arousal and anonymity.

Final Answer: The phenomenon is known as Social Facilitation.

Answer: (B)

Q10.

Solution**Concept:**

Projective techniques are personality tests designed to let a person respond to ambiguous stimuli, presumably revealing hidden emotions and internal conflicts. The Rorschach Inkblot Test, developed by Hermann Rorschach, is one of the most famous examples of these "unstructured" assessments.

Solution:

1. The "Rorschach Inkblot Test" consists of 10 cards, each containing a symmetrical inkblot (some in black and white, some in color). The respondent is asked to describe what they see, which the examiner then interprets based on location, determinants, and content. 2. The "Thematic Apperception Test (TAT)" uses ambiguous pictures of people in various situations and asks the subject to tell a story about them. 3. The "Rosenzweig Picture-Frustration Study" specifically measures how people react to frustrating situations using cartoon-like sketches. 4. The "Draw-a-Person Test" involves the subject drawing a person, which is then analyzed for symbolic signs of personality. 5. Since the question specifies "symmetrical inkblots," it can only refer to the Rorschach test.

Final Answer: The technique is the Rorschach Inkblot Test.

Answer: (C)



Q11.

Solution**Concept:**

Robert Sternberg's Triarchic Theory of Intelligence views intelligence as "mental activity directed toward purposive adaptation to, selection and shaping of, real-world environments relevant to one's life." He divided intelligence into three distinct parts: Componential, Experiential, and Contextual.

Solution:

1. "Experiential Intelligence" (also known as Creative Intelligence) is the ability to use past experiences to solve novel problems. It involves the capacity to foster new ideas and combine unrelated facts to find solutions. 2. "Componential Intelligence" (Analytical) refers to the internal mechanisms used in information processing, such as planning and executing tasks (academic problem-solving). 3. "Contextual Intelligence" (Practical) is the ability to adapt to, shape, and select environments to fit one's needs, often referred to as "street smarts." 4. Because the question highlights the use of past experiences to deal with novel (new) situations, it specifically defines the experiential component.

Final Answer: The type described is Experiential Intelligence.

Answer: (B)

Q12.

Solution**Concept:**

The Five-Factor Model (FFM) of personality, often remembered by the acronym **OCEAN** (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism), is a widely accepted framework in modern psychology. The **NEO-PI-R** (NEO Personality Inventory-Revised), developed by Costa and McCrae, is the gold standard assessment tool for measuring these specific traits.

Solution:

1. The "NEO-PI-R" was explicitly constructed to assess the five dimensions of the OCEAN model, providing scores for each of the five factors and their underlying facets. 2. The "MMPI" (Minnesota Multiphasic Personality Inventory) is primarily used to screen for clinical psychological disorders rather than general personality traits. 3. The "16PF" (Sixteen Personality Factor Questionnaire) was developed by Raymond Cattell and is based on his own theory of 16 source traits. 4. The "Eysenck Personality Questionnaire" measures only three dimensions: Psychoticism, Extraversion, and Neuroticism (PEN model). 5. Therefore, for the "Big Five" factors, the NEO-PI-R is the correct assessment tool.

Final Answer: The tool is the NEO-PI-R.

Answer: (C)



Q13.

Solution**Concept:**

Richard Lazarus and Susan Folkman's Transactional Model of Stress emphasizes that stress is not just an external event, but a result of how an individual perceives and evaluates that event. They identified two levels of appraisal: Primary and Secondary.

Solution:

1. "Primary Appraisal" is the initial evaluation of a situation. The individual asks: "Is this event significant for my well-being?" 2. The outcome of primary appraisal classifies the event as either **irrelevant**, **benign-positive**, or **stressful**. 3. If perceived as stressful, it is further evaluated in terms of **Harm** (damage already done), **Threat** (potential future damage), or **Challenge** (opportunity for growth). 4. "Secondary Appraisal" involves assessing one's coping resources and options to manage the stressor. 5. Since the question asks about the content of Primary Appraisal, it refers to evaluating the significance of the event (Harm, Threat, or Challenge).

Final Answer: Primary Appraisal involves evaluating the significance of the event as Harm, Threat, or Challenge.

Answer: (B)

Q14.

Solution**Concept:**

Symptoms of Schizophrenia are generally categorized into "Positive symptoms" (excesses or distortions of normal function) and "Negative symptoms" (deficits or losses of normal function). Negative symptoms represent a "subtraction" from the personality and are often harder to treat.

Solution:

1. "Alogia" is a negative symptom characterized by "poverty of speech." The individual shows a reduction in the amount of speech or the quality of information conveyed. 2. "Avolition" refers to the loss of motivation or the inability to initiate and persist in goal-directed activities. 3. "Anhedonia" refers to the inability to experience pleasure from activities that were previously enjoyable. 4. "Blunted affect" (or Flat affect) is the reduction in the intensity of emotional expression. 5. Given the definitions, Alogia specifically corresponds to poverty of speech.

Final Answer: Alogia refers to poverty of speech.

Answer: (B)

Q15.

Solution**Concept:**

Carl Rogers, a pioneer of the Humanistic approach, developed Client-Centered Therapy (also known as Person-Centered Therapy). He believed that for a client to grow and achieve self-actualization, the therapist must provide a specific psychological climate characterized by three core conditions: Empathy, Genuineness, and Unconditional Positive Regard.

Solution:

1. "Unconditional Positive Regard" is the therapist's deep and genuine caring for the client as a person. 2. It involves accepting the client's feelings and experiences without any "conditions of worth." The therapist does not judge, evaluate, or approve/disapprove of the client's actions or feelings. 3. This non-judgmental stance allows the client to feel safe enough to explore their true self without fear of rejection. 4. It is not about "agreeing" with immoral or harmful behavior, but about accepting the person's humanity regardless of their flaws. 5. Therefore, it is defined as the non-judgmental acceptance of the client's feelings and personhood.

Final Answer: It means non-judgmental acceptance of the client's feelings and personhood.

Answer: (C)

Q16.

Solution**Concept:**

Obsessive-Compulsive Disorder (OCD) is characterized by the presence of obsessions and/or compulsions. These are time-consuming and cause significant distress or impairment in social, occupational, or other important areas of functioning.

[Image of the cycle of Obsessive-Compulsive Disorder (OCD)]

Solution:

1. "Obsessions" are persistent and recurrent thoughts, impulses, or images that are experienced as intrusive and unwanted, causing marked anxiety or distress. 2. "Compulsions" are repetitive behaviors (e.g., hand washing, ordering, checking) or mental acts (e.g., praying, counting, repeating words silently) that the individual feels driven to perform in response to an obsession. 3. The goal of the compulsion is to "neutralize" or reduce the anxiety caused by the obsession, though the relief is only temporary. 4. "Generalized Anxiety Disorder" involves chronic, excessive worry about many things, but not necessarily specific rituals. 5. "Somatic Symptom Disorder" involves focus on physical symptoms. 6. Thus, the presence of both persistent irrational thoughts and repetitive acts is a hallmark of OCD.

Final Answer: This is characteristic of Obsessive-Compulsive Disorder.

Answer: (B)



Q17.

Solution**Concept:**

Rational Emotive Behavior Therapy (REBT) was the first form of cognitive-behavior therapy, created by Albert Ellis. It is based on the idea that it is not the external events (Activating events) that cause distress, but the irrational beliefs we hold about those events.

Solution:

1. The "A-B-C" model stands for: - **A** (Activating Event): The external event that happens. - **B** (Belief): The individual's rational or irrational belief about the event. - **C** (Consequence): The emotional or behavioral response resulting from the belief. 2. Ellis argued that to change the unhealthy consequence (C), one must dispute (D) the irrational belief (B). 3. Aaron Beck developed Cognitive Therapy (CT), which is similar but uses different terminology like "Automatic Negative Thoughts." 4. Victor Frankl is associated with Logotherapy, and Frederick Perls with Gestalt therapy. 5. Consequently, Albert Ellis is the psychologist who developed the A-B-C model of REBT.

Final Answer: The A-B-C model was developed by Albert Ellis.

Answer: (B)

Q18.

Solution**Concept:**

Prejudice is a preconceived negative attitude toward a group and its individual members. Social psychologists often analyze attitudes (including prejudice) using the **ABC model**, which consists of Affective, Behavioral, and Cognitive components.

Solution:

1. The "Cognitive" component of prejudice consists of **Stereotypes**, which are overgeneralized beliefs or mental shortcuts about the characteristics of a particular group. 2. The "Affective" component involves the feelings or emotions associated with prejudice, such as dislike, hatred, or fear. 3. The "Behavioral" component (or Conative) refers to **Discrimination**, which is the actual unjustified negative action or treatment toward members of the group. 4. Stereotypes provide the "logic" or belief system that supports the prejudice. 5. Therefore, a stereotype is strictly defined as the cognitive component of prejudice.

Final Answer: Stereotypes are the Cognitive component.

Answer: (C)



Q19.

Solution**Concept:**

Social Loafing is a phenomenon in social psychology where individuals exert less effort when they work as part of a group than when they work alone. This occurs because the responsibility for the outcome is diffused among all group members.

Solution:

1. "Social Loafing" typically happens when the task is additive (the group product is the sum of individual efforts) and individual contributions are not identified or evaluated. 2. This leads to a "diffusion of responsibility," where members feel their lack of effort will not be noticed. 3. "Groupthink" refers to flawed decision-making in a cohesive group where members suppress dissenting views. 4. "Compliance" is a type of social influence where an individual follows a request from another person. 5. "Crowd Behavior" involves the behavior of people in large, disorganized gatherings. 6. Since the question specifies exerting less effort because individual contribution cannot be evaluated, it is social loafing.

Final Answer: The phenomenon is called Social Loafing.

Answer: (B)

Q20.

Solution**Concept:**

Sigmund Freud proposed that personality develops through a series of five psychosexual stages during childhood. Each stage is characterized by the focus of the "Libido" (sexual energy) on a different "erogenous zone" of the body.

Solution:

1. The stages follow a chronological order based on biological maturation: - **Oral Stage** (0–18 months): Focus on the mouth (sucking, biting). - **Anal Stage** (18 months–3 years): Focus on bowel and bladder control. - **Phallic Stage** (3–6 years): Focus on the genitals (Oedipus/Electra complex). - **Latency Stage** (6 years–Puberty): Libidinal energy is dormant; focus on social skills. - **Genital Stage** (Puberty onwards): Mature sexual interests. 2. Looking at the options, only Option C lists them in the correct sequence. 3. Therefore, the sequence is Oral, Anal, Phallic, Latency, and Genital.

Final Answer: The correct sequence is Oral, Anal, Phallic, Latency, Genital.

Answer: (C)



Q21.

Solution**Concept:**

Emotional Intelligence (EI) is the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and actions. While the scientific framework was established by Salovey and Mayer, it became a household term due to the work of Daniel Goleman.

Solution:

1. In 1990, Salovey and Mayer defined EI as a set of skills including perceiving, using, understanding, and managing emotions. 2. In 1995, Daniel Goleman published the book *Emotional Intelligence: Why It Can Matter More Than IQ*, which brought the concept into mainstream psychology and business management. 3. Goleman's model includes five key components: Self-awareness, Self-regulation, Motivation, Empathy, and Social skills. 4. Robert Sternberg is known for the Triarchic Theory, Arthur Jensen for the hierarchical model, and J.P. Guilford for the Structure of Intellect. 5. Therefore, Daniel Goleman is the individual who popularized the term.

Final Answer: The term was popularized by Daniel Goleman.

Answer: (B)

Q22.

Solution**Concept:**

The Humanistic approach to personality emerged as a "third force" in psychology, reacting against the perceived determinism of the Psychodynamic and Behaviorist schools. It emphasizes the inherent goodness of people and their drive toward reaching their full potential.

[Image of Maslow's Hierarchy of Needs and Self-Actualization]

Solution:

1. The Humanistic approach, led by figures like Abraham Maslow and Carl Rogers, focuses on "Self-Actualization," which is the realization of one's full potential. 2. It posits that individuals have "Free Will" and are active agents in determining their own behavior, rather than being slaves to unconscious drives (Psychodynamic) or environmental stimuli (Behaviorism). 3. The Type approach focuses on classifying people into distinct categories (e.g., Introvert vs. Extrovert). 4. The Behaviorist approach focuses strictly on observable behaviors and reinforcement. 5. Thus, the emphasis on self-actualization and free will is the defining characteristic of the Humanistic approach.

Final Answer: This is the Humanistic Approach.

Answer: (C)



Q23.

Solution**Concept:**

The Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5), organizes psychological disorders into categories based on shared symptoms and developmental patterns. Neurodevelopmental disorders are those that typically manifest early in development, often before the child enters grade school.

Solution:

1. Attention-Deficit/Hyperactivity Disorder (ADHD) is characterized by a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. 2. Under the DSM-5, ADHD is grouped under "Neurodevelopmental Disorders," along with Autism Spectrum Disorder (ASD), Intellectual Disabilities, and Specific Learning Disorders. 3. Mood Disorders (like Depression) focus on emotional extremes. 4. Dissociative Disorders involve a breakdown of memory or identity. 5. Personality Disorders are enduring patterns of inner experience and behavior that deviate from cultural expectations. 6. Therefore, ADHD is classified as a Neurodevelopmental Disorder.

Final Answer: ADHD is a Neurodevelopmental Disorder.

Answer: (B)

Q24.

Solution**Concept:**

Systematic Desensitization is a form of Behavior Therapy based on the principle of classical conditioning, specifically "Counter-conditioning." Developed by Joseph Wolpe, it aims to replace a fear response with a relaxation response.

Solution:

1. The process involves three main steps: - Training the client in deep muscle relaxation techniques. - Creating a "Hierarchy of Anxiety," which is a list of feared situations ranked from least to most scary. - Gradually exposing the client to these imagined or real situations while they maintain a state of relaxation. 2. Because the body cannot be relaxed and anxious at the same time (reciprocal inhibition), the fear is eventually extinguished. 3. This technique is specifically designed and highly effective for treating "Phobias" (irrational fears) and general "Anxiety Disorders." 4. It is not the primary treatment for Schizophrenia (which requires medication) or severe Depression (which may require CBT or IPT). 5. Therefore, it is used primarily to treat phobias and anxiety.

Final Answer: It is primarily used to treat Phobias and Anxiety.

Answer: (C)



Q25.

Solution**Concept:**

The "Foot-in-the-door" technique is a compliance tactic that involves getting a person to agree to a large request by first setting them up to agree to a modest request. It relies on the psychological principle of consistency—people want their behavior to be consistent with their past actions.

Solution:

1. In this technique, the influencer starts with a small, trivial request that is almost impossible to refuse (e.g., "Can you sign this petition?"). 2. Once the person complies, they develop a self-perception of being a "helpful" or "committed" person. 3. When the influencer follows up with a larger, related request (e.g., "Will you volunteer 5 hours a week?"), the person is more likely to agree to maintain their self-image and consistency. 4. The "Door-in-the-face" technique is the opposite, starting with a massive request that is rejected. 5. Given the definition, the technique involves a small request followed by a larger one.

Final Answer: It involves starting with a small request that is accepted, followed by a larger request.

Answer: (B)

Q26.

Solution**Concept:**

Intelligence tests are categorized by their administration (Individual vs. Group) and their content (Verbal, Non-verbal, or Performance). Culture-fair tests are designed to minimize the influence of educational and cultural backgrounds, often using abstract shapes and patterns.

Solution:

1. "Raven's Progressive Matrices" (RPM) is the most well-known non-verbal, culture-fair test. It consists of visual patterns where a piece is missing, and the subject must identify the correct piece from several options. 2. Since it does not require language or specific cultural knowledge, it can be used across different countries and literacy levels. 3. The "Stanford-Binet" and "Wechsler" tests include significant verbal components (vocabulary, general knowledge) which are culturally loaded. 4. "Jalota's Mental Ability Test" is a verbal test specifically designed for the Indian population and is not non-verbal. 5. Therefore, Raven's Progressive Matrices is the correct non-verbal test.

Final Answer: The non-verbal test is Raven's Progressive Matrices.

Answer: (B)

Q27.

Solution**Concept:**

According to Sigmund Freud's structural model of personality, the human psyche is divided into three parts: the Id, the Ego, and the Superego. Each part serves a different function and operates based on a different governing principle to manage libidinal energy and social constraints.

Solution:

1. The "Ego" develops from the Id and operates on the **Reality Principle**. Its role is to mediate between the unrealistic demands of the Id, the moralistic constraints of the Superego, and the actual conditions of the external world. 2. The "Id" operates on the **Pleasure Principle**, seeking immediate gratification of all primitive needs and urges without regard for consequences. 3. The "Superego" operates on the **Morality Principle**, representing the internalized ideals and values learned from parents and society. 4. The Ego uses rational thinking and problem-solving to satisfy the Id's urges in a socially acceptable and realistic manner. 5. Therefore, the Ego is the part of personality that works on the Reality Principle.

Final Answer: The part that works on the Reality Principle is the Ego.

Answer: (B)

Q28.

Solution**Concept:**

Somatic Symptom and Related Disorders (formerly called Somatoform Disorders) involve physical symptoms that suggest a medical condition but cannot be fully explained by a physical cause, a substance, or another mental disorder. Conversion Disorder is a specific subtype within this category.

Solution:

1. "Conversion Disorder" (also known as Functional Neurological Symptom Disorder) involves the loss of body function—such as blindness, paralysis, or inability to speak—which has no organic or medical basis. 2. It is often triggered by extreme psychological stress or trauma; the "conflict" is essentially "converted" into a physical symptom. 3. "Hypochondriasis" (now often termed Illness Anxiety Disorder) involves excessive worry about having a serious illness despite having little or no symptoms. 4. "Panic Disorder" involves sudden attacks of terror. 5. "Depersonalization" involves a feeling of being detached from one's own body or mental processes. 6. Thus, physical loss like paralysis without a medical cause is diagnosed as Conversion Disorder.

Final Answer: The diagnosis is Conversion Disorder.

Answer: (A)



Q29.

Solution**Concept:**

Existential Therapy focuses on the "human condition" as a whole, including capacities for self-awareness, freedom to decide one's fate, and the search for meaning. Viktor Frankl, a psychiatrist and Holocaust survivor, developed a specific form of existential therapy known as Logotherapy.

Solution:

1. "Logotherapy" is based on the Greek word *logos* (meaning). Frankl believed that the primary drive in humans is the "will to meaning," rather than the "will to pleasure" (Freud) or "will to power" (Adler). 2. The therapy emphasizes that even in the most miserable circumstances (such as concentration camps), an individual can find meaning through work, love, or the attitude they take toward unavoidable suffering. 3. Carl Jung developed Analytical Psychology, focusing on the collective unconscious. 4. Alfred Adler developed Individual Psychology, focusing on inferiority complexes. 5. Karen Horney was a neo-Freudian who focused on basic anxiety and neurotic needs. 6. Therefore, Logotherapy is the creation of Viktor Frankl.

Final Answer: Logotherapy was developed by Viktor Frankl.

Answer: (B)

Q30.

Solution**Concept:**

Groupthink is a psychological phenomenon that occurs within a group of people in which the desire for harmony or conformity in the group results in an irrational or dysfunctional decision-making outcome. It was first researched by Irving Janis.

Solution:

1. In "Groupthink," members prioritize consensus over critical evaluation of alternative viewpoints. 2. It often occurs in highly cohesive groups where members are under pressure to conform and avoid being seen as "disloyal" to the group's mission. 3. Symptoms include the illusion of invulnerability, collective rationalization, and self-censorship of dissenting ideas. 4. "Social Inhibition" is the decrease in performance in the presence of others. 5. "Altruism" is selfless helping of others. 6. Therefore, the extreme tendency to reach a consensus while ignoring realistic alternatives is defined as Groupthink.

Final Answer: The phenomenon is known as Groupthink.

Answer: (B)



Q31.

Solution**Concept:**

Raymond Cattell used a statistical method called "factor analysis" to identify the basic structure of personality. He distinguished between characteristics that are easily observable and the deeper, underlying traits that cause them.

Solution:

1. "Source Traits" are the building blocks of personality. They are the underlying, stable structures that are not directly observable but provide the basis for behavior. 2. "Surface Traits" are the clusters of behavior that we see in everyday life (e.g., being sociable, being hardworking). Cattell argued that surface traits result from the interaction of source traits. 3. Cattell identified 16 primary source traits, which led to the development of the 16PF (Sixteen Personality Factor Questionnaire). 4. Since the question asks about the nature of source traits, they are defined as the underlying structures that determine surface traits.

Final Answer: Source Traits are the underlying structures that determine surface traits.

Answer: (B)

Q32.

Solution**Concept:**

J.P. Guilford rejected the idea of a single general factor of intelligence and instead proposed the Structure of Intellect (SI) model. This model organizes mental abilities into a three-dimensional cube.

Solution:

1. Guilford classified intellectual traits along three dimensions: - **Operations:** What the person does (e.g., cognition, memory, divergent production). - **Contents:** The nature of information being processed (e.g., visual, auditory, symbolic). - **Products:** The form in which information is processed (e.g., units, classes, relations). 2. Originally, the model proposed 120 factors ($5 \times 4 \times 6$), which was later expanded to 150 and eventually 180 factors. 3. Spearman proposed the "Two-factor theory," Thurstone proposed "Primary Mental Abilities," and Gardner proposed "Multiple Intelligences." 4. Therefore, the SI model with 180 cells is the contribution of J.P. Guilford.

Final Answer: The SI model was proposed by J.P. Guilford.

Answer: (C)



Q33.

Solution**Concept:**

Psychologists categorize stressors based on their source and duration. Environmental stress refers to the tension caused by the physical surroundings in which we live and work. These can be large-scale disasters or persistent, low-level irritations in the environment.

Solution:

1. "Environmental Stress" includes stimuli like noise, pollution, crowding, and extreme temperatures. Daily hassles such as traffic jams or a noisy neighbor are classic examples of persistent environmental stressors. 2. "Social Stress" arises from our interactions with others (e.g., family conflict, loneliness). 3. "Personal Stress" usually relates to individual life events like health issues or career changes. 4. "Traumatic Stress" refers to extreme, sudden events like accidents or natural disasters that have long-lasting psychological effects. 5. Since the question specifically mentions traffic and noisy neighbors, these are categorized under environmental stress.

Final Answer: These are examples of Environmental Stress.

Answer: (A)

Q34.

Solution**Concept:**

Bipolar Disorder (formerly called Manic-Depression) is a mood disorder characterized by alternating periods of mania and depression. A manic episode represents a distinct period of abnormally and persistently elevated, expansive, or irritable mood.

Solution:

1. During a "Manic Episode," an individual typically shows several symptoms: - Inflated self-esteem or grandiosity. - Decreased need for sleep (feeling rested after only 3 hours). - Pressure of speech (excessive talkativeness). - Flight of ideas or racing thoughts. - Distractibility and excessive involvement in risky activities. 2. Extreme sadness and lethargy are symptoms of the "Depressive Episode." 3. Persistent fear of germs is characteristic of OCD. 4. Loss of memory regarding personal identity is characteristic of Dissociative Amnesia or Fugue. 5. Therefore, talkativeness and inflated self-esteem are key symptoms of mania.

Final Answer: A manic episode involves excessive talkativeness and inflated self-esteem.

Answer: (B)



Q35.

Solution**Concept:**

Token Economy is a behavioral therapy technique based on the principles of reinforcement. It is used to increase desirable behaviors and decrease undesirable ones, commonly in institutional settings like hospitals or classrooms.

Solution:

1. "Operant Conditioning," proposed by B.F. Skinner, is the learning process through which the strength of a behavior is modified by reinforcement or punishment. 2. In a "Token Economy," individuals receive "tokens" (secondary reinforcers) for performing specific target behaviors. 3. These tokens can later be exchanged for "backup reinforcers" (e.g., snacks, television time, or outings). 4. "Classical Conditioning" involves reflexive responses to stimuli (Pavlov). 5. "Insight Learning" involves sudden understanding of a problem's solution (Kohler). 6. Thus, the system of rewarding behavior with tokens is a direct application of Operant Conditioning.

Final Answer: Token Economy is based on Operant Conditioning.

Answer: (B)

Q36.

Solution**Concept:**

Persuasion is the process of changing attitudes through communication. According to the Yale Communication Model, the effectiveness of a persuasive message depends on four factors: the **Source** (who), the **Message** (what), the **Channel** (how), and the **Audience** (to whom).

Solution:

1. "Source Characteristics" refer to the qualities of the person delivering the message. Research shows that people are more likely to be persuaded if the source is perceived as **credible** (expert and trustworthy) and **attractive**. 2. Audience characteristics include intelligence, self-esteem, and initial position on the topic. 3. Medium or Channel refers to whether the message is delivered via television, print, or face-to-face. 4. Resistance is a quality of the target (audience) that makes them harder to persuade. 5. Therefore, credibility and attractiveness are the primary source characteristics that influence persuasion.

Final Answer: Source characteristics include Credibility and Attractiveness of the speaker.

Answer: (B)



Q37.

Solution**Concept:**

Sociologist Charles Cooley distinguished between groups based on the nature of interaction and the degree of intimacy. Groups are broadly classified into Primary and Secondary groups.

Solution:

1. A "Primary Group" is a small social group whose members share close, personal, and enduring relationships. Examples include family, close friends, and playgroups. 2. These groups are characterized by face-to-face interaction, emotional intimacy, and a sense of "we-ness." 3. "Secondary Groups" are larger, more formal, and impersonal. They are often task-oriented or goal-directed (e.g., a labor union or a large corporation). 4. Rules and formal goals are features of secondary groups. 5. Since the question asks for the characteristic of a Primary Group, it refers to face-to-face, intimate, and emotional bonds.

Final Answer: A Primary Group is characterized by face-to-face, intimate, and emotional bonds.

Answer: (C)

Q38.

Solution**Concept:**

Charles Spearman proposed the "Two-Factor Theory" of intelligence in 1904. He used factor analysis to show that all mental performance could be explained by two types of factors: a general factor and specific factors.

Solution:

1. The "g-factor" stands for **General Intelligence**. Spearman believed this was an innate, biological intellectual capacity that stays constant throughout a person's life and underlies all mental tasks. 2. The "s-factors" are **Specific Intelligence** factors. These are unique to particular tasks (e.g., mathematical ability, musical talent, or spatial skills). 3. According to Spearman, an individual's overall intelligence is largely determined by their level of "g." 4. It does not stand for Genetic, Group, or Growth intelligence in the context of this theory. 5. Thus, the "g-factor" refers to General Intelligence.

Final Answer: The g-factor stands for General Intelligence.

Answer: (B)



Q39.

Solution**Concept:**

Self-efficacy is a core concept in Albert Bandura's Social Cognitive Theory. It differs from self-esteem (which is a global judgment of self-worth) and self-concept (a general collection of beliefs about oneself). Self-efficacy is highly specific to tasks and situations.

Solution:

1. "Self-efficacy" refers to an individual's conviction or belief that they can successfully execute the behaviors required to produce a specific outcome. 2. It influences how people think, feel, motivate themselves, and act. A person with high self-efficacy for mathematics might work harder on a complex problem than someone with low self-efficacy. 3. It is developed through four sources: mastery experiences, vicarious experiences (modeling), social persuasion, and physiological states. 4. "Sense of self-worth" refers to self-esteem. 5. "Public image" refers to the social self. 6. Therefore, self-efficacy is specifically the belief in one's ability to perform a task successfully.

Final Answer: Self-efficacy refers to one's belief in their ability to perform a specific task successfully.

Answer: (B)

Q40.

Solution**Concept:**

Post-Traumatic Stress Disorder (PTSD) is a mental health condition triggered by witnessing or experiencing a terrifying event. It is categorized under "Trauma- and Stressor-Related Disorders" in the DSM-5.

Solution:

1. PTSD is specifically linked to events that involve actual or threatened death, serious injury, or sexual violence. 2. Common triggers include natural disasters (like earthquakes or floods), combat exposure, physical assault, or serious accidents. 3. While failed exams or job changes are stressful, they are usually categorized as "Life Stresses" or may lead to Adjustment Disorders, but they do not typically meet the "traumatic" threshold required for a PTSD diagnosis. 4. Chronic illness can be a stressor, but PTSD is most strongly associated with sudden, high-impact violent or catastrophic events. 5. Thus, natural disasters and violent assaults are the most likely causes of PTSD.

Final Answer: PTSD is most likely to occur after a natural disaster or violent assault.

Answer: (C)



Q41.

Solution**Concept:**

Gestalt Therapy, developed by Frederick (Fritz) Perls and Laura Perls, is a humanistic, holistic, and process-oriented form of psychotherapy. It focuses on the "here and now" and emphasizes individual responsibility and awareness.

Solution:

1. The "Empty Chair Technique" is a hallmark of Gestalt Therapy. The client is asked to imagine a person (e.g., a parent, spouse, or even a part of their own self) sitting in an empty chair. 2. The client then engages in a dialogue with this imagined person, often switching chairs to play both roles. 3. This technique helps the client resolve "unfinished business," integrate conflicting parts of their personality, and gain a deeper emotional understanding of their relationships. 4. Psychodynamic therapy focuses on free association; Behavior therapy on reinforcement/desensitization; Existential therapy on meaning. 5. Therefore, the empty chair technique belongs to Gestalt Therapy.

Final Answer: The Empty Chair Technique is a hallmark of Gestalt Therapy.

Answer: (B)

Q42.

Solution**Concept:**

The "Halo Effect" is a type of cognitive bias in which our overall impression of a person influences how we feel and think about their character. In essence, your overall impression of a person ("They are nice!") impacts your evaluations of that person's specific traits ("They are also smart!").

Solution:

1. The "Halo Effect" occurs when a single positive quality of a person (like physical attractiveness or a specific skill) colors our entire perception of them, leading us to assume they possess other positive qualities as well. 2. For example, if a student is very well-behaved, a teacher might unconsciously assume the student is also very intelligent, even without evidence of their academic performance. 3. Blaming the victim is related to the "Just-World Hypothesis." 4. Following the majority blindly is "Conformity." 5. Reducing effort in a group is "Social Loafing." 6. Therefore, the Halo Effect is specifically judging someone based on one positive characteristic.

Final Answer: The Halo Effect occurs when we judge a person based on one positive characteristic.

Answer: (A)



Q43.

Solution**Concept:**

Social identity theory suggests that people naturally divide the world into "us" (in-group) and "them" (out-group). An in-group bias is a pattern of favoring members of one's own group over out-group members.

Solution:

1. "In-group Bias" is the tendency to evaluate one's own group more favorably than other groups. 2. This often involves the belief that your group is superior, more hardworking, or more moral than the "out-group." 3. This bias can manifest even when groups are formed on completely arbitrary or "minimal" criteria (Minimal Group Paradigm). 4. Viewing other groups as superior would be an "out-group favoritism," which is rare in general social settings. 5. Treating everyone equally is the goal of reducing prejudice, but it is not a "bias." 6. Therefore, viewing one's own group as better and more deserving is the definition of in-group bias.

Final Answer: In-group bias is viewing one's own group as better and more deserving than others.

Answer: (B)

Q44.

Solution**Concept:**

The Two-Factor Theory of Intelligence was one of the earliest theories of intelligence, moving away from simple one-dimensional views. It used a statistical method called factor analysis to identify the structure of mental abilities.

Solution:

1. Charles Spearman, a British psychologist, proposed the Two-Factor Theory in 1904. 2. He argued that intelligence consists of a "g-factor" (general intelligence) and several "s-factors" (specific abilities). 3. Alfred Binet developed the first intelligence test but focused on a more "Uni-factor" or "Monarchic" view. 4. David Wechsler developed the WAIS and WISC scales but focused on verbal and performance aggregates. 5. Lewis Terman was responsible for the Stanford-Binet revision and the concept of IQ. 6. Therefore, the Two-Factor Theory is specifically credited to Charles Spearman.

Final Answer: The Two-Factor Theory of Intelligence was proposed by Charles Spearman.

Answer: (B)



Q45.

Solution**Concept:**

Psychologist Suzanne Kobasa studied why some individuals are more resilient to stress than others. She identified a personality style called "Hardiness," which acts as a protective factor against the negative effects of high-stress environments. Hardiness consists of three specific attitudes.

Solution:

1. The three components of Hardiness are: - **Commitment:** A sense of purpose and involvement in one's work and personal life. Hardy individuals do not give up easily. - **Control:** A belief that one can influence the course of events in their life, rather than feeling like a helpless victim of fate. - **Challenge:** The tendency to view change and stress as opportunities for growth and learning rather than as threats to security. 2. These three "Cs" allow individuals to maintain their health and performance even under significant pressure. 3. Options containing terms like Confidence, Calmness, or Clarity are incorrect as they do not belong to Kobasa's original triad. 4. Therefore, the three 'Cs' are Commitment, Control, and Challenge.

Final Answer: The three 'Cs' are Commitment, Control, and Challenge.

Answer: (B)

Q46.

Solution**Concept:**

In psychological testing, it is crucial to distinguish between "Aptitude" and "Achievement." While both measure abilities, they differ significantly in their temporal focus and purpose.

Solution:

1. "Achievement" refers to what an individual has already learned or accomplished in the past (e.g., a final exam score in a history class). 2. "Aptitude" refers to an individual's underlying potential or "readiness" to acquire certain skills or knowledge in the future if provided with the right training. For example, a high score on a mathematical aptitude test suggests the person *could* become a good engineer. 3. While aptitude is influenced by both heredity and environment, its defining feature is its **predictive** nature regarding future performance. 4. It is not necessarily a measure of "general" mental ability (which is IQ), as aptitudes can be very specific (e.g., mechanical aptitude, musical aptitude). 5. Thus, the distinguishing feature of aptitude is that it represents potential for future skill acquisition.

Final Answer: Aptitude represents the potential to acquire a specific skill or knowledge in the future.

Answer: (B)



Q47.

Solution**Concept:**

Self-regulation is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results. Albert Bandura identified self-monitoring as a primary component of self-regulatory systems.

Solution:

1. "Self-monitoring" is the first step in self-regulation. It involves the deliberate act of observing one's own behavior, the conditions under which it occurs, and the immediate consequences. 2. By keeping track of behavior (e.g., keeping a food diary or a study log), an individual becomes more aware of patterns that need to change. 3. "Self-instruction" involves talking oneself through a task. 4. "Self-reinforcement" involves rewarding oneself for meeting a goal. 5. "Self-punishment" involves applying negative consequences for failing to meet a standard. 6. Since the question focuses on the observation of behavior and its consequences, the answer is self-monitoring.

Final Answer: The process of observing one's own behavior is known as Self-monitoring.

Answer: (C)

Q48.

Solution**Concept:**

The Frustration-Aggression Hypothesis is a theory of aggression that examines the relationship between being blocked from a goal and the subsequent impulse to act aggressively. It was one of the first major psychological theories to move away from purely instinctual explanations of violence.

Solution:

1. Proposed by **John Dollard, Neal Miller**, and colleagues in 1939, the hypothesis originally stated that "aggression is always a consequence of frustration" and "frustration always leads to some form of aggression." 2. Frustration is defined as the state that emerges when an individual is prevented from reaching a desired goal. 3. Later researchers, like Leonard Berkowitz, modified this to suggest that frustration creates a "readiness" to act aggressively, but actual aggression depends on environmental cues. 4. Albert Bandura is associated with Social Learning Theory; Konrad Lorenz with the Ethological (instinct) view; and Sigmund Freud with the Death Instinct (Thanatos). 5. Therefore, the original hypothesis is credited to Dollard and Miller.

Final Answer: The hypothesis was proposed by Dollard and Miller.

Answer: (B)



Q49.

Solution**Concept:**

In social psychology, a "Group" is not merely a collection of people. To be considered a group, certain psychological criteria must be met that distinguish it from a mere aggregate or crowd.

Solution:

1. A psychological **Group** consists of two or more people who: - Interact with one another. - Share common goals, motives, or interests. - Are interdependent (what happens to one affects others). - Perceive themselves as belonging to the group (social identity). 2. A "collection of people at the same place" (like people waiting at a bus stop or a crowd watching a street performer) is called an **Aggregate**. They do not share a common purpose or interdependence. 3. Satisfaction of needs (like the need for security or status) is a major reason why people join groups. 4. Since Option C describes a mere aggregate rather than a psychologically functioning group, it is the correct answer for "NOT a characteristic."

Final Answer: A collection of people at the same place is not a psychological group.

Answer: (C)

Q50.

Solution**Concept:**

Free Association is a core technique in Psychoanalysis, the therapeutic approach founded by Sigmund Freud. It is designed to bypass the "censor" of the Ego and allow unconscious material to surface.

Solution:

1. In "Free Association," the client is asked to relax (often on a couch) and verbalize every thought that enters their mind without filtering, editing, or judging the content. 2. The therapist listens for "slips of the tongue," hesitations, or patterns that might indicate unconscious conflicts or repressed memories. 3. "Systematic Desensitization" is a behavioral technique for phobias. 4. "Cognitive Restructuring" is a CBT technique for changing thought patterns. 5. "Empathy" is a core condition of humanistic therapy but is not a "technique" where one says whatever comes to mind. 6. Thus, the technique described is Free Association.

Final Answer: The technique is called Free Association.

Answer: (B)



Answer Key

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

