

CUET-UG Psychology Sample Paper - 2

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 student believes that they have the ability to successfully complete a difficult research project despite facing several setbacks. According to Albert Bandura, which component of the self is being demonstrated here?

- (A) Self-esteem
- (B) Self-efficacy
- (C) Self-regulation
- (D) Self-concept

Q2. In Selye's General Adaptation Syndrome (GAS), during which stage does the parasympathetic nervous system attempt to take over to conserve energy while the body remains on high alert?

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

Q3. Amit is extremely preoccupied with the fear that he has a serious heart condition, despite repeated medical reassurances and normal test results. He is likely suffering from:



- (A) Panic Disorder
- (B) Somatic Symptom Disorder
- (C) Illness Anxiety Disorder
- (D) Generalized Anxiety Disorder

Q4. Identify the correct sequence of Freud's Psychosexual Stages of Development:

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

Q5. Which of the following is an example of a Negative Symptom of Schizophrenia?

- (A) Hallucinations
- (B) Delusions
- (C) Alogia (Poverty of speech)
- (D) Disorganized behavior

Q6. In Heider's P-O-X triangle, if 'P' likes 'O', and 'O' likes 'X', but 'P' dislikes 'X', the state is considered:

- (A) Balanced
- (B) Imbalanced
- (C) Neutral
- (D) Positively Valenced

Q7. A therapist asks the client to lie down on a couch, close their eyes, and say whatever comes to mind, no matter how trivial or embarrassing. This technique is:



- (A) Systematic Desensitization
- (B) Free Association
- (C) Aversive Conditioning
- (D) Empathy Mapping

Q8. According to Robert Sternberg's Triarchic Theory, "Street Smarts" or the ability to deal with environmental demands is known as:

- (A) Componential Intelligence
- (B) Experiential Intelligence
- (C) Contextual Intelligence
- (D) Fluid Intelligence

Q9. When people work in a group, they often exert less effort than when working individually. This phenomenon is known as:

- (A) Social Facilitation
- (B) Social Loafing
- (C) Groupthink
- (D) Deindividuation

Q10. A child shows a persistent pattern of inattention and hyperactivity-impulsivity that interferes with functioning. This is characteristic of:

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

Q11. While assessing personality, a psychologist uses a test where the subject is shown 10 inkblots and asked to describe what they see. This test is primarily used to uncover:



- (A) Conscious motives
- (B) Unconscious conflicts
- (C) Surface traits
- (D) Behavioral patterns

Q12. Which of the following is NOT a feature of the PASS Model of Intelligence proposed by Das, Naglieri, and Kirby?

- (A) Planning
- (B) Arousal/Attention
- (C) Simultaneous-Successive processing
- (D) Emotional Intelligence

Q13. A person experiences sudden, intense episodes of terror without any specific trigger, accompanied by heart palpitations and shortness of breath. This is indicative of:

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

Q14. In Aaron Beck's Cognitive Therapy, the 'Cognitive Triad' that leads to depression includes negative views about:

- (A) Family, Friends, and Work
- (B) Past, Present, and Future
- (C) Self, World, and Future
- (D) Health, Wealth, and Relationships

Q15. The 'P-O-X' theory of attitude change was proposed by:



- (A) Leon Festinger
- (B) Fritz Heider
- (C) S.M. Mohsin
- (D) Carlsmith

Q16. An individual who is high on 'Neuroticism' in Eysenck's theory is likely to be:

- (A) Calm and composed
- (B) Emotionally unstable and anxious
- (C) Socially outgoing
- (D) Aggressive and egocentric

Q17. Which coping strategy involves changing the way one thinks about a stressful situation?

- (A) Task-oriented strategy
- (B) Emotion-oriented strategy
- (C) Avoidance-oriented strategy
- (D) Cognitive Restructuring

Q18. The phenomenon where an individual's performance improves in the presence of others is called:

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

Q19. Which therapy specifically utilizes 'Token Economy' as a method for behavior modification?



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

Q20. The tendency to blame the person (internal factors) rather than the situation (external factors) for their behavior is known as:

- (A) Self-serving Bias
- (B) Fundamental Attribution Error
- (C) Halo Effect
- (D) Stereotyping

Q21. Howard Gardner's theory of Multiple Intelligences suggests that a successful navigator or a sculptor would likely be high in:

- (A) Bodily-Kinesthetic Intelligence
- (B) Spatial Intelligence
- (C) Logical-Mathematical Intelligence
- (D) Interpersonal Intelligence

Q22. A dissociative disorder characterized by the presence of two or more distinct personality states is:

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

Q23. In Logotherapy, 'Paradoxical Intention' is used to help the patient:



- (A) Avoid their fears
- (B) Perform the very action they fear
- (C) Meditate on their childhood
- (D) Change their diet

Q24. Resistance to stress is highest in which stage of GAS?

- (A) Alarm
- (B) Resistance
- (C) Exhaustion
- (D) It is equal in all stages

Q25. Identify the 'Odd One Out' regarding Projective Techniques:

- (A) Rorschach Inkblot Test
- (B) Thematic Apperception Test (TAT)
- (C) 16 Personality Factor Questionnaire (16PF)
- (D) Rosenzweig Picture-Frustration Study

Q26. The feeling of 'I-ness' and 'My-ness' is associated with:

- (A) The Id
- (B) The Ego
- (C) The Superego
- (D) The Collective Unconscious

Q27. Which among the following is a 'Specific Learning Disorder'?

- (A) Autism
- (B) ADHD
- (C) Dyslexia



(D) Intellectual Disability

Q28. Groupthink is most likely to occur when:

- (A) Group members are highly diverse
- (B) The group is under high stress to make a decision
- (C) There is low group cohesiveness
- (D) Leaders encourage critical thinking

Q29. 'Vicarious Learning' is a concept primarily associated with:

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

Q30. Rational Emotive Therapy (RET) was developed by:

- (A) Albert Ellis
- (B) Aaron Beck
- (C) Victor Frankl
- (D) Carl Rogers

Q31. A state of psychological tension produced by conflicting attitudes is called:

- (A) Cognitive Dissonance
- (B) Attitude Polarization
- (C) Prejudice
- (D) Discrimination

Q32. The 'Two-Factor Theory' of intelligence was proposed by:



- (A) Arthur Jensen
- (B) Charles Spearman
- (C) Louis Thurstone
- (D) J.P. Guilford

Q33. Which disorder involves an obsession with thinness and self-starvation?

- (A) Bulimia Nervosa
- (B) Anorexia Nervosa
- (C) Binge Eating Disorder
- (D) Body Dysmorphic Disorder

Q34. 'Self-Actualization' is the pinnacle of the hierarchy of needs proposed by:

- (A) Sigmund Freud
- (B) Abraham Maslow
- (C) Carl Jung
- (D) Karen Horney

Q35. A person who is quiet, reserved, and enjoys solitary activities would be classified by Jung as:

- (A) Extrovert
- (B) Introvert
- (C) Ambivert
- (D) Psychotic

Q36. 'A-B-C' analysis in behavior therapy stands for:

- (A) Action, Belief, Consequence
- (B) Antecedent, Behavior, Consequence



- (C) Attitude, Behavior, Cognition
- (D) Affect, Belief, Control

Q37. The 'Tuckman Model' of group development follows which order?

- (A) Forming, Norming, Storming, Performing, Adjourning
- (B) Forming, Storming, Norming, Performing, Adjourning
- (C) Storming, Forming, Norming, Performing, Adjourning
- (D) Norming, Forming, Storming, Performing, Adjourning

Q38. Which defense mechanism involves attributing one's own unacceptable urges to others?

- (A) Displacement
- (B) Projection
- (C) Reaction Formation
- (D) Regression

Q39. A person with high 'Interpersonal Intelligence' is likely to be good at:

- (A) Understanding their own feelings
- (B) Understanding the motives and feelings of others
- (C) Solving mathematical puzzles
- (D) Playing musical instruments

Q40. Post-Traumatic Stress Disorder (PTSD) falls under which category in DSM-5?

- (A) Anxiety Disorders
- (B) Trauma- and Stressor-Related Disorders
- (C) Somatic Symptom Disorders
- (D) Mood Disorders



- Q41.** The 'Life Orientation Test' (LOT) is used to measure:
- (A) Intelligence
 - (B) Optimism
 - (C) Anxiety
 - (D) Stress
- Q42.** A collection of people who are together by chance, such as people at a railway station, is called a:
- (A) Group
 - (B) Team
 - (C) Aggregate
 - (D) Organization
- Q43.** Systematic Desensitization is most effective in treating:
- (A) Schizophrenia
 - (B) Phobias
 - (C) Depression
 - (D) Personality Disorders
- Q44.** Which type of intelligence involves the ability to manage emotions to guide thinking and actions?
- (A) Fluid Intelligence
 - (B) Crystallized Intelligence
 - (C) Emotional Intelligence
 - (D) Social Intelligence
- Q45.** The 'Libido' in Freud's theory refers to:



- (A) Death instinct
- (B) Life energy/Sexual drive
- (C) Social pressure
- (D) Moral compass

Q46. A child who repeatedly violates the basic rights of others or major age-appropriate societal norms is diagnosed with:

- (A) ADHD
- (B) Conduct Disorder
- (C) Oppositional Defiant Disorder
- (D) Separation Anxiety Disorder

Q47. The 'Foot-in-the-door' technique is a method used for:

- (A) Obedience
- (B) Compliance
- (C) Conformity
- (D) Aggression

Q48. Which approach to personality emphasizes 'Unconditional Positive Regard'?

- (A) Psychodynamic
- (B) Behavioral
- (C) Humanistic
- (D) Trait

Q49. In an experiment, if the presence of others increases the arousal level of the performer, leading to better performance on simple tasks, this is:

- (A) Social Inhibition



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

Q50. Which of the following is a 'Positive' symptom of Schizophrenia?

- (A) Avolition
- (B) Anhedonia
- (C) Hallucinations
- (D) Social withdrawal



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

Self-efficacy is a core concept in Albert Bandura's Social Cognitive Theory.

It refers to an individual's belief in their capacity to execute behaviors necessary to produce specific performance attainments.

It reflects confidence in the ability to exert control over one's own motivation, behavior, and social environment.

Unlike self-esteem, which is a general judgment of self-worth, self-efficacy is highly task-specific.

Solution:

1. The student in the question possesses a strong belief in their personal capability to finish a project despite obstacles.
2. This specific belief in one's competence to handle a particular task (the research project) is the definition of self-efficacy.
3. Self-regulation refers to the process of monitoring and managing one's energy states and emotions, while self-concept is the overall mental model of oneself.
4. Since the scenario focuses on the "ability to successfully complete" a task, it aligns perfectly with Bandura's definition of high self-efficacy.

Final Answer: The component being demonstrated is self-efficacy.

Answer: (B)



Q2.

Solution**Concept:**

Hans Selye's General Adaptation Syndrome (GAS) describes the three-stage process that the body goes through when exposed to stress.

The stages are:

1. Alarm Reaction: Immediate mobilization of resources.
2. Resistance: The body attempts to cope or adapt to the stressor.
3. Exhaustion: Depletion of physical and mental resources after prolonged stress.

Solution:

1. In the Alarm Reaction stage, the sympathetic nervous system triggers the "fight or flight" response.
2. In the Resistance stage, if the stressor persists, the body maintains a high level of arousal but tries to conserve energy.
3. During this Resistance stage, the parasympathetic nervous system attempts to return many physiological functions to normal levels.
4. The body remains on alert to deal with the stressor, but the parasympathetic system's role here is vital for energy conservation.

Final Answer: The stage where the parasympathetic system attempts to conserve energy while remaining on alert is the Resistance stage.

Answer: (B)

Q3.

Solution**Concept:**

Somatic Symptom and Related Disorders involve physical symptoms that are either very distressing or result in significant disruption of daily life.

There are two primary distinct disorders in this category:

1. Somatic Symptom Disorder: Focus on the physical pain or fatigue itself.
2. Illness Anxiety Disorder: Preoccupation with having or acquiring a serious, undiagnosed medical illness, with minimal to no actual physical symptoms.

Solution:

1. Amit has a preoccupation with the fear of having a serious heart condition.
2. The question mentions that medical reassurances and normal test results do not alleviate his fear.
3. Since his primary issue is the "anxiety" and "fear" of the disease rather than actual debilitating physical symptoms, it fits Illness Anxiety Disorder.
4. This was formerly known as Hypochondriasis in older diagnostic manuals.

Final Answer: Amit is likely suffering from Illness Anxiety Disorder.

Answer: (C)



Q4.

Solution**Concept:**

Sigmund Freud proposed that personality develops through a series of five psychosexual stages. Each stage is characterized by the focus of the libido (sexual energy) on a specific erogenous zone. The development follows a specific biological timeline.

Solution:

1. Oral Stage (0 to 18 months): Focus is on the mouth (sucking, biting).
2. Anal Stage (18 months to 3 years): Focus is on bowel and bladder control.
3. Phallic Stage (3 to 6 years): Focus is on the genitals and the Oedipus/Electra complex.
4. Latency Stage (6 years to puberty): Sexual feelings are dormant; focus on social skills.
5. Genital Stage (Puberty onwards): Maturation of sexual interests.
6. Following this chronological order leads to the sequence: Oral, Anal, Phallic, Latency, Genital.

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

Answer: (B)

Q5.

Solution**Concept:**

Symptoms of Schizophrenia are categorized into two main types:

1. Positive Symptoms: Pathological excesses like hallucinations, delusions, and disorganized thinking.
2. Negative Symptoms: Pathological deficits, which represent the absence of normal behaviors.

Solution:

1. Hallucinations and Delusions are additions to normal behavior, making them positive symptoms.
2. Disorganized behavior is also a positive symptom as it represents a disturbance in normal behavioral output.
3. Negative symptoms include Alogia (poverty of speech), Affective flattening (blunted emotions), and Avolition (lack of motivation).
4. Therefore, Alogia is a negative symptom because it represents a "lack" or "deficit" in speech production and flow.

Final Answer: Alogia is an example of a Negative Symptom.

Answer: (C)



Q6.

Solution**Concept:**

Fritz Heider's P-O-X Theory (Balance Theory) focuses on the consistency in the relationships between three entities:

P (the Person/Self), O (another Other person), and X (an Object or Idea).

A state is "Balanced" if the product of the three relationship signs (positive for liking, negative for disliking) is positive.

A state is "Imbalanced" if the product of the three signs is negative, leading to psychological tension.

Solution:

1. In this scenario, we identify the three relationship valences:
2. P likes O (+).
3. O likes X (+).
4. P dislikes X (-).
5. To determine the state, we multiply the signs: $(+) \times (+) \times (-) = (-)$.
6. Since the result is negative, the triangle is in an imbalanced state, creating a need for attitude change to restore balance.

Final Answer: The state is considered imbalanced.

Answer: (B)

Q7.

Solution**Concept:**

Psychoanalysis, developed by Sigmund Freud, utilizes various techniques to bring unconscious material into conscious awareness.

The primary goal is to bypass the ego's defenses to explore repressed memories or conflicts.

Solution:

1. The technique described involves the client speaking without any censorship or filter, known as Free Association.
2. In Free Association, the client is encouraged to verbalize every thought, no matter how illogical or embarrassing it may seem.
3. Systematic Desensitization is a behavioral technique for phobias.
4. Aversive Conditioning involves pairing an unpleasant stimulus with an unwanted behavior.
5. Empathy Mapping is a tool used in design and business, not a clinical psychoanalytic technique.

Final Answer: The technique described is Free Association.

Answer: (B)



Q8.

Solution**Concept:**

Robert Sternberg proposed the Triarchic Theory of Intelligence, which views intelligence as consisting of three distinct types:

1. Componential (Analytical): Academic problem-solving.
2. Experiential (Creative): Dealing with new situations using past experiences.
3. Contextual (Practical): Adapting to, selecting, and shaping the real-world environment.

Solution:

1. "Street Smarts" refers to the ability to function effectively in one's everyday environment and solve practical problems.
2. This ability to apply knowledge to real-life situations and navigate social or environmental demands is defined by Sternberg as Contextual Intelligence.
3. Fluid intelligence is a concept from Cattell's theory, not Sternberg's.
4. Componential intelligence focuses more on logic and abstract reasoning.

Final Answer: The ability known as "Street Smarts" is Contextual Intelligence.

Answer: (C)

Q9.

Solution**Concept:**

Group processes often influence individual productivity.

When the contribution of each member is pooled into a single group product, and individual efforts cannot be evaluated, performance levels may shift.

Solution:

1. Social Loafing is the tendency of individuals to put in less effort when working in a group compared to when they work alone.
2. This often happens because the sense of individual accountability is diffused in a group setting.
3. Social Facilitation refers to an improvement in performance due to the presence of others (usually on simple tasks).
4. Groupthink is a phenomenon where the desire for harmony in a group results in irrational decision-making.

Final Answer: This phenomenon is known as Social Loafing.

Answer: (B)



Q10.

Solution**Concept:**

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder. It is characterized by a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.

Solution:

1. The symptoms mentioned (inattention, hyperactivity, and impulsivity) are the core diagnostic criteria for ADHD.
2. Autism involves social communication deficits and repetitive behaviors.
3. Conduct Disorder involves a repetitive pattern of violating the rights of others.
4. Oppositional Defiant Disorder is characterized by a pattern of angry, irritable mood and argumentative behavior.
5. Therefore, the description provided directly points to ADHD.

Final Answer: This condition is characteristic of ADHD.

Answer: (B)

Q11.

Solution**Concept:**

Projective techniques are personality assessment tools that use ambiguous stimuli to uncover an individual's hidden emotions and internal conflicts.

The core assumption is that when presented with a vague stimulus, a person will "project" their unconscious thoughts and motives onto it.

The Rorschach Inkblot Test is the most famous example of this approach.

Solution:

1. In the Rorschach test, 10 symmetrical inkblots (some black/white, some colored) are shown to the subject.
2. Because the inkblots have no inherent meaning, the subject's description of what they "see" is a reflection of their own psyche.
3. These tests are specifically designed to bypass the conscious mind and access the unconscious layer of personality.
4. Conscious motives are better measured by self-report inventories like the 16PF or MMPI.

Final Answer: This test is primarily used to uncover unconscious conflicts.

Answer: (B)



Q12.

Solution**Concept:**

The PASS Model of Intelligence was developed by J.P. Das, Jack Naglieri, and Kirby.

It views intelligence as a set of cognitive processes that function through three neurological systems in the brain.

The acronym PASS stands for the four core processes involved in this model.

Solution:

1. Planning: This involves goal setting, strategy selection, and monitoring performance.
2. Arousal/Attention: This allows an individual to focus on a stimulus and ignore distractions.
3. Simultaneous and Successive Processing: Simultaneous involves perceiving relations between items, while Successive involves remembering items in a specific serial order.
4. Emotional Intelligence is a separate theory popularized by Daniel Goleman and is not a component of the PASS model.

Final Answer: Emotional Intelligence is NOT a feature of the PASS Model.

Answer: (D)

Q13.

Solution**Concept:**

Panic Disorder is an anxiety disorder characterized by recurrent, unexpected panic attacks.

A panic attack is a sudden surge of intense fear or intense discomfort that reaches a peak within minutes.

It is often accompanied by physiological symptoms like racing heart and trembling.

Solution:

1. The person described is experiencing sudden, intense terror without a clear external trigger.
2. Physical symptoms such as heart palpitations and shortness of breath are hallmark signs of a panic attack.
3. In Specific Phobia, the fear is triggered by a specific object (e.g., spiders).
4. In Social Anxiety, the fear is related to social judgment or scrutiny.
5. Since these attacks are "sudden" and "without any specific trigger," they define Panic Disorder.

Final Answer: These symptoms are indicative of Panic Disorder.

Answer: (B)



Q14.

Solution**Concept:**

Aaron Beck's Cognitive Theory of Depression emphasizes the role of negative thinking patterns. He identified a "Cognitive Triad," which is a pattern of three types of negative thoughts that are present in individuals suffering from depression.

These thoughts create a cycle of hopelessness and low mood.

Solution:

1. The first component is negative views about the Self (e.g., "I am worthless").
2. The second component is negative views about the World/Experience (e.g., "The world is an unfair place").
3. The third component is negative views about the Future (e.g., "Things will never get better").
4. Together, these three (Self, World, and Future) form the Triad.

Final Answer: The Cognitive Triad includes negative views about Self, World, and Future.

Answer: (C)

Q15.

Solution**Concept:**

Attitude change theories explain how and why people modify their evaluations of objects, people, or issues.

Balance Theory is one of the earliest consistency theories, focusing on the cognitive harmony between a person and two other elements.

Solution:

1. The P-O-X model (Person-Other-Object) was proposed by Fritz Heider in 1946.
2. Leon Festinger is known for Cognitive Dissonance theory.
3. S.M. Mohsin is noted for the Two-Step Concept of attitude change.
4. Heider's theory states that we seek "balance" in our relationships to avoid psychological discomfort.

Final Answer: The P-O-X theory was proposed by Fritz Heider.

Answer: (B)



Q16.

Solution**Concept:**

Hans Eysenck's theory of personality is based on biological factors and dimensions.

He identified three major dimensions: Extraversion-Introversion, Neuroticism-Stability, and Psychoticism.

The Neuroticism-Stability dimension refers to the degree of emotional control and responsiveness an individual exhibits.

Solution:

1. Individuals who score high on the Neuroticism scale are characterized by emotional reactivity.
2. They tend to have an overactive sympathetic nervous system, causing them to respond strongly to stressful situations.
3. Common traits associated with high neuroticism include being moody, touchy, anxious, and emotionally unstable.
4. Calm and composed individuals score low on neuroticism (high on stability).

Final Answer: An individual high on Neuroticism is likely to be emotionally unstable and anxious.

Answer: (B)

Q17.

Solution**Concept:**

Coping is a dynamic process used to manage stress. Endler and Parker identified three main coping styles:

1. Task-oriented: Direct action to solve the problem.
2. Emotion-oriented: Managing the internal emotional response to stress.
3. Avoidance-oriented: Denying or distracting oneself from the stressor.

Solution:

1. Cognitive Restructuring is a specific technique often used in therapy and task-oriented coping.
2. It involves identifying negative, irrational thoughts and replacing them with positive, rational ones.
3. By changing the way one "thinks" about a situation (cognitive appraisal), the perceived stress level is reduced.
4. While it has emotional benefits, the act of restructuring the thought process is a cognitive/task-based maneuver to handle the stressor effectively.

Final Answer: Cognitive Restructuring involves changing the way one thinks about a stressful situation.

Answer: (D)



Q18.

Solution**Concept:**

Social Facilitation is a concept in social psychology that explains how the presence of others affects individual task performance.

Early research by Triplett showed that people often perform better on simple or well-learned tasks when they are being watched or are in the presence of others.

Solution:

1. When an individual is performing a task, the presence of others creates "arousal."
2. This arousal strengthens the "dominant response."
3. For easy or well-practiced tasks, the dominant response is usually correct, leading to improved performance (Social Facilitation).
4. Social Loafing is the decrease in effort in a group, while Group Polarization refers to extreme group decisions.

Final Answer: The improvement in performance in the presence of others is called Social Facilitation.

Answer: (B)

Q19.

Solution**Concept:**

Behavior Therapy is based on the principles of learning, such as Classical Conditioning and Operant Conditioning.

Techniques focus on modifying observable behaviors rather than exploring the unconscious mind.

Token Economy is a system based on Operant Conditioning principles (specifically positive reinforcement).

Solution:

1. In a Token Economy, "tokens" (like stars, chips, or points) are given as immediate rewards for desired behaviors.
2. These tokens can later be exchanged for meaningful "back-up reinforcers" like extra playtime, snacks, or privileges.
3. This is a hallmark technique of Behavior Therapy used in schools, hospitals, and prisons to shape behavior.
4. Psychodynamic therapy focuses on childhood, and Logotherapy focuses on finding meaning in life.

Final Answer: Token Economy is a method used in Behavior Therapy.

Answer: (B)



Q20.

Solution**Concept:**

Attribution refers to the process by which we explain the causes of behavior and events. Social psychologists have found that people tend to follow certain biases when making these judgments.

Solution:

1. The Fundamental Attribution Error (FAE) is the tendency for observers to underestimate situational (external) influences and overestimate dispositional (internal/personal) influences upon others' behavior.
2. For example, if someone is late to a meeting, we might assume they are lazy (internal) rather than considering they might have been stuck in traffic (external).
3. Self-serving bias is attributing our own successes to internal factors and failures to external ones.
4. The Halo Effect is when one positive trait leads us to view all other traits of a person as positive.

Final Answer: This attribution bias is known as the Fundamental Attribution Error.

Answer: (B)

Q21.

Solution**Concept:**

Howard Gardner's Theory of Multiple Intelligences proposes that intelligence is not a single entity but consists of at least eight distinct types.

Spatial Intelligence is the ability to perceive the visual world accurately and to perform transformations on those perceptions.

It involves the capacity to visualize objects and patterns in one's mind and navigate physical space.

Solution:

1. Navigators must be able to orient themselves in large-scale environments using mental maps and coordinates.
2. Sculptors must be able to visualize a 3D form within a block of stone or clay before they begin work.
3. Both these professions rely heavily on the "Spatial" dimension of intelligence according to Gardner.
4. Bodily-Kinesthetic intelligence refers to physical movement, while Interpersonal intelligence refers to social skills.

Final Answer: A navigator or sculptor would likely be high in Spatial Intelligence.

Answer: (B)



Q22.

Solution**Concept:**

Dissociative disorders involve a breakdown of the integration of memory, consciousness, identity, or perception.

Dissociative Identity Disorder (DID), formerly called Multiple Personality Disorder, is the most complex of these.

Solution:

1. DID is characterized by the existence of two or more distinct and alternating personality states within the same individual.
2. These personalities often have their own names, histories, and characteristics.
3. Dissociative Amnesia involves memory loss, and Dissociative Fugue involves unexpected travel away from home along with identity loss.
4. Depersonalization involves a feeling of being detached from one's own body or mental processes.

Final Answer: The disorder characterized by distinct personality states is Dissociative Identity Disorder.

Answer: (C)

Q23.

Solution**Concept:**

Logotherapy is a form of Existential Therapy developed by Viktor Frankl, focusing on finding meaning in life even in suffering.

One of its specific techniques is 'Paradoxical Intention'.

Solution:

1. Paradoxical Intention involves asking the client to deliberately perform or wish for the very thing they fear.
2. For example, a person afraid of sweating in a social situation is asked to try to sweat as much as possible.
3. This breaks the cycle of "anticipatory anxiety" by making the symptom an object of intention rather than fear.
4. It helps the patient to gain a sense of distance and control over their symptoms.

Final Answer: Paradoxical Intention is used to help the patient perform the very action they fear.

Answer: (B)



Q24.

Solution**Concept:**

In Hans Selye's General Adaptation Syndrome (GAS), the body responds to stress through three chronological phases.

The level of physiological resistance varies significantly across these stages.

Solution:

1. In the Alarm Reaction stage, resistance drops initially before rising as the body mobilizes.
2. In the Resistance stage, the body's adaptation is at its peak. The body is using all its resources to fight the stressor, and physiological resistance is at its highest point.
3. In the Exhaustion stage, the body's resources are depleted, and resistance levels plummet, making the person vulnerable to illness.

Final Answer: Resistance to stress is highest in the Resistance stage.

Answer: (B)

Q25.

Solution**Concept:**

Personality assessment tools are divided into Objective Tests (Self-report inventories) and Projective Techniques.

Projective techniques use ambiguous stimuli, whereas objective tests use structured questions with fixed response options.

Solution:

1. Rorschach Inkblot and TAT (Thematic Apperception Test) use ambiguous pictures to elicit unconscious projections.
2. The Rosenzweig P-F study uses cartoon-like pictures and is also a projective tool.
3. The 16 Personality Factor (16PF) Questionnaire, developed by Raymond Cattell, is a self-report inventory.
4. It consists of structured statements that the subject agrees or disagrees with, making it an objective/psychometric test, not a projective one.

Final Answer: The 'Odd One Out' is the 16 Personality Factor Questionnaire (16PF).

Answer: (C)



Q26.

Solution**Concept:**

In Psychodynamic theory, the structure of personality is composed of three interacting systems: the Id, the Ego, and the Superego.

The Ego is the component of personality that is responsible for dealing with reality.

It develops from the Id and ensures that the impulses of the Id can be expressed in a manner acceptable in the real world.

Solution:

1. The Id is the primitive, unconscious part of personality that operates on the pleasure principle.
2. The Ego operates on the "Reality Principle" and acts as the executive branch of personality.
3. It is within the Ego that the conscious sense of self-identity, often referred to as "I-ness" or "My-ness," resides.
4. The Ego manages the demands of the Id, the constraints of reality, and the moral standards of the Superego.

Final Answer: The feeling of 'I-ness' and 'My-ness' is associated with the Ego.

Answer: (B)

Q27.

Solution**Concept:**

Neurodevelopmental disorders are disabilities in the functioning of the brain that affect a child's behavior, memory, or ability to learn.

Specific Learning Disorder (SLD) is a sub-category that specifically affects the ability to perceive or process information efficiently and accurately.

Solution:

1. Dyslexia is a specific learning disorder that involves difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words.
2. Autism and ADHD are broader neurodevelopmental disorders that affect social communication and attention/impulsivity respectively.
3. Intellectual Disability involves generalized deficits in intellectual and adaptive functioning.
4. Therefore, among the options, Dyslexia is the only one classified as a "Specific Learning Disorder."

Final Answer: Dyslexia is a 'Specific Learning Disorder'.

Answer: (C)



Q28.

Solution**Concept:**

Groupthink is a term coined by Irving Janis to describe a psychological phenomenon that occurs within a group of people.

It happens when the desire for harmony or conformity in the group results in an irrational or dysfunctional decision-making outcome.

Group members try to minimize conflict and reach a consensus decision without critical evaluation of alternative viewpoints.

Solution:

1. Groupthink is most likely to occur in highly cohesive groups where members are similar in background.
2. A critical trigger for Groupthink is when the group is under high stress to make a vital decision or meet a deadline.
3. In such situations, the pressure to "agree" overrides the motivation to realistically appraise alternative courses of action.
4. Encouraging critical thinking or having a diverse group actually helps prevent Groupthink.

Final Answer: Groupthink is most likely to occur when the group is under high stress to make a decision.

Answer: (B)

Q29.

Solution**Concept:**

Observational Learning, also known as Social Learning Theory, was popularized by Albert Bandura.

It suggests that people can learn new behaviors simply by watching others, rather than through direct personal experience or reinforcement.

Solution:

1. Vicarious Learning occurs when an individual observes the consequences of another person's (a model's) actions.
2. If the model is rewarded, the observer is likely to imitate the behavior; if the model is punished, the observer avoids it.
3. This "learning through the experience of others" is a hallmark of Observational Learning.
4. Classical and Operant conditioning require direct experience/association.

Final Answer: 'Vicarious Learning' is primarily associated with Observational Learning.

Answer: (C)



Q30.

Solution**Concept:**

Rational Emotive Therapy (now called Rational Emotive Behavior Therapy or REBT) is a pioneering form of Cognitive Behavior Therapy (CBT).

It focuses on identifying, challenging, and replacing self-defeating beliefs with healthier, more rational ones.

Solution:

1. This therapy was developed by Albert Ellis in the 1950s.
2. Ellis believed that it is not events that cause emotional distress, but rather our irrational "beliefs" about those events.
3. Aaron Beck developed Cognitive Therapy, while Carl Rogers is known for Client-Centered Therapy.
4. Victor Frankl is the founder of Logotherapy.

Final Answer: Rational Emotive Therapy (RET) was developed by Albert Ellis.

Answer: (A)

Q31.

Solution**Concept:**

Cognitive Dissonance is a theory developed by Leon Festinger.

It refers to the mental discomfort experienced by a person who holds two or more contradictory beliefs, ideas, or values.

This discomfort is often felt as a state of psychological tension, which motivates the individual to reduce the dissonance by changing their attitudes or behaviors.

Solution:

1. When there is a mismatch between what we believe and how we act, or between two conflicting attitudes, cognitive dissonance occurs.
2. For example, if a person knows smoking is harmful (Cognition A) but continues to smoke (Behavior/Cognition B), they experience tension.
3. Attitude polarization refers to the strengthening of an existing belief, while prejudice is a preconceived opinion.
4. Discrimination is the behavioral component involving unfair treatment.

Final Answer: A state of psychological tension produced by conflicting attitudes is called Cognitive Dissonance.

Answer: (A)



Q32.

Solution**Concept:**

Charles Spearman, an English psychologist, proposed the Two-Factor Theory of intelligence in 1904.

He used a statistical method called factor analysis to show that intelligence consists of a general factor and several specific factors.

Solution:

1. According to Spearman, 'g' (General Factor) represents the mental energy required for all cognitive tasks.
2. The 's' (Specific Factor) represents specific abilities required for particular tasks (e.g., mathematical, verbal, or musical).
3. Louis Thurstone proposed Primary Mental Abilities, while J.P. Guilford proposed the Structure of Intellect model.
4. Arthur Jensen proposed the Hierarchical Model (Level I and Level II learning).

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

Answer: (B)

Q33.

Solution**Concept:**

Eating disorders are serious conditions related to persistent eating behaviors that negatively impact health and emotions.

The two most common types are Anorexia Nervosa and Bulimia Nervosa, both of which involve an intense fear of gaining weight.

Solution:

1. Anorexia Nervosa is characterized by an obsessive desire to lose weight by refusing to eat and exercising excessively.
2. Individuals with Anorexia often have a distorted body image, seeing themselves as overweight even when they are dangerously underweight.
3. Bulimia Nervosa involves a cycle of binge eating followed by purging (vomiting or laxatives).
4. Body Dysmorphic Disorder is a preoccupation with a perceived defect in physical appearance, not necessarily related to weight.

Final Answer: The disorder involving an obsession with thinness and self-starvation is Anorexia Nervosa.

Answer: (B)



Q34.

Solution**Concept:**

Abraham Maslow, a humanistic psychologist, proposed the Hierarchy of Needs.

He suggested that human beings are motivated by a hierarchy of needs, ranging from basic physiological requirements to higher-level psychological needs.

Solution:

1. The levels are: Physiological, Safety, Belongingness/Love, Esteem, and Self-Actualization.
2. Self-Actualization is the final and highest stage, representing the realization of one's full potential and the desire to become everything one is capable of becoming.
3. Sigmund Freud focused on unconscious drives, and Carl Jung focused on the collective unconscious.
4. Karen Horney focused on interpersonal relationships and basic anxiety.

Final Answer: 'Self-Actualization' is the pinnacle of the hierarchy of needs proposed by Abraham Maslow.

Answer: (B)

Q35.

Solution**Concept:**

Carl Jung, a Swiss psychiatrist, classified people into two major personality types based on their orientation of life energy (libido).

These types describe how individuals interact with the world and where they draw their psychological energy from.

Solution:

1. Introverts are people whose energy is directed inward. They are typically quiet, reflective, and prefer solitary activities over large social gatherings.
2. Extroverts are people whose energy is directed outward. They are sociable, active, and enjoy being around others.
3. Ambiverts (a term added later by others) are people who fall in the middle of the spectrum.
4. Psychotic is a clinical term referring to a loss of contact with reality, not a personality type in this context.

Final Answer: A person who is quiet and enjoys solitary activities would be classified by Jung as an Introvert.

Answer: (B)



Q36.

Solution**Concept:**

Behavioral analysis often uses a structured approach to understand the environmental context of a specific behavior.

The A-B-C model is a functional assessment tool used by therapists to identify the triggers and reinforcements for a behavior, which then helps in designing an effective intervention plan.

Solution:

1. **A** stands for **Antecedent**: This refers to the events or triggers that occur immediately before the behavior happens.
2. **B** stands for **Behavior**: This is the specific action or response performed by the individual that is being analyzed.
3. **C** stands for **Consequence**: This refers to what happens immediately after the behavior, which either reinforces or discourages the behavior from occurring again.
4. By modifying either the Antecedents or the Consequences, a therapist can effectively change the Behavior.

Final Answer: 'A-B-C' analysis in behavior therapy stands for Antecedent, Behavior, Consequence.

Answer: (B)

Q37.

Solution**Concept:**

Bruce Tuckman proposed a model for the stages of group development, which explains how a team or group matures over time.

He suggested that every group goes through a series of inevitable phases to reach maximum effectiveness.

Solution:

1. **Forming**: Members get to know each other and establish ground rules.
2. **Storming**: Conflict arises as members compete for status and disagree on goals.
3. **Norming**: Conflicts are resolved, and a sense of group cohesion and shared expectations develops.
4. **Performing**: The group is fully functional and works efficiently toward its goals.
5. **Adjourning**: The group disbands after completing its task.
6. The correct chronological sequence is: Forming → Storming → Norming → Performing → Adjourning.

Final Answer: The correct order is Forming, Storming, Norming, Performing, Adjourning.

Answer: (B)



Q38.

Solution**Concept:**

Defense mechanisms are unconscious psychological strategies used by the Ego to protect itself from anxiety arising from unacceptable thoughts or feelings.

Sigmund Freud and later Anna Freud identified several distinct types of these mechanisms.

Solution:

1. **Projection**: This involves taking one's own unacceptable qualities or feelings and ascribing them to other people. For example, if you dislike someone, you might convince yourself that they dislike you.
2. **Displacement**: Shifting impulses from an unacceptable target to a safer one (e.g., yelling at a sibling instead of a boss).
3. **Reaction Formation**: Behaving in a way that is exactly the opposite of one's true feelings.
4. **Regression**: Returning to an earlier, more primitive stage of development.

Final Answer: The mechanism of attributing one's own urges to others is Projection.

Answer: (B)

Q39.

Solution**Concept:**

Interpersonal intelligence is one of Howard Gardner's eight intelligences.

It relates to how well an individual can navigate social complexities and understand others.

Solution:

1. Individuals high in Interpersonal intelligence are sensitive to the moods, temperaments, motivations, and intentions of others.
2. They are skilled at verbal and non-verbal communication and are often seen as empathetic and influential leaders.
3. Understanding one's *own* feelings refers to "Intrapersonal" intelligence.
4. Solving puzzles refers to Logical-Mathematical intelligence, and musical ability refers to Musical intelligence.

Final Answer: A person with high Interpersonal Intelligence is good at understanding the motives and feelings of others.

Answer: (B)



Q40.

Solution**Concept:**

The Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5), reorganized several disorder categories to better reflect clinical similarities.

While PTSD was previously classified as an Anxiety Disorder in older manuals, it was moved to a new specific category.

Solution:

1. Post-Traumatic Stress Disorder (PTSD) is triggered by exposure to a terrifying or traumatic event.
2. In DSM-5, it is placed under the category of **Trauma- and Stressor-Related Disorders**.
3. This category also includes Adjustment Disorders and Reactive Attachment Disorder.
4. This change highlights that the presence of a stressful or traumatic "trigger" is a requirement for the diagnosis.

Final Answer: PTSD falls under the category of Trauma- and Stressor-Related Disorders.

Answer: (B)

Q41.

Solution**Concept:**

Psychological tests are often designed to measure specific personality traits or orientations that influence health and well-being.

Optimism is a generalized expectation that good things will happen in the future.

The Life Orientation Test (LOT), developed by Scheier and Carver, is the most widely used psychometric instrument to assess individual differences in generalized optimism versus pessimism.

Solution:

1. The Life Orientation Test consists of items that ask individuals to rate their level of agreement with statements about their expectations.
2. It is primarily used in health psychology to see how a positive or negative outlook affects recovery from illness or management of stress.
3. It does not measure intelligence, clinical anxiety, or the stressor itself, but rather the internal "orientation" or disposition of the person.

Final Answer: The Life Orientation Test (LOT) is used to measure Optimism.

Answer: (B)



Q42.

Solution**Concept:**

In social psychology, it is important to distinguish between a functional group and a simple collection of individuals.

A group requires interaction, a common goal, and a sense of shared identity.

An aggregate, however, is a collection of people who happen to be in the same place at the same time but lack significant interaction or a common purpose.

Solution:

1. People standing at a railway station or waiting for a bus are physically close but do not necessarily interact or share a collective identity.
2. They are not working together as a "Team" or an "Organization."
3. Because they are simply a numerical collection of individuals in a shared space by chance, they are termed as an ****Aggregate****.

Final Answer: A collection of people together by chance is called an Aggregate.

Answer: (C)

Q43.

Solution**Concept:**

Systematic Desensitization is a behavioral therapy technique developed by Joseph Wolpe.

It is based on the principle of classical conditioning, specifically "reciprocal inhibition," which suggests that one cannot be relaxed and anxious at the same time.

The technique involves creating a hierarchy of fears and pairing them with deep relaxation exercises.

Solution:

1. This therapy is specifically designed to treat irrational fears or Phobias.
2. The client is gradually exposed to the feared object (either in reality or imagination) while maintaining a relaxed state.
3. Over time, the association between the stimulus and the fear response is weakened and replaced by a relaxation response.
4. It is less effective for complex conditions like Schizophrenia or major Personality Disorders which require biological or intensive psychodynamic/cognitive interventions.

Final Answer: Systematic Desensitization is most effective in treating Phobias.

Answer: (B)



Q44.

Solution**Concept:**

Emotional Intelligence (EI or EQ) is the ability to perceive, control, and evaluate emotions. Salovey and Mayer, and later Daniel Goleman, defined it as a set of skills including self-awareness, empathy, and emotional regulation.

Solution:

1. Emotional Intelligence involves the capacity to monitor one's own and others' feelings.
2. It includes using this emotional information to guide one's thinking and behavior effectively.
3. Fluid intelligence refers to abstract reasoning, and Crystallized intelligence refers to accumulated knowledge.
4. Because the question specifically mentions "managing emotions" to guide actions, it identifies Emotional Intelligence.

Final Answer: This type of intelligence is Emotional Intelligence.

Answer: (C)

Q45.

Solution**Concept:**

In Freud's psychoanalytic theory, the human psyche is driven by two primary instincts: Eros (the life instinct) and Thanatos (the death instinct).

The energy associated with the life instinct is what fuels personality development and survival behaviors.

Solution:

1. Libido is the term Freud used to describe the dynamic manifestation of the life instinct (Eros) in the mind.
2. While it is often associated with sexual drive, in a broader sense, it represents the general "life energy" or desire for creation, productivity, and preservation.
3. It is the energy that the Ego uses to manage the Id's demands.
4. Death instinct refers to aggression or self-destruction, which is separate from the Libido.

Final Answer: The 'Libido' in Freud's theory refers to Life energy/Sexual drive.

Answer: (B)



Q46.

Solution**Concept:**

Disruptive, Impulse-Control, and Conduct Disorders involve problems in the self-control of emotions and behaviors.

Conduct Disorder is a more severe condition than Oppositional Defiant Disorder (ODD).

It involves a repetitive and persistent pattern of behavior in which the basic rights of others or major age-appropriate societal norms or rules are violated.

Solution:

1. The description specifically mentions the "violation of basic rights of others" and "societal norms."
2. These are the hallmark diagnostic criteria for Conduct Disorder.
3. Examples include aggression toward people or animals, destruction of property, deceitfulness, or theft.
4. ADHD is characterized by inattention and hyperactivity, while ODD involves being argumentative and defiant but usually without the level of aggression or rights violation seen in Conduct Disorder.

Final Answer: The child is diagnosed with Conduct Disorder.

Answer: (B)

Q47.

Solution**Concept:**

Compliance is a type of social influence where an individual responds favorably to a request from another person.

Psychologists have identified several techniques used to increase the likelihood of compliance, such as the "Foot-in-the-door" and "Door-in-the-face" techniques.

Solution:

1. The "Foot-in-the-door" technique starts by getting a person to agree to a small, insignificant request.
2. Once they have agreed to the small request, they are more likely to agree to a larger, related request later due to a desire for consistency.
3. This is a classic method used to gain **Compliance**.
4. Obedience involves following a direct order from an authority figure, and Conformity involves changing behavior to match a group.

Final Answer: The 'Foot-in-the-door' technique is a method used for Compliance.

Answer: (B)



Q48.

Solution**Concept:**

The Humanistic approach to personality, represented by thinkers like Carl Rogers and Abraham Maslow, emphasizes personal growth, free will, and the inherent goodness of people.

Rogers believed that for a person to "grow" and achieve self-actualization, they need an environment that provides them with genuineness, acceptance, and empathy.

Solution:

1. **Unconditional Positive Regard** is a term coined by Carl Rogers.
2. It refers to the basic acceptance and support of a person regardless of what the person says or does.
3. This is a core component of Client-Centered Therapy within the **Humanistic** approach.
4. The Behavioral approach focuses on reinforcement, and the Psychodynamic approach focuses on unconscious conflicts.

Final Answer: The Humanistic approach emphasizes Unconditional Positive Regard.

Answer: (C)

Q49.

Solution**Concept:**

Social Facilitation is the tendency for people to perform differently when in the presence of others than when alone.

According to Robert Zajonc's drive theory, the presence of others increases physiological arousal, which strengthens the most likely (dominant) response.

Solution:

1. On a **simple** or well-rehearsed task, the dominant response is usually the correct one.
2. Therefore, increased arousal leads to improved performance on these simple tasks. This is called **Social Facilitation**.
3. If the task is complex or new, the dominant response is often incorrect, leading to a decline in performance (Social Inhibition).
4. Group polarization and deindividuation are different group phenomena related to decision-making and loss of self-awareness.

Final Answer: This phenomenon is Social Facilitation.

Answer: (B)



Q50.

Solution**Concept:**

Schizophrenia symptoms are divided into positive and negative categories based on whether they reflect an excess or a deficit of normal functioning.

Positive symptoms represent an addition to a person's behavior or experience that most people do not have.

Solution:

1. **Hallucinations** (sensory experiences without external stimuli) and **Delusions** (false beliefs) are the most common positive symptoms.
2. Avolition (lack of goal-directed behavior), Anhedonia (loss of pleasure), and Social withdrawal are all **Negative** symptoms because they represent the "loss" of normal traits.
3. Since hallucinations represent a pathological "excess" or distortion of reality, they are classified as positive symptoms.

Final Answer: Hallucinations are a 'Positive' symptom of Schizophrenia.

Answer: (C)



Answer Key

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

