

CUET-UG Psychology Sample Paper-4

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, which functional unit of the brain is responsible for the serial arrangement of information, such as learning a list of dates in history?

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

Q2. Which of the following best describes the concept of 'Mental Age' as originally proposed by Binet and Simon?

- (A) The actual chronological age of the child since birth.
- (B) A measure of a person's intellectual development relative to people of their own age group.
- (C) A fixed score that determines a person's potential for life.
- (D) The score obtained on a non-verbal performance test.

Q3. A student is exceptionally good at understanding their own strengths and weaknesses and often uses this self-knowledge to make career decisions. According to Gardner, they are high in:

- (A) Interpersonal Intelligence
- (B) Intrapersonal Intelligence



- (C) Existential Intelligence
- (D) Naturalistic Intelligence

Q4. In Sternberg's Triarchic theory, "Street Smarts" or the ability to adapt to one's environment to achieve personal goals is known as:

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

Q5. J.P. Guilford's Structure of Intellect (SI) model organizes mental abilities into three dimensions. Which dimension refers to the nature of information on which intellectual operations are performed?

- (A) Operations
- (B) Products
- (C) Contents
- (D) Processes

Q6. Which of the following is a characteristic of 'Giftedness' as defined by psychologists?

- (A) High IQ but low creativity.
- (B) Accelerated pace of learning and high level of persistence.
- (C) Exceptional performance in only one specific field like music.
- (D) Superiority in rote memorization and repetitive tasks.

Q7. In Freud's structural model of personality, which component acts as the "internalized parent" and represents the moral standards of society?

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



(D) Libido

Q8. According to Karen Horney, individuals who seek to cope with 'Basic Anxiety' by being highly submissive and dependent on others are following which neurotic trend?

(A) Moving Against people

(B) Moving Toward people

(C) Moving Away from people

(D) Moving Over people

Q9. A person who is frequently worried, insecure, and emotionally unstable would score high on which dimension of the Big Five Model?

(A) Conscientiousness

(B) Extraversion

(C) Neuroticism

(D) Agreeableness

Q10. Carl Jung proposed that certain universal themes and symbols (like the 'Wise Old Man' or the 'Hero') are inherited from our ancestors. He called these:

(A) Personal complexes

(B) Archetypes

(C) Surface traits

(D) Source traits

Q11. Which approach to personality focuses on the concept of 'Reciprocal Determinism,' where behavior, environment, and personal factors influence each other?

(A) Psychodynamic Approach

(B) Humanistic Approach

(C) Social-Cognitive Approach



(D) Type Approach

Q12. The 16PF (Sixteen Personality Factor) questionnaire was developed using factor analysis by which theorist?

- (A) Hans Eysenck
- (B) Raymond Cattell
- (C) Gordon Allport
- (D) Carl Rogers

Q13. In the Thematic Apperception Test (TAT), the subject is asked to construct a story about a picture. What specific aspect of the story is the examiner primarily looking for to assess personality?

- (A) The grammatical correctness of the sentences.
- (B) The identification of the hero and the underlying needs/presses.
- (C) The speed at which the subject recognizes the shapes.
- (D) The literal description of the colors in the picture.

Q14. In Lazarus's model of stress, evaluating whether one has the necessary resources (skills, money, time) to cope with a stressful event occurs during:

- (A) Primary Appraisal
- (B) Secondary Appraisal
- (C) Tertiary Appraisal
- (D) Alarm Reaction

Q15. Which of the following is an example of an 'Information Seeking' coping strategy?

- (A) Going for a run to clear your head.
- (B) Researching the side effects of a medication prescribed by a doctor.
- (C) Denying that a problem exists.
- (D) Blaming others for a personal failure.



- Q16.** During the 'Exhaustion' stage of Selye's GAS model, what is the primary cause of illness?
- (A) The sudden release of adrenaline.
 - (B) The body's successful adaptation to the stressor.
 - (C) The depletion of the body's physical and emotional resources.
 - (D) The activation of the parasympathetic nervous system.
- Q17.** Which personality type, often linked to an increased risk of cancer, is characterized by being unassertive, cooperative, and prone to suppressing negative emotions?
- (A) Type A
 - (B) Type B
 - (C) Type C
 - (D) Type D
- Q18.** The feeling of being "stretched" between two equally attractive or unattractive goals is a psychological source of stress known as:
- (A) Frustration
 - (B) Conflict
 - (C) Internal Pressure
 - (D) Social Pressure
- Q19.** 'Biofeedback' as a stress management technique is primarily used to gain voluntary control over:
- (A) External environmental noise.
 - (B) Repressed childhood memories.
 - (C) Involuntary physiological functions like heart rate and skin temperature.
 - (D) Irrational belief systems.



- Q20.** An individual who experiences a loss of sensory or motor function (like sudden blindness) with no medical or neurological cause is likely suffering from:
- (A) Somatic Symptom Disorder
 - (B) Conversion Disorder
 - (C) Illness Anxiety Disorder
 - (D) Generalized Anxiety Disorder
- Q21.** 'Avolition' and 'Alogia' are examples of which type of Schizophrenia symptoms?
- (A) Positive Symptoms
 - (B) Psychomotor Symptoms
 - (C) Negative Symptoms
 - (D) Disorganized Symptoms
- Q22.** Which disorder involves a pattern of disregard for and violation of the rights of others, often appearing before the age of 15?
- (A) Narcissistic Personality Disorder
 - (B) Antisocial Personality Disorder
 - (C) Borderline Personality Disorder
 - (D) Histrionic Personality Disorder
- Q23.** In the context of mood disorders, 'Dysthymia' refers to:
- (A) A severe manic episode requiring hospitalization.
 - (B) A mild but chronic form of depression lasting at least two years.
 - (C) A sudden panic attack triggered by a phobia.
 - (D) The complete loss of memory regarding one's identity.
- Q24.** A person who washes their hands 50 times a day to avoid perceived contamination is exhibiting a(n):
- (A) Obsession



- (B) Compulsion
- (C) Hallucination
- (D) Delusion

Q25. Which of the following is NOT a Neurodevelopmental Disorder according to the DSM-5?

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

Q26. In Behavior Therapy, which technique involves pairing a feared object with a pleasant stimulus to eliminate the fear response?

- (A) Aversive Conditioning
- (B) Counter-conditioning
- (C) Negative Reinforcement
- (D) Free Association

Q27. The concept of 'Empathy' in Client-Centered Therapy refers to the therapist's ability to:

- (A) Feel sorry for the client's situation.
- (B) Understand the client's experience from the client's internal frame of reference.
- (C) Tell the client exactly what to do to solve their problems.
- (D) Judge whether the client's feelings are logical.

Q28. In Rational Emotive Behavior Therapy (REBT), the primary goal is to help the client:

- (A) Uncover repressed sexual desires.
- (B) Achieve a state of deep physical relaxation.



- (C) Challenge and replace irrational "musts" and "shoulds."
- (D) Interpret the latent content of their dreams.

Q29. 'Logotherapy' was developed by Viktor Frankl to help individuals find meaning in their life. This therapy belongs to which school of thought?

- (A) Psychodynamic
- (B) Behavioral
- (C) Existential-Humanistic
- (D) Biomedical

Q30. Which therapeutic technique is most effective for treating phobias by creating a hierarchy of anxiety and using relaxation training?

- (A) Token Economy
- (B) Systematic Desensitization
- (C) Modelling
- (D) Cognitive Restructuring

Q31. The 'Empty Chair' technique is a hallmark of which therapy?

- (A) Psychoanalysis
- (B) Behavior Therapy
- (C) Gestalt Therapy
- (D) Cognitive Therapy

Q32. In Heider's Balance Theory (P-O-X), an imbalanced state is characterized by:

- (A) A positive product of the three relationship signs.
- (B) Psychological comfort and stability.
- (C) A negative product of the three relationship signs.
- (D) All three relationships being positive.



- Q33.** According to Leon Festinger, when an individual holds two conflicting cognitions, they experience a state of psychological tension called:
- (A) Social Facilitation
 - (B) Cognitive Dissonance
 - (C) Groupthink
 - (D) Deindividuation
- Q34.** The 'Two-Step Concept' of attitude change was proposed by which Indian psychologist?
- (A) S.M. Mohsin
 - (B) N.K. Chadha
 - (C) Girishwar Misra
 - (D) Durganand Sinha
- Q35.** 'Stereotypes' represent which component of an attitude?
- (A) Affective Component
 - (B) Behavioral Component
 - (C) Cognitive Component
 - (D) Conative Component
- Q36.** Attitude change is more likely to be permanent if it happens through the:
- (A) Peripheral route of persuasion.
 - (B) Central route of persuasion.
 - (C) Coercive method.
 - (D) Mere exposure effect.
- Q37.** The 'Fundamental Attribution Error' refers to our tendency to:
- (A) Overestimate situational factors when judging others.



- (B) Overestimate internal/personality factors and underestimate situational factors when judging others.
- (C) Blame ourselves for every failure.
- (D) Assume everyone agrees with our point of view.

Q38. In which stage of group development (Tuckman) do members begin to accept each other and develop a strong sense of group cohesiveness?

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

Q39. 'Social Loafing' is less likely to occur when:

- (A) The group size is very large.
- (B) Individual contributions are not identifiable.
- (C) The task is perceived as personally meaningful or important.
- (D) Members believe their effort is redundant.

Q40. 'Groupthink' is most likely to occur in groups that are:

- (A) Highly diverse and open to criticism.
- (B) Highly cohesive and isolated from outside opinions.
- (C) Led by a weak, indecisive leader.
- (D) Recently formed and lack clear goals.

Q41. Which form of social influence involves changing behavior to match the group norm in order to be "right" or "accepted"?

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



(D) Reactance

Q42. In Milgram's famous experiment, participants continued to deliver shocks primarily due to:

- (A) Their innate aggressive nature.
- (B) The presence of a peer who was also delivering shocks.
- (C) The perceived legitimacy of the authority figure.
- (D) A financial bribe.

Q43. A crowd becomes a 'group' when there is:

- (A) Physical proximity among people.
- (B) A common goal and psychological interdependence.
- (C) A large number of people in one place.
- (D) Loud noise and excitement.

Q44. The 'Personal Space' that is maintained during formal interactions (like a job interview) is known as:

- (A) Intimate Distance
- (B) Personal Distance
- (C) Social Distance
- (D) Public Distance

Q45. Which of the following is an example of 'Pro-environmental Behavior'?

- (A) Using disposable plastic bags for every purchase.
- (B) Leaving lights on in unoccupied rooms.
- (C) Reducing the consumption of non-renewable resources.
- (D) Increasing the use of private vehicles for short distances.

Q46. The phenomenon where the presence of a large number of bystanders decreases the likelihood of any one person helping is called:



- (A) Altruism
- (B) Diffusion of Responsibility
- (C) Social Facilitation
- (D) Empathy-Altruism Hypothesis

Q47. Which type of conflict involves a struggle between groups over perceived "scarce resources" like land or power?

- (A) Intra-group conflict
- (B) Inter-group conflict
- (C) Personal conflict
- (D) Cognitive conflict

Q48. A researcher wants to ensure that their new intelligence test yields the same results when given to the same person on two different days. The researcher is concerned with the test's:

- (A) Validity
- (B) Reliability
- (C) Norms
- (D) Objectivity

Q49. Which psychologist is associated with the study of 'Observational Learning' and the Bobo doll experiment?

- (A) B.F. Skinner
- (B) Ivan Pavlov
- (C) Albert Bandura
- (D) Jean Piaget



- Q50.** In the context of stress, 'Hardiness' is characterized by the three Cs: Commitment, Control, and:
- (A) Calmness
 - (B) Challenge
 - (C) Courage
 - (D) Compassion



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

Concept: The PASS theory of intelligence (Planning, Attention-Arousal, Simultaneous, and Successive) was developed by J.P. Das, Jack Naglieri, and Kirby. It describes intelligence as a set of functional units in the brain that process information in different ways. Successive processing specifically refers to the ability to arrange stimuli in a specific linear or serial order.

Solution: 1. Successive processing is required when the sequence of items is critical for meaning and recall. 2. In the context of history, learning a list of dates requires maintaining the chronological order; if the order is lost, the information becomes incorrect or nonsensical. 3. Other examples include memorizing a phone number, learning the alphabet, or following step-by-step instructions. 4. Simultaneous processing, by contrast, involves perceiving elements as a whole (like a map or a painting), while Planning and Attention provide the cognitive control and focus needed for these processes to occur.

Final Answer: Successive Processing

Answer: (B)

Q2.**Solution**

Concept: Mental Age (MA) is a measure of intellectual development introduced by Alfred Binet and Theodore Simon. It represents an individual's level of mental functioning compared to the average performance of individuals at various chronological ages.

Solution: 1. Binet and Simon developed the first intelligence test to identify children who needed special educational support. 2. They established the average performance level for each age group (e.g., what an average 5-year-old or 10-year-old could solve). 3. If a child successfully completes tasks typical for a specific age group, they are assigned that "Mental Age," regardless of their actual age since birth (Chronological Age). 4. Unlike chronological age, which is fixed by time, Mental Age describes a person's intellectual standing relative to their peers.

Final Answer: A measure of a person's intellectual development relative to people of their own age group.

Answer: (B)



Q3.

Solution

Concept: Howard Gardner's Theory of Multiple Intelligences suggests that intelligence is not a single entity but a collection of distinct modalities. Intrapersonal intelligence specifically refers to the capacity to understand oneself, including one's own emotions, motivations, strengths, and limitations.

Solution: 1. Intrapersonal intelligence involves "intra" (within) the person. It is the ability to form an accurate model of oneself and use that model to operate effectively in life. 2. The student in the question uses self-knowledge to make career decisions, which is a key application of intrapersonal intelligence. 3. In contrast, Interpersonal intelligence involves understanding and interacting with other people, while Naturalistic intelligence involves sensitivity to the environment and nature.

Final Answer: Intrapersonal Intelligence

Answer: (B)

Q4.

Solution

Concept: Robert Sternberg's Triarchic Theory of Intelligence consists of three types of intelligence: Componential (Analytical), Experiential (Creative), and Contextual (Practical).

Solution: 1. Contextual Intelligence is often referred to as "street smarts." It involves the ability to adapt to, shape, or select environments to fit one's needs and achieve goals. 2. People high in contextual intelligence are effective at navigating everyday challenges and applying what they know to real-world situations. 3. Componential intelligence focuses on academic problem-solving, while Experiential intelligence focuses on dealing with novelty and creating new ideas.

Final Answer: Contextual Intelligence

Answer: (C)

Q5.

Solution

Concept: J.P. Guilford's Structure of Intellect (SI) model classifies intellectual abilities along three dimensions: Operations, Contents, and Products. The "Contents" dimension refers to the type or nature of information on which mental operations are performed (e.g., visual, auditory, symbolic, semantic, behavioral).

Solution: The question asks which dimension represents the nature of information being processed. In Guilford's model, "Operations" describe the mental processes (such as memory or evaluation), and "Products" describe the outcomes or forms of processed information. However, "Contents" specifically refers to the kind of information being dealt with. Therefore, the correct answer is "Contents."

Final Answer: Contents

Answer: (C)



Q6.

Solution

Concept: Giftedness is a high degree of general capability and superior performance in a wide range of areas. Psychologists view giftedness as a combination of high ability, high creativity, and high commitment (persistence) to tasks.

Solution: 1. Gifted individuals demonstrate an accelerated pace of learning; they often require less repetition and can grasp complex concepts much faster than their peers. 2. They show a high level of persistence and task commitment, often becoming deeply absorbed in problems until they find a solution. 3. While high IQ is often associated with giftedness, it is not the only factor; true giftedness also involves independent thinking and original ideas. 4. Option C describes 'Talent' (exceptional ability in a specific niche), whereas giftedness is usually broader in scope. Rote memorization (Option D) is a lower-level cognitive skill and not the defining trait of a gifted mind.

Final Answer: Accelerated pace of learning and high level of persistence.

Answer: (B)

Q7.

Solution

Concept: Sigmund Freud's structural model of personality divides the human psyche into three distinct but interacting components: the Id, the Ego, and the Superego. Each part plays a unique role in determining behavior and personality.

Solution: 1. The Superego is the moral branch of personality. It represents the "internalized parent" and includes the conscience and the ideal self, based on societal and parental standards of right and wrong. 2. The Id operates on the pleasure principle, seeking immediate gratification of primal urges. 3. The Ego operates on the reality principle, mediating between the unrealistic demands of the Id and the idealistic constraints of the Superego. 4. Libido is the psychic energy or drive associated with the life instinct, rather than a structural component of personality itself.

Final Answer: Superego

Answer: (C)



Q8.

Solution

Concept: Karen Horney, a neo-Freudian, proposed that individuals experience "Basic Anxiety" due to feelings of isolation and helplessness in a potentially hostile world. To cope, individuals develop specific neurotic trends or interpersonal orientations.

Solution: 1. Moving Toward people is the trend where an individual seeks to deal with anxiety by being submissive, compliant, and dependent. They have an intense need for affection and approval. 2. Moving Against people involves a hostile or aggressive stance, viewing life as a struggle where only the strong survive. 3. Moving Away from people involves detachment and a need for total independence and privacy to avoid emotional involvement. 4. Moving Over people is not one of Horney's recognized neurotic trends.

Final Answer: Moving Toward people

Answer: (B)

Q9.

Solution

Concept: The Big Five Model (Five-Factor Model) of personality categorizes human personality into five broad dimensions: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism (often remembered by the acronym OCEAN).

Solution: 1. Neuroticism is the dimension that measures emotional stability versus instability. 2. Individuals who score high on Neuroticism tend to experience negative emotions more intensely and frequently. They are often characterized as being worried, anxious, insecure, and temperamental. 3. High scorers are more likely to interpret ordinary situations as threatening and minor frustrations as hopelessly difficult. 4. Conversely, those who score low on this dimension are generally calm, even-tempered, and secure.

Final Answer: Neuroticism

Answer: (C)



Q10.

Solution

Concept: Carl Jung, the founder of Analytical Psychology, expanded the concept of the unconscious mind. He proposed that in addition to the personal unconscious, there exists a collective unconscious—a storehouse of latent memory traces inherited from our ancestral past.

Solution: 1. Archetypes are the universal, inborn models of people, behaviors, or personalities that play a role in influencing human behavior. 2. These are collective patterns or images that appear in myths, dreams, and religions across different cultures and time periods. Common examples include the Mother, the Hero, the Shadow, and the Wise Old Man. 3. Personal complexes refer to the personal unconscious consisting of suppressed or forgotten individual experiences. 4. Surface traits and Source traits are concepts belonging to Raymond Cattell's trait theory, not Jungian psychology.

Final Answer: Archetypes

Answer: (B)

Q11.

Solution

Concept: Reciprocal Determinism is a central concept in Albert Bandura's Social-Cognitive Theory. It posits that an individual's behavior is influenced by, and influences, both personal factors and the social environment.

Solution: 1. The Social-Cognitive Approach emphasizes the role of cognitive processes (thoughts, expectations, and beliefs) in personality. 2. Reciprocal Determinism suggests a three-way, interlocking relationship: Personal factors (like beliefs or personality traits) affect how a person behaves, which in turn affects their environment. Simultaneously, the environment can change a person's thoughts or behavior. 3. This is distinct from the Psychodynamic approach (internal conflicts) or the Humanistic approach (self-actualization and free will).

Final Answer: Social-Cognitive Approach

Answer: (C)



Q12.

Solution

Concept: The 16PF (Sixteen Personality Factor) Questionnaire is a self-report personality inventory. It is based on trait theory, which seeks to identify the primary dimensions of personality through statistical methods.

Solution: 1. Raymond Cattell used a statistical technique called factor analysis to narrow down thousands of personality traits into 16 primary source traits. 2. He believed these 16 factors were the building blocks of human personality. 3. Hans Eysenck proposed a different model with only three dimensions (PEN model), while Gordon Allport was known for categorizing traits into cardinal, central, and secondary types without relying heavily on factor analysis for his primary theories. Carl Rogers is a humanistic theorist, not a trait theorist.

Final Answer: Raymond Cattell

Answer: (B)

Q13.

Solution

Concept: The Thematic Apperception Test (TAT), developed by Morgan and Murray, is a projective personality test. It consists of 30 black-and-white picture cards depicting ambiguous social situations. The test is based on the idea that people project their own unconscious feelings and needs into the stories they create.

Solution: 1. In the TAT, the examiner analyzes the content of the story to identify the "hero" (the character with whom the subject identifies). 2. The analysis focuses on "needs" (internal motivations or drives of the hero) and "presses" (environmental forces or obstacles acting upon the hero). 3. Unlike objective tests, the TAT does not measure grammar, reaction speed, or literal perception, but rather the underlying themes of the individual's personality and conflicts.

Final Answer: The identification of the hero and the underlying needs/presses.

Answer: (B)



Q14.

Solution

Concept: Richard Lazarus's Cognitive Appraisal theory describes how individuals mentally process potentially stressful events. Stress is not seen as an external stimulus, but as a result of the interaction between the person and the environment.

Solution: 1. Primary Appraisal involves judging the initial impact of the event (e.g., "Is this a threat, a challenge, or irrelevant?"). 2. Secondary Appraisal occurs when the individual evaluates their ability to cope with that threat. They assess their available resources, such as social support, financial means, and personal skills. 3. If the resources are perceived as insufficient to meet the demands of the situation, the individual experiences stress. 4. Alarm Reaction is the first stage of Selye's General Adaptation Syndrome (GAS), not Lazarus's model.

Final Answer: Secondary Appraisal

Answer: (B)

Q15.

Solution

Concept: Information seeking is a problem-focused coping strategy. This approach involves gathering more data about a stressful situation to reduce uncertainty and gain a sense of control over the problem.

Solution: 1. Coping strategies are generally divided into problem-focused (addressing the source of stress) and emotion-focused (managing the emotional response). 2. Researching side effects of a medication is a direct action to understand a health-related stressor, making it an information-seeking behavior. 3. Going for a run is an emotion-focused strategy (distraction/physical release), while denial and blaming others are avoidant or maladaptive coping mechanisms.

Final Answer: Researching the side effects of a medication prescribed by a doctor.

Answer: (B)



Q16.

Solution

Concept: Hans Selye's General Adaptation Syndrome (GAS) explains the three-stage process the body goes through when responding to stress: Alarm Reaction, Resistance, and Exhaustion.

Solution: 1. In the Alarm stage, the body prepares for "fight or flight." In the Resistance stage, the body attempts to cope with the stressor and remain on high alert. 2. The Exhaustion stage occurs after prolonged exposure to the stressor. At this point, the body's physiological resources (like hormones and energy stores) are entirely depleted. 3. Because the immune system and organ systems are weakened by the long-term strain, the individual becomes highly vulnerable to "diseases of adaptation" such as heart disease or infections. 4. The parasympathetic nervous system (Option D) actually helps the body recover; its failure to effectively take over during chronic stress contributes to the exhaustion.

Final Answer: The depletion of the body's physical and emotional resources.

Answer: (B)

Q17.

Solution

Concept: Psychologists have identified various personality types linked to health outcomes. While Type A and Type B are more common in literature regarding heart disease, Type C was specifically proposed to describe a personality profile associated with cancer susceptibility.

Solution: 1. Type C personality is characterized by being cooperative, patient, and unassertive. 2. A defining feature is the tendency to suppress negative emotions, particularly anger, and to comply with the wishes of others even at the cost of personal needs. 3. Type A individuals are competitive and aggressive (linked to heart disease), Type B are relaxed and easy-going, and Type D (Distressed) individuals experience high levels of negative affect and social inhibition.

Final Answer: Type C

Answer: (C)

Q18.

Solution

Concept: In psychology, stress often arises from internal sources. A conflict occurs when a person must choose between two or more incompatible motives, goals, or impulses.

Solution: 1. Conflict is the specific state of tension that occurs when an individual is pulled in different directions by opposing goals. 2. There are different types of conflict: Approach-Approach (two attractive goals), Avoidance-Avoidance (two unattractive goals), and Approach-Avoidance (one goal with both positive and negative aspects). 3. Frustration occurs when a goal is blocked by an obstacle, whereas pressure refers to the expectations or demands to perform in a certain way.

Final Answer: Conflict

Answer: (B)



Q19.

Solution

Concept: Biofeedback is a stress management technique that uses electronic monitoring equipment to provide real-time information about an individual's physiological state. By making internal biological processes visible or audible, individuals can learn to influence them through conscious effort.

Solution: 1. Under normal circumstances, functions like heart rate, blood pressure, muscle tension, and skin temperature are regulated by the autonomic nervous system and are involuntary. 2. During biofeedback, sensors track these functions and provide feedback (via graphs, lights, or sounds). 3. Through relaxation and mental exercises, the individual learns to modify these readings, effectively gaining voluntary control over their stress-related physiological responses. 4. It does not address environmental noise (external), repressed memories (psychodynamic), or belief systems (cognitive).

Final Answer: Involuntary physiological functions like heart rate and skin temperature.

Answer: (C)

Q20.

Solution

Concept: Conversion Disorder (also known as Functional Neurological Symptom Disorder) is a psychological condition where emotional distress or psychological conflict is "converted" into physical symptoms that affect voluntary motor or sensory functions.

Solution: 1. The hallmark of Conversion Disorder is a significant loss of function—such as blindness, paralysis, or deafness—that cannot be explained by any physical illness or neurological damage. 2. Unlike Somatic Symptom Disorder, where the person is excessively worried about various physical pains, Conversion Disorder focuses on a specific loss of a sense or motor ability. 3. Illness Anxiety Disorder involves a preoccupation with having a serious disease without significant physical symptoms, while Generalized Anxiety Disorder is characterized by persistent, non-specific worry.

Final Answer: Conversion Disorder

Answer: (B)



Q21.

Solution

Concept: Schizophrenia symptoms are generally categorized into positive, negative, and psychomotor symptoms. Negative symptoms represent a "pathological deficit," or the absence or reduction of normal functions and behaviors.

Solution: 1. Avolition refers to a lack of motivation or ability to self-initiate and persist in goal-directed activities. 2. Alogia, or poverty of speech, refers to a reduction in the quantity of speech or speech content. 3. Both are considered negative symptoms because they involve a loss of normal functioning. Other negative symptoms include Anhedonia (inability to feel pleasure) and Flat Affect (diminished emotional expression). 4. Positive symptoms, by contrast, are "pathological excesses" such as delusions and hallucinations.

Final Answer: Negative Symptoms

Answer: (C)

Q22.

Solution

Concept: Personality disorders are characterized by enduring, inflexible patterns of inner experience and behavior. Cluster B disorders often involve dramatic, emotional, or erratic behaviors.

Solution: 1. Antisocial Personality Disorder (ASPD) is characterized by a long-standing pattern of disregard for the law and the rights of others. This includes deceitfulness, impulsivity, irritability, and a lack of remorse. 2. For a diagnosis, there must be evidence of a Conduct Disorder before the age of 15. 3. Narcissistic personality focuses on grandiosity and need for admiration; Borderline focuses on instability in relationships and self-image; and Histrionic involves excessive emotionality and attention-seeking.

Final Answer: Antisocial Personality Disorder

Answer: (B)

Q23.

Solution

Concept: Mood disorders involve significant disturbances in emotional state. Dysthymia, now often referred to as Persistent Depressive Disorder (PDD), is a chronic mood disorder that is less severe than major depressive disorder but lasts for a much longer duration.

Solution: 1. Dysthymia is characterized by a depressed mood that occurs for most of the day, for more days than not, for at least two years. 2. While the symptoms are not as disabling as major depression, the chronic nature of the disorder can significantly interfere with daily functioning and relationships. 3. Option A describes Mania (Bipolar I), Option C describes Panic Disorder/Phobia, and Option D describes Dissociative Amnesia or Fugue.

Final Answer: A mild but chronic form of depression lasting at least two years.

Answer: (B)



Q24.

Solution

Concept: Obsessive-Compulsive Disorder (OCD) is characterized by two main components: obsessions (intrusive, persistent thoughts) and compulsions (repetitive behaviors performed to reduce anxiety).

Solution: 1. The fear of contamination or germs is the "obsession"—the mental thought that causes distress. 2. The act of washing hands 50 times a day is the "compulsion"—the physical or mental repetitive action taken to neutralize the fear or follow a rigid set of rules. 3. Hallucinations and delusions are symptoms of psychotic disorders, not the primary features of the behavior described here.

Final Answer: Compulsion

Answer: (B)

Q25.

Solution

Concept: Neurodevelopmental disorders are a group of conditions that typically manifest early in development, often before the child enters grade school. These disorders are characterized by developmental deficits that produce impairments of personal, social, academic, or occupational functioning.

Solution: 1. ADHD (Attention-Deficit/Hyperactivity Disorder), Autism Spectrum Disorder, and Intellectual Disability are all primary examples of neurodevelopmental disorders as they affect the growth and development of the brain or central nervous system. 2. Bipolar Disorder, however, is classified as a Mood Disorder (specifically under Bipolar and Related Disorders in the DSM-5). While it can have an early onset, it is characterized by shifts in mood, energy, and activity levels rather than a primary deficit in early development.

Final Answer: Bipolar Disorder

Answer: (D)



Q26.

Solution

Concept: Counter-conditioning is a technique in behavior therapy based on the principles of classical conditioning. It involves replacing an unwanted response (such as fear) to a stimulus with a new, more desirable response (such as relaxation) by pairing the stimulus with a pleasant experience.

Solution: 1. In this process, the feared object (the conditioned stimulus) is presented alongside something positive. Over time, the person begins to associate the feared object with the pleasant feeling rather than the fear. 2. Aversive conditioning is the opposite; it pairs an undesirable behavior with an unpleasant stimulus to stop the behavior. 3. Negative reinforcement involves the removal of an unpleasant stimulus to increase a behavior, and Free Association is a technique used in Psychoanalysis, not Behavior Therapy.

Final Answer: Counter-conditioning

Answer: (B)

Q27.

Solution

Concept: Empathy is one of the three core conditions for personality change identified by Carl Rogers in Client-Centered Therapy (the others being Unconditional Positive Regard and Congruence). Unlike sympathy, empathy involves a deep, non-judgmental understanding.

Solution: 1. In this therapeutic context, empathy means the therapist perceives the client's world "as if" it were their own, without ever losing the "as if" quality. 2. The therapist strives to understand the client's private meanings and feelings from the client's internal frame of reference. 3. It is not about feeling sorry (sympathy), providing solutions (directive therapy), or judging the logic of the client's emotions. By experiencing this deep understanding, the client feels valued and can begin to explore their feelings more honestly.

Final Answer: Understand the client's experience from the client's internal frame of reference.

Answer: (B)



Q28.

Solution

Concept: Rational Emotive Behavior Therapy (REBT), developed by Albert Ellis, is a pioneering form of cognitive-behavioral therapy. It is based on the ABC model: Activating event, Beliefs, and Consequences.

Solution: 1. REBT posits that it is not the event itself that causes emotional distress, but the irrational beliefs (the "B") we hold about the event. 2. These irrational beliefs often take the form of absolute "musts," "shoulds," or "oughts" (e.g., "I must be perfect to be loved"). 3. The primary goal is to identify these self-defeating thoughts and vigorously challenge or dispute them, replacing them with more rational, flexible, and adaptive beliefs. 4. Repressed desires and dream interpretation (Options A and D) are hallmarks of Psychoanalysis, while deep relaxation (Option B) is a specific technique often used in systematic desensitization.

Final Answer: Challenge and replace irrational "musts" and "shoulds."

Answer: (C)

Q29.

Solution

Concept: Logotherapy is a therapeutic approach centered on the belief that the primary motivational force of an individual is to find a meaning in life. Developed by Viktor Frankl, a psychiatrist and Holocaust survivor, it emphasizes the human spirit and the freedom of will.

Solution: 1. Logotherapy belongs to the Existential-Humanistic school of thought. It focuses on the "meaning of existence" and the individual's search for such a meaning. 2. It is based on three core principles: freedom of will, will to meaning, and meaning in life. 3. Unlike psychodynamic approaches that focus on unconscious drives or behavioral approaches that focus on conditioning, logotherapy helps patients overcome the "existential vacuum" (feelings of emptiness) by identifying what makes their life worth living.

Final Answer: Existential-Humanistic

Answer: (C)



Q30.

Solution

Concept: Systematic Desensitization is a behavioral therapy technique developed by Joseph Wolpe. It is based on the principle of reciprocal inhibition, which suggests that one cannot be both relaxed and anxious at the same time.

Solution: 1. The process involves three main steps: first, the client is taught deep muscle relaxation techniques. 2. Second, the client and therapist create an "anxiety hierarchy," which is a list of feared situations ranked from least to most stressful. 3. Third, the client imagines or encounters these situations while maintaining a state of relaxation, starting from the bottom of the hierarchy and moving up once they no longer feel anxious at that level. 4. Token Economy is used for behavior modification through rewards, and Modelling involves learning by observing others, while Cognitive Restructuring focuses on changing thought patterns rather than physiological fear responses.

Final Answer: Systematic Desensitization

Answer: (B)

Q31.

Solution

Concept: Gestalt Therapy, founded by Frederick (Fritz) Perls, focuses on the "here and now" and the integration of mind and body. It emphasizes that individuals must take personal responsibility and become aware of "unfinished business" to achieve wholeness.

Solution: 1. The Empty Chair technique is a specific intervention where a client sits facing an empty chair. 2. The client is asked to imagine a significant person in their life (or even a part of their own personality) sitting in that chair and engage in a dialogue with them. 3. This technique helps the client manifest internal conflicts externally, allowing them to express feelings and gain closure on unresolved issues. 4. Psychoanalysis relies on free association, Behavior therapy on conditioning, and Cognitive therapy on restructuring thoughts.

Final Answer: Gestalt Therapy

Answer: (C)



Q32.

Solution

Concept: Fritz Heider's Balance Theory examines the relationships between three elements: the Person (P), another person (O), and an Object or issue (X). The relationships are represented as positive (+) or negative (-).

Solution: 1. A state is "Balanced" if the product of the three relationship signs is positive (+). This occurs when all three are positive, or when two are negative and one is positive. 2. A state is "Imbalanced" if the product of the three relationship signs is negative (-). This happens when there is one negative sign or when all three are negative. 3. Imbalance leads to psychological tension or "cognitive dissonance," motivating the individual to change one of the relationships to restore balance. 4. For example, if you (P) like a friend (O), but that friend dislikes a movie you love (X), the product is $(+) \times (+) \times (-) = (-)$, creating an imbalanced state.

Final Answer: A negative product of the three relationship signs.

Answer: (C)

Q33.

Solution

Concept: Cognitive Dissonance is a theory in social psychology proposed by Leon Festinger. It describes the mental discomfort experienced by a person who holds two or more contradictory beliefs, ideas, or values, or is confronted by new information that conflicts with existing beliefs.

Solution: 1. When there is a discrepancy between what we believe and how we act (or between two beliefs), it creates an uncomfortable state of tension. 2. Because this tension is unpleasant, individuals are motivated to reduce it by changing their attitudes, beliefs, or behaviors, or by justifying the discrepancy. 3. Social Facilitation refers to improved performance in the presence of others; Groupthink is a desire for harmony in a group that results in irrational decision-making; and Deindividuation is the loss of self-awareness in groups.

Final Answer: Cognitive Dissonance

Answer: (B)



Q34.

Solution

Concept: The "Two-Step Concept" is a specific model of attitude change developed within the Indian psychological context to explain how attitudes can be modified through identifying with a source.

Solution: 1. This concept was proposed by S.M. Mohsin. 2. In the first step, the person whose attitude is to be changed (the target) identifies with the source (the person providing the information). The target must have a positive affection for the source. 3. In the second step, the source themselves shows an attitude change by changing their own behavior toward the object. The target then follows suit to maintain consistency with the source they admire. 4. While N.K. Chadha, Girishwar Misra, and Durganand Sinha are prominent Indian psychologists, the Two-Step Concept is specifically attributed to Mohsin.

Final Answer: S.M. Mohsin

Answer: (A)

Q35.

Solution

Concept: Attitudes are generally composed of three interconnected parts, often referred to as the **ABC model**: Affective (feelings), Behavioral (actions), and Cognitive (beliefs/thoughts).

Solution: 1. **Stereotypes** are generalized beliefs or oversimplified ideas about a particular group of people. 2. Because stereotypes involve the "thought" or "belief" aspect of an attitude, they fall under the **Cognitive Component**. 3. For comparison, the **Affective** component involves prejudice (feelings like dislike), and the **Behavioral** component involves discrimination (actual actions taken against a group). 4. **Conative** is another term often used interchangeably with the behavioral component (the tendency to act).

Final Answer: Cognitive Component

Answer: (C)



Q36.

Solution

Concept: The **Elaboration Likelihood Model (ELM)**, developed by Petty and Cacioppo, describes two main ways in which people process persuasive communications: the Central Route and the Peripheral Route.

Solution: 1. The **Central Route** involves deep processing. The person carefully thinks about the arguments, evidence, and logic presented. Attitude change via this route is more resistant to counter-persuasion and is likely to be **permanent**. 2. The **Peripheral Route** involves shallow processing. People are influenced by "cues" such as the attractiveness of the speaker, catchy slogans, or emotional music. This change is usually temporary and easily influenced by new information. 3. **Coercive methods** often lead to temporary compliance rather than internal attitude change, and the **Mere Exposure Effect** relies on familiarity rather than logical conviction.

Final Answer: Central route of persuasion.

Answer: (B)

Q37.

Solution

Concept: Attribution is the process by which we explain the causes of behavior and events. The Fundamental Attribution Error (FAE) is a common cognitive bias where we incorrectly attribute the cause of an individual's behavior.

Solution: 1. When observing others, we have a strong tendency to believe that their actions are a result of their "character" or "disposition" (internal factors) rather than the "situation" (external factors). 2. For example, if a driver cuts you off, you might assume they are a "rude person" (internal) rather than considering they might be "rushing to a hospital" (situational). 3. Interestingly, when judging our own behavior, we often do the opposite—this is known as the Actor-Observer Bias. 4. Option D refers to the "False Consensus Effect," which is a different social bias.

Final Answer: Overestimate internal/personality factors and underestimate situational factors when judging others.

Answer: (B)



Q38.

Solution

Concept: Bruce Tuckman proposed a five-stage model of group development that describes the path most teams follow on their way to high performance. These stages are Forming, Storming, Norming, Performing, and Adjourning.

Solution: 1. **Forming:** Members are cautious and formal as they get to know each other. 2. **Storming:** Conflict arises as members compete for status and disagree on goals. 3. **Norming:** This is the stage where the group establishes harmony. Members begin to accept one another, develop shared rules (norms), and experience a strong sense of "we-feeling" or **cohesiveness**. 4. **Performing:** The group is now a functional unit, focusing on task completion with high efficiency. 5. **Adjourning:** The group wraps up its tasks and prepares to disband.

Final Answer: Norming

Answer: (C)

Q39.

Solution

Concept: Social Loafing refers to the phenomenon where individuals put in less effort when working in a group compared to when they work alone. This happens because the responsibility for the outcome is diffused among all group members.

Solution: 1. Social loafing increases when group size is large (Option A) and when individual effort cannot be measured or identified (Option B). 2. It is also more common when members feel their contribution doesn't matter or is redundant (Option D). 3. However, social loafing **decreases** (is less likely to occur) when the task is interesting, challenging, or **personally meaningful**. When people care about the goal or perceive it as important, they maintain high levels of motivation regardless of the group setting.

Final Answer: The task is perceived as personally meaningful or important.

Answer: (C)



Q40.

Solution

Concept: Groupthink, a term coined by Irving Janis, is a psychological phenomenon that occurs within a group of people in which the desire for harmony or conformity results in an irrational or dysfunctional decision-making outcome.

Solution: 1. Groupthink occurs when a group prioritizes "unanimity" (everyone agreeing) over a realistic appraisal of alternative courses of action. 2. It is most likely to happen in **highly cohesive** groups because members value their membership so much they are afraid to "rock the boat" by disagreeing. 3. It is further exacerbated when the group is **isolated** from outside experts or differing opinions, and when there is a strong, directive leader pushing for a specific result. 4. Diverse groups (Option A) are actually less prone to Groupthink because they bring multiple perspectives to the table.

Final Answer: Highly cohesive and isolated from outside opinions.

Answer: (B)

Q41.

Solution

Concept: Social influence refers to the ways in which people alter the attitudes and behaviors of others. Conformity is a specific type of social influence where individuals change their behavior or beliefs to align with those of a group, even without a direct request to do so.

Solution: 1. **Conformity** occurs due to two main reasons: Informational Influence (the desire to be "right" or accurate) and Normative Influence (the desire to be "accepted" or liked by the group). 2. **Compliance** involves changing behavior in response to a direct request from someone who does not necessarily have authority. 3. **Obedience** is a change in behavior in response to a direct order from an authority figure. 4. **Reactance** is the tendency to do the opposite of what is requested to protect one's sense of freedom.

Final Answer: Conformity

Answer: (C)



Q42.

Solution

Concept: Stanley Milgram's study on obedience is one of the most famous experiments in psychology. It investigated how far people would go in obeying an instruction if it involved harming another person.

Solution: 1. The experiment found that a surprisingly high percentage of participants (652. The primary factor driving this behavior was the **perceived legitimacy of the authority figure** (the experimenter in the lab coat) and the setting (Yale University). 3. Participants felt that the authority figure was responsible for the outcome, leading to an "agentic state" where they saw themselves as mere instruments for carrying out another person's wishes. 4. Milgram's results explicitly countered the idea that the participants were "innately aggressive" (Option A), as many showed signs of extreme stress and discomfort while delivering the shocks.

Final Answer: The perceived legitimacy of the authority figure.

Answer: (B)

Q43.

Solution

Concept: In social psychology, there is a clear distinction between a mere collection of people (a crowd or aggregate) and a psychological group.

Solution: 1. A crowd consists of people who are in the same place at the same time (physical proximity) but lack structure or a shared identity. 2. A collection of individuals becomes a **group** when they possess: **Common Goals:** They are working toward a shared objective. **Interdependence:** The actions of one member affect the others. **Interaction:** They communicate and influence each other over time. **Shared Identity:** They perceive themselves as belonging to the same unit. 3. Therefore, physical proximity or noise alone does not constitute a group.

Final Answer: A common goal and psychological interdependence.

Answer: (B)



Q44.

Solution

Concept: Edward Hall coined the term **Proxemics** to describe the study of how humans use space. He categorized personal space into four distinct zones based on the nature of the relationship and interaction.

Solution: 1. **Intimate Distance (0–18 inches):** For very close relationships (family, close friends). 2. **Personal Distance (1.5–4 feet):** For familiar acquaintances and friendly conversations. 3. **Social Distance (4–12 feet):** Used for **formal interactions**, business transactions, and professional meetings like job interviews. This distance allows for interaction without physical contact. 4. **Public Distance (12 feet and beyond):** Used for public speaking or addressing a large audience.

Final Answer: Social Distance

Answer: (C)

Q45.

Solution

Concept: Pro-environmental behavior (PEB) refers to deliberate actions taken by individuals or groups to protect the natural environment from the negative effects of human activity or to improve the quality of the environment.

Solution: 1. **Pro-environmental behaviors** include conservation of energy, waste reduction, and recycling. 2. Options A, B, and D all describe behaviors that increase waste or resource consumption (environmental degradation). 3. **Reducing the consumption of non-renewable resources** (like fossil fuels or minerals) directly contributes to sustainability and environmental protection. Other examples include using public transport, planting trees, and choosing reusable items over disposables.

Final Answer: Reducing the consumption of non-renewable resources.

Answer: (C)



Q46.

Solution

Concept: The **Bystander Effect** is a social psychological claim that individuals are less likely to offer help to a victim when other people are present. The primary psychological mechanism behind this is the "Diffusion of Responsibility."

Solution: 1. **Diffusion of Responsibility** occurs when each person in a large group feels that their personal responsibility to act is reduced because there are others who could also intervene. 2. People often think, "Someone else will surely call for help," leading to a collective failure to act. 3. **Altruism** is the selfless concern for the well-being of others; **Social Facilitation** is the tendency to perform better on simple tasks when others are watching; and the **Empathy-Altruism Hypothesis** suggests that feeling empathy for someone leads to truly altruistic behavior.

Final Answer: Diffusion of Responsibility

Answer: (B)

Q47.

Solution

Concept: Inter-group conflict occurs when two or more distinct groups perceive their goals, interests, or resources to be incompatible. This often stems from Realistic Conflict Theory, which posits that prejudice and discrimination arise from competition between groups.

Solution: 1. When groups compete for **scarce resources** (such as territory, political power, or economic wealth), "us vs. them" dynamics are intensified. 2. **Intra-group conflict** occurs **within** a single group among its members. 3. **Personal (or Intra-personal) conflict** occurs within an individual's own mind. 4. **Cognitive conflict** involves a disagreement about ideas or approaches to a task rather than a struggle for resources. 5. In the case of land or power, the conflict is inherently between different collective identities, making it an inter-group issue.

Final Answer: Inter-group conflict

Answer: (B)



Q48.

Solution

Concept: In psychological testing, **Reliability** refers to the consistency or stability of a measure. A test is considered reliable if it produces similar scores under consistent conditions.

Solution: 1. The specific scenario described—giving the same test to the same person at two different times—is a measure of **Test-Retest Reliability**. 2. **Validity** refers to whether the test actually measures what it claims to measure (accuracy). 3. **Norms** are the standard scores used to compare an individual's performance against a representative group. 4. **Objectivity** refers to the degree to which the scoring and administration of the test are free from the personal bias of the examiner. 5. If the results fluctuate significantly from one day to the next without a change in the person's actual intelligence, the test lacks reliability.

Final Answer: Reliability

Answer: (B)

Q49.

Solution

Concept: Observational learning, also known as social learning, occurs when an individual acquires new behaviors by watching and imitating others. This process is distinct from direct reinforcement or classical conditioning.

Solution: 1. **Albert Bandura** is the primary figure associated with this theory. He proposed that learning involves four steps: Attention, Retention, Reproduction, and Motivation. 2. In the **Bobo doll experiment**, children observed an adult model acting aggressively toward an inflatable doll. Bandura found that children who witnessed the aggression were much more likely to imitate the behavior themselves. 3. **B.F. Skinner** is known for Operant Conditioning, **Ivan Pavlov** for Classical Conditioning, and **Jean Piaget** for his theory of Cognitive Development in children.

Final Answer: Albert Bandura

Answer: (C)



Q50.

Solution

Concept: Psychological **Hardiness** is a personality style first described by Suzanne Kobasa. It serves as a buffer against stress-related illness. It consists of a set of beliefs about oneself and the world that allows a person to remain resilient under pressure.

Solution: The concept is defined by the **"Three Cs"**: 1. **Commitment:** This is a tendency to involve oneself in whatever one is doing (work, relationships, hobbies) rather than feeling alienated or detached. Hardy individuals have a sense of purpose. 2. **Control:** This is the belief that one can influence the course of events in their life through their own efforts, rather than feeling like a helpless victim of fate. 3. **Challenge:** This is the tendency to view change or stressful events as a natural part of life and an **opportunity for growth and learning**, rather than as a threat to security.

Individuals high in these three traits tend to use "transformational coping"—they actively change the stressor or their perspective of it—which prevents the physiological "wear and tear" associated with chronic stress.

Final Answer: Challenge

Answer: (B)



Answer Key

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

