

CUET-UG Psychology Sample Paper - 5

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. Arthur Jensen's Hierarchical Model of Intelligence proposes that 'Level II' learning involves:

- (A) Rote learning and memory
- (B) Cognitive competence and higher-order skills
- (C) Basic sensory-motor coordination
- (D) Associative learning

Q2. According to Karen Horney, 'Basic Anxiety' in children is caused primarily by:

- (A) Biological instincts
- (B) Disturbed interpersonal relationships in the family
- (C) Unresolved Oedipus complex
- (D) Fixation at the oral stage

Q3. A person experiences a persistent, irrational fear of being in places from which escape might be difficult or help unavailable. This is:

- (A) Social Phobia
- (B) Agoraphobia



- (C) Claustrophobia
- (D) Separation Anxiety

Q4. Which of the following is a 'Direct' technique for assessing personality based on the behavioral approach?

- (A) Rorschach Inkblot
- (B) Observation
- (C) TAT
- (D) Word Association Test

Q5. In the 'Two-Step Concept' of attitude change proposed by S.M. Mohsin, the second step involves:

- (A) Identifying with the source
- (B) Internalizing the new attitude
- (C) Resisting the message
- (D) Punishing the target

Q6. A psychological disorder where a child fails to develop social communication skills and shows repetitive patterns of behavior is:

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

Q7. Which among the following represents 'Eustress'?

- (A) Stress resulting from the death of a relative
- (B) Stress that motivates an athlete to perform better



- (C) Long-term stress leading to burnout
- (D) Stress caused by catastrophic environmental changes

Q8. The 'Type A' personality, associated with coronary heart disease, is characterized by:

- (A) Patience and relaxation
- (B) High motivation and impatience
- (C) Creativity and calmness
- (D) Introversion and passivity

Q9. Humanistic-Existential therapy focuses on the concept of 'Here and Now'. Which of these is a key goal of Logotherapy within this framework?

- (A) Analyzing childhood dreams
- (B) Finding meaning in existence despite suffering
- (C) Modifying maladaptive behaviors
- (D) Changing chemical imbalances in the brain

Q10. When a group's initial position becomes even stronger as a result of group interaction, it is called:

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

Q11. The 'Self-Report Inventory' designed by Hathaway and McKinley for clinical diagnosis is:

- (A) 16PF
- (B) MMPI



- (C) EPQ
- (D) NEO-PI

Q12. 'Avolition' in Schizophrenia refers to:

- (A) Inability to experience pleasure
- (B) Lack of motivation to start or complete tasks
- (C) Poverty of speech
- (D) False sensory perceptions

Q13. According to J.P. Guilford, the three dimensions of the Structure of Intellect model are:

- (A) Planning, Arousal, Successive
- (B) Operations, Contents, Products
- (C) Linguistic, Logical, Spatial
- (D) Contextual, Componential, Experiential

Q14. Which defense mechanism involves expressing the exact opposite of one's true, unacceptable feeling?

- (A) Denial
- (B) Reaction Formation
- (C) Sublimation
- (D) Rationalization

Q15. The 'Implicit' side of self-regulation that involves the capacity to delay gratification was famously studied using:

- (A) The Inkblot test
- (B) The Marshmallow test



- (C) The Milgram experiment
- (D) The Bobo Doll experiment

Q16. A person who experiences sudden loss of motor or sensory function (like blindness or paralysis) without any medical cause is diagnosed with:

- (A) Illness Anxiety Disorder
- (B) Conversion Disorder
- (C) Panic Disorder
- (D) Dissociative Fugue

Q17. Which therapeutic approach uses 'Unconditional Positive Regard' to foster self-growth?

- (A) Psychoanalysis
- (B) Client-Centered Therapy
- (C) Cognitive Therapy
- (D) Gestalt Therapy

Q18. 'Social Facilitation' is more likely to occur on tasks that are:

- (A) Extremely complex and new
- (B) Simple and well-learned
- (C) Boredom-inducing
- (D) Abstract and philosophical

Q19. The theory that states 'Emotion follows physiological response' (I feel sad because I cry) is:

- (A) Cannon-Bard Theory
- (B) James-Lange Theory



- (C) Schachter-Singer Theory
- (D) Lazarus Theory

Q20. 'Crystallized Intelligence' refers to:

- (A) Ability to solve new abstract problems
- (B) Accumulated knowledge and verbal skills
- (C) Speed of mental processing
- (D) Innate biological intelligence

Q21. Which of the following is a 'Conflict of Motives' where one must choose between two undesirable goals?

- (A) Approach-Approach conflict
- (B) Avoidance-Avoidance conflict
- (C) Approach-Avoidance conflict
- (D) Double Approach-Avoidance conflict

Q22. The tendency of a cohesive group to override a realistic appraisal of alternative courses of action is:

- (A) Group Facilitation
- (B) Groupthink
- (C) Group Cohesion
- (D) Group Polarization

Q23. In the PASS model, which process involves serial and temporal organization of information?

- (A) Simultaneous Processing
- (B) Successive Processing



(C) Planning

(D) Arousal

Q24. A therapist uses 'Aversive Conditioning' to treat a patient's smoking habit. This technique belongs to:

(A) Humanistic Therapy

(B) Behavior Therapy

(C) Cognitive Therapy

(D) Psychodynamic Therapy

Q25. According to Carl Jung, the storehouse of latent memory traces inherited from our ancestral past is the:

(A) Personal Unconscious

(B) Collective Unconscious

(C) Preconscious

(D) Superego

Q26. 'Stereotypes' are the cognitive component of prejudice.

(A) Affective

(B) Cognitive

(C) Behavioral

(D) Emotional

Q27. Which psychological disorder is characterized by 'Waxy Flexibility'?

(A) Generalized Anxiety Disorder

(B) Catatonic Schizophrenia

(C) Major Depressive Disorder



(D) Bipolar Disorder

Q28. 'Self-report' inventories are prone to 'Social Desirability' bias, which means:

(A) Subjects answer in a way that makes them look good

(B) Subjects answer randomly

(C) Subjects try to please the examiner

(D) Subjects answer everything as 'False'

Q29. The 'Zeigarnik Effect' suggests that:

(A) We remember finished tasks better

(B) We remember interrupted/incomplete tasks better

(C) Memory improves with age

(D) Emotions distort memory

Q30. Which theory of intelligence emphasizes that intelligence is a 'Global capacity' to act purposefully and think rationally?

(A) Gardner's Theory

(B) Wechsler's Definition

(C) Spearman's Theory

(D) Sternberg's Theory

Q31. 'Anhedonia' is a symptom where the individual:

(A) Has a false belief of persecution

(B) Experiences a loss of interest in pleasurable activities

(C) Has excessive energy and euphoria

(D) Forgets their past identity



- Q32.** In a group, when individuals lose their self-awareness and sense of responsibility in a crowd, it is called:
- (A) Groupthink
 - (B) Deindividuation
 - (C) Social Facilitation
 - (D) Social Loafing
- Q33.** Which part of the personality works as the 'Internal Censor' or moral watchdog?
- (A) Id
 - (B) Ego
 - (C) Superego
 - (D) Libido
- Q34.** The 'TAT' (Thematic Apperception Test) was developed by:
- (A) Morgan and Murray
 - (B) Rorschach
 - (C) Rosenzweig
 - (D) Allport
- Q35.** 'Burnout' is the final stage of long-term psychological stress.
- (A) Initial
 - (B) Intermediate
 - (C) Final
 - (D) Beneficial
- Q36.** A person with high 'Intrapersonal Intelligence' is characterized by:



- (A) Excellence in group leadership
- (B) Deep understanding of one's own strengths and weaknesses
- (C) High mathematical proficiency
- (D) Skilled in non-verbal communication with others

Q37. Which behavior therapy technique is used to increase a positive behavior using rewards?

- (A) Flooding
- (B) Systematic Desensitization
- (C) Positive Reinforcement
- (D) Modeling

Q38. The process of forming an opinion about a person is called:

- (A) Attitude formation
- (B) Impression formation
- (C) Attribution
- (D) Social cognition

Q39. Cognitive Dissonance can be reduced by:

- (A) Increasing the conflict
- (B) Changing one of the dissonant cognitions
- (C) Avoiding the situation entirely
- (D) Seeking more information that supports the conflict

Q40. A 'Group' is different from a 'Crowd' because a group has:

- (A) High numbers of people
- (B) Common goals and interaction



- (C) Temporary presence in a location
- (D) No structure

Q41. The 'Stanford-Binet' test was the first to introduce the concept of:

- (A) Intelligence Quotient (IQ)
- (B) Mental Age
- (C) Emotional Intelligence
- (D) Multiple Intelligence

Q42. A person believes that they are the reincarnation of a famous historical figure despite evidence to the contrary. This is a:

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

Q43. Which is NOT a level of learning in Arthur Jensen's theory?

- (A) Associative learning
- (B) Abstract reasoning
- (C) Emotional regulation
- (D) Level I learning

Q44. 'Sublimation' involves:

- (A) Forgetting a painful memory
- (B) Reverting to childhood behavior
- (C) Redirecting unacceptable urges into socially productive activities
- (D) Blaming others for one's own mistakes



Q45. A child with 'Dyscalculia' faces difficulty in:

- (A) Reading words
- (B) Writing legibly
- (C) Mathematical computations
- (D) Sustaining attention

Q46. The 'Life Skills' approach to stress management includes:

- (A) Taking sleeping pills
- (B) Time management and assertiveness
- (C) Avoiding social interaction
- (D) Suppressing emotions

Q47. The 'Halo Effect' occurs when:

- (A) One negative trait makes us view a person as entirely bad
- (B) One positive trait makes us view a person as entirely good
- (C) We blame the situation for our failures
- (D) We conform to group norms

Q48. 'Rational Emotive Behavior Therapy' focuses on the A-B-C model.

- (A) A-B-C
- (B) P-O-X
- (C) S-R
- (D) I-O

Q49. Which disorder involves alternating periods of extreme 'Mania' and 'Depression'?



- (A) Unipolar Disorder
- (B) Bipolar Disorder
- (C) Schizoaffective Disorder
- (D) Dysthymia

Q50. According to Freud, the 'Ego' works on the reality principle.

- (A) Pleasure
- (B) Reality
- (C) Moral
- (D) Idealistic



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

Arthur Jensen proposed a hierarchical model of intelligence, suggesting that cognitive abilities operate at two distinct levels.

Level I involves associative learning where the output is very similar to the input (e.g., rote memory).

Level II, also known as Cognitive Competence, involves higher-order skills.

Solution:

1. Level I learning is characterized by simple reproduction of information, such as memorizing a phone number.
2. Level II learning involves the transformation of sensory input.
3. This higher level requires the individual to manipulate information, engage in abstract reasoning, and apply logic to solve complex problems.
4. Therefore, 'Level II' is specifically identified with cognitive competence and higher-order mental processes.

Final Answer: Level II learning involves cognitive competence and higher-order skills.

Answer: (B)

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

Karen Horney was a neo-Freudian who emphasized the role of social and cultural factors in personality development, rather than just biological instincts.

She introduced the concept of 'Basic Anxiety', which she defined as a feeling of being isolated and helpless in a potentially hostile world.

Solution:

1. Horney believed that childhood experiences are crucial, but she focused on interpersonal relationships rather than psychosexual stages.
2. Basic Anxiety stems from a child's sense of insecurity when parents are indifferent, inconsistent, or interfering.
3. This "disturbed interpersonal relationship" within the family unit prevents the child from developing a healthy sense of security.
4. Unlike Freud, she did not believe that the Oedipus complex or biological fixations were the primary cause of this specific anxiety.

Final Answer: Basic Anxiety is caused by disturbed interpersonal relationships in the family.

Answer: (B)



Q3.

Solution**Concept:**

Agoraphobia is a type of anxiety disorder.

It is often misunderstood as a fear of open spaces, but it is more accurately defined as a fear of being in situations where escape might be difficult or help might not be available in the event of developing panic-like symptoms.

Solution:

1. The key feature of Agoraphobia is the intense fear of specific environments like public transport, open spaces, or being in a crowd.
2. The individual fears that they will have a panic attack or lose control in these "unsafe" places.
3. Social Phobia involves fear of judgment by others, while Claustrophobia is specifically the fear of enclosed spaces.
4. Because the question emphasizes "difficulty of escape" and "unavailability of help," it points directly to Agoraphobia.

Final Answer: This persistent fear is indicative of Agoraphobia.

Answer: (B)

Q4.

Solution**Concept:**

Behavioral assessment of personality involves observing an individual's behavior in specific situations.

Unlike projective techniques, which are indirect and aim to uncover the unconscious, behavioral techniques are direct and focus on observable actions.

Solution:

1. Rorschach, TAT, and Word Association are all Projective Techniques (indirect methods).
2. Observation is a direct method where the psychologist records the frequency and nature of specific behaviors in real-time or controlled settings.
3. This method provides objective data about how a person actually interacts with their environment.
4. Other direct behavioral techniques include structured interviews and ratings by peers or supervisors.

Final Answer: Observation is a direct technique for assessing personality.

Answer: (B)



Q5.

Solution**Concept:**

S.M. Mohsin proposed the 'Two-Step Concept' to explain how attitudes change through a process of identification.

This model involves a 'Target' (the person whose attitude is to change) and a 'Source' (the person who provides the influence).

Solution:

1. Step 1: The Target identifies with the Source. Identification means the Target has a liking or regard for the Source and wants to be like them.
2. Step 2: The Source shows an attitude change by their own behavior.
3. The Target then observes this and copies or "internalizes" the new attitude to maintain consistency with the Source they admire.
4. Therefore, the actual adoption of the attitude happens in the second step via internalization/imitation.

Final Answer: The second step involves internalizing the new attitude.

Answer: (B)

Q6.

Solution**Concept:**

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder that typically appears during the first three years of life.

It is characterized by widespread impairments in social interaction and communication skills, along with restricted, repetitive patterns of behavior, interests, or activities.

Solution:

1. Children with ASD often have difficulty in establishing "social reciprocity," such as sharing interests or emotions with others.
2. A hallmark symptom is a significant delay or total lack of development in spoken language, or repetitive and idiosyncratic use of language.
3. They frequently engage in "stereotyped" movements (like hand-flapping) and insist on sameness in their environment.
4. ADHD focuses on attention and hyperactivity, while Dyscalculia is a learning disability in math. Therefore, the description provided fits Autism.

Final Answer: The disorder described is Autism Spectrum Disorder.

Answer: (C)



Q7.

Solution**Concept:**

Hans Selye, the father of modern stress research, made a distinction between "good stress" and "bad stress."

He used the term 'Eustress' to describe the level of stress that is healthy and positive for an individual.

Unlike 'Distress', which is damaging, Eustress acts as a catalyst for growth and performance.

Solution:

1. Eustress is the "optimal" level of stress that motivates an individual to achieve a goal or perform a task.
2. Examples include the excitement of a new job, a wedding, or an athlete feeling "pumped" before a big game.
3. Death of a relative or long-term burnout are examples of 'Distress' (negative stress).
4. Because it helps the individual focus and increases productivity, the athlete's motivation is a classic example of Eustress.

Final Answer: Eustress is stress that motivates an athlete to perform better.

Answer: (B)

Q8.

Solution**Concept:**

Psychologists Friedman and Rosenman identified two major personality types (Type A and Type B) based on their risk for coronary heart disease.

Type A personality is characterized by a specific pattern of behavior and emotional responses that create high physiological strain.

Solution:

1. Individuals with Type A personality feel a constant sense of time urgency and are often highly competitive.
2. They possess a high level of motivation to achieve but are also prone to impatience and irritability.
3. These individuals are often hostile or aggressive when faced with obstacles or delays.
4. Type B, in contrast, is characterized by a lack of urgency, being relaxed, and having a more patient approach to life.

Final Answer: Type A personality is characterized by high motivation and impatience.

Answer: (B)



Q9.

Solution**Concept:**

Logotherapy is a form of Existential Therapy developed by Viktor Frankl.

It is based on the premise that the primary human drive is not pleasure (as Freud suggested) or power (as Adler suggested), but the pursuit of what we find meaningful.

Solution:

1. The Greek word 'Logos' means 'Meaning'.
2. Frankl, a Holocaust survivor, observed that those who could find a "why" for their existence were more likely to survive extreme suffering.
3. The goal of Logotherapy is to help the client discover meaning in their own lives, even in the most tragic or difficult circumstances.
4. It focuses on the current existence and future possibilities (Here and Now) rather than past childhood traumas.

Final Answer: A key goal of Logotherapy is finding meaning in existence despite suffering.

Answer: (B)

Q10.

Solution**Concept:**

Group Polarization is a phenomenon that occurs when group discussion leads to a shift in the direction of a more extreme viewpoint than the one held by individual members before the discussion.

If a group is already leaning in a certain direction, the interaction serves to push them further in that direction.

Solution:

1. When like-minded people discuss a topic, they share new arguments that support their existing initial inclination.
2. The desire to be perceived favorably by other group members (Social Comparison) also pushes individuals toward the group's "ideal" extreme.
3. This results in a decision or position that is more "polarized" (extreme) than the average of the individual positions.
4. Groupthink is about consensus for harmony, while Polarization is specifically about the "strength" or "extremity" of the position.

Final Answer: This phenomenon is called Group Polarization.

Answer: (B)



Q11.

Solution**Concept:**

The Minnesota Multiphasic Personality Inventory (MMPI) is one of the most widely used psychometric tests for measuring adult psychopathology.

It was developed by Starke R. Hathaway and J.C. McKinley in the 1940s at the University of Minnesota.

Solution:

1. The MMPI consists of hundreds of true-false statements that help clinicians identify symptoms of personality disorders and mental health conditions.
2. It was designed specifically for clinical diagnosis rather than just mapping normal personality traits.
3. The 16PF was developed by Cattell, and the EPQ (Eysenck Personality Questionnaire) was developed by Hans Eysenck.
4. Therefore, the MMPI is the specific tool linked to Hathaway and McKinley.

Final Answer: The self-report inventory is the MMPI.

Answer: (B)

Q12.

Solution**Concept:**

Negative symptoms of Schizophrenia represent a deficit or loss of normal functions.

These symptoms include flattened affect (lack of emotion), alogia (poverty of speech), anhedonia (loss of pleasure), and avolition.

Solution:

1. Avolition is derived from the word 'volition,' which means will or choice.
2. It refers to the total lack of motivation or drive to initiate or persist in goal-directed activities.
3. An individual experiencing avolition may sit for long periods of time doing nothing and show no interest in participating in work or social activities.
4. False sensory perceptions are Hallucinations (Positive symptoms), not avolition.

Final Answer: 'Avolition' refers to the lack of motivation to start or complete tasks.

Answer: (B)



Q13.

Solution**Concept:**

J.P. Guilford proposed the Structure of Intellect (SOI) model, which organizes intellectual abilities into a three-dimensional cube.

He argued that any intellectual task can be classified according to three specific dimensions.

Solution:

1. **Operations:** The mental processes involved (e.g., memory, cognition, evaluation).
2. **Contents:** The type of information being processed (e.g., visual, auditory, semantic).
3. **Products:** The form in which the information is processed (e.g., units, classes, relations).
4. Planning, Arousal, and Successive are part of the PASS model, while Contextual/Componential are part of Sternberg's theory.

Final Answer: The dimensions are Operations, Contents, and Products.

Answer: (B)

Q14.

Solution**Concept:**

Reaction Formation is a defense mechanism where the Ego masks a perceived threatening or unacceptable impulse by behaving in the exact opposite manner.

It is often used when an individual feels that their true feelings would be socially unacceptable or personally distressing.

Solution:

1. For example, a person who feels strong dislike toward a colleague might treat them with excessive, fake kindness.
2. This "over-compensation" serves to hide the original feeling from the self and others.
3. Sublimation is redirecting energy into healthy outlets, and Rationalization is making excuses.
4. Because the action is the "exact opposite" of the feeling, it defines Reaction Formation.

Final Answer: This defense mechanism is Reaction Formation.

Answer: (B)



Q15.

Solution**Concept:**

Self-regulation involves the ability to monitor and manage one's own energy states, emotions, and behaviors.

One of the most critical aspects of self-regulation is the capacity to delay gratification (resisting an immediate reward for a better one later).

Solution:

1. Walter Mischel conducted the famous "Marshmallow Test" at Stanford University in the 1960s and 70s.
2. In this study, children were given a choice between one small reward (a marshmallow) immediately or two rewards if they could wait for a short period.
3. The study found that children who could delay gratification often had better life outcomes later.
4. The Milgram experiment studied obedience, and the Bobo Doll experiment studied aggression/observational learning.

Final Answer: Delay of gratification was studied using the Marshmallow test.

Answer: (B)

Q16.

Solution**Concept:**

Conversion Disorder (Functional Neurological Symptom Disorder) involves physical symptoms affecting voluntary motor or sensory functions that cannot be explained by any known medical or neurological condition.

The symptoms are real to the patient but are believed to be the "conversion" of psychological distress into physical form.

Solution:

1. In Conversion Disorder, patients report symptoms like blindness, paralysis, or seizures that have no organic/medical basis.
2. Illness Anxiety Disorder is a preoccupation with *having* a serious disease, without necessarily having intense physical symptoms.
3. Panic Disorder involves sudden terror, and Dissociative Fugue involves unexpected travel and identity loss.
4. Since the patient has a specific loss of physical function without a medical cause, the diagnosis is Conversion Disorder.

Final Answer: These symptoms indicate Conversion Disorder.

Answer: (B)



Q17.

Solution**Concept:**

Client-Centered Therapy (or Person-Centered Therapy) was developed by Carl Rogers. The therapist provides a non-judgmental, warm, and accepting environment where the client feels safe to explore their true self.

Solution:

1. The cornerstone of this therapy is 'Unconditional Positive Regard', meaning the therapist accepts the client for who they are without conditions.
2. This acceptance allows the client to reduce the gap between their "Real Self" and "Ideal Self."
3. Gestalt therapy focuses on "wholeness" and "awareness," while Cognitive therapy focuses on thought patterns.
4. Rogers believed this positive regard was essential for any psychological growth to occur.

Final Answer: Client-Centered Therapy uses Unconditional Positive Regard.

Answer: (B)

Q18.

Solution**Concept:**

Social Facilitation is the effect where the presence of others increases an individual's performance. However, this effect is highly dependent on the nature of the task being performed.

Solution:

1. According to Robert Zajonc, the presence of others increases arousal.
2. This arousal strengthens the "dominant response."
3. For simple or well-learned tasks, the dominant response is usually correct, leading to better performance.
4. For complex or new tasks, the dominant response is often incorrect, leading to "Social Inhibition" (worse performance).

Final Answer: Social Facilitation is more likely on simple and well-learned tasks.

Answer: (B)



Q19.

Solution**Concept:**

The James-Lange Theory of Emotion is one of the earliest theories of emotion.

It suggests that our experience of emotion is our awareness of our physiological responses to emotion-arousing stimuli.

Solution:

1. According to this theory, the physical response comes first, followed by the emotional feeling.
2. For example: Stimulus (Bear) → Physical Response (Heart racing) → Emotion (Fear).
3. "I feel sad because I cry" is the classic phrase used to explain this sequence.
4. The Cannon-Bard theory suggests physical responses and emotions happen simultaneously.

Final Answer: This is the James-Lange Theory.

Answer: (B)

Q20.

Solution**Concept:**

Raymond Cattell proposed that general intelligence is composed of two factors: Fluid Intelligence (G_f) and Crystallized Intelligence (G_c).

Solution:

1. Fluid Intelligence is the ability to solve new problems, use logic in new situations, and identify patterns (innate).
2. Crystallized Intelligence is the ability to use learned knowledge and experience.
3. It involves depth of vocabulary, general information, and skills acquired through education and culture.
4. While fluid intelligence tends to decrease with age, crystallized intelligence often remains stable or increases.

Final Answer: Crystallized Intelligence refers to accumulated knowledge and verbal skills.

Answer: (B)



Q21.

Solution**Concept:**

Conflict of Motives occurs when an individual must choose between competing goals. Kurt Lewin identified three basic types of conflict based on whether the goals have positive (approach) or negative (avoidance) valences.

Solution:

1. **Approach-Approach:** Choosing between two desirable goals. 2. **Avoidance-Avoidance:** Forced to choose between two undesirable goals (the "lesser of two evils"). 3. **Approach-Avoidance:** A single goal has both positive and negative characteristics. 4. Since the question specifies choosing between two "undesirable" goals, it is an Avoidance-Avoidance conflict.

Final Answer: Choosing between two undesirable goals is an Avoidance-Avoidance conflict.

Answer: (B)

Q22.

Solution**Concept:**

Groupthink is a term coined by Irving Janis. It refers to a psychological phenomenon where the desire for harmony or conformity in a highly cohesive group results in an irrational or dysfunctional decision-making outcome.

Solution:

1. In Groupthink, members suppress dissenting viewpoints to maintain group consensus. 2. The group ignores realistic alternatives and avoids critical thinking to prevent "rocking the boat." 3. This often leads to overoptimism and a failure to see potential risks. 4. Group Polarization refers to extreme shifts in opinion, but Groupthink is specifically about the failure of "realistic appraisal."

Final Answer: This tendency is known as Groupthink.

Answer: (B)



Q23.

Solution**Concept:**

The PASS Theory of Intelligence (Planning, Attention-Arousal, Simultaneous, and Successive) describes how the brain processes information through specific neurological systems.

Solution:

1. **Simultaneous Processing:** Integrating information into a single pattern or whole (e.g., reading a map). 2. **Successive Processing:** Organizing information in a specific serial or temporal order where one item follows another (e.g., learning a multiplication table or phonetic coding). 3. The question specifically asks for "serial and temporal organization," which is the definition of Successive Processing.

Final Answer: Serial and temporal organization is Successive Processing.

Answer: (B)

Q24.

Solution**Concept:**

Aversive Conditioning is a technique based on the principles of Classical Conditioning. It involves pairing an unwanted behavior (like smoking or drinking) with an unpleasant stimulus (like a mild electric shock or nausea-inducing drug).

Solution:

1. The goal is to create a negative association with the harmful habit. 2. Because it relies on learning principles (conditioning) to modify observable behavior, it falls under the umbrella of Behavior Therapy. 3. Humanistic therapy focuses on growth, and Cognitive therapy focuses on thoughts.

Final Answer: Aversive Conditioning belongs to Behavior Therapy.

Answer: (B)



Q25.

Solution**Concept:**

Carl Jung diverged from Freud by proposing that the unconscious mind is not just personal, but also collective. He suggested that all humans share a deep layer of memory from our common evolutionary history.

Solution:

1. **Personal Unconscious:** Contains repressed memories unique to the individual.
2. **Collective Unconscious:** Contains "Archetypes" or universal patterns and images inherited from ancestors.
3. These are shared across cultures and time (e.g., the concept of the Mother, the Hero, or the Trickster).

Final Answer: The inherited storehouse of memory traces is the Collective Unconscious.

Answer: (B)

Q26.

Solution**Concept:**

Social psychologists analyze prejudice using the ABC model of attitudes: Affect (Feelings), Behavior (Actions), and Cognition (Beliefs).

Solution:

1. **Stereotypes** are generalized beliefs or fixed mental images about a particular group of people.
2. Because they involve "thoughts" and "knowledge" (even if incorrect), they represent the **Cognitive** component.
3. Prejudice itself is the affective (emotional) component, and Discrimination is the behavioral component.

Final Answer: Stereotypes are the cognitive component of prejudice.

Answer: (B)



Q27.

Solution**Concept:**

Catatonia is a state of neuro-psychiatric motor dysregulation often associated with Schizophrenia. It can manifest as either extreme agitation or extreme stillness.

Solution:

1. **Waxy Flexibility** is a condition where a patient's limbs can be moved into a position by someone else and will remain in that position for long periods, like a wax figure.
2. This is a classic hallmark of Catatonic Schizophrenia.
3. While "Catatonia" is now a specifier in DSM-5 that can apply to many disorders, it remains most traditionally linked with Schizophrenia in educational contexts.

Final Answer: Waxy Flexibility is characteristic of Catatonic Schizophrenia.

Answer: (B)

Q28.

Solution**Concept:**

Self-report measures (like the 16PF or MMPI) rely on the honesty of the respondent. However, these tests are vulnerable to several biases, one of the most common being Social Desirability.

Solution:

1. **Social Desirability** is the tendency of respondents to answer questions in a manner that will be viewed favorably by others.
2. This involves over-reporting "good" behaviors and under-reporting "bad" or unpopular behaviors.
3. It is a major challenge in personality testing because it distorts the true personality profile to fit a socially acceptable image.

Final Answer: Social Desirability means subjects answer in a way that makes them look good.

Answer: (A)



Q29.

Solution**Concept:**

The Zeigarnik Effect is a psychological phenomenon named after psychologist Bluma Zeigarnik. It relates to how our memory handles tasks based on their completion status.

Solution:

1. Zeigarnik noticed that waiters remembered orders that were "in progress" much better than those that were already paid for and finished.
2. This effect states that people remember uncompleted or interrupted tasks better than completed tasks because the "task tension" remains in the brain until the goal is achieved.
3. Once a task is finished, the cognitive tension is released, and the memory of the details fades more quickly.

Final Answer: The Zeigarnik Effect suggests we remember interrupted/incomplete tasks better.

Answer: (B)

Q30.

Solution**Concept:**

David Wechsler, the creator of the WISC and WAIS intelligence scales, provided one of the most comprehensive and widely accepted definitions of intelligence in clinical psychology.

Solution:

1. Wechsler defined intelligence as "the aggregate or global capacity of the individual to act purposefully, to think rationally, and to deal effectively with his environment."
2. This definition moved away from seeing intelligence as just a single score (like Spearman) and focused on its functional application in real life.
3. Gardner focuses on "Multiple" types, and Sternberg focuses on "Triarchic" components.

Final Answer: This global definition was given by David Wechsler.

Answer: (B)



Q31.

Solution**Concept:**

Anhedonia is a core clinical symptom found in several mental disorders, most notably Major Depressive Disorder and Schizophrenia. It is categorized as a "negative symptom" in the context of psychotic disorders.

Solution:

1. The word comes from the Greek 'a-' (without) and 'hedone' (pleasure). 2. It refers to a diminished capacity to experience pleasant emotions or a loss of interest in activities that were previously found enjoyable (e.g., hobbies, social interaction, food). 3. False beliefs of persecution are "Paranoid Delusions." 4. Excessive energy and euphoria describe "Mania."

Final Answer: Anhedonia is a loss of interest in pleasurable activities.

Answer: (B)

Q32.

Solution**Concept:**

Deindividuation is a concept in social psychology that describes how certain group situations can minimize an individual's sense of self and personal accountability.

Solution:

1. When people are part of a large, anonymous crowd, they often feel "submerged" in the group. 2. This leads to a reduction in self-restraint and a temporary loss of personal identity and moral standards. 3. This "pack mentality" can lead individuals to engage in behaviors they would never consider when alone, such as rioting or looting. 4. Social Loafing is about reduced effort, while Deindividuation is about a loss of self-awareness.

Final Answer: Loss of self-awareness in a crowd is called Deindividuation.

Answer: (B)



Q33.

Solution**Concept:**

Sigmund Freud's structural model of personality consists of three parts. The interaction between these three determines human behavior and personality traits.

[Image of Freud's structural model of personality id ego superego]

Solution:

1. **Id:** Operates on the pleasure principle (irrational, impulsive). 2. **Ego:** Operates on the reality principle (rational, balancer). 3. **Superego:** Operates on the morality principle. It represents the internalized ideals and values learned from parents and society. 4. The Superego acts as a "censor" that induces guilt when we do wrong and pride when we follow moral standards.

Final Answer: The moral watchdog of personality is the Superego.

Answer: (C)

Q34.

Solution**Concept:**

The Thematic Apperception Test (TAT) is a projective personality test. It consists of a series of ambiguous pictures depicting social situations.

Solution:

1. The test was developed in 1935 by **Christiana Morgan** and **Henry Murray** at Harvard University. 2. The subject is asked to tell a story about each picture (what is happening, what led up to it, and what the outcome will be). 3. Hermann Rorschach developed the Inkblot test, and Rosenzweig developed the Picture-Frustration study.

Final Answer: The TAT was developed by Morgan and Murray.

Answer: (A)

Q35.

Solution**Concept:**

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.

Solution:

1. Burnout is not an immediate reaction; it is the cumulative result of being in the "Exhaustion" stage of the General Adaptation Syndrome for too long. 2. It marks the **final stage** where an individual's coping mechanisms have completely failed. 3. It results in cynicism, a sense of reduced personal accomplishment, and total fatigue.

Final Answer: Burnout is the final stage of long-term psychological stress.

Answer: (C)



Q36.

Solution**Concept:**

Howard Gardner's Theory of Multiple Intelligences suggests that intelligence is not a single entity. Intrapersonal intelligence is the "knowledge of the internal aspects of a person."

Solution:

1. People with high Intrapersonal intelligence have a strong sense of self-awareness. 2. They understand their own emotions, motives, and desires. 3. This allows them to use that information to regulate their own lives and make informed personal decisions. 4. Understanding *others* is Interpersonal intelligence; high math ability is Logical-Mathematical intelligence.

Final Answer: Intrapersonal intelligence is characterized by a deep understanding of one's own strengths and weaknesses.

Answer: (B)

Q37.

Solution**Concept:**

Behavioral modification involves using principles of operant conditioning to change behavior. Positive reinforcement is the most common method for increasing the frequency of a desired behavior.

Solution:

1. Positive reinforcement involves following a behavior with a reward (like praise, tokens, or treats). 2. This strengthens the response, making it more likely to occur again. 3. Systematic Desensitization and Flooding are used to *reduce* fear/anxiety, not necessarily to build a new positive habit via rewards.

Final Answer: Positive Reinforcement is used to increase a positive behavior using rewards.

Answer: (C)



Q38.

Solution**Concept:**

Impression formation is a sub-field of social cognition. It refers to the process by which we combine different pieces of information about another person to form a global judgment or opinion of them.

Solution:

1. This process is influenced by the 'Perceiver', the 'Target', and the 'Situation'. 2. It often involves 'Attribution' (assigning causes to behavior) and the 'Halo Effect'. 3. Social cognition is the broader field, but the specific act of forming a mental image/opinion of a person is called Impression Formation.

Final Answer: The process of forming an opinion about a person is called Impression formation.

Answer: (B)

Q39.

Solution**Concept:**

Cognitive Dissonance occurs when a person holds two or more contradictory cognitions. This creates an uncomfortable state of tension that the person is motivated to resolve.

Solution:

1. To reduce dissonance, an individual must restore "cognitive consistency." 2. This can be done by: * Changing one of the dissonant cognitions (e.g., "I don't actually like smoking that much"). * Adding new consonant cognitions (e.g., "It helps me relax, which is good for my heart"). * Reducing the importance of the dissonant cognition. 3. Avoiding the situation reduces the *experience* of dissonance but doesn't resolve the mental conflict itself.

Final Answer: Dissonance is reduced by changing one of the dissonant cognitions.

Answer: (B)

Q40.

Solution**Concept:**

In social psychology, there is a distinct difference between a simple collection of people and a psychological group.

Solution:

1. A **Crowd** is a collection of people who are in the same place at the same time but lack interaction or common purpose (e.g., people at a bus stop). 2. A **Group** requires: * Interaction between members. * A shared goal or purpose. * Social structure (roles and norms). * A sense of "we-ness" or shared identity.

Final Answer: A group is different because it has common goals and interaction.

Answer: (B)



Q41.

Solution**Concept:**

Alfred Binet and Theodore Simon developed the first formal intelligence test in 1905. Later, the test was adapted by Lewis Terman at Stanford University, resulting in the "Stanford-Binet Intelligence Scale."

Solution:

1. While Binet introduced "Mental Age," the term "Intelligence Quotient" (IQ) was later popularized through the Stanford-Binet adaptation. 2. The formula for IQ was established as: $IQ = \frac{MA}{CA} \times 100$, where *MA* is Mental Age and *CA* is Chronological Age. 3. This allowed for a standardized way to compare intelligence across different age groups.

Final Answer: The Stanford-Binet test was the first to introduce the concept of IQ.

Answer: (A)

Q42.

Solution**Concept:**

Delusions are a "positive" symptom of Schizophrenia and other psychotic disorders. They are characterized by a firm, fixed false belief that is held despite clear and contradictory evidence.

Solution:

1. In this specific case, the belief of being a famous historical figure is a **Delusion of Grandeur**. 2. Hallucinations involve sensory perceptions (hearing/seeing) without stimuli, while delusions are thought-based. 3. Because the belief persists even when proven false by reality, it meets the clinical criteria for a delusion.

Final Answer: This fixed false belief is a Delusion.

Answer: (B)

Q43.

Solution**Concept:**

Arthur Jensen's hierarchical model focused strictly on cognitive processing. He categorized mental abilities into two levels: associative learning (Level I) and cognitive competence (Level II).

Solution:

1. **Level I (Associative Learning):** Input is roughly equal to output (memory). 2. **Level II (Cognitive Competence):** Higher-order thinking and abstract reasoning. 3. Emotional regulation, while a psychological concept, is not a "level" within Jensen's specific structural model of intelligence.

Final Answer: Emotional regulation is NOT a level in Arthur Jensen's theory.

Answer: (C)



Q44.

Solution**Concept:**

Sublimation is considered one of the most "mature" defense mechanisms in Freudian theory. It involves transforming unhelpful or socially unacceptable impulses into socially valued actions.

Solution:

1. For example, a person with aggressive urges might take up boxing or become a surgeon. 2. It allows the individual to release energy from the Id in a way that the Superego and society approve of. 3. It differs from displacement because the new activity is constructive and productive.

Final Answer: Sublimation involves redirecting unacceptable urges into socially productive activities.

Answer: (C)

Q45.

Solution**Concept:**

Specific Learning Disorders are neurodevelopmental conditions that interfere with the ability to learn or use specific academic skills (reading, writing, or arithmetic).

Solution:

1. **Dyslexia:** Difficulty with reading/spelling. 2. **Dysgraphia:** Difficulty with writing/fine motor skills. 3. **Dyscalculia:** Difficulty with numbers and mathematical operations (e.g., struggles with telling time, counting, or basic math facts). 4. Because the term "calculia" refers to calculation, it identifies math difficulties.

Final Answer: A child with Dyscalculia faces difficulty in mathematical computations.

Answer: (C)

Q46.

Solution**Concept:**

Life skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.

Solution:

1. Life skills for stress management include **Time Management** (reducing pressure), **Assertiveness** (communicating needs), and **Rational Thinking**. 2. Taking medication or avoiding social interaction are coping strategies, but they are not considered "Life Skills" which aim at long-term personal empowerment. 3. Assertiveness helps reduce interpersonal stress by setting healthy boundaries.

Final Answer: Life skills include time management and assertiveness.

Answer: (B)



Q47.

Solution**Concept:**

The Halo Effect is a cognitive bias where our overall impression of a person influences how we feel and think about their character in other specific areas.

Solution:

1. If we perceive someone as physically attractive (one positive trait), we often subconsciously assume they are also intelligent, kind, and funny (entirely good). 2. The reverse is known as the "Horns Effect," where one negative trait leads to a global negative perception. 3. It is a common error in impression formation.

Final Answer: The Halo Effect is when one positive trait makes us view a person as entirely good.

Answer: (B)

Q48.

Solution**Concept:**

Rational Emotive Behavior Therapy (REBT) was developed by Albert Ellis. It is based on the idea that it is not the events themselves that cause distress, but our irrational beliefs about those events.

Solution:

1. The **A-B-C model** represents: **A**ctivating Event (The trigger). **B**elief (The irrational thought). **C**onsequence (The emotional distress). 2. Therapy focuses on **D**isputing the irrational beliefs to create a new **E**ffective philosophy.

Final Answer: REBT focuses on the A-B-C model.

Answer: (A)

Q49.

Solution**Concept:**

Bipolar Disorder (formerly known as Manic-Depression) is a mood disorder characterized by significant fluctuations in energy, mood, and activity levels.

Solution:

1. It involves "cycles" of two poles: **Mania:** Abnormally elevated mood, racing thoughts, and decreased need for sleep. **Depression:** Deep sadness, hopelessness, and low energy. 2. Unipolar disorder refers to depression only.

Final Answer: Bipolar Disorder involves alternating periods of mania and depression.

Answer: (B)



Q50.

Solution**Concept:**

The Ego is the component of personality that is responsible for dealing with reality. It must balance the primitive urges of the Id and the moralistic pressures of the Superego.

Solution:

1. The Id works on the **Pleasure Principle** (immediate gratification).
2. The Ego works on the **Reality Principle**. It seeks to satisfy the Id's desires in realistic and socially appropriate ways.
3. It uses secondary process thinking (rationality and logic).

Final Answer: According to Freud, the Ego works on the reality principle.

Answer: (B)



Answer Key

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

