

# CUET-UG Psychology Sample Paper-8

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.** In the context of Sternberg's Triarchic Theory of Intelligence, a person who excels at modifying their environment to fit their needs or moving to a new environment to achieve their goals is demonstrating high levels of:

- (A) Componential or Analytical intelligence.
- (B) Experiential or Creative intelligence.
- (C) Contextual or Practical intelligence.
- (D) Fluid intelligence and Divergent thinking.

**Q2.** Which of the following scenarios best illustrates the 'Flynn Effect' in the study of psychological attributes?

- (A) A child's IQ score remains stable from age 10 to age 20.
- (B) Successive generations show a significant increase in mean IQ scores due to improved nutrition and environment.
- (C) The correlation between the IQs of identical twins reared apart is higher than that of fraternal twins.
- (D) An individual performs better on performance tests than on verbal tests of intelligence.

**Q3.** According to the PASS Model of Intelligence (Das, Naglieri, and Kirby), which functional unit is responsible for the 'Arousal/Attention' aspect, allowing a person to focus on relevant stimuli while ignoring distractions?



- (A) The Occipital lobe and sensory cortex.
- (B) The Brainstem and Reticular Activating System (RAS).
- (C) The Frontal lobe and Prefrontal cortex.
- (D) The Temporal lobe and Hippocampus.

**Q4.** When an individual takes a 'Culture-Fair' test like the Raven's Progressive Matrices, the primary attribute being measured is  $g$  (general factor) through:

- (A) Crystallized intelligence and lexical knowledge.
- (B) Educational attainment and socio-economic status.
- (C) Abstract reasoning and pattern recognition independent of language.
- (D) Psychomotor coordination and spatial orientation.

**Q5.** A researcher finds that a new aptitude test consistently yields the same results for the same individuals over time but fails to predict actual job performance. This test can be described as:

- (A) Low on reliability but high on validity.
- (B) High on reliability but low on validity.
- (C) Low on both reliability and validity.
- (D) High on both reliability and validity.

**Q6.** In Gardner's Theory of Multiple Intelligences, a 'Sensitivity to the sounds, rhythms, and meanings of words' and a 'Sensitivity to the different functions of language' characterizes:

- (A) Logical-Mathematical intelligence.
- (B) Interpersonal intelligence.
- (C) Linguistic intelligence.
- (D) Intrapersonal intelligence.

**Q7.** According to Karen Horney, 'Basic Anxiety' stems from feelings of isolation and helplessness in a hostile world. An individual who constantly seeks approval and affection is using which of the following 'neurotic trends'?



- (A) Moving Against people (aggressive orientation).
- (B) Moving Away from people (detached orientation).
- (C) Moving Toward people (compliant orientation).
- (D) Moving Beyond people (transcendental orientation).

**Q8.** In Freud's structural model of personality, the 'Super-Ego' operates based on the 'Moral Principle'. Which of its sub-systems is responsible for rewarding the individual with feelings of pride when they act according to parental values?

- (A) The Conscience.
- (B) The Ego-Ideal.
- (C) The Libido.
- (D) The Reality Principle.

**Q9.** Which of the following is the correct sequence of the stages of the General Adaptation Syndrome (GAS) as proposed by Hans Selye in the context of personality and stress?

- (A) Resistance → Alarm Reaction → Exhaustion.
- (B) Alarm Reaction → Resistance → Exhaustion.
- (C) Exhaustion → Resistance → Alarm Reaction.
- (D) Resistance → Exhaustion → Alarm Reaction.

**Q10.** According to Carl Rogers' Humanistic theory, 'Incongruence' occurs when there is a significant discrepancy between:

- (A) The Id and the Ego.
- (B) The Real Self and the Ideal Self.
- (C) The Collective Unconscious and Personal Unconscious.
- (D) Introversion and Extraversion.

**Q11.** A person who is highly organized, punctual, and disciplined would score high on which dimension of the Five-Factor Model (Big Five) of personality?



- (A) Openness to Experience.
- (B) Agreeableness.
- (C) Conscientiousness.
- (D) Neuroticism.

**Q12.** The 'Thematic Apperception Test' (TAT) is a projective technique used to assess personality. It primarily interprets an individual's:

- (A) Conscious preferences and career interests.
- (B) Underlying unconscious motives, conflicts, and needs through storytelling.
- (C) Objective behavioral patterns in social settings.
- (D) Cognitive deficits and brain damage.

**Q13.** In Albert Bandura's Social Cognitive Theory, the belief that one has the capability to perform behaviors necessary to produce a specific outcome is known as:

- (A) Self-Esteem.
- (B) Self-Efficacy.
- (C) Self-Regulation.
- (D) Self-Actualization.

**Q14.** Which defense mechanism is being used when a person refuses to accept the reality of a situation (e.g., a smoker refusing to admit that smoking is bad for their health) despite clear evidence?

- (A) Projection.
- (B) Rationalization.
- (C) Denial.
- (D) Reaction Formation.

**Q15.** A high school student feels overwhelmed by the pressure of upcoming board exams, leading to irritability and a lack of concentration. According to the classification of stress by Lazarus and Folkman, the student's evaluation of



whether their resources are sufficient to meet the demands of the exams is known as:

- (A) Primary Appraisal.
- (B) Secondary Appraisal.
- (C) Tertiary Appraisal.
- (D) Cognitive Restructuring.

**Q16.** Which of the following scenarios best demonstrates 'Problem-Focused Coping' as described by Endler and Parker?

- (A) A person loses their job and spends the day at the cinema to forget their worries.
- (B) A student who failed a test blames the teacher for being too strict.
- (C) An employee who receives a negative performance review creates a detailed schedule to improve their technical skills.
- (D) An individual starts practicing mindfulness meditation to manage the anxiety caused by a legal dispute.

**Q17.** In the context of the General Adaptation Syndrome (GAS), during which stage does the body try to cope with the stressor by secreting hormones like cortisol, while the person appears to be coping outwardly but is internally draining their resources?

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

**Q18.** A person living in a crowded metropolitan area experiences constant noise and lack of privacy. According to the 'Environmental Stress' perspective, these factors are likely to lead to:

- (A) High levels of internal locus of control.



- (B) Increased prosocial behavior.
- (C) A sense of 'learned helplessness' and decreased performance on complex tasks.
- (D) Immediate physiological exhaustion without an alarm phase.

**Q19.** When an individual experiences a 'Life Event' such as a sudden job relocation, the amount of stress they feel is often measured using the 'Social Readjustment Rating Scale' (SRRS). A high score on this scale indicates:

- (A) High resilience and coping capacity.
- (B) A higher vulnerability to physical and mental illness in the near future.
- (C) Low levels of 'Daily Hassles'.
- (D) Successful adaptation to the environment.

**Q20.** A patient exhibits a persistent belief that they are being followed by a secret government agency despite no evidence. However, their speech is coherent, and they do not show any other symptoms of schizophrenia. This is most likely a case of:

- (A) Disorganized Schizophrenia.
- (B) Delusional Disorder.
- (C) Catatonic Schizophrenia.
- (D) Generalized Anxiety Disorder.

**Q21.** Which of the following symptoms is considered a 'Negative Symptom' of Schizophrenia, representing a deficit or loss of normal functions?

- (A) Auditory hallucinations.
- (B) Delusions of grandeur.
- (C) Alogia (poverty of speech).
- (D) Inappropriate affect.

**Q22.** In the context of Mood Disorders, 'Dysthymic Disorder' (Persistent Depressive Disorder) is characterized by:



- (A) Extreme swings between mania and depression.
- (B) Chronic, low-grade depression lasting for at least two years.
- (C) A single episode of severe suicidal ideation and lethargy.
- (D) High energy and inflated self-esteem for a period of one week.

**Q23.** A person feels a sudden, intense fear of dying, accompanied by heart palpitations, shortness of breath, and dizziness, occurring unexpectedly without any clear external trigger. This describes:

- (A) A Phobic Disorder.
- (B) A Panic Attack.
- (C) Obsessive-Compulsive Disorder.
- (D) Separation Anxiety Disorder.

**Q24.** A child consistently fails to maintain eye contact, shows repetitive motor movements (like hand-flapping), and has significant difficulty in social communication. These are hallmark signs of:

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

**Q25.** According to the 'Diathesis-Stress Model' of abnormal behavior, a psychological disorder develops when:

- (A) A biological predisposition is triggered by environmental stressors.
- (B) The Id completely overpowers the Ego and Superego.
- (C) An individual learns maladaptive behaviors through classical conditioning.
- (D) There is a lack of unconditional positive regard during childhood.

**Q26.** An individual who feels compelled to wash their hands exactly 40 times after touching any doorknob to prevent 'deadly contamination' is experiencing:



- (A) A Delusion (thought) and an Illusion (perception).
- (B) An Obsession (thought) and a Compulsion (behavior).
- (C) A Phobia (fear) and a Hallucination (perception).
- (D) Mania (mood) and Depression (mood).

**Q27.** Which Dissociative Disorder involves a person 'disappearing' from their home and assuming a new identity in a different city, with no memory of their previous life?

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

**Q28.** Bulimia Nervosa is distinguished from Anorexia Nervosa primarily by:

- (A) The presence of extreme weight loss and self-starvation.
- (B) Cycles of binge eating followed by compensatory behaviors like purging.
- (C) A complete lack of concern regarding body image.
- (D) The absence of any biological markers or hormonal changes.

**Q29.** A person who is excessively charming and manipulative, lacks remorse for hurting others, and frequently violates social norms and laws would likely be diagnosed with:

- (A) Dependent Personality Disorder.
- (B) Antisocial Personality Disorder.
- (C) Histrionic Personality Disorder.
- (D) Avoidant Personality Disorder.

**Q30.** In Systematic Desensitization, the client and therapist construct a 'Hierarchy of Anxiety' to address a specific phobia. The therapeutic principle that makes this process effective by replacing the fear response with relaxation is:



- (A) Free Association.
- (B) Reciprocal Inhibition.
- (C) Transference.
- (D) Negative Reinforcement.

**Q31.** A therapist tells a client, "I hear you saying that you feel worthless, and while I don't agree with your self-assessment, I want you to know I value you as a person regardless of your actions." This is an application of:

- (A) Rational Emotive Behavior Therapy (REBT).
- (B) Unconditional Positive Regard.
- (C) Existential Vacuum Analysis.
- (D) Aversive Conditioning.

**Q32.** According to Aaron Beck's Cognitive Therapy, an individual who views a single negative event (like failing one quiz) as a never-ending pattern of defeat is engaging in which cognitive distortion?

- (A) Overgeneralization.
- (B) Personalization.
- (C) Selective Abstraction.
- (D) Dichotomous Thinking.

**Q33.** In Logotherapy, developed by Viktor Frankl, the primary goal is to help the client find 'meaning' in their life. The process of helping a client shift their perspective to find meaning even in suffering is called:

- (A) Transference Neurosis.
- (B) Paradoxical Intention.
- (C) Dereflexion.
- (D) Flooding.



- Q34.** Which therapeutic technique involves the use of 'Token Economies' where adaptive behaviors are rewarded with tangible symbols that can be exchanged for privileges?
- (A) Gestalt Therapy.
  - (B) Psychodynamic Therapy.
  - (C) Operant Conditioning.
  - (D) Client-Centered Therapy.
- Q35.** During Psychoanalysis, a patient begins to treat the therapist with the same hostility and resentment they feel toward their father. Freud termed this phenomenon as:
- (A) Counter-transference.
  - (B) Resistance.
  - (C) Catharsis.
  - (D) Transference.
- Q36.** The 'ABC' analysis in Albert Ellis's REBT stands for:
- (A) Affection, Behavior, Cognition.
  - (B) Antecedent, Belief, Consequence.
  - (C) Action, Brain, Consciousness.
  - (D) Awareness, Balance, Control.
- Q37.** According to Fritz Heider's Balance Theory, if 'P' likes 'O', and 'O' likes 'X', what must 'P's' relationship with 'X' be for the triad to be in a state of 'balance'?
- (A) P must dislike X.
  - (B) P must be neutral toward X.
  - (C) P must like X.
  - (D) Balance is independent of P's liking of X.



- Q38.** Leon Festinger's Theory of Cognitive Dissonance suggests that when an individual's behavior contradicts their attitude, they experience psychological discomfort. This discomfort is typically reduced by:
- (A) Increasing the importance of the dissonant elements.
  - (B) Changing the attitude to align with the behavior.
  - (C) Seeking out more dissonant information.
  - (D) Denying that the behavior ever occurred.
- Q39.** The 'Fundamental Attribution Error' refers to the tendency of observers to:
- (A) Underestimate the role of situational factors and overestimate dispositional factors in others' behavior.
  - (B) Overestimate situational factors when explaining their own failures.
  - (C) Attribute success to luck and failure to effort.
  - (D) Assume that everyone shares the same opinions as themselves.
- Q40.** In the process of Attitude Change, the 'Sleeper Effect' occurs when:
- (A) A high-credibility source loses influence over time.
  - (B) A low-credibility source's message becomes more persuasive over time as the source is forgotten.
  - (C) The person falls asleep during a persuasive lecture.
  - (D) The message is so complex that it requires incubation to understand.
- Q41.** A teacher believes that a certain student is very bright. Because of this, the teacher gives the student more attention and challenging work, which eventually leads the student to perform better. This is an example of:
- (A) Self-Serving Bias.
  - (B) Halo Effect.
  - (C) Self-Fulfilling Prophecy.
  - (D) Social Loafing.



- Q42.** According to the 'Elaboration Likelihood Model' (ELM), when a person is highly motivated and has the ability to process a message, they are likely to take the:
- (A) Peripheral route to persuasion.
  - (B) Central route to persuasion.
  - (C) Emotional route to persuasion.
  - (D) Subliminal route to persuasion.
- Q43.** The 'Kernel of Truth' hypothesis is often used to explain the origins of:
- (A) Prosocial behavior.
  - (B) Cognitive Dissonance.
  - (C) Stereotypes.
  - (D) Altruism.
- Q44.** Which component of attitude involves the feelings, emotions, or reactions an individual has toward an object or situation?
- (A) Cognitive component.
  - (B) Behavioral component.
  - (C) Affective component.
  - (D) Evaluative component.
- Q45.** According to Bruce Tuckman, during which stage of group development do members experience conflict regarding leadership and the direction of the group?
- (A) Forming.
  - (B) Norming.
  - (C) Storming.
  - (D) Performing.
- Q46.** Social Loafing is less likely to occur when:



- (A) The group size is very large.
- (B) The task is simple and repetitive.
- (C) Individual contributions are identifiable and evaluated.
- (D) Members believe their output is redundant.

**Q47.** In 'Group Polarization', after a group discussion, the final decision of the group tends to be:

- (A) More moderate than the initial individual opinions.
- (B) Exactly the average of all individual opinions.
- (C) More extreme (either riskier or more cautious) than the initial individual opinions.
- (D) Irrelevant to the initial opinions of the members.

**Q48.** Irving Janis identified 'Groupthink' as a phenomenon where the desire for harmony in a decision-making group overrides realistic appraisal. A key symptom of Groupthink is:

- (A) Encouraging dissenting opinions.
- (B) High levels of critical thinking.
- (C) An illusion of invulnerability.
- (D) Slow and methodical decision making.

**Q49.** The 'Social Facilitation' effect suggests that for a well-learned or simple task, the presence of an audience will:

- (A) Decrease performance due to anxiety.
- (B) Have no effect on performance.
- (C) Increase performance by increasing arousal.
- (D) Cause the individual to forget the task.

**Q50.** Which type of group is characterized by face-to-face interaction, emotional bonds, and a sense of 'we-feeling' (e.g., family or close friends)?



- (A) Secondary Group.
- (B) Primary Group.
- (C) Reference Group.
- (D) Formal Group.



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

**Concept:** Sternberg's Triarchic Theory of Intelligence explains intelligent behavior through three components: analytical, creative, and practical intelligence. Practical intelligence focuses on real-world problem solving and adapting to environmental demands.

**Solution:** In Sternberg's Triarchic Theory, contextual or practical intelligence refers to the ability of an individual to adapt to, shape, or select environments in order to achieve personal goals. This form of intelligence is often described as "street smart" ability, where a person effectively deals with everyday situations. Individuals with high practical intelligence can modify their environment to suit their needs or choose a new environment that better matches their strengths. This is different from analytical intelligence, which involves logical reasoning and problem-solving in academic contexts, and experiential intelligence, which relates to creativity and dealing with novel situations. Therefore, the ability to adjust or relocate strategically to achieve success reflects contextual intelligence.

**Final Answer:** Contextual or Practical intelligence

**Answer: (C)**

**Q2.****Solution**

**Concept:** The Flynn Effect refers to the observed rise in average IQ scores across generations due to environmental improvements such as education, nutrition, and cognitive stimulation.

**Solution:** The Flynn Effect describes a well-documented phenomenon in psychology where successive generations show an increase in average intelligence quotient (IQ) scores over time. This increase is not due to genetic changes but is attributed to environmental factors such as improved nutrition, better education systems, increased exposure to problem-solving tasks, and cognitively demanding environments. This effect highlights that intelligence test scores are influenced by socio-cultural and environmental conditions. It does not refer to individual stability of IQ, twin correlations, or differences between verbal and performance abilities. Instead, it reflects a population-level shift in cognitive performance across time.

**Final Answer:** Mean IQ rises across generations due to better nutrition and environment

**Answer: (B)**



Q3.

**Solution**

**Concept:** The PASS model of intelligence explains cognitive functioning in terms of Planning, Attention-Arousal, Simultaneous processing, and Successive processing, with attention systems regulating focus and alertness.

**Solution:** The PASS model, developed by Das, Naglieri, and Kirby, explains intelligence as a set of cognitive processes rather than a single general ability. The Arousal/Attention system is responsible for maintaining alertness and selectively focusing on relevant stimuli while ignoring distractions. This system is primarily associated with the brainstem and the Reticular Activating System (RAS), which regulates wakefulness and attentional readiness. It ensures that the individual remains alert and responsive to environmental demands. The frontal lobe is more involved in planning and executive functions, while other lobes handle sensory processing and memory. Therefore, arousal and attention are neurologically linked to the brainstem structures.

**Final Answer:** The Brainstem and Reticular Activating System (RAS)

**Answer: (B)**

Q4.

**Solution**

**Concept:** Culture-fair intelligence tests aim to measure general intelligence ( $g$ ) by minimizing cultural and language biases, focusing on abstract reasoning and pattern recognition.

**Solution:** Raven's Progressive Matrices is a widely used culture-fair test designed to assess general intelligence, particularly the  $g$  factor. It measures an individual's ability to identify patterns, logical relationships, and abstract reasoning without relying on language, vocabulary, or cultural knowledge. This makes it suitable for comparing individuals across diverse cultural backgrounds. Unlike tests that depend on learned knowledge (crystallized intelligence), Raven's Matrices focuses on fluid intelligence, especially non-verbal reasoning ability. It does not measure educational attainment, psychomotor skills, or socio-economic factors directly, but rather the underlying cognitive ability to solve novel problems through pattern recognition.

**Final Answer:** Abstract reasoning and pattern recognition independent of language

**Answer: (C)**



Q5.

**Solution**

**Concept:** Reliability refers to consistency of a test, while validity refers to how accurately a test measures what it is intended to measure, especially its predictive power.

**Solution:** A psychological test that produces consistent results over repeated administrations is considered highly reliable. However, if the same test fails to predict actual job performance, it lacks validity, specifically predictive validity. Reliability ensures stability and repeatability of scores, but it does not guarantee that the test measures the correct construct or outcome. Validity, on the other hand, assesses the accuracy and usefulness of the test in real-world applications. Therefore, a test can be consistent yet ineffective for prediction, indicating high reliability but low validity. This distinction is crucial in psychometric evaluation of aptitude and intelligence tests.

**Final Answer:** High on reliability but low on validity

**Answer: (B)**

Q6.

**Solution**

**Concept:** Gardner's Theory of Multiple Intelligences proposes that intelligence is not unitary but consists of distinct types, including linguistic intelligence related to language use and sensitivity.

**Solution:** In Gardner's Multiple Intelligences framework, linguistic intelligence refers to the ability to use language effectively for communication, expression, and understanding. It includes sensitivity to the sounds, rhythms, meanings of words, and the functional use of language in different contexts. Individuals with high linguistic intelligence are skilled in reading, writing, storytelling, and verbal expression. This type of intelligence is distinct from logical-mathematical intelligence, which involves reasoning and numbers, and from interpersonal or intrapersonal intelligence, which relate to social and self-awareness abilities. Therefore, sensitivity to language structure and meaning is a defining feature of linguistic intelligence.

**Final Answer:** Linguistic intelligence

**Answer: (C)**



Q7.

**Solution**

**Concept:** Karen Horney's neo-psychoanalytic theory explains personality in terms of basic anxiety and neurotic trends, which describe how individuals cope with feelings of insecurity and helplessness.

**Solution:** According to Karen Horney, basic anxiety arises from early childhood experiences that create feelings of isolation, helplessness, and hostility in the environment. To cope with this anxiety, individuals develop three neurotic trends: moving toward people, moving against people, and moving away from people. A person who constantly seeks approval, affection, and reassurance from others is exhibiting the compliant personality style, which corresponds to moving toward people. Such individuals attempt to gain security by becoming dependent on others and seeking acceptance through submissive and agreeable behavior. This is distinct from aggressive individuals (moving against people) who seek dominance, and detached individuals (moving away from people) who withdraw socially.

**Final Answer:** Moving Toward people (compliant orientation)

**Answer: (C)**

Q8.

**Solution**

**Concept:** Freud's structural theory divides personality into id, ego, and superego, where the superego functions as the moral component guiding ethical behavior through rewards and punishments.

**Solution:** In Freud's psychoanalytic theory, the superego represents internalized moral standards derived from parents and society. It consists of two components: the conscience and the ego-ideal. The ego-ideal is responsible for rewarding the individual with feelings of pride, satisfaction, and self-worth when they behave in accordance with moral and parental standards. It represents the positive standards and aspirations set by caregivers. In contrast, the conscience punishes wrongdoing by producing guilt. The libido is part of the id and relates to instinctual drives, while the reality principle is associated with the ego. Therefore, feelings of pride arise from the ego-ideal functioning within the superego.

**Final Answer:** The Ego-Ideal

**Answer: (B)**



Q9.

**Solution**

**Concept:** Hans Selye's General Adaptation Syndrome (GAS) describes the physiological response of the body to stress in three sequential stages: alarm, resistance, and exhaustion.

**Solution:** The General Adaptation Syndrome explains how the body responds to prolonged stress exposure. The first stage is the Alarm Reaction, where the body recognizes the stressor and activates the fight-or-flight response. This is followed by the Resistance stage, where the body attempts to cope with the stressor and restore balance while remaining alert. If the stress continues for a prolonged period and resources are depleted, the body enters the Exhaustion stage, leading to reduced resistance, fatigue, and potential illness. The correct chronological order is therefore alarm reaction first, followed by resistance, and finally exhaustion.

**Final Answer:** Alarm Reaction → Resistance → Exhaustion

**Answer: (B)**

Q10.

**Solution**

**Concept:** Carl Rogers' humanistic theory emphasizes self-concept, where psychological well-being depends on consistency between the real self and ideal self.

**Solution:** According to Carl Rogers, personality development is centered around the self-concept, which includes the real self (how a person actually perceives themselves) and the ideal self (how a person wishes to be). Incongruence occurs when there is a significant mismatch between these two self-structures. When the gap between real self and ideal self is large, individuals experience anxiety, dissatisfaction, and psychological distress. Conversely, congruence leads to self-actualization and psychological well-being. The concept is fundamental to Rogers' client-centered therapy, which aims to reduce incongruence and promote self-acceptance.

**Final Answer:** The Real Self and The Ideal Self

**Answer: (B)**



Q11.

**Solution**

**Concept:** The Five-Factor Model of personality describes five broad dimensions of personality traits, one of which reflects discipline, organization, and goal-directed behavior.

**Solution:** The Big Five personality model includes Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Conscientiousness refers to traits such as organization, responsibility, discipline, punctuality, and goal-oriented behavior. Individuals high in conscientiousness are reliable, hardworking, and efficient in planning and executing tasks. This trait is strongly associated with academic and occupational success. In contrast, openness relates to creativity, agreeableness to cooperation and kindness, and neuroticism to emotional instability. Therefore, a highly organized and disciplined person would score high on conscientiousness.

**Final Answer:** Conscientiousness

**Answer:** (C)

Q12.

**Solution**

**Concept:** The Thematic Apperception Test (TAT) is a projective personality test used to uncover unconscious motives, conflicts, and needs through interpretation of ambiguous images.

**Solution:** The Thematic Apperception Test involves presenting individuals with ambiguous pictures and asking them to create stories based on what they see. These stories are analyzed to reveal underlying psychological themes, including unconscious motives, emotional conflicts, desires, and needs. Since the stimuli are ambiguous, individuals project their inner thoughts and feelings onto the stories they construct. This makes TAT a projective technique rather than an objective test. It does not measure cognitive ability, behavioral patterns, or medical conditions, but instead provides insight into deeper aspects of personality structure and unconscious processes.

**Final Answer:** Underlying unconscious motives, conflicts, and needs through storytelling

**Answer:** (B)



Q13.

**Solution**

**Concept:** Bandura's Social Cognitive Theory emphasizes learning through observation and personal beliefs, where self-efficacy plays a central role in determining behavior and motivation.

**Solution:** In Albert Bandura's Social Cognitive Theory, self-efficacy refers to an individual's belief in their ability to organize and execute the actions required to achieve specific goals or outcomes. It strongly influences motivation, persistence, and performance in different tasks. Individuals with high self-efficacy are more likely to take on challenging tasks, persist in the face of difficulties, and recover from setbacks. This concept is distinct from self-esteem, which reflects overall self-worth, and self-regulation, which involves controlling behavior. Self-actualization, on the other hand, is a concept from humanistic psychology describing the realization of one's full potential. Therefore, belief in one's capability to perform specific behaviors effectively is termed self-efficacy.

**Final Answer:**

**Answer: (B)**

Q14.

**Solution**

**Concept:** Defense mechanisms are unconscious psychological strategies used to reduce anxiety and protect the ego from distressing realities or thoughts.

**Solution:** Denial is a defense mechanism in which an individual refuses to accept reality or facts that are too painful or threatening to acknowledge. In this mechanism, the person behaves as if the stressful situation or truth does not exist, despite clear and objective evidence. For example, a smoker may ignore medical warnings and scientific evidence linking smoking to health problems. Unlike projection, where one attributes their own unacceptable feelings to others, or rationalization, where logical excuses are created, denial involves outright refusal to accept reality. Reaction formation involves expressing the opposite of true feelings. Therefore, denial is the correct mechanism in this case.

**Final Answer:**

**Answer: (C)**



Q15.

**Solution**

**Concept:** Lazarus and Folkman's cognitive appraisal theory of stress explains how individuals evaluate stressors through primary and secondary appraisal processes.

**Solution:** According to Lazarus and Folkman, stress is not just a stimulus or response but a result of cognitive appraisal. Primary appraisal involves evaluating whether an event is irrelevant, benign, or stressful. Secondary appraisal refers to the evaluation of one's available coping resources and options to deal with the stressor. In this scenario, the student assessing whether they have sufficient resources to handle exam pressure is engaging in secondary appraisal. This stage determines perceived control and coping ability, influencing emotional and behavioral responses. Cognitive restructuring is a coping strategy, not an appraisal stage. Therefore, the correct classification is secondary appraisal.

**Final Answer:** Secondary Appraisal

**Answer: (B)**

Q16.

**Solution**

**Concept:** Coping strategies are broadly classified into problem-focused coping, which aims to reduce stress by addressing the source of the problem, and emotion-focused coping, which manages emotional responses.

**Solution:** Problem-focused coping involves taking direct actions to eliminate or reduce the source of stress. It is most effective when the situation is controllable. In the given scenario, the employee responds to negative performance feedback by creating a structured plan to improve technical skills. This demonstrates active problem-solving and effort to change the stressful situation itself. In contrast, avoiding the problem, blaming others, or using relaxation techniques without addressing the cause represent emotion-focused coping. Therefore, the behavior of planning and skill improvement clearly reflects problem-focused coping as described by Endler and Parker.

**Final Answer:** Problem-Focused Coping

**Answer: (C)**



Q17.

**Solution**

**Concept:** The General Adaptation Syndrome (GAS) explains the physiological stages of stress response, including alarm, resistance, and exhaustion phases.

**Solution:** In Selye's General Adaptation Syndrome, the resistance stage occurs after the initial alarm reaction when the body attempts to adapt to the persistent stressor. During this stage, physiological responses such as cortisol secretion help maintain a state of alertness and coping. Although the individual may appear to function normally, the body continuously uses energy reserves to manage stress. Over time, this sustained effort can lead to depletion of resources if the stressor persists. The alarm stage is the immediate response, while exhaustion occurs when coping mechanisms fail. Burnout is a related concept but not a formal GAS stage. Therefore, resistance stage best fits the description.

**Final Answer:** Resistance Stage

**Answer: (C)**

Q18.

**Solution**

**Concept:** Environmental stress arises from chronic exposure to adverse physical and social conditions, which can impair cognitive performance, motivation, and psychological well-being.

**Solution:** Environmental stress refers to the psychological strain caused by adverse physical conditions such as overcrowding, noise pollution, lack of privacy, and poor living environments. In crowded metropolitan areas, continuous exposure to noise and reduced personal space leads to overstimulation and reduced ability to concentrate. According to environmental psychology, such chronic stressors can decrease cognitive efficiency, reduce attention span, and impair performance on complex tasks. Over time, individuals may also develop feelings of helplessness if they perceive that they have little control over their environment. This can reduce motivation and problem-solving ability. However, environmental stress does not directly produce internal locus of control or prosocial behavior, nor does it cause immediate exhaustion without progressing through standard stress response stages.

**Final Answer:** A sense of 'learned helplessness' and decreased performance on complex tasks

**Answer: (C)**



Q19.

**Solution**

**Concept:** The Social Readjustment Rating Scale (SRRS) quantifies stress based on life events, where higher scores indicate greater life stress and increased risk of illness.

**Solution:** The SRRS, developed by Holmes and Rahe, assigns numerical values to various life events based on the degree of social readjustment required. Events such as job relocation, marriage, or loss of a job contribute to cumulative stress scores. A high score on this scale indicates that an individual has experienced multiple or highly stressful life changes within a short period. Research shows that higher SRRS scores are associated with increased vulnerability to both physical illnesses and psychological disorders due to sustained stress load. It does not measure resilience or coping ability directly, nor does it reflect successful adaptation or reduced daily hassles. Therefore, a high score suggests increased risk of health problems.

**Final Answer:** A higher vulnerability to physical and mental illness in the near future

**Answer: (B)**

Q20.

**Solution**

**Concept:** Delusional disorders are characterized by persistent, non-bizarre delusions without the broader cognitive, behavioral, or emotional deterioration seen in schizophrenia.

**Solution:** Delusional Disorder is a psychiatric condition in which an individual experiences one or more persistent delusions, such as being persecuted or followed, while maintaining relatively normal functioning in other areas. The person's speech, behavior, and cognitive abilities remain largely intact, distinguishing it from schizophrenia. In this case, the belief that a secret government agency is following the patient, despite lack of evidence, represents a persecutory delusion. However, the absence of disorganized speech, hallucinations, or other negative symptoms rules out schizophrenia subtypes. Generalized Anxiety Disorder involves excessive worry rather than fixed false beliefs. Therefore, the condition best matches delusional disorder.

**Final Answer:** Delusional Disorder

**Answer: (B)**



Q21.

**Solution**

**Concept:** Schizophrenia includes positive symptoms (additions like hallucinations) and negative symptoms (loss or reduction of normal functions such as speech, emotion, or motivation).

**Solution:** Negative symptoms of schizophrenia reflect a reduction or absence of normal psychological functioning. These include alogia (poverty of speech), avolition (lack of motivation), anhedonia (loss of pleasure), and flat or inappropriate affect. Among the options, alogia is a classic negative symptom because it represents reduced speech output and impaired thought expression. In contrast, auditory hallucinations and delusions of grandeur are positive symptoms involving added abnormal experiences. Inappropriate affect can sometimes be considered negative or disorganized, but alogia most clearly represents a deficit symptom. Therefore, the correct answer is alogia, indicating reduced verbal productivity.

**Final Answer:** Alogia (poverty of speech)

**Answer: (C)**

Q22.

**Solution**

**Concept:** Mood disorders include major depressive disorder and persistent depressive disorder, with dysthymia characterized by long-term, less severe depressive symptoms.

**Solution:** Dysthymic Disorder, now known as Persistent Depressive Disorder, is a chronic mood disorder characterized by a depressed mood that lasts for at least two years in adults. Although symptoms are less severe than major depressive episodes, they are long-lasting and can significantly impair daily functioning. Individuals may experience low energy, poor self-esteem, and reduced interest in activities. Unlike bipolar disorder, it does not involve manic episodes. It also differs from a single severe depressive episode, as dysthymia is persistent rather than episodic. High energy states and inflated self-esteem are associated with mania, not dysthymia. Therefore, chronic low-grade depression is the defining feature.

**Final Answer:** Chronic, low-grade depression lasting for at least two years

**Answer: (B)**



Q23.

**Solution**

**Concept:** Panic attacks are sudden episodes of intense fear accompanied by strong physiological symptoms without an identifiable external trigger.

**Solution:** A panic attack is characterized by a sudden onset of intense fear or discomfort that peaks within minutes. It is often accompanied by physical symptoms such as heart palpitations, shortness of breath, dizziness, chest pain, and a fear of dying or losing control. Importantly, panic attacks occur unexpectedly and are not necessarily linked to a specific phobic stimulus or obsession. This differentiates them from phobic disorders, where fear is tied to a specific object or situation. Obsessive-compulsive disorder involves repetitive thoughts and behaviors, while separation anxiety involves distress related to separation from attachment figures. Therefore, the described symptoms match a panic attack.

**Final Answer:** A Panic Attack

**Answer: (B)**

Q24.

**Solution**

**Concept:** Autism Spectrum Disorder is a neurodevelopmental disorder characterized by persistent deficits in social communication and restricted, repetitive patterns of behavior, interests, or activities.

**Solution:** Autism Spectrum Disorder (ASD) is a developmental condition that typically appears in early childhood and is marked by persistent difficulties in social interaction and communication. Children with ASD often show reduced eye contact, difficulty in understanding social cues, and impaired verbal and non-verbal communication. In addition, they exhibit restricted and repetitive behaviors such as hand-flapping, rocking, or insistence on sameness. These symptoms are not explained by attention deficits, conduct problems, or oppositional behavior, but rather reflect differences in neural development affecting social cognition and behavior regulation. ADHD involves inattention and hyperactivity, while conduct disorder involves rule-breaking behavior. Oppositional defiant disorder is characterized by defiance and irritability rather than social communication deficits.

**Final Answer:** Autism Spectrum Disorder

**Answer: (C)**



Q25.

**Solution**

**Concept:** The Diathesis-Stress Model explains psychological disorders as resulting from an interaction between genetic/biological vulnerability and environmental stressors.

**Solution:** The Diathesis-Stress Model proposes that mental disorders develop when an individual has an underlying vulnerability or predisposition (diathesis), such as genetic, biological, or psychological factors, which is then triggered by environmental stressors. The combination of both factors leads to the onset of abnormal behavior. A person with high vulnerability may develop a disorder even under mild stress, while a person with low vulnerability may remain healthy despite significant stress. This model integrates biological and environmental perspectives and explains why not all individuals exposed to stress develop psychological disorders. Other options, such as psychoanalytic conflict or conditioning theories, do not fully capture this interactional framework.

**Final Answer:** A biological predisposition is triggered by environmental stressors

**Answer: (A)**

Q26.

**Solution**

**Concept:** Obsessive-Compulsive Disorder (OCD) involves obsessions, which are intrusive thoughts, and compulsions, which are repetitive behaviors performed to reduce anxiety.

**Solution:** Obsessive-Compulsive Disorder is characterized by the presence of obsessions and compulsions. Obsessions are unwanted, intrusive, and persistent thoughts, such as fear of contamination. Compulsions are repetitive behaviors or mental acts performed to reduce anxiety caused by obsessions. In this case, the individual has an obsession with contamination and a compulsion to wash hands repeatedly in a ritualistic manner (exactly 40 times). These behaviors are not rational and are performed to prevent imagined harm rather than real danger. This clearly distinguishes OCD from phobias, delusions, hallucinations, or mood disorders, which involve different psychological mechanisms.

**Final Answer:** An Obsession (thought) and a Compulsion (behavior)

**Answer: (B)**



Q27.

**Solution**

**Concept:** Dissociative disorders involve disruptions in memory, identity, or consciousness, often as a psychological escape from trauma or stress.

**Solution:** Dissociative Fugue is a subtype of dissociative amnesia characterized by sudden, unexpected travel away from home or usual surroundings, accompanied by the inability to recall one's past and sometimes the adoption of a new identity. The individual may appear completely normal in the new environment but has no memory of their previous life. Dissociative identity disorder involves multiple distinct identities, while dissociative amnesia involves memory loss without travel or identity change. Depersonalization disorder involves feeling detached from oneself. Therefore, the scenario of leaving home and assuming a new identity fits dissociative fugue.

**Final Answer:** Dissociative Fugue

**Answer: (C)**

Q28.

**Solution**

**Concept:** Eating disorders such as anorexia nervosa and bulimia nervosa differ primarily in eating patterns, body weight changes, and compensatory behaviors.

**Solution:** Bulimia Nervosa is an eating disorder characterized by repeated episodes of binge eating followed by compensatory behaviors such as vomiting, fasting, or excessive exercise to prevent weight gain. Unlike anorexia nervosa, individuals with bulimia typically maintain a near-normal body weight despite disordered eating patterns. Anorexia involves severe restriction of food intake and extreme weight loss. Bulimia is strongly associated with concerns about body image but differs in the presence of binge-purge cycles. It is not defined by lack of concern for body image or absence of biological changes.

**Final Answer:** Cycles of binge eating followed by compensatory behaviors like purging

**Answer: (B)**



Q29.

**Solution**

**Concept:** Personality disorders are enduring patterns of behavior and inner experience that deviate from cultural expectations, with antisocial personality disorder marked by disregard for others and violation of norms.

**Solution:** Antisocial Personality Disorder is characterized by a pervasive pattern of disregard for and violation of the rights of others. Individuals with this disorder often display manipulative behavior, lack of remorse, deceitfulness, impulsivity, and failure to conform to social and legal norms. They may appear superficially charming but use this trait to exploit others. This distinguishes them from dependent personality disorder, which involves excessive reliance on others, and histrionic personality disorder, which involves attention-seeking behavior. Avoidant personality disorder is characterized by social inhibition and fear of rejection. Therefore, the described behavior is consistent with antisocial personality disorder.

**Final Answer:** Antisocial Personality Disorder

**Answer: (B)**

Q30.

**Solution**

**Concept:** Systematic desensitization is a behavioral therapy technique based on classical conditioning, where relaxation is paired with anxiety-provoking stimuli in a graded hierarchy to eliminate phobic responses.

**Solution:** Systematic desensitization, developed by Wolpe, is based on the principle of counterconditioning, where an unwanted conditioned response (fear or anxiety) is replaced by a new response (relaxation). The client is first trained in relaxation techniques, then gradually exposed to a hierarchy of feared situations, starting from least anxiety-provoking to most intense. The key mechanism underlying this process is reciprocal inhibition, which states that two incompatible responses (anxiety and relaxation) cannot occur simultaneously. Therefore, when relaxation is paired with the feared stimulus, the anxiety response is progressively weakened and replaced. Other options such as free association and transference belong to psychodynamic therapy, while negative reinforcement involves behavior increase through removal of aversive stimuli.

**Final Answer:** Reciprocal Inhibition

**Answer: (B)**



Q31.

**Solution**

**Concept:** Humanistic therapy emphasizes empathy, genuineness, and unconditional acceptance of the client as a core condition for psychological growth and self-acceptance.

**Solution:** Carl Rogers' Client-Centered Therapy is based on the principle of unconditional positive regard, where the therapist accepts and values the client without judgment, regardless of their thoughts, feelings, or behaviors. This therapeutic attitude helps the client develop self-acceptance and reduce incongruence between self-concept and experience. In the given statement, the therapist expresses acceptance of the client as a person while not necessarily agreeing with their self-evaluation. This reflects unconditional positive regard, which fosters a supportive environment for personal growth. Other approaches like REBT focus on disputing irrational beliefs, while existential and aversive techniques are unrelated to this empathic acceptance framework.

**Final Answer:** Unconditional Positive Regard

**Answer: (B)**

Q32.

**Solution**

**Concept:** Aaron Beck's Cognitive Therapy identifies systematic cognitive distortions that lead to negative interpretations of events and emotional distress.

**Solution:** In Cognitive Therapy, overgeneralization refers to the cognitive distortion where an individual draws broad, sweeping conclusions based on a single event. For example, failing one quiz may be interpreted as evidence of lifelong failure or incompetence. This reflects a pattern of thinking where one negative experience is seen as representative of all future outcomes. It is different from personalization, which involves attributing external events to oneself, selective abstraction, which focuses on a single negative detail while ignoring positives, and dichotomous thinking, which involves black-and-white categorization. Overgeneralization leads to persistent negative beliefs and emotional distress.

**Final Answer:** Overgeneralization

**Answer: (A)**



Q33.

**Solution**

**Concept:** Logotherapy, developed by Viktor Frankl, focuses on finding meaning in life, even in suffering, through cognitive reorientation and purposeful living.

**Solution:** Logotherapy is based on the idea that the primary human motivation is the search for meaning. One of its key techniques is dereflection, which helps clients shift attention away from excessive self-focus or symptoms and redirect it toward meaningful goals and values. This process allows individuals to reinterpret suffering and find purpose even in difficult circumstances. Paradoxical intention involves encouraging the client to confront fears directly in an exaggerated manner, while transference neurosis and flooding belong to psychodynamic and behavioral therapies respectively. Therefore, dereflection best describes the process of finding meaning by changing perspective.

**Final Answer:**

**Answer:** (C)

Q34.

**Solution**

**Concept:** Operant conditioning is a behavioral approach where behavior is shaped and maintained through reinforcement and punishment mechanisms.

**Solution:** Token economies are a form of operant conditioning in which desired behaviors are reinforced using symbolic rewards such as tokens, stars, or points. These tokens can later be exchanged for tangible rewards or privileges. This technique is widely used in institutional settings such as schools, hospitals, and rehabilitation centers to encourage adaptive behavior. The principle is based on reinforcement, where behavior followed by a reward is more likely to be repeated. Unlike psychodynamic or humanistic therapies, which focus on insight or self-growth, operant conditioning directly modifies behavior through systematic reinforcement strategies.

**Final Answer:**

**Answer:** (C)



Q35.

**Solution**

**Concept:** In psychoanalysis, transference occurs when clients unconsciously redirect feelings about significant figures from their past onto the therapist.

**Solution:** Transference is a key concept in Freud's psychoanalytic theory where patients project emotions, attitudes, and expectations associated with important figures from their past, such as parents, onto the therapist. In this case, the patient expresses hostility toward the therapist similar to feelings toward their father. This displacement of emotions allows unconscious conflicts to surface during therapy, enabling analysis and resolution. Counter-transference refers to the therapist's emotional response to the patient, resistance involves opposition to therapeutic progress, and catharsis refers to emotional release. Therefore, the described phenomenon is transference.

**Final Answer:** Transference

**Answer: (D)**

Q36.

**Solution**

**Concept:** Albert Ellis's Rational Emotive Behavior Therapy (REBT) explains emotional responses using the ABC model, where beliefs about events determine consequences rather than the events themselves.

**Solution:** In Albert Ellis's REBT framework, the ABC model is used to explain how emotional and behavioral consequences are not directly caused by activating events but by the individual's beliefs about those events. A stands for Activating event, B stands for Belief system, and C stands for Consequence, which includes emotional and behavioral outcomes. According to this model, irrational or distorted beliefs at the B stage lead to unhealthy emotional responses at the C stage. Therapy focuses on identifying and disputing irrational beliefs to replace them with rational ones, thereby improving emotional well-being. Therefore, ABC represents Activating event, Belief, and Consequence.

**Final Answer:** Antecedent (Activating event), Belief, Consequence

**Answer: (B)**



Q37.

**Solution**

**Concept:** Heider's Balance Theory explains interpersonal relationships in terms of cognitive consistency within a triad of individuals or objects.

**Solution:** Fritz Heider's Balance Theory suggests that people prefer balanced cognitive structures, where relationships among three entities (P, O, and X) are consistent and psychologically stable. In the given scenario, P likes O, and O likes X. For the triad to remain balanced, P should also like X, ensuring positive consistency across relationships. If P disliked X, it would create psychological imbalance and tension. The theory emphasizes that individuals tend to adjust their attitudes to maintain harmony and reduce cognitive inconsistency in social relationships.

**Final Answer:** P must like X

**Answer: (C)**

Q38.

**Solution**

**Concept:** Cognitive Dissonance Theory explains how individuals strive for internal consistency between attitudes and behaviors by reducing psychological discomfort caused by inconsistency.

**Solution:** According to Leon Festinger's Cognitive Dissonance Theory, when there is inconsistency between an individual's attitudes and behaviors, psychological discomfort arises. To reduce this dissonance, individuals often change their attitudes to align with their behavior, rather than changing the behavior itself, especially when the behavior is difficult to reverse. Other methods of reduction include trivializing the inconsistency or adding new consonant cognitions. However, attitude change is the most effective and common resolution strategy. Increasing dissonant elements or denial does not resolve the underlying inconsistency effectively in most cases.

**Final Answer:** Changing the attitude to align with the behavior

**Answer: (B)**



Q39.

**Solution**

**Concept:** The Fundamental Attribution Error describes a bias in social perception where people overemphasize personality traits and underestimate situational influences when interpreting others' behavior.

**Solution:** The Fundamental Attribution Error is a social psychological bias in which observers tend to attribute others' behavior to internal characteristics such as personality, traits, or disposition, while underestimating the role of situational or external factors. For example, if someone fails an exam, observers may assume they are lazy or unintelligent rather than considering situational factors like illness or lack of resources. This bias is particularly strong when evaluating others, while individuals tend to attribute their own failures to situational causes. It is a key concept in social cognition and attribution theory.

**Final Answer:** Underestimate situations, overestimate traits

**Answer: (A)**

Q40.

**Solution**

**Concept:** The Sleeper Effect is a phenomenon in attitude change where the impact of a persuasive message increases over time, especially when its source is initially discredited.

**Solution:** The Sleeper Effect refers to a psychological phenomenon in which a persuasive message from a low-credibility source initially has little impact on attitudes, but over time, as the association with the source weakens, the message itself becomes more persuasive. This occurs because people gradually forget the source of the message while retaining the content. As a result, the discounting cue (low credibility) loses its influence, allowing the message to be more readily accepted later. This effect is important in understanding delayed attitude change in social psychology and advertising.

**Final Answer:** Low-credibility source becomes persuasive over time as it is forgotten

**Answer: (B)**



Q41.

**Solution**

**Concept:** Self-fulfilling prophecy is a social psychological phenomenon where expectations about a person lead to behaviors that cause the expectations to come true.

**Solution:** A self-fulfilling prophecy occurs when an initial expectation about an individual influences the behavior of others toward that individual, which in turn affects the individual's performance in a way that confirms the original expectation. In this case, the teacher believes the student is bright and therefore provides more attention, encouragement, and challenging tasks. As a result, the student improves and performs better academically, confirming the teacher's initial belief. This demonstrates how expectations can shape reality through behavioral reinforcement and social interaction. The halo effect refers to general impression bias, self-serving bias involves attributing success to oneself, and social loafing relates to reduced effort in groups.

**Final Answer:**

**Answer: (C)**

Q42.

**Solution**

**Concept:** The Elaboration Likelihood Model (ELM) explains persuasion through two routes: central and peripheral, depending on motivation and ability to process information.

**Solution:** According to the Elaboration Likelihood Model, when individuals are highly motivated and capable of understanding a message, they process it through the central route to persuasion. This route involves careful and thoughtful consideration of the content, logic, and evidence presented in the message. It leads to more stable and long-lasting attitude change. In contrast, the peripheral route relies on superficial cues such as attractiveness of the speaker or emotional appeal and is used when motivation or ability is low. Emotional and subliminal routes are not part of the formal ELM framework. Therefore, high motivation and ability lead to central route processing.

**Final Answer:**

**Answer: (B)**



Q43.

**Solution**

**Concept:** Stereotypes are cognitive structures that simplify social perception and often arise from overgeneralized beliefs about groups, sometimes based on limited valid information.

**Solution:** The “Kernel of Truth” hypothesis suggests that stereotypes may originate from a small basis of accurate observations or real differences between groups, which are then exaggerated and generalized to all members of the group. While stereotypes are often biased and oversimplified, they may contain a limited element of truth that contributes to their formation and persistence. This concept explains how social perceptions can develop from partial experiences and be distorted over time. It is most closely associated with the development and maintenance of stereotypes rather than prosocial behavior, cognitive dissonance, or altruism.

**Final Answer:** Stereotypes

**Answer:** (C)

Q44.

**Solution**

**Concept:** Attitudes are composed of three components: cognitive (beliefs), behavioral (actions), and affective (emotions), which together shape evaluation of objects or situations.

**Solution:** The affective component of attitude refers to the emotional aspect, including feelings, moods, and emotional reactions toward a person, object, or situation. It represents how an individual feels about something, such as liking, dislike, fear, or enjoyment. The cognitive component involves beliefs and thoughts, while the behavioral component involves actions or intentions. The evaluative component is often used broadly but is not one of the classical tripartite divisions. Therefore, emotions and feelings associated with an attitude are best represented by the affective component.

**Final Answer:** Affective component

**Answer:** (C)



Q45.

**Solution**

**Concept:** Bruce Tuckman's model of group development describes stages through which groups evolve, including forming, storming, norming, and performing.

**Solution:** In Tuckman's stages of group development, the storming stage is characterized by conflict, competition, and disagreement among group members. During this stage, individuals may challenge leadership, express differing opinions, and struggle over roles and direction of the group. This conflict is a natural part of group formation and is necessary for establishing clearer structure and norms. The forming stage involves orientation and initial bonding, norming involves agreement and cohesion, and performing focuses on task completion. Therefore, leadership conflicts and disagreements about direction occur during the storming stage.

**Final Answer:** Storming

**Answer:** (C)

Q46.

**Solution**

**Concept:** Social loafing refers to reduced individual effort in group settings, and it decreases when individual performance is identifiable and accountable.

**Solution:** Social loafing occurs when individuals exert less effort while working in a group compared to when working alone. This typically happens when individual contributions are not identifiable, leading to diffusion of responsibility. However, social loafing is reduced when individual performance is visible, measurable, and evaluated, because accountability increases motivation. When people know their efforts will be recognized or assessed separately, they are more likely to contribute actively. Large group size and task simplicity usually increase social loafing, while redundancy of effort also reduces motivation. Therefore, identifiability and evaluation of individual contributions significantly reduce social loafing.

**Final Answer:** Individual contributions are identifiable and evaluated

**Answer:** (C)



Q47.

**Solution**

**Concept:** Group polarization is a social psychological phenomenon in which group discussion intensifies the initial leanings of members, leading to more extreme collective decisions.

**Solution:** Group polarization refers to the tendency of group members to shift toward more extreme positions after discussion than those initially held by individuals. When people with similar views interact, discussion amplifies shared arguments, reinforces dominant perspectives, and reduces uncertainty, resulting in a more extreme group decision. If members initially lean toward risk, the group becomes more risk-taking; if they are cautious, the group becomes more conservative. This occurs due to informational influence and social comparison processes. It is not a simple averaging of opinions, nor does it lead to moderation. Instead, it strengthens the prevailing inclination of the group.

**Final Answer:** More extreme (either riskier or more cautious) than the initial individual opinions

**Answer: (C)**

Q48.

**Solution**

**Concept:** Groupthink is a decision-making dysfunction in cohesive groups where the desire for unanimity suppresses critical thinking and realistic evaluation.

**Solution:** Irving Janis proposed Groupthink as a psychological phenomenon in which highly cohesive groups prioritize harmony and consensus over critical analysis. This leads to poor decision-making because dissenting opinions are discouraged and alternative viewpoints are not properly evaluated. A key symptom of Groupthink is the illusion of invulnerability, where group members believe their decisions are unquestionably correct and underestimate risks. Other symptoms include self-censorship, pressure on dissenters, and stereotyping outsiders. Encouraging dissent or critical thinking reduces groupthink, while slow, rational decision-making opposes it. Therefore, illusion of invulnerability is a core indicator of Groupthink.

**Final Answer:** An illusion of invulnerability

**Answer: (C)**



Q49.

**Solution**

**Concept:** Social facilitation refers to the effect of the presence of others on individual performance, typically enhancing performance on simple or well-learned tasks.

**Solution:** Social facilitation theory suggests that the presence of others increases physiological arousal in individuals. This heightened arousal improves performance on simple, well-learned, or dominant-response tasks but may impair performance on complex or new tasks. The presence of an audience increases alertness and motivation, leading to improved execution of familiar behaviors. However, for difficult tasks, the same arousal may lead to anxiety and reduced performance. Therefore, in well-learned tasks, audience presence generally enhances performance rather than decreasing or having no effect.

**Final Answer:** Increase performance by increasing arousal

**Answer: (C)**

Q50.

**Solution**

**Concept:** Groups are classified based on structure and interaction patterns, where primary groups are characterized by close emotional bonds and frequent face-to-face interaction.

**Solution:** Primary groups are small, intimate social groups characterized by close personal relationships, emotional bonding, and strong sense of belonging or “we-feeling.” Examples include family, close friends, and peer groups. These groups involve direct, face-to-face interactions and play a crucial role in shaping personality and social behavior. In contrast, secondary groups are larger and more formal, with goal-oriented relationships. Reference groups serve as standards for comparison, while formal groups are structured with defined roles. Therefore, the described characteristics best match a primary group.

**Final Answer:** Primary Group

**Answer: (B)**



**Answer Key**

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

