

CUET-UG Psychology Sample Paper-9

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 JP Das's PASS Model, a student who is able to recognize the figure-ground relationship in a complex visual pattern is primarily utilizing which functional unit?
- (A) Simultaneous Processing.
(B) Successive Processing.
(C) Arousal and Attention.
(D) Planning and Decision making.
- Q2.** According to the 'Information-Processing Approach' to intelligence, the primary focus of study is:
- (A) The structure and hierarchy of various mental abilities.
(B) The specific biological regions of the brain that house intelligence.
(C) How an individual represents and manipulates information to solve problems.
(D) The statistical correlation between different test scores.
- Q3.** Which of the following is an example of an 'Aptitude' rather than an 'Interest' or 'Achievement'?
- (A) A student scoring 95% in a final history examination.
(B) An individual enjoying the process of playing the violin for leisure.
(C) A person showing a high potential to learn computer programming despite having no prior experience.



(D) A professional surgeon performing a successful surgery.

Q4. In Arthur Jensen's hierarchical model of intelligence, 'Level II' abilities are associated with:

(A) Associative learning where output is similar to input.

(B) Cognitive competence involving higher-order skills and transformation of input.

(C) Basic sensory motor coordination.

(D) Rote memorization of facts and figures.

Q5. If a psychological test measures the theoretical construct it claims to measure (e.g., measuring 'Intelligence' rather than 'General Knowledge'), the test is said to have high:

(A) Split-half reliability.

(B) Test-retest reliability.

(C) Construct validity.

(D) Predictive validity.

Q6. Which type of intelligence, according to Howard Gardner, involves the capacity to perceive the world accurately and to perform transformations upon those perceptions, often seen in sailors or pilots?

(A) Logical-Mathematical Intelligence.

(B) Bodily-Kinesthetic Intelligence.

(C) Spatial Intelligence.

(D) Naturalistic Intelligence.

Q7. According to Erik Erikson, the primary psychological challenge faced during adolescence is:

(A) Trust vs. Mistrust.

(B) Generativity vs. Stagnation.



- (C) Identity vs. Identity Confusion.
- (D) Initiative vs. Guilt.

Q8. In Carl Jung's theory, the 'Anima' and 'Animus' represent:

- (A) The mask we wear to hide our true nature from society.
- (B) The feminine side of the male psyche and the masculine side of the female psyche.
- (C) The dark side of human nature containing animalistic instincts.
- (D) The center of the entire personality that strives for unity.

Q9. Which 'Self-Report' personality inventory uses a 'forced-choice' format to categorize individuals into 16 distinct personality types based on Jungian theory?

- (A) Eysenck Personality Questionnaire (EPQ).
- (B) Minnesota Multiphasic Personality Inventory (MMPI).
- (C) Myers-Briggs Type Indicator (MBTI).
- (D) 16 Personality Factor Questionnaire (16PF).

Q10. Alfred Adler's 'Individual Psychology' emphasizes that the primary human motivation is not sexual urge, but rather:

- (A) Striving for superiority to overcome feelings of inferiority.
- (B) The search for existential meaning.
- (C) Resolving the Oedipus complex.
- (D) Achieving unconditional positive regard.

Q11. When an individual attributes their own unacceptable or 'shameful' thoughts and motives to someone else, they are using the defense mechanism of:

- (A) Reaction Formation.
- (B) Projection.
- (C) Displacement.



(D) Regression.

Q12. In the context of Indian psychological thought, the 'Triguna' that represents activity, passion, and the desire for worldly achievements is:

(A) Sattva Guna.

(B) Rajas Guna.

(C) Tamas Guna.

(D) Buddhi Guna.

Q13. According to the 'State-Trait' distinction in personality, a person who is generally anxious across most situations would be described as having high:

(A) State Anxiety.

(B) Trait Anxiety.

(C) Situationism.

(D) Self-Regulation.

Q14. Raymond Cattell used the statistical technique of 'Factor Analysis' to identify 16 primary traits. He distinguished between 'Surface Traits' and:

(A) Cardinal Traits.

(B) Source Traits.

(C) Central Traits.

(D) Secondary Traits.

Q15. An individual experiences 'Chronic Stress' due to long-term unemployment. According to the GAS model, the exhaustion of the parasympathetic nervous system and the breakdown of the immune system occur during the:

(A) Alarm Reaction Stage.

(B) Resistance Stage.

(C) Exhaustion Stage.

(D) Appraisal Stage.



- Q16.** Which of the following is considered a 'Secondary Appraisal' in the Lazarus Cognitive-Transactional model of stress?
- (A) Evaluating if the event is a threat, a challenge, or irrelevant.
 - (B) Assessing the resources and options available to cope with the stressor.
 - (C) Experiencing the immediate physiological 'fight-or-flight' response.
 - (D) Categorizing the event as a 'loss' that has already occurred.
- Q17.** The 'Hardiness' personality type, which provides resilience against stress, consists of three traits (the 3 Cs):
- (A) Care, Compassion, and Calmness.
 - (B) Commitment, Control, and Challenge.
 - (C) Consistency, Cognition, and Creativity.
 - (D) Confidence, Courage, and Cooperation.
- Q18.** Which coping strategy involves seeking emotional support from friends and family to vent frustrations without necessarily fixing the source of the problem?
- (A) Task-oriented strategy.
 - (B) Emotion-oriented strategy.
 - (C) Avoidance-oriented strategy.
 - (D) Cognitive Restructuring.
- Q19.** In the study of 'Life Skills', the ability to see the world from another person's perspective and understand their feelings is known as:
- (A) Sympathy.
 - (B) Empathy.
 - (C) Assertiveness.
 - (D) Self-Monitoring.
- Q20.** A patient presents with a total loss of memory for their past identity and suddenly moves to a new city, starting a new life under a different name. After a few



months, they "wake up" with no memory of the new life they led. This specific condition is known as:

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

Q21. Which of the following is a 'Positive Symptom' of Schizophrenia characterized by a patient remaining in a fixed, bizarre posture for hours and resisting any attempt to be moved?

- (A) Avolition.
- (B) Alogia.
- (C) Catatonic Stupor.
- (D) Waxy Flexibility.

Q22. In the context of Somatic Symptom Disorders, 'Conversion Disorder' is specifically characterized by:

- (A) Excessive worry about having a serious undiagnosed medical illness.
- (B) The presence of physical symptoms like paralysis or blindness that have no neurological or medical basis.
- (C) Intentionally faking illness to gain attention or sympathy.
- (D) Preoccupation with a perceived flaw in physical appearance.

Q23. A child displays a consistent pattern of defiant, disobedient, and hostile behavior toward authority figures, but does not engage in serious violations of social norms or the rights of others. This is likely:

- (A) Conduct Disorder.
- (B) Attention-Deficit Hyperactivity Disorder (ADHD).
- (C) Oppositional Defiant Disorder (ODD).
- (D) Separation Anxiety Disorder.



- Q24.** According to the DSM-5, for a diagnosis of 'Major Depressive Disorder', symptoms like loss of interest (anhedonia) and depressed mood must be present for a minimum period of:
- (A) One week.
 - (B) Two weeks.
 - (C) Six months.
 - (D) One year.
- Q25.** In Obsessive-Compulsive Disorder (OCD), the primary function of the 'Compulsion' (the repetitive behavior) is to:
- (A) Provide the individual with a sense of pleasure or euphoria.
 - (B) Increase the frequency of the obsessive thoughts.
 - (C) Neutralize or reduce the anxiety caused by the obsessive thoughts.
 - (D) Punish the individual for having 'immoral' ideas.
- Q26.** Which of the following neurodevelopmental disorders is primarily characterized by persistent deficits in social communication and social interaction across multiple contexts?
- (A) Specific Learning Disorder.
 - (B) Intellectual Disability.
 - (C) Autism Spectrum Disorder.
 - (D) Intellectual Impairment.
- Q27.** A person experiences 'Bipolar II Disorder'. This is distinguished from 'Bipolar I Disorder' by the presence of:
- (A) Full-blown Manic episodes followed by Major Depression.
 - (B) Hypomanic episodes and Major Depressive episodes, but no full Manic episodes.
 - (C) Only Manic episodes with no history of Depression.
 - (D) Chronic low-grade mood swings for at least two years.



- Q28.** The 'Dopamine Hypothesis' suggests that Schizophrenia is caused by:
- (A) A deficiency of dopamine in the prefrontal cortex.
 - (B) An overactive dopamine system or an excess of dopamine receptors in certain brain pathways.
 - (C) The inability of the brain to produce serotonin.
 - (D) A structural shrinkage of the ventricles in the brain.
- Q29.** A person feels a persistent, irrational fear of being in public places where escape might be difficult or help might not be available in case of a panic attack. This is known as:
- (A) Social Anxiety Disorder.
 - (B) Specific Phobia.
 - (C) Agoraphobia.
 - (D) Generalized Anxiety Disorder.
- Q30.** In Client-Centered Therapy, Carl Rogers emphasizes 'Empathy'. This is defined as the therapist's ability to:
- (A) Feel sorry for the client's unfortunate circumstances.
 - (B) Sense the client's private world 'as if' it were their own, without losing the 'as if' quality.
 - (C) Direct the client toward the correct way of thinking.
 - (D) Provide professional advice based on the client's past childhood trauma.
- Q31.** Victor Frankl's Logotherapy is based on the concept that the primary motivating force in humans is the:
- (A) Will to Power.
 - (B) Will to Pleasure.
 - (C) Will to Meaning.
 - (D) Will to Survive.



- Q32.** A therapist uses 'Aversive Conditioning' to help a client quit alcohol by giving them a drug that induces nausea when mixed with alcohol. In this classical conditioning paradigm, the nausea-inducing drug acts as the:
- (A) Conditioned Stimulus.
 - (B) Unconditioned Stimulus.
 - (C) Conditioned Response.
 - (D) Neutral Stimulus.
- Q33.** In Albert Ellis's Rational Emotive Behavior Therapy (REBT), the therapist's primary role is to:
- (A) Listen passively and provide a non-judgmental environment.
 - (B) Use 'Free Association' to uncover the unconscious.
 - (C) Disputing and challenging the client's irrational beliefs through logical reasoning.
 - (D) Administering electric shocks to eliminate maladaptive behaviors.
- Q34.** The 'Empty Chair' technique, where a client is asked to talk to a significant person in their life as if they were sitting in the chair, is a hallmark of:
- (A) Psychoanalysis.
 - (B) Gestalt Therapy.
 - (C) Behavior Therapy.
 - (D) Biofeedback.
- Q35.** Which therapeutic intervention is considered a 'Biomedical Therapy' and involves passing a mild electric current through the brain to induce a seizure for treating severe, drug-resistant depression?
- (A) Deep Brain Stimulation.
 - (B) Transcranial Magnetic Stimulation.
 - (C) Electroconvulsive Therapy (ECT).
 - (D) Psychosurgery.



- Q36.** In Behavior Therapy, 'Modeling' is a technique based on the principles of Social Learning Theory where:
- (A) The therapist models the desired behavior, and the client observes and imitates it.
 - (B) The client is forced to face their worst fear all at once.
 - (C) The therapist uses clay models to explain psychological structures.
 - (D) The client receives rewards for every positive thought they have.
- Q37.** If an individual's behavior is high on 'Consensus', high on 'Distinctiveness', and high on 'Consistency', we are likely to make:
- (A) An Internal (Dispositional) attribution.
 - (B) An External (Situational) attribution.
 - (C) A Balanced (Interactionist) attribution.
 - (D) A Fundamental Attribution Error.
- Q38.** A person holds a negative attitude toward a specific group but does not act on it due to social pressure. However, when they are in an anonymous setting, they treat members of that group unfairly. This distinction highlights the difference between:
- (A) Prejudice and Stereotyping.
 - (B) Prejudice and Discrimination.
 - (C) Social Loafing and Social Facilitation.
 - (D) Cognitive Dissonance and Self-Fulfilling Prophecy.
- Q39.** Which of the following is an example of the 'Scarcity' principle in the process of persuasion and social influence?
- (A) Agreeing to a request because the person asking is an expert.
 - (B) Feeling pressured to buy a product because the advertisement claims "only 2 items left in stock."
 - (C) Changing one's opinion to match the majority of the group.



(D) Doing a favor for someone because they previously did a favor for you.

Q40. In the 'Triangle of Love' theory proposed by Robert Sternberg, 'Consummate Love' is achieved when which three components are present?

(A) Liking, Infatuation, and Empty Love.

(B) Intimacy, Passion, and Commitment.

(C) Romance, Friendship, and Trust.

(D) Altruism, Empathy, and Attraction.

Q41. The 'Proximity Effect' in social psychology suggests that we are most likely to form friendships or romantic relationships with people who:

(A) Have opposite personality traits to ours.

(B) Physically live or work close to us.

(C) Share the same socio-economic status but live far away.

(D) Challenge our core beliefs and values.

Q42. When an individual's attitude is changed through the 'Peripheral Route' of the Elaboration Likelihood Model (ELM), the change is usually:

(A) Long-lasting and resistant to counter-arguments.

(B) Based on a deep logical analysis of the message.

(C) Temporary and susceptible to further change.

(D) Independent of the source's attractiveness or fame.

Q43. The 'Halo Effect' occurs when our overall impression of a person influences our judgment of specific traits. This is a type of:

(A) Cognitive heuristic.

(B) Defensive attribution.

(C) Schema-based distortion.

(D) Self-serving bias.



- Q44.** According to the 'Social Identity Theory' proposed by Tajfel and Turner, 'In-group favoritism' occurs primarily because:
- (A) Out-group members are always perceived as a physical threat.
 - (B) We derive a part of our self-esteem from the social status of the groups we belong to.
 - (C) We have a biological instinct to hate anyone who is different from us.
 - (D) In-group members always provide us with financial rewards.
- Q45.** Which of the following conditions is most likely to lead to 'Deindividuation' in a group setting?
- (A) High self-awareness and small group size.
 - (B) Anonymity and a high level of emotional arousal.
 - (C) Individual accountability and clear leadership.
 - (D) Face-to-face interaction and formal rules.
- Q46.** In Sherif's 'Robbers Cave' experiment, conflict between groups was resolved by:
- (A) Rewarding the winning team with more prizes.
 - (B) Introducing 'Superordinate Goals' that required cooperation from both groups.
 - (C) Punishing the leaders of both groups for aggressive behavior.
 - (D) Providing lectures on peace.
- Q47.** A group of experts making a high-stakes decision ignores warning signs and suppresses dissent to maintain cohesion. This is:
- (A) Group Polarization.
 - (B) Social Facilitation.
 - (C) Groupthink.
 - (D) Social Inhibition.



- Q48.** A therapist working with a client suffering from Depression focuses on identifying the 'Cognitive Triad'. The therapist aims to challenge the client's negative views about themselves, their current world, and their future. This specific approach is a core component of:
- (A) Rational Emotive Behavior Therapy (REBT) by Albert Ellis.
 - (B) Cognitive Therapy by Aaron Beck.
 - (C) Mindfulness-Based Stress Reduction (MBSR) by Jon Kabat-Zinn.
 - (D) Existential Therapy by Victor Frankl.
- Q49.** The 'Distraction Conflict Theory' explains social facilitation by suggesting that the presence of others creates a conflict between:
- (A) The Id and the Superego.
 - (B) Task focus and audience awareness.
 - (C) Desire to succeed and fear of failure.
 - (D) Cooperation and competition.
- Q50.** In a 'Formal Group', behavior is guided primarily by:
- (A) Personal likes and dislikes.
 - (B) Emotional bonds.
 - (C) Explicit roles, rules, and organizational goals.
 - (D) Shared hobbies.



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

Concept: In JP Das's PASS Model, cognition is explained through four functional systems: Planning, Attention-Arousal, and two processing systems—Simultaneous and Successive processing. Simultaneous processing refers to integrating separate elements into a coherent whole, especially in visual-spatial tasks. It is crucial for recognizing patterns, figure-ground relationships, and spatial organization. This process allows individuals to perceive relationships among parts of a complex stimulus and understand it as an integrated structure.

Solution: Figure-ground perception requires the ability to identify a meaningful figure from a complex background, which depends on organizing visual information holistically. In JP Das's PASS theory, this ability is handled by Simultaneous Processing because it involves integrating multiple visual elements into a unified structure. The student is not processing information step-by-step but rather perceiving the overall configuration at once. Successive processing involves sequential ordering, Arousal and Attention regulates focus and alertness, and Planning governs strategy selection and execution. However, recognizing embedded shapes or patterns in a complex visual field is a hallmark of simultaneous integration. Therefore, the correct functional unit is Simultaneous Processing, as it best explains holistic visual organization and spatial pattern recognition in cognitive functioning.

Final Answer: Simultaneous Processing

Answer: (A)



Q2.

Solution

Concept: The Information-Processing Approach views intelligence as a set of mental operations involved in acquiring, storing, retrieving, and using information. Instead of focusing on fixed abilities or test scores, it emphasizes how individuals encode information, apply cognitive strategies, and solve problems. This approach is rooted in cognitive psychology and compares the human mind to a computer system that processes inputs through structured stages of thinking and decision-making.

Solution: According to the Information-Processing Approach, intelligence is best understood by examining the processes involved in thinking rather than static traits or biological structures. The central focus is how individuals perceive, encode, store, retrieve, and manipulate information to solve problems and make decisions. It emphasizes cognitive strategies such as attention control, memory use, and problem-solving methods. Unlike psychometric approaches that focus on test scores or correlations, or biological approaches that focus on brain regions, this model is concerned with mental operations. Therefore, the correct answer highlights the dynamic processing of information and its transformation during thinking tasks, making option C the most accurate representation of this approach.

Final Answer: How an individual represents and manipulates information to solve problems

Answer: (C)

Q3.

Solution

Concept: Aptitude refers to an individual's innate or acquired potential to learn a skill or perform a task in the future, even without prior training. It is different from achievement, which measures what has already been learned, and interest, which reflects preference or enjoyment. Aptitude indicates capacity for future learning and success in a specific domain, often assessed through aptitude tests designed to predict performance.

Solution: In this question, we must distinguish between aptitude, interest, and achievement. A student scoring 95% in history reflects achievement because it measures learned knowledge. Enjoying violin playing reflects interest, not capability. A professional surgeon performing surgery reflects achievement and skill already developed through training. However, a person showing high potential to learn programming without prior experience represents aptitude, as it indicates future learning capacity rather than existing knowledge or preference. Aptitude is predictive in nature and suggests that the individual can acquire the skill efficiently if trained properly. Therefore, the correct example of aptitude is the ability to learn programming despite no prior exposure, making option C correct.

Final Answer: A beginner with strong ability to learn computer programming quickly.

Answer: (C)



Q4.

Solution

Concept: Arthur Jensen's hierarchical model of intelligence distinguishes between two levels of cognitive functioning. Level I involves simple associative learning where inputs and outputs are directly related, such as rote memorization or basic conditioning. Level II involves higher-order cognitive processes, including abstraction, transformation of information, reasoning, and problem-solving. This level reflects more complex intellectual functioning and adaptive thinking.

Solution: Jensen's Level II abilities represent advanced cognitive processing that goes beyond simple stimulus-response learning. At this level, individuals can transform information, analyze relationships, and apply reasoning to novel situations. It involves mental operations such as abstraction, problem-solving, and conceptual understanding. Level I, in contrast, is limited to associative learning where responses closely mirror inputs without deep transformation. Basic sensory-motor coordination and rote memorization fall under lower-level functioning and do not involve complex cognitive restructuring. Therefore, Level II is characterized by cognitive competence involving higher-order skills and the transformation of input, making option B the correct answer.

Final Answer: Cognitive competence involving higher-order skills and transformation of input

Answer: (B)

Q5.

Solution

Concept: Validity refers to the extent to which a psychological test measures what it is intended to measure. Construct validity specifically examines whether a test truly reflects the theoretical psychological construct it is designed to assess, such as intelligence, anxiety, or personality traits. It ensures that the test is conceptually sound and accurately represents the underlying psychological concept.

Solution: When a test is designed to measure a construct like intelligence, construct validity determines whether it truly assesses intelligence rather than unrelated factors such as general knowledge or test-taking skills. High construct validity means the test aligns well with the theoretical definition of the trait it is intended to measure. Reliability measures like test-retest or split-half consistency assess stability, not accuracy of measurement. Predictive validity refers to how well a test forecasts future outcomes. In this case, the focus is on whether the test measures the correct construct itself, not consistency or prediction. Therefore, the correct answer is construct validity, as it ensures the test accurately represents the intended psychological attribute.

Final Answer: Construct validity

Answer: (C)



Q6.

Solution

Concept: Howard Gardner's Theory of Multiple Intelligences proposes that intelligence is not a single general ability but a collection of distinct types. Spatial intelligence involves the ability to perceive, analyze, and mentally manipulate visual and spatial information. It is essential in navigation, map reading, architecture, and piloting, where understanding spatial relationships and transformations is crucial.

Solution: Spatial intelligence enables individuals to visualize objects in three dimensions, understand spatial relationships, and mentally rotate or transform images. Sailors and pilots heavily rely on this ability to navigate environments, interpret maps, and make spatial judgments in dynamic settings. Logical-mathematical intelligence involves reasoning and numerical analysis, bodily-kinesthetic intelligence relates to physical coordination, and naturalistic intelligence involves recognizing patterns in nature. However, the ability to accurately perceive the world and perform transformations on visual-spatial information is specifically characteristic of spatial intelligence. This makes it essential for professions requiring orientation, navigation, and spatial reasoning. Therefore, the correct answer is Spatial Intelligence.

Final Answer: Spatial Intelligence

Answer: (C)

Q7.

Solution

Concept: Erik Erikson's psychosocial theory describes eight developmental stages across the lifespan. Each stage involves a central psychosocial conflict that must be resolved for healthy personality development. During adolescence, the key focus is on developing a clear sense of self and personal identity. Failure to resolve this stage leads to confusion about roles, values, and future direction.

Solution: According to Erikson, adolescence is the stage of Identity vs. Identity Confusion. At this stage, individuals explore different roles, beliefs, and values to develop a stable sense of identity. Successful resolution leads to a coherent self-concept and direction in life, while failure results in confusion about one's role in society. Trust vs. Mistrust occurs in infancy, Initiative vs. Guilt in early childhood, and Generativity vs. Stagnation in adulthood. Therefore, the primary psychological challenge during adolescence is forming a strong identity. This involves experimenting with different identities, social roles, and career paths while integrating personal values. Hence, the correct answer is Identity vs. Identity Confusion.

Final Answer: Identity vs. Identity Confusion

Answer: (C)



Q8.

Solution

Concept: Carl Jung's analytical psychology introduced the concepts of Anima and Animus as part of the collective unconscious. These archetypes represent the unconscious feminine aspect in men (Anima) and the unconscious masculine aspect in women (Animus). They influence emotions, relationships, and behavior, helping integrate the unconscious with the conscious mind for psychological balance.

Solution: In Jung's theory, Anima refers to the inner feminine qualities present in the male psyche, while Animus refers to the inner masculine qualities present in the female psyche. These archetypes are part of the collective unconscious and play a role in shaping behavior, emotional expression, and interpersonal relationships. They help individuals achieve psychological integration and balance between masculine and feminine traits within the personality. They are not masks (Persona), nor the center of personality (Self), nor the dark instinctual side (Shadow). Therefore, the correct description is that Anima and Animus represent the feminine side of males and masculine side of females respectively.

Final Answer: The feminine side of the male psyche and the masculine side of the female psyche

Answer: (B)

Q9.

Solution

Concept: Personality inventories are standardized psychological tools used to assess personality traits. Some instruments are based on typological theories, while others measure traits on continuous scales. The MBTI is based on Carl Jung's typological theory and categorizes individuals into distinct personality types using a forced-choice format, making it different from trait-based inventories like MMPI or 16PF.

Solution: The Myers-Briggs Type Indicator (MBTI) is a self-report personality inventory that categorizes individuals into 16 personality types based on Jungian psychological functions such as introversion-extraversion and thinking-feeling. It uses a forced-choice format where respondents select between paired options, leading to categorical classification. In contrast, MMPI is used for clinical assessment, EPQ measures personality dimensions like extraversion and neuroticism, and 16PF assesses personality traits on a continuum. Therefore, MBTI is the correct answer as it specifically uses forced-choice categorization based on Jungian theory to classify personality types.

Final Answer: Myers-Briggs Type Indicator (MBTI)

Answer: (C)



Q10.

Solution

Concept: Alfred Adler's Individual Psychology focuses on the idea that human behavior is primarily motivated by social interest and the striving for superiority. Unlike Freud, who emphasized sexual drives, Adler believed individuals are driven by feelings of inferiority and the need to overcome them through achievement, competence, and personal growth.

Solution: Adler proposed that individuals experience feelings of inferiority during childhood, which motivate them to strive for superiority and personal success. This striving is not about dominance over others but about self-improvement and overcoming limitations. It forms the central motivation in human behavior according to Adler. Other options such as Oedipus complex relate to Freud, existential meaning relates to humanistic and existential theories, and unconditional positive regard is from Carl Rogers. Therefore, Adler's primary emphasis is on striving for superiority to overcome inferiority feelings, making option A correct.

Final Answer: Striving for superiority to overcome feelings of inferiority

Answer: (A)

Q11.

Solution

Concept: Defense mechanisms are unconscious psychological strategies proposed in psychoanalytic theory to protect the ego from anxiety arising from unacceptable thoughts or impulses. Projection is a specific defense mechanism where individuals attribute their own unwanted or socially unacceptable feelings to others, thereby reducing internal conflict.

Solution: When a person cannot accept their own undesirable thoughts or emotions, they may unconsciously project these feelings onto someone else. For example, a person who feels hostile may accuse others of hostility toward them. This mechanism helps reduce anxiety by externalizing internal conflicts. Reaction formation involves expressing the opposite of true feelings, displacement redirects emotions to a safer target, and regression involves reverting to earlier developmental behaviors. Therefore, attributing one's own shameful thoughts to others is clearly projection, making option B correct.

Final Answer: Projection

Answer: (B)



Q12.

Solution

Concept: Indian philosophical psychology describes personality in terms of the three Gunas: Sattva, Rajas, and Tamas. These qualities represent fundamental psychological tendencies that influence behavior, motivation, and mental states. Rajas is associated with activity, passion, ambition, restlessness, and desire for achievement in the material world.

Solution: In the Triguna model, Rajas represents dynamic energy, passion, and active engagement with worldly life. It drives ambition, desire, and goal-oriented behavior. Sattva is associated with purity, harmony, and knowledge, while Tamas represents inertia, ignorance, and lethargy. Buddhi Guna is not part of the classical Triguna system. Since the question focuses on activity and desire for achievement, Rajas is the correct answer. It is the motivating force behind action, competition, and material pursuits in human behavior according to Indian psychology.

Final Answer:

Answer: (B)

Q13.

Solution

Concept: In personality psychology, the State-Trait distinction explains behavior consistency. A 'state' refers to temporary emotional conditions that change with situations, while a 'trait' refers to stable and enduring personality characteristics. Trait anxiety describes a long-term tendency to perceive situations as threatening and to respond with anxiety across different contexts, reflecting a stable personality disposition rather than a temporary emotional reaction.

Solution: According to the State-Trait theory of anxiety, individuals differ in how consistently they experience anxiety. State anxiety is temporary and situation-specific, such as feeling anxious before an exam. In contrast, trait anxiety is a stable personality characteristic where a person tends to feel anxious across most situations regardless of context. Situationism refers to behavior being determined by environmental factors, and self-regulation involves controlling one's behavior and emotions. Since the question describes a person who is generally anxious across most situations, it indicates a stable predisposition rather than a temporary emotional state. Therefore, the correct classification is Trait Anxiety, as it reflects a consistent and enduring tendency to experience anxiety in a wide range of situations.

Final Answer:

Answer: (B)



Q14.

Solution

Concept: Raymond Cattell contributed to trait theory of personality by using factor analysis to identify underlying personality dimensions. He distinguished between surface traits, which are observable behaviors, and source traits, which are deeper, underlying factors that determine surface behaviors. Source traits are more stable and fundamental to personality structure.

Solution: Cattell's theory proposed that personality can be understood by analyzing observable behaviors called surface traits. However, these behaviors are influenced by deeper, more basic factors known as source traits. Using factor analysis, Cattell identified 16 primary source traits that form the basis of his 16PF personality model. Surface traits are the outward expressions, while source traits are the underlying determinants of personality structure. Cardinal traits refer to dominant traits in Allport's theory, central traits are general characteristics in Allport's model, and secondary traits are situation-specific preferences. Therefore, the correct distinction made by Cattell is between surface traits and source traits, making option B correct.

Final Answer: Source Traits

Answer: (B)

Q15.

Solution

Concept: The General Adaptation Syndrome (GAS) model by Hans Selye explains the body's physiological response to prolonged stress in three stages: alarm, resistance, and exhaustion. The exhaustion stage occurs when the body's adaptive resources are depleted, leading to breakdown of physiological systems, including the immune system and stress regulation mechanisms.

Solution: In chronic stress situations such as long-term unemployment, the body continuously attempts to adapt. Initially, the alarm stage activates the fight-or-flight response. The resistance stage involves sustained physiological effort to cope with stress. However, prolonged exposure leads to the exhaustion stage, where the body's resources are depleted. During this stage, the parasympathetic nervous system becomes impaired, stress hormones remain dysregulated, and the immune system weakens, increasing vulnerability to illness. The appraisal stage belongs to cognitive evaluation theories of stress, not GAS. Therefore, the breakdown of physiological systems occurs in the Exhaustion Stage, making option C correct.

Final Answer: Exhaustion Stage

Answer: (C)



Q16.

Solution

Concept: The Lazarus Cognitive-Transactional model of stress explains stress as a result of the interaction between an individual and their environment. It involves two key cognitive processes: primary appraisal, where the event is evaluated as threat, challenge, or harm, and secondary appraisal, where the individual evaluates coping resources and options available to manage the stressor.

Solution: Secondary appraisal in Lazarus's model occurs after the individual has identified a potential stressor during primary appraisal. At this stage, the person evaluates whether they have sufficient resources, skills, and coping strategies to manage the situation. This includes assessing personal abilities, social support, and available options to reduce or eliminate stress. Primary appraisal focuses on whether the event is threatening, challenging, or irrelevant, while physiological responses like fight-or-flight occur after appraisal. Categorizing an event as loss is part of primary appraisal. Therefore, secondary appraisal specifically involves assessing coping resources, making option B correct.

Final Answer: Assessing the resources and options available to cope with the stressor

Answer: (B)

Q17.

Solution

Concept: Hardiness is a personality characteristic that helps individuals cope effectively with stress. Introduced by Suzanne Kobasa, it consists of three key components known as the 3 Cs: Commitment, Control, and Challenge. These traits help individuals perceive stressful situations as meaningful, manageable, and opportunities for growth rather than threats.

Solution: The concept of psychological hardiness explains why some individuals remain resilient under stress. Commitment refers to involvement in life activities, control refers to the belief that one can influence outcomes, and challenge refers to viewing change as an opportunity rather than a threat. These three traits collectively reduce the negative impact of stress and promote adaptive coping. Other options include unrelated personality qualities that are not part of Kobasa's model. Hardiness is strongly associated with better physical and mental health outcomes under stress. Therefore, the correct combination of traits that define hardiness is Commitment, Control, and Challenge, making option B correct.

Final Answer: Commitment, Control, and Challenge

Answer: (B)



Q18.

Solution

Concept: Coping strategies are methods used to manage stress. Emotion-focused coping aims to regulate emotional responses to stress rather than directly solving the problem. It includes seeking emotional support, expressing feelings, and venting frustrations. This approach is useful when the stressor is uncontrollable or cannot be changed immediately.

Solution: Emotion-oriented coping involves managing the emotional distress caused by a stressor rather than addressing the root cause. Seeking support from friends and family to share feelings and release emotional tension is a classic example of this strategy. Task-oriented coping focuses on solving the problem, while avoidance-oriented coping involves escaping or denying the stressor. Cognitive restructuring involves changing thought patterns about the stressor. Since the question describes venting frustrations without directly solving the issue, it clearly represents emotion-oriented coping. Therefore, the correct answer is Emotion-oriented strategy, as it helps regulate emotional responses rather than modify the situation itself.

Final Answer: Emotion-oriented strategy

Answer: (B)

Q19.

Solution

Concept: In life skills education, empathy refers to the ability to understand and share another person's emotional experience by viewing situations from their perspective. It involves cognitive and emotional awareness of others' feelings without necessarily experiencing the same emotions oneself. Empathy is a core interpersonal skill that enhances communication, relationships, and social adjustment by promoting understanding and reducing conflict.

Solution: Empathy is the ability to accurately perceive and understand another person's emotional state and perspective. It goes beyond simply feeling concern; it involves mentally placing oneself in another person's situation and recognizing their thoughts and emotions. Sympathy, in contrast, involves feeling pity for someone without necessarily understanding their perspective. Assertiveness is the ability to express one's rights and feelings confidently, while self-monitoring refers to adjusting behavior based on social situations. In life skills education, empathy is essential for building healthy interpersonal relationships, improving communication, and fostering emotional intelligence. Therefore, the correct answer is Empathy, as it specifically involves understanding and sharing another person's viewpoint and emotional experience.

Final Answer: Empathy

Answer: (B)



Q20.

Solution

Concept: Dissociative disorders involve disruptions in memory, identity, consciousness, or perception. Dissociative fugue is a subtype of dissociative amnesia characterized by sudden unexpected travel away from home or usual environment, along with inability to recall one's past identity and sometimes the creation of a new identity. It is often triggered by severe psychological stress.

Solution: In this condition, the individual experiences complete amnesia regarding their past identity and unexpectedly travels to a new location, adopting a new identity. After some time, they may suddenly regain awareness of their original identity while losing memory of the fugue period. This combination of dissociative amnesia and sudden wandering behavior is termed dissociative fugue. Dissociative identity disorder involves two or more distinct identities, depersonalization involves feeling detached from oneself, and derealization involves perceiving the external world as unreal. Since the question describes both loss of identity and wandering with later recovery, the correct diagnosis is Dissociative Amnesia with Dissociative Fugue.

Final Answer: Dissociative Amnesia with Dissociative Fugue

Answer: (B)

Q21.

Solution

Concept: Schizophrenia includes positive symptoms (additions to normal behavior) and negative symptoms (reductions in normal functioning). Catatonia is a positive symptom cluster involving motor abnormalities such as stupor, rigidity, posturing, and waxy flexibility, where the individual may resist movement or maintain bizarre postures for extended periods.

Solution: Positive symptoms of schizophrenia include hallucinations, delusions, and catatonic behaviors. Catatonic stupor refers to a state in which the individual remains immobile, unresponsive, and may hold fixed postures for long durations. Waxy flexibility specifically refers to the ability of the patient's limbs to be moved into positions that are then maintained, but it is a feature within catatonia rather than the overall condition. Avolition and alogia are negative symptoms involving lack of motivation and reduced speech. Therefore, the condition described in the question—remaining in a fixed bizarre posture and resisting movement—is best identified as Catatonic Stupor.

Final Answer: Catatonic Stupor

Answer: (C)



Q22.

Solution

Concept: Somatic Symptom Disorders involve physical symptoms that cannot be fully explained by medical conditions. Conversion disorder is a subtype in which psychological stress is converted into neurological-like symptoms such as paralysis, blindness, or loss of sensation, without any identifiable neurological or physiological cause. The symptoms are real to the patient but lack organic basis.

Solution: Conversion disorder is characterized by sudden onset of motor or sensory symptoms that resemble neurological conditions but cannot be explained medically. These symptoms often follow psychological stress or conflict. The individual is not consciously faking the illness, which differentiates it from factitious disorder. Excessive worry about illness describes illness anxiety disorder, while concern about appearance relates to body dysmorphic disorder. Therefore, the defining feature of conversion disorder is the presence of neurological-like physical symptoms without medical or neurological explanation, making option B correct.

Final Answer: Physical symptoms like paralysis or blindness with no medical basis

Answer: (B)

Q23.

Solution

Concept: Oppositional Defiant Disorder (ODD) is a childhood behavioral disorder characterized by a persistent pattern of angry, defiant, and hostile behavior toward authority figures. Unlike Conduct Disorder, it does not involve serious violations of social norms or the rights of others. ADHD involves inattention and hyperactivity, while separation anxiety involves excessive fear of separation from caregivers.

Solution: Children with ODD frequently argue with adults, refuse to follow rules, and deliberately annoy others, but their behavior does not escalate to severe antisocial acts such as aggression, theft, or destruction of property. Conduct disorder includes more serious violations of social rules and rights of others. ADHD is characterized by attention deficits and hyperactivity, not defiance. Separation anxiety disorder involves excessive fear of being separated from attachment figures. Since the question describes consistent defiance without serious rule violations, the correct diagnosis is Oppositional Defiant Disorder.

Final Answer: Oppositional Defiant Disorder (ODD)

Answer: (C)



Q24.

Solution

Concept: Major Depressive Disorder (MDD), according to DSM-5, is a mood disorder characterized by persistent depressed mood and loss of interest or pleasure (anhedonia), along with other cognitive and physical symptoms. For diagnosis, symptoms must persist for a minimum duration to distinguish it from temporary mood fluctuations.

Solution: The DSM-5 specifies that a major depressive episode requires the presence of at least five symptoms, including depressed mood or anhedonia, for a minimum duration of two weeks. This duration ensures that the symptoms represent a clinically significant disorder rather than a short-term emotional response. One week is insufficient for diagnosis, while six months or one year may apply to other chronic conditions but not MDD onset criteria. Therefore, the correct minimum duration for diagnosing Major Depressive Disorder is two weeks, making option B correct.

Final Answer: Two weeks

Answer: (B)

Q25.

Solution

Concept: In Obsessive-Compulsive Disorder (OCD), obsessions are intrusive, unwanted thoughts that create anxiety, while compulsions are repetitive behaviors or mental acts performed to reduce that anxiety. Compulsions are not pleasurable in themselves but serve as a temporary relief mechanism. They function as a negative reinforcement cycle, where performing the behavior reduces distress and thus strengthens the compulsive act over time.

Solution: In OCD, individuals experience persistent obsessions that generate significant anxiety, distress, or discomfort. To cope with this anxiety, they engage in compulsive behaviors such as handwashing, checking, or counting. These compulsions do not provide pleasure or satisfaction; instead, their primary role is to temporarily reduce or neutralize the anxiety caused by obsessive thoughts. This relief reinforces the compulsive behavior, making it repetitive and difficult to control. Compulsions do not increase obsessive thoughts directly, nor do they serve as punishment or produce euphoria. Therefore, the correct function of compulsions in OCD is to reduce or neutralize anxiety arising from obsessions, making option C the correct answer.

Final Answer: Neutralize or reduce the anxiety caused by the obsessive thoughts

Answer: (C)



Q26.

Solution

Concept: Neurodevelopmental disorders are a group of conditions that begin in early development and affect personal, social, academic, or occupational functioning. Autism Spectrum Disorder (ASD) is specifically characterized by persistent deficits in social communication and social interaction, along with restricted and repetitive patterns of behavior, interests, or activities across multiple contexts.

Solution: Autism Spectrum Disorder is defined by core impairments in social communication, such as difficulty in understanding social cues, maintaining conversations, and developing relationships. These deficits are present across multiple settings and are accompanied by restricted interests and repetitive behaviors. Specific Learning Disorder involves academic skill deficits, while Intellectual Disability involves global cognitive impairment affecting intellectual and adaptive functioning. Intellectual impairment is not a standard diagnostic category. Therefore, the disorder primarily characterized by persistent social communication and interaction deficits across contexts is Autism Spectrum Disorder, making option C correct.

Final Answer: Autism Spectrum Disorder

Answer: (C)

Q27.

Solution

Concept: Bipolar disorders are mood disorders characterized by episodes of mania or hypomania and depression. Bipolar I Disorder involves at least one full manic episode, often accompanied by depressive episodes. Bipolar II Disorder is distinguished by the presence of hypomanic episodes (less severe than mania) along with major depressive episodes, without any full manic episode.

Solution: Bipolar II Disorder differs from Bipolar I primarily in the severity of manic symptoms. In Bipolar II, individuals experience hypomania, which is a milder form of mania characterized by elevated mood and increased activity but without severe impairment or psychosis. These episodes alternate with major depressive episodes, which can be severe and disabling. Bipolar I Disorder, on the other hand, includes full manic episodes that may involve psychotic features and significant functional impairment. Chronic low-grade mood swings are more consistent with cyclothymic disorder. Therefore, the defining feature of Bipolar II Disorder is the presence of hypomanic episodes and major depressive episodes without full mania, making option B correct.

Final Answer: Hypomanic episodes and Major Depressive episodes, but no full Manic episodes

Answer: (B)



Q28.

Solution

Concept: The Dopamine Hypothesis of Schizophrenia suggests that abnormal dopamine activity in the brain contributes to the development of psychotic symptoms. Specifically, overactivity of dopamine pathways, particularly in mesolimbic regions, is associated with positive symptoms such as hallucinations and delusions.

Solution: The Dopamine Hypothesis proposes that schizophrenia results from dysregulation of dopamine neurotransmission, especially an excess of dopamine activity or increased sensitivity of dopamine receptors in certain brain pathways. This overactivity leads to positive symptoms such as hallucinations and delusions. A deficiency of dopamine in the prefrontal cortex is more associated with negative symptoms but is not the central explanation. Serotonin deficits are linked to other disorders such as depression. Structural brain changes like ventricular enlargement are observed but are not part of the dopamine hypothesis itself. Therefore, the correct explanation is an overactive dopamine system or excess dopamine receptor activity, making option B correct.

Final Answer: An overactive dopamine system or excess dopamine receptors in certain pathways

Answer: (B)

Q29.

Solution

Concept: Anxiety disorders include various conditions characterized by excessive fear or worry. Agoraphobia involves intense fear of situations where escape might be difficult or help unavailable, often leading to avoidance of public places such as crowds, open spaces, or transportation. It is commonly associated with panic attacks.

Solution: Agoraphobia is defined as a persistent and irrational fear of being in situations where escape may be difficult or help may not be available in case of panic-like symptoms. Individuals may avoid public places, open spaces, or crowded areas due to fear of losing control or experiencing panic attacks. Social Anxiety Disorder involves fear of social evaluation, Specific Phobia involves fear of a specific object or situation, and Generalized Anxiety Disorder involves chronic excessive worry across multiple domains. Since the question describes fear of public places due to inability to escape or get help, the correct diagnosis is Agoraphobia, making option C correct.

Final Answer: Agoraphobia

Answer: (C)



Q30.

Solution

Concept: In Carl Rogers' Client-Centered Therapy, empathy is one of the three core conditions for therapeutic change, along with unconditional positive regard and congruence. Empathy refers to the therapist's ability to understand the client's internal frame of reference accurately while maintaining an "as if" quality, meaning the therapist understands the client's feelings without becoming emotionally overwhelmed or losing objectivity.

Solution: In Client-Centered Therapy, empathy is a central therapeutic condition that facilitates psychological growth. It involves the therapist accurately sensing and understanding the client's subjective world, including thoughts, emotions, and experiences, as if they were their own, but without actually losing professional detachment. This "as if" quality is essential because it allows deep understanding while maintaining therapeutic boundaries. Empathy is not pity or sympathy, which involve feeling sorry for the client. It is also not directive advice-giving or interpretation of childhood trauma, as Rogers emphasized non-directive therapy where the client leads the process of self-exploration. The therapist's role is to create a supportive environment that fosters self-awareness and personal growth. Therefore, the correct definition of empathy is understanding the client's private world with an "as if" perspective, making option B correct.

Final Answer: Client's world understood "as if own"

Answer: (B)

Q31.

Solution

Concept: Victor Frankl's Logotherapy is a form of existential psychotherapy that emphasizes the human search for meaning as the central motivation in life. Unlike Freud's pleasure principle or Adler's power-oriented drive, Frankl proposed that individuals are primarily motivated by a "will to meaning," especially in the face of suffering and existential challenges.

Solution: Logotherapy, developed by Victor Frankl, is based on the belief that human beings are fundamentally driven by the need to find meaning in life. Frankl argued that even in extreme suffering, individuals can endure if they perceive meaning and purpose in their experiences. This distinguishes his theory from Freud's "will to pleasure" and Adler's "will to power." The concept of "will to survive" is not the central philosophical foundation of Logotherapy, although survival may be a consequence of meaning-making. Therefore, the primary motivating force in Logotherapy is the "Will to Meaning," making option C correct.

Final Answer: Will to Meaning

Answer: (C)



Q32.

Solution

Concept: Classical conditioning involves learning through association between stimuli. In aversive conditioning, an undesirable behavior is paired with an unpleasant stimulus to reduce or eliminate the behavior. The unconditioned stimulus naturally elicits an unconditioned response without prior learning, while conditioned stimuli are previously neutral.

Solution: In aversive conditioning for alcohol dependence, a drug is administered that induces nausea when alcohol is consumed. In this setup, the nausea-inducing drug naturally produces an unpleasant physiological reaction without prior learning, making it the unconditioned stimulus (UCS). The alcohol becomes associated with this unpleasant response over time, leading to avoidance behavior. The conditioned stimulus is the alcohol itself after association, and the conditioned response is the learned aversion or nausea triggered by alcohol cues. Neutral stimulus refers to a stimulus that initially has no effect. Therefore, the nausea-inducing drug that produces the natural aversive reaction is the unconditioned stimulus, making option B correct.

Final Answer: Unconditioned Stimulus

Answer: (B)

Q33.

Solution

Concept: Rational Emotive Behavior Therapy (REBT), developed by Albert Ellis, is a cognitive-behavioral approach that focuses on identifying and changing irrational beliefs that lead to emotional distress. The therapist actively challenges these beliefs using logical, empirical, and pragmatic disputation techniques to replace them with rational thinking patterns.

Solution: In REBT, emotional disturbances are believed to arise from irrational beliefs rather than external events themselves. The therapist's role is therefore directive and active, involving disputation of these irrational beliefs through logical reasoning and evidence-based questioning. This helps clients replace maladaptive thought patterns with rational and constructive beliefs. Unlike psychoanalysis, REBT does not focus on free association or unconscious conflicts. It is also not a passive, non-directive approach like client-centered therapy, nor does it involve behavioral punishment techniques such as electric shocks. Therefore, the primary role of the REBT therapist is to challenge irrational beliefs through logical disputation, making option C correct.

Final Answer: Disputing and challenging irrational beliefs through logical reasoning

Answer: (C)



Q34.

Solution

Concept: Gestalt Therapy, developed by Fritz Perls, focuses on awareness, present experience, and integration of fragmented aspects of the self. The “Empty Chair” technique is a classic experiential method used in Gestalt therapy where clients engage in dialogue with imagined or absent significant others to express unresolved emotions.

Solution: The Empty Chair technique is used in Gestalt Therapy to help clients externalize and resolve internal conflicts or unfinished emotional business. In this method, the client speaks to an imagined person seated in an empty chair, allowing them to express feelings, thoughts, and unresolved issues directly. This promotes emotional awareness and integration of suppressed emotions. Psychoanalysis focuses on unconscious exploration, behavior therapy focuses on conditioning, and biofeedback uses physiological monitoring techniques. Since the Empty Chair technique is specifically designed to enhance awareness and emotional expression in the present moment, it is a hallmark of Gestalt Therapy, making option B correct.

Final Answer: Gestalt Therapy

Answer: (B)

Q35.

Solution

Concept: Biomedical therapies are treatment methods that involve physical or biological interventions to alter brain functioning. Electroconvulsive Therapy (ECT) is one such biomedical treatment used primarily for severe, treatment-resistant depression. It involves applying controlled electric currents to the brain to induce a brief seizure, which is believed to produce neurochemical changes that improve mood and relieve depressive symptoms.

Solution: Electroconvulsive Therapy (ECT) is a well-established biomedical intervention used especially in cases of severe depression that do not respond to medication or psychotherapy. In this procedure, a mild electric current is passed through the brain under controlled medical conditions, inducing a brief seizure. This seizure activity leads to changes in neurotransmitter levels, particularly serotonin, dopamine, and norepinephrine, which are associated with mood regulation. Deep Brain Stimulation involves implanted electrodes for movement disorders and depression but does not primarily induce seizures. Transcranial Magnetic Stimulation uses magnetic fields rather than electrical currents. Psychosurgery involves surgical alteration of brain tissue. Therefore, the correct biomedical therapy described in the question is Electroconvulsive Therapy (ECT), making option C correct.

Final Answer: Electroconvulsive Therapy (ECT)

Answer: (C)



Q36.

Solution

Concept: Social Learning Theory, proposed by Albert Bandura, explains that learning occurs through observation, imitation, and modeling. In behavior therapy, modeling is a technique where individuals learn new behaviors by observing a role model perform those behaviors and then imitating them, often reinforced through feedback or rewards.

Solution: Modeling is a key behavioral intervention derived from Social Learning Theory. It involves the therapist or another individual demonstrating a desired behavior that the client observes and subsequently imitates. This method is particularly effective in reducing phobias, teaching social skills, and modifying maladaptive behaviors. It does not involve forced exposure, use of physical models, or reinforcement of thoughts directly. Instead, it relies on observational learning, where behavior is acquired through watching others. Therefore, the correct description of modeling is that the therapist demonstrates the desired behavior and the client observes and imitates it, making option A correct.

Final Answer: The therapist models the desired behavior, and the client observes and imitates it

Answer: (A)

Q37.

Solution

Concept: Attribution theory explains how individuals interpret the causes of behavior based on dimensions such as consensus, distinctiveness, and consistency. High consensus means others behave similarly in the same situation, high distinctiveness means the behavior is specific to one situation, and high consistency means the behavior occurs regularly across time.

Solution: According to Kelley's covariation model, when consensus is high (others behave similarly), distinctiveness is high (behavior is specific to a situation), and consistency is high (behavior is stable over time), we tend to make an external or situational attribution. This means the cause of behavior is attributed to the environment rather than the individual. Internal attribution would occur when consensus is low and consistency is high. Balanced attribution is not a standard category in attribution theory, and fundamental attribution error involves overemphasizing dispositional causes. Therefore, the correct inference in this case is an external (situational) attribution, making option B correct.

Final Answer: An External (Situational) attribution

Answer: (B)



Q38.

Solution

Concept: Attitudes consist of cognitive (beliefs), affective (emotions), and behavioral components. Prejudice refers to negative attitudes or feelings toward a group, while discrimination refers to actual behavior or actions that unfairly treat members of that group. Social pressure can inhibit the expression of prejudice, but it may still manifest in behavior when anonymity reduces accountability.

Solution: In this scenario, the individual holds a negative attitude toward a group, which is prejudice, but does not act on it in public due to social norms and pressure. However, in an anonymous setting where accountability is reduced, the person engages in unfair treatment, which is discriminatory behavior. This clearly demonstrates the distinction between internal attitudes (prejudice) and external actions (discrimination). Stereotyping refers to cognitive generalizations, not behavior. Social loafing and cognitive dissonance are unrelated to group bias behavior. Therefore, the correct distinction highlighted in this situation is between prejudice (attitude) and discrimination (behavior), making option B correct.

Final Answer: Prejudice and Discrimination

Answer: (B)

Q39.

Solution

Concept: The scarcity principle in persuasion, identified in social psychology, suggests that people assign greater value to resources or opportunities that are perceived as limited in availability. This creates urgency and increases the likelihood of compliance or purchase due to fear of missing out.

Solution: The scarcity principle operates on the idea that limited availability increases perceived value and desirability. When advertisements state that only a few items are left in stock, individuals feel a sense of urgency and are more likely to act quickly to avoid losing the opportunity. This is different from authority influence, where expertise drives compliance, social proof where majority behavior influences decisions, or reciprocity where favors are exchanged. Therefore, the example of feeling pressured to buy a product due to limited stock directly illustrates the scarcity principle, making option B correct.

Final Answer: "Only 2 items left in stock" creates scarcity pressure

Answer: (B)



Q40.

Solution

Concept: Robert Sternberg's Triangular Theory of Love explains love through three components: intimacy (emotional closeness), passion (physical attraction), and commitment (decision to maintain the relationship). Consummate love is considered the most complete form of love, where all three components are present simultaneously, representing an ideal but rare form of romantic relationship.

Solution: According to Sternberg's Triangular Theory of Love, different combinations of intimacy, passion, and commitment produce different types of love. Intimacy involves emotional bonding and closeness, passion refers to physical attraction and romantic desire, and commitment involves the decision to maintain a long-term relationship. When all three components are present together, the relationship is classified as consummate love, which is considered the most complete and ideal form of love. Other options represent incomplete or different combinations of love types such as liking, infatuation, or romantic love. Since consummate love requires the simultaneous presence of intimacy, passion, and commitment, the correct answer is option B.

Final Answer: Intimacy, Passion, and Commitment

Answer: (B)

Q41.

Solution

Concept: The Proximity Effect in social psychology explains that physical closeness plays a significant role in the formation of interpersonal relationships. According to this principle, individuals are more likely to develop friendships or romantic relationships with people they frequently encounter due to increased opportunities for interaction and familiarity.

Solution: The proximity effect, also known as the propinquity effect, states that people tend to form relationships with those who are physically close to them, such as neighbors, classmates, or coworkers. Repeated exposure increases familiarity, which often leads to liking and relationship formation. This effect does not depend on personality differences, socio-economic distance, or ideological conflict, but rather on physical or functional closeness. Social psychology research consistently shows that frequent interaction due to proximity enhances attraction and trust. Therefore, the correct explanation is that we are most likely to form relationships with people who live or work close to us, making option B correct.

Final Answer: Physically live or work close to us

Answer: (B)



Q42.

Solution

Concept: The Elaboration Likelihood Model (ELM) explains attitude change through two routes: central and peripheral. The peripheral route involves minimal cognitive effort and relies on superficial cues such as attractiveness, credibility, or popularity of the source rather than deep evaluation of message content.

Solution: When attitudes are changed through the peripheral route, individuals do not carefully analyze the message content. Instead, they are influenced by external cues like the attractiveness of the communicator, number of arguments, or emotional appeal. Because the cognitive processing is shallow, the resulting attitude change is usually temporary and less stable over time. It is also more susceptible to change when new information is encountered. In contrast, the central route involves deep, logical evaluation and leads to more enduring attitude change. Therefore, attitude change through the peripheral route is typically short-lived and easily reversible, making option C correct.

Final Answer: Temporary and susceptible to further change

Answer: (C)

Q43.

Solution

Concept: The Halo Effect is a cognitive bias in which an overall positive or negative impression of a person influences the perception of their specific traits. It is a type of mental shortcut or heuristic that reduces cognitive effort but can lead to distorted judgments about others.

Solution: The Halo Effect occurs when an individual's general impression of a person, such as attractiveness or friendliness, influences how they evaluate other unrelated traits like intelligence or honesty. This is a cognitive shortcut used by the brain to simplify social judgment, but it often leads to biased evaluations. It is not a defensive attribution, which involves explaining others' behavior, nor a self-serving bias, which relates to attributing success or failure to oneself. It is also not a schema-based distortion in a strict sense, though it is related to cognitive frameworks. Therefore, the Halo Effect is best classified as a cognitive heuristic, making option A correct.

Final Answer: Cognitive heuristic

Answer: (A)



Q44.

Solution

Concept: Social Identity Theory, developed by Tajfel and Turner, explains how individuals derive part of their identity and self-esteem from the social groups they belong to. In-group favoritism occurs when individuals prefer and positively evaluate members of their own group to maintain or enhance self-esteem through group association.

Solution: According to Social Identity Theory, individuals categorize themselves and others into groups (in-group and out-group). They derive self-esteem from the status and success of their in-group. As a result, they tend to favor in-group members over out-group members to maintain a positive social identity. This favoritism is not necessarily based on biological instincts or guaranteed rewards, but on psychological identification with the group. It is also not solely due to physical threats from out-groups. Therefore, in-group favoritism primarily occurs because individuals derive self-esteem from group membership and status, making option B correct.

Final Answer: We derive self-esteem from group membership and status

Answer: (B)

Q45.

Solution

Concept: Deindividuation is a psychological state in which individuals in groups lose self-awareness and personal accountability, leading to impulsive or norm-violating behavior. It is more likely to occur in situations involving anonymity, large group size, and high emotional arousal, where personal identity becomes less salient.

Solution: Deindividuation occurs when individuals feel less personally identifiable within a group, reducing self-regulation and increasing impulsive behavior. Factors that contribute to deindividuation include anonymity, large group settings, and heightened emotional arousal, which together reduce awareness of personal responsibility. In contrast, high self-awareness, small group size, and individual accountability reduce the likelihood of deindividuation. Formal rules and clear leadership also help maintain individual control. Therefore, the condition most likely to lead to deindividuation is anonymity combined with high emotional arousal, making option B correct.

Final Answer: Anonymity and high emotional arousal

Answer: (B)



Q46.

Solution

Concept: Muzafer Sherif's Robbers Cave experiment demonstrated intergroup conflict and cooperation. It showed that competition between groups leads to hostility, but this conflict can be reduced when groups are placed in situations requiring cooperation to achieve shared goals. Such shared goals are called superordinate goals and are essential for reducing prejudice and improving intergroup relations.

Solution: In the Robbers Cave experiment, Sherif divided boys into two groups and created competition between them, which led to hostility and intergroup conflict. To resolve this conflict, he introduced tasks that could not be completed by either group alone, requiring cooperation between the groups. These tasks were called superordinate goals because they were shared objectives that required interdependence. When both groups worked together to achieve these goals, hostility decreased and cooperation increased. Rewarding only winners or punishing leaders does not reduce underlying conflict effectively, and lectures on peace are insufficient for behavioral change. Therefore, the correct method used to resolve intergroup conflict in the experiment was introducing superordinate goals, making option B correct.

Final Answer: Introducing Superordinate Goals that required cooperation from both groups

Answer: (B)

Q47.

Solution

Concept: Groupthink is a psychological phenomenon that occurs in cohesive groups when the desire for unanimity overrides realistic appraisal of alternatives. It leads to poor decision-making because dissenting opinions are suppressed, critical thinking is discouraged, and group cohesion is prioritized over objective analysis of available information.

Solution: Groupthink occurs in highly cohesive groups where members prioritize harmony and agreement over critical evaluation of ideas. In such situations, individuals may ignore warning signs, suppress dissenting opinions, and fail to consider alternative solutions to maintain group unity. This can result in irrational or risky decisions, especially in high-stakes environments. Group polarization refers to strengthening of initial opinions, social facilitation refers to performance changes due to presence of others, and social inhibition refers to performance decline in complex tasks. Since the scenario describes suppression of dissent and ignoring warning signs to maintain cohesion, it clearly represents groupthink, making option C correct.

Final Answer: Groupthink

Answer: (C)



Q48.

Solution

Concept: Aaron Beck's Cognitive Therapy is based on the idea that depression is caused by negative and distorted thinking patterns. The Cognitive Triad refers to negative views about the self, the world, and the future. Therapy focuses on identifying and challenging these maladaptive cognitions to improve emotional well-being.

Solution: Beck's Cognitive Therapy explains depression through the Cognitive Triad, which includes negative beliefs about oneself ("I am worthless"), the world ("Everything is unfair"), and the future ("Things will never improve"). The therapist helps the client identify these distorted thought patterns and replace them with more realistic and adaptive thoughts. This approach is central to Cognitive Therapy rather than REBT, which focuses more broadly on irrational beliefs, or MBSR, which emphasizes mindfulness, or existential therapy, which focuses on meaning. Therefore, the Cognitive Triad is a core component of Beck's Cognitive Therapy, making option B correct.

Final Answer: Cognitive Therapy by Aaron Beck

Answer: (B)

Q49.

Solution

Concept: Social Facilitation theory explains how the presence of others affects individual performance. The Distraction Conflict Theory suggests that when others are present, attention is divided between the task and the audience, creating cognitive conflict that increases arousal and influences performance depending on task difficulty.

Solution: According to Distraction Conflict Theory, the presence of others creates a divided attention situation where individuals must focus both on the task at hand and on being evaluated by others. This creates a cognitive conflict between task focus and audience awareness, increasing physiological arousal. This arousal can enhance performance on simple tasks but impair performance on complex tasks. The theory does not involve Freudian constructs like Id and Superego, nor is it primarily about fear of failure or cooperation-competition dynamics. Therefore, the correct explanation is the conflict between task focus and audience awareness, making option B correct.

Final Answer: Task focus and audience awareness

Answer: (B)



Q50.

Solution

Concept: Groups can be classified into formal and informal types. Formal groups are structured and organized with defined roles, rules, and objectives. Behavior in formal groups is guided by institutional expectations rather than personal preferences or emotional bonds.

Solution: Formal groups are established within organizations and have clearly defined roles, responsibilities, and goals. Examples include workplace teams, school committees, and official committees. In such groups, behavior is regulated by explicit rules and organizational objectives rather than personal emotions or informal relationships. Informal groups, in contrast, are based on friendships, shared interests, or emotional bonds. Therefore, the defining characteristic of formal groups is that behavior is guided by explicit roles, rules, and organizational goals, making option C correct.

Final Answer: Explicit roles, rules, and organizational goals

Answer: (C)



Answer Key

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

