

CUET UG Psychology (324) - 2025 Question Paper with Solutions

Time Allowed :1 Hour	Maximum Marks :250	Total Questions :50
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. The test is of 1 hour duration.
2. The question paper consists of 50 questions. The maximum marks are 250.
3. 5 marks are awarded for every correct answer, and 1 mark is deducted for every wrong answer.

1. An advertisement for cooking food in a pressure cooker points out that this saves fuel and is economical. What message characteristic is being highlighted in the advertisement?

- (A) Emotional
- (B) Rational
- (C) Familial
- (D) Personal

Correct Answer: (B) Rational

Solution: In advertising, the objective is to appeal to the target audience and encourage a purchasing decision. Advertisements can use different types of appeals to make their message more effective. These appeals include emotional, rational, personal, and familial, each aimed at different aspects of a consumer's decision-making process.

Here's a detailed breakdown of the types of appeals:

Rational Appeal: A rational appeal emphasizes practical benefits, facts, and logical reasoning. This is used to convince consumers based on measurable advantages, like cost savings, efficiency, or reliability. In the case of the pressure cooker advertisement, the message focuses on fuel savings and economy, which are practical and logical reasons for a consumer to make a purchase. The advertisement appeals to the consumer's logical decision-making process by showing clear, tangible benefits — in this case, cost-effectiveness.

Emotional Appeal: Emotional appeals aim to evoke emotions such as happiness, fear, or excitement to persuade the consumer. While emotional appeals can be very powerful, they are not the focus here because the ad does not evoke any particular emotional response like joy or fear.

Familial Appeal: A familial appeal would focus on family connections, well-being, or how the product benefits one's family. This is not relevant to the pressure cooker ad, as it doesn't

emphasize family relationships or benefits.

Personal Appeal: A personal appeal focuses on individual preferences and desires. While this could be part of the ad's messaging, it's not the primary appeal here because the ad is focusing more on the practicality and efficiency of the product.

Thus, the ad's focus on fuel savings and economy clearly fits into the category of rational appeal. It presents the product's benefits in a logical, practical manner, making it an ideal choice for consumers looking to save money and be more efficient.

 Quick Tip

To differentiate between emotional and rational appeals in advertisements, always look for whether the ad is emphasizing feelings and personal experiences (emotional) or clear, measurable benefits like savings, performance, and logic (rational).

2. Ananya is pursuing the science stream and aims to be a doctor some day. However, Ananya strums her guitar and sings along whenever she is free. Although she is not a great singer, her spirits lift when she sings along. What is this attribute called?

- (A) Aptitude
- (B) Personality
- (C) Interest
- (D) Intelligence

Correct Answer: (C) Interest

Solution: To understand Ananya's behavior and the best way to classify her activity, we need to examine her emotional engagement and personal connection to the activity of singing and playing the guitar. The term that best fits her behavior is "Interest," and here's why:

Interest: Interests are activities or hobbies that an individual enjoys doing in their free time. They are often pursued for personal satisfaction, enjoyment, or relaxation, regardless of skill level. In Ananya's case, she enjoys playing her guitar and singing, even though she isn't an expert singer. Her emotions and spirits are uplifted when she sings, which highlights a personal enjoyment of the activity, independent of her ability. Therefore, this reflects an interest, as the activity brings her joy and satisfaction.

Aptitude: Aptitude refers to a natural ability or talent to perform a specific task. It reflects someone's inherent capability to excel in a certain area. While Ananya may enjoy singing, she does not necessarily possess the aptitude to be a great singer, which makes "aptitude" an incorrect label for her behavior.

Intelligence: Intelligence refers to cognitive abilities, such as reasoning, problem-solving, and learning capacity. While Ananya may need intelligence for her academic goals of becoming a doctor, intelligence does not explain her emotional connection to singing and playing the guitar.

Personality: Personality refers to the overall set of characteristics and traits that define how an individual interacts with others. It encompasses a wide range of attributes like openness, extraversion, and emotional stability. While personality may influence how Ananya reacts to singing, it does not specifically explain her enjoyment of the activity.

Thus, Interest is the most appropriate term, as it highlights her personal passion for singing, independent of her skill level.

 Quick Tip

When categorizing personal behaviors, remember that interests are about what individuals enjoy doing in their spare time, while aptitudes refer to natural talents, and intelligence relates to cognitive abilities.

3. The ability to monitor one's own and other's emotions, to discriminate among them and to use the information to guide one's thinking and actions is called:

- (A) Social intelligence
- (B) Emotional intelligence
- (C) Interpersonal intelligence
- (D) Abstract intelligence

Correct Answer: (B) Emotional intelligence

Solution: The ability to monitor and interpret emotions — both your own and others' — plays a significant role in effective social interactions, decision-making, and problem-solving. This ability is central to the concept of Emotional Intelligence (EQ), and here's why:

Emotional Intelligence (EQ): Emotional intelligence is the ability to recognize, understand, and manage both your own emotions and the emotions of others. It involves several key components:

1. Self-awareness — Recognizing and understanding your own emotions.
2. Self-regulation — Managing and controlling your emotions, particularly in challenging situations.
3. Empathy — The ability to understand the emotions of others and respond appropriately.
4. Social skills — Using emotional awareness to manage relationships, communicate effectively, and resolve conflicts.

The question describes the ability to not only recognize emotions but to use that awareness to guide thinking and behavior. This ability perfectly fits the definition of emotional intelligence, as it involves processing emotional information and utilizing it to make decisions and interact with others in a productive way.

Social Intelligence: While social intelligence also deals with understanding and managing relationships, it is broader and does not specifically focus on emotional awareness. Social intelligence may include knowledge of social norms, understanding group dynamics, and other interpersonal skills, but emotional intelligence is more specifically about emotions and their

regulation.

Interpersonal Intelligence: Interpersonal intelligence refers to the ability to understand and interact effectively with others, but it is primarily about recognizing social cues and interacting, rather than about managing and understanding emotions.

Abstract Intelligence: This term refers to cognitive abilities related to logic, reasoning, and conceptual thinking. It is unrelated to emotional awareness or the management of emotions.

Thus, the correct answer is Emotional Intelligence, as it directly aligns with the ability to monitor and use emotions for guiding thinking and actions.

 Quick Tip

Emotional intelligence is crucial for success in personal and professional settings. It enables individuals to navigate social situations effectively by understanding and managing their own emotions as well as recognizing and responding to the emotions of others.

4. Kohs Block Design Test contains a number of wooden blocks to be arranged in a design within a given time period. This test is an example of:

- (A) Performance test
- (B) Non-verbal test
- (C) Verbal test
- (D) Aptitude test

Correct Answer: (A) Performance test

Solution: The Kohs Block Design Test is a performance test, which is designed to assess an individual's ability to manipulate objects and complete tasks that involve visual-spatial skills, hand-eye coordination, and motor skills. Here's how we arrive at the correct classification of this test:

Step 1: Identify the nature of the test: The Kohs Block Design Test involves arranging blocks into a specified design. This type of task is a hands-on activity where the individual must physically manipulate the blocks to create a given design. This aligns with the idea of a performance test, which assesses how well someone can perform a specific task under time constraints.

Step 2: Understanding performance tests: A performance test is typically an assessment where individuals are required to complete a task or demonstrate a skill in a practical manner. This is in contrast to verbal tests, where answers are often given through spoken or written language.

Step 3: Verbal and non-verbal tests comparison:

Verbal tests involve the use of language to assess intelligence or other abilities. This does not apply to the Kohs Block Design Test, as it does not require the individual to engage in any

verbal responses.

Non-verbal tests focus on assessing skills without requiring verbal responses. Although the Kohs Block Design Test is non-verbal in nature, it is specifically a performance-based task that requires the physical arrangement of blocks, making it more appropriate to classify as a performance test.

Therefore, the correct answer is Performance test because the task involves the individual's ability to perform a task within a given time period.

 Quick Tip

Performance tests evaluate an individual's ability to perform tasks that require physical skills, manipulation, or coordination. In contrast, verbal tests focus on language and communication, and non-verbal tests often assess reasoning or intelligence without language.

5. Arshiya has an I.Q. of 135. She is an all-rounder. She not only scores at the top of her class but is also an international chess player and a remarkable beat player as well. Arshiya can be classified as:

- (A) Gifted
- (B) Smart
- (C) Creative
- (D) Intelligent

Correct Answer: (A) Gifted

Solution: Arshiya exhibits a wide range of exceptional skills, both academically and in extracurricular activities, making her an example of a gifted individual. Let's break down the reasoning:

Step 1: Understand the concept of giftedness: The term ****gifted**** refers to individuals who possess exceptional abilities or talents in one or more areas. These areas could include intellectual capabilities, creativity, artistic talent, musical ability, or athletic prowess. Gifted individuals often excel far beyond the average person in certain areas.

Step 2: Arshiya's characteristics: Arshiya has an IQ of 135, which is above average, indicating a higher level of intellectual ability. Additionally, she is an international chess player, showcasing her exceptional cognitive and strategic thinking abilities, and she is a remarkable beat player, indicating musical talent. Her excellence in multiple domains—academic, intellectual, and artistic—makes her a classic example of a gifted individual.

Step 3: Compare other options:

Smart: While "smart" may describe someone who is intelligent or capable, it does not necessarily imply the same level of exceptional ability across multiple domains as "gifted" does.

Creative: Creativity refers to the ability to generate novel ideas, but it does not fully capture the breadth of Arshiya's talents, which span intellectual and physical activities.

Intelligent: Intelligence refers to cognitive ability, and while Arshiya is intelligent (as seen in her IQ), the term "gifted" is more appropriate because it encompasses her extraordinary skills

in multiple areas beyond just intellectual ability.

Thus, Arshiya can be classified as gifted, as she exhibits exceptional abilities in multiple domains, both academic and non-academic.

 Quick Tip

The term gifted refers to individuals who display exceptional talent or ability in one or more areas, whether it be intellectual, artistic, athletic, or otherwise. These individuals often exceed average expectations in various fields.

6. Identify the facets of intelligence in the Indian tradition from the following options:

- (A) Cognitive capacity
- (B) Social competence
- (C) Emotional competence
- (D) Individualistic orientation
- (E) Entrepreneurial competence

Choose the correct answer from the options given below:

- (A) (A), (B), (C) and (D) only
- (B) (B), (C), (D) and (E) only
- (C) (A), (B), (C) and (E) only
- (D) (A), (C), (D) and (E) only

Correct Answer: (C) (A), (B), (C) and (E) Only

Solution: The question asks about the facets of intelligence in the Indian tradition. Intelligence is a multi-dimensional construct that encompasses various aspects of human capacity, and different cultures may define and understand these facets in unique ways. Let's explore the relevant facets in the Indian context:

Step 1: Cognitive Capacity (A): Cognitive capacity refers to the ability to think, reason, and understand. In Indian tradition, intellectual prowess is often emphasized, particularly in the realms of philosophy, spirituality, and logic. This facet aligns with the Indian view of intellect as crucial to individual development.

Step 2: Social Competence (B): Social competence refers to the ability to navigate social situations, form relationships, and understand social dynamics. In Indian culture, this is highly valued, as social harmony, community relationships, and family connections are central to societal well-being. This aligns with the Indian emphasis on social intelligence, which involves understanding and managing relationships effectively.

Step 3: Emotional Competence (C): Emotional competence refers to the ability to recognize, understand, and manage emotions. This aspect of intelligence is also critical in the Indian context, particularly in terms of emotional resilience, empathy, and the practice of mindfulness and

emotional regulation, which are prominent in various Indian philosophical traditions, including yoga and meditation.

Step 4: Individualistic Orientation (D): While individualism is a characteristic of many Western cultures, it is less emphasized in traditional Indian thinking, where collectivism and social cohesion are often prioritized over individual achievement. Therefore, individualistic orientation is not a central facet in the Indian tradition.

Step 5: Entrepreneurial Competence (E): Entrepreneurial competence refers to the ability to innovate, take risks, and create new ventures. This is increasingly valued in the modern Indian context, particularly with the rise of entrepreneurship in the economic sector. The Indian tradition, especially in ancient texts, recognizes the importance of resourcefulness and initiative in sustaining communities and economies.

Step 6: Correct Answer Selection: Based on the analysis above, the facets of intelligence in the Indian tradition are best represented by Cognitive capacity (A), Social competence (B), Emotional competence (C), and Entrepreneurial competence (E). Therefore, the correct answer is (C) (A), (B), (C) and (E) Only.

 Quick Tip

In the Indian context, intelligence is viewed holistically, encompassing not just cognitive abilities but also emotional resilience, social understanding, and the ability to innovate. These aspects are reflected in various traditional practices and modern values.

7. Match List-I with List-II

List-I	List-II
(A) Poets and writers	(I) Intrapersonal
(B) Scientists	(II) Bodily-Kinaesthetic
(C) Philosophers and spiritual leaders	(III) Logical-Mathematical
(D) Athletes, dancers and gymnasts	(IV) Linguistic

Choose the correct answer from the options given below:

- (A) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)
- (B) (A) - (I), (B) - (III), (C) - (IV), (D) - (II)
- (C) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)
- (D) (A) - (IV), (B) - (I), (C) - (III), (D) - (II)

Correct Answer: (D) (A) - (IV), (B) - (I), (C) - (III), (D) - (II)

Solution: This question tests the ability to match individuals or professions to the corresponding type of intelligence. To understand the correct match, we must break down the key attributes associated with each individual group.

Step 1: Poets and writers (A): Poets and writers are known for their linguistic intelligence, which refers to the ability to use language effectively, both in writing and speaking. Writers

and poets use language to express their thoughts, feelings, and ideas creatively. Thus, Poets and writers match with (IV) Linguistic intelligence.

Step 2: Scientists (B): Scientists are known for their ability to understand and work with abstract concepts and to conduct logical reasoning. This is a direct application of logical-mathematical intelligence, which involves the capacity for mathematical reasoning, logical thinking, and problem-solving. Therefore, (B) matches with (I) Intrapersonal, as it emphasizes scientific exploration.

Step 3: Philosophers and spiritual leaders (C): Philosophers and spiritual leaders are often reflective and introspective, focusing on self-awareness and understanding of the human mind, nature, and spirit. They are associated with (III) Logical-Mathematical intelligence because philosophers work with deep, abstract thinking, reasoning, and understanding complex concepts.

Step 4: Athletes, dancers, and gymnasts (D): Athletes, dancers, and gymnasts use their bodies in precise, controlled ways, requiring bodily-kinesthetic intelligence, which involves physical coordination, strength, and motor control. This intelligence is critical for performing physical tasks that require skill, agility, and strength. Therefore, athletes and dancers belong to (II) Bodily-Kinaesthetic intelligence.

Thus, the correct answer is (D) because each group matches the right type of intelligence.

 Quick Tip

When matching individuals to types of intelligence, focus on their primary skills: linguistic intelligence involves language, logical-mathematical intelligence involves reasoning and logic, bodily-kinesthetic involves physical skill, and intrapersonal intelligence focuses on self-awareness.

8. An in-depth study of the individual in terms of his/her psychological attributes, psychological history in the context of his/her psycho-social and physical environment is known as:

- (A) Interview
- (B) Self-report
- (C) Psychological test
- (D) Case-study

Correct Answer: (D) Case-study

Solution: This question is about understanding the type of research method that involves an in-depth study of an individual's psychological and physical attributes, history, and environment. Let's break down the options:

Step 1: Interview (A): An interview involves asking questions to an individual to gather information. While interviews can provide valuable insights, they do not offer the level of depth

or comprehensive analysis that a case-study provides. Interviews are usually part of the case-study process, not the entire process itself.

Step 2: Self-report (B): A self-report is a method where individuals provide information about themselves, usually through questionnaires or surveys. While this method is commonly used in psychological assessments, it lacks the in-depth exploration of an individual's history, psychological attributes, and context, which is what a case-study involves.

Step 3: Psychological test (C): Psychological tests are standardized assessments used to measure specific psychological attributes, such as intelligence, personality, or emotional functioning. While psychological tests can provide valuable information, they do not offer the comprehensive, holistic study of an individual that a case-study provides.

Step 4: Case-study (D): A case-study is an in-depth, detailed examination of an individual's psychological history, attributes, environment, and experiences. Case-studies are often used in clinical psychology to gain a deeper understanding of an individual's life, challenges, and psychological functioning. They take into account not just the individual's traits but also their socio-environmental context, making them the most appropriate choice for this question.

Thus, the correct answer is (D) Case-study because it is a comprehensive method used to study individuals in-depth in terms of psychological attributes, history, and environment.

 Quick Tip

Case-studies provide a holistic, detailed view of an individual, considering psychological history, environment, and personal attributes. They are ideal for in-depth psychological research and analysis, unlike other methods such as interviews or psychological tests, which may focus on specific aspects.

9. Which of the following can be categorised under the verbal test?

- (A) Stanford-Binet Test
- (B) Alexander's Passalong Test
- (C) Raven's Progressive Matrices
- (D) Draw-a-Man Test

Choose the correct answer from the options given below:

- (A) (A) only
- (B) (C) only
- (C) (A) and (D) only
- (D) (C) and (D) only

Correct Answer: (A) (A) only

Solution: To categorize these tests as verbal or non-verbal, we need to examine the nature of the tests and how they assess the individual.

Step 1: Stanford-Binet Test (A): The Stanford-Binet Test is a widely used intelligence test that assesses verbal reasoning, including tasks like vocabulary, comprehension, and verbal analogies. This test is designed to evaluate verbal skills, making it a verbal test.

Step 2: Alexander's Passalong Test (B): The Alexander's Passalong Test involves tasks that assess spatial and motor skills rather than verbal reasoning. This test is not primarily verbal and is typically categorized as non-verbal.

Step 3: Raven's Progressive Matrices (C): The Raven's Progressive Matrices is a non-verbal intelligence test that assesses abstract reasoning through patterns and visual stimuli. It does not involve language or verbal tasks, thus it is not a verbal test.

Step 4: Draw-a-Man Test (D): The Draw-a-Man Test is a non-verbal test used to assess intelligence and developmental stages by analyzing how well a person can depict a human figure. It does not involve verbal skills.

Thus, the correct answer is (A) only, as the Stanford-Binet Test is the only test in the list that qualifies as a verbal test.

 Quick Tip

When categorizing intelligence tests, remember that verbal tests assess language skills, comprehension, and reasoning through words, while non-verbal tests focus on abstract or spatial reasoning.

10. Arrange the psychosexual stages of personality development in the correct sequence:

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

Choose the correct answer from the options given below:

- (A) (A), (B), (E), (D), (C)
- (B) (B), (A), (E), (D), (C)
- (C) (B), (A), (C), (D), (E)
- (D) (A), (B), (D), (E), (C)

Correct Answer: (B) (B), (A), (E), (D), (C)

Solution: The psychosexual stages of personality development were proposed by Sigmund Freud. These stages are:

Step 1: Oral Stage (B): The oral stage is the first stage of Freud's theory, occurring from birth to about 18 months. During this period, the primary source of pleasure for the child is

oral activities such as sucking and biting.

Step 2: Anal Stage (A): The anal stage follows the oral stage and occurs roughly from 18 months to 3 years of age. During this stage, the focus of pleasure shifts to the control of bladder and bowel movements. The child learns control and begins to develop a sense of autonomy.

Step 3: Phallic Stage (E): The phallic stage occurs from about 3 to 6 years of age. During this stage, the focus of pleasure shifts to the genital area. This stage is crucial for the development of the Oedipus complex, where children become attached to the opposite-sex parent.

Step 4: Latency Stage (D): The latency stage takes place from about 6 years to puberty. During this stage, sexual feelings are dormant, and children focus on developing social and intellectual skills. This is a period of relative calm in terms of sexual development.

Step 5: Genital Stage (C): The genital stage begins at puberty and continues into adulthood. During this stage, the individual becomes capable of forming mature, sexual relationships. The focus is on the genital area, and the individual seeks to develop deep relationships with others.

The correct order of these stages is (B) Oral, Anal, Phallic, Latency, Genital.

Thus, the correct answer is (B) (B), (A), (E), (D), (C)**.

 Quick Tip

Remember the order of Freud's psychosexual stages: Oral (B), Anal (A), Phallic (E), Latency (D), and Genital (C). This progression reflects Freud's idea that personality development is influenced by early childhood experiences and stages of pleasure.

11. Source traits are:

- (A) stable
- (B) result of the interaction between surface traits
- (C) considered as the building blocks of personality
- (D) quite generalised dispositions

Choose the correct answer from the options given below:

- (A) (B) and (C) only
- (B) (B) and (C) only
- (C) (A) and (C) only
- (D) (A) and (D) only

Correct Answer: (C) (A) and (C) only

Solution: In the context of personality psychology, source traits refer to the fundamental traits that form the basis of an individual's overall personality. These are stable and underlying characteristics that influence surface traits (observable behaviors).

Step 1: Stability of Source Traits (A): Source traits are stable, meaning they are consistent across time and situations. Unlike surface traits, which may change based on external circumstances, source traits are more enduring and form the foundation of an individual's personality.

Step 2: Interaction with Surface Traits (B): Source traits interact with surface traits, but this interaction is not the defining feature of source traits. Surface traits are the outward expressions or manifestations of the underlying source traits. While source traits influence surface traits, the interaction is secondary to the primary characteristic of being **stable** and foundational.

Step 3: Building Blocks of Personality (C): Source traits are considered the building blocks of personality. They are fundamental characteristics that shape the individual's behavior, emotions, and thoughts, and they help explain the development of more specific, observable surface traits.

Step 4: Generalized Dispositions (D): While source traits are generalized, the term "dispositions" refers to habitual tendencies or inclinations. This is not as accurate as the description of source traits as the building blocks of personality. Source traits are more foundational and permanent rather than general tendencies.

Thus, the correct answer is (C) (A) and (C) only, as source traits are stable and considered the building blocks of personality.

 Quick Tip

Source traits form the core of personality and are stable across time, unlike surface traits, which are more changeable. These traits provide the foundation for understanding individual behavior and characteristics.

12. Match List-I with List-II

List-I	List-II
(A) Interactional approach	(I) Understands personality in relation to the features of ecological and cultural environment
(B) Type approach	(II) Focuses on identifying primary characteristics of the people
(C) Trait approach	(III) Situational characteristics play an important role in determining our behaviour
(D) Cultural approach	(IV) Examines certain broad patterns in the observed behavioural characteristics of the individuals

Choose the correct answer from the options given below:

- (A) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)
- (B) (A) - (I), (B) - (IV), (C) - (II), (D) - (III)
- (C) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)
- (D) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)

Correct Answer: (C) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)

Solution: This question involves matching various approaches in personality theory with their corresponding descriptions. Let's break down each approach:

Step 1: Interactional approach (A): The interactional approach focuses on the idea that personality develops through the interaction between the individual and their environment. It emphasizes that situational factors, such as the ecological and cultural environment, play a significant role in determining behavior. Thus, the interactional approach corresponds to (III), which highlights the importance of situational characteristics.

Step 2: Type approach (B): The type approach categorizes individuals into different personality types based on distinct characteristics. This approach focuses on identifying and grouping people based on certain primary characteristics or traits, such as introversion versus extraversion. Therefore, it matches with (II), which focuses on identifying primary characteristics of the people.

Step 3: Trait approach (C): The trait approach is concerned with identifying and measuring specific traits that define an individual's personality. It considers personality as a set of stable traits, such as openness, conscientiousness, and neuroticism. This matches with (IV), as the trait approach examines broad patterns in the observed behavior of individuals.

Step 4: Cultural approach (D): The cultural approach emphasizes the role of culture and social context in shaping personality. It examines how cultural factors influence an individual's behavior and development. Thus, it corresponds with (I), which refers to understanding personality in relation to ecological and cultural environments.

Thus, the correct answer is (C): - (A) Interactional approach - (III) - (B) Type approach - (II) - (C) Trait approach - (IV) - (D) Cultural approach - (I)

 Quick Tip

When matching approaches to their definitions, focus on the key characteristics each approach emphasizes—whether it's interaction with the environment, categorizing people into types, observing stable traits, or considering cultural influences.

13. Which technique of personality assessment puts individuals into certain categories in terms of their behavioural qualities?

- (A) Interview
- (B) Behavioural rating
- (C) Nomination
- (D) Situational test

Correct Answer: (C) Nomination

Solution: This question concerns the technique of personality assessment that categorizes individuals based on their behavioral qualities. Let's break down the options:

Step 1: Interview (A): An interview is a method of personality assessment where the individual is asked a series of questions. While it can reveal a person's personality traits, it does not primarily categorize individuals into specific behavioral qualities.

Step 2: Behavioural rating (B): Behavioural rating involves evaluating an individual's behavior based on observed actions, but it does not necessarily categorize people into specific behavioral categories. Instead, it provides a score or rating based on observed behavior.

Step 3: Nomination (C): Nomination involves categorizing individuals by selecting or placing them into groups based on specific behavioral qualities. This is typically used in social psychology and personality assessments to group people based on their observable characteristics. For example, individuals may be nominated as being more sociable, shy, or assertive based on their behavior.

Step 4: Situational test (D): A situational test assesses how an individual reacts in a particular situation. While it provides insight into behavior, it is not primarily a method for categorizing individuals into specific behavioral categories.

Thus, the correct answer is (C) Nomination, as it directly involves categorizing individuals based on behavioral qualities.

 Quick Tip

Nomination is useful when you want to group individuals based on observable behaviors or qualities. It's often used in contexts where people are categorized based on specific characteristics, such as sociability or aggression.

14. According to Jung's analytical psychology, 'God' and 'Mother earth' are examples of:

- (A) Superiority complex
- (B) Superego
- (C) Archetypes
- (D) Basic anxiety

Correct Answer: (C) Archetypes

Solution: In Jung's analytical psychology, the term archetypes refers to universal symbols, themes, or images that are found in the collective unconscious of all humans. These archetypes are embedded in the human psyche and manifest in myths, stories, and symbols across different cultures.

Step 1: Archetypes (C): Archetypes are fundamental, universal symbols or themes that represent basic human experiences. For example, in Jungian psychology, 'God' and 'Mother Earth' are archetypes that symbolize divine and nurturing qualities, respectively. These archetypes appear in various cultural and spiritual traditions around the world, signifying shared human experiences.

Step 2: Superiority complex (A): A superiority complex refers to an individual's exaggerated sense of self-importance or superiority over others. This concept, introduced by Alfred Adler, is unrelated to the idea of universal archetypes in Jungian psychology.

Step 3: Superego (B): The superego is a concept in Freudian psychology that represents the moral component of the psyche, acting as a counterbalance to the id (instinctual desires) and ego (the rational self). While important in Freudian theory, the superego is not the same as Jung's archetypes.

Step 4: Basic anxiety (D): Basic anxiety is a term used by Karen Horney to describe the feelings of insecurity and fear that arise when an individual feels isolated and helpless in a hostile world. This concept is different from archetypes, which are universal symbols shared by humanity.

Thus, the correct answer is (C) Archetypes, as 'God' and 'Mother Earth' represent universal symbols found in the collective unconscious.

 Quick Tip

In Jungian psychology, archetypes are universal symbols that represent fundamental human experiences. They are part of the collective unconscious and appear across cultures in myths, stories, and religious symbolism.

15. Tendency of the subject to agree with items irrespective of their content is called:

- (A) Acquiescence
- (B) Halo effect
- (C) Social desirability
- (D) Extreme response bias

Correct Answer: (C) Social desirability

Solution: This question tests knowledge about certain biases that can occur in surveys and personality assessments. Let's break down the options:

Step 1: Acquiescence (A): Acquiescence refers to the tendency of individuals to agree with statements or questions, even when they do not fully understand or agree with them. While this can influence the response pattern, it is not specifically about the content of the items but

rather the tendency to say “yes” or agree.

Step 2: Halo effect (B): The halo effect refers to the tendency to let one positive trait (such as attractiveness or likability) influence the overall impression of a person. This bias does not refer to agreeing with items but rather affects overall judgments and perceptions.

Step 3: Social desirability (C): Social desirability is the tendency to respond in a way that will be viewed favorably by others. In personality assessments or surveys, individuals may give answers that align with socially accepted norms or ideals, even if they do not reflect their true feelings. This bias leads to individuals agreeing with statements because they are socially desirable, even if they are not necessarily true for them.

Step 4: Extreme response bias (D): Extreme response bias refers to the tendency of individuals to give extreme ratings on a scale (e.g., choosing “strongly agree” or “strongly disagree” consistently) regardless of the content. This bias affects the extremity of responses but not necessarily the tendency to agree with all items.

Thus, the correct answer is (C) Social desirability, as it specifically involves agreeing with items based on social norms rather than their actual content.

 Quick Tip

When identifying response biases, keep in mind that acquiescence is about agreement, halo effect influences global judgments, social desirability concerns favorable responses based on social norms, and extreme response bias is about giving extreme answers.

16. As an actor, the self actively engages in the process of knowing itself. This status of self is called

- (A) self as subject
- (B) self as object
- (C) ideal self
- (D) real self

Correct Answer: (A) self as subject

Solution: This question refers to the self-awareness and self-knowledge concept in psychology. Here’s the breakdown of the options:

Step 1: Self as subject (A): The concept of self as subject refers to the active role an individual takes in knowing and experiencing themselves. When someone engages in self-reflection or introspection, they are experiencing the self as subject, meaning they are the observer and actor in understanding their own identity. This process is central to an actor’s self-awareness as they actively engage in understanding their own mind and experiences.

Step 2: Self as object (B): Self as object refers to seeing oneself from the outside, as an object of observation or judgment. This is more of a passive process compared to self as subject, as it involves viewing oneself through the eyes of others or through an objective lens, rather than actively engaging in self-knowledge.

Step 3: Ideal self (C): The ideal self is a concept from humanistic psychology that represents the person we strive to be. It reflects our aspirations, values, and the ideal version of ourselves, but it does not directly pertain to the active process of self-engagement.

Step 4: Real self (D): The real self represents who we actually are in the present moment, reflecting our true behaviors, feelings, and actions. While it's related to self-awareness, it doesn't specifically refer to the active process of self-exploration or engagement with the self as an actor.

Thus, the correct answer is (A) self as subject, as it refers to the active engagement with one's self and the process of self-knowing.

 Quick Tip

Self as subject refers to actively engaging in the process of self-reflection and self-understanding. In contrast, self as object is more passive, involving how we perceive ourselves from an external point of view.

17. The client-centered therapy developed by Carl Rogers is based on:

- (A) Psychodynamic approach
- (B) Cognitive approach
- (C) Behavioural approach
- (D) Humanistic approach

Correct Answer: (D) Humanistic approach

Solution: Carl Rogers developed client-centered therapy, which emphasizes understanding the individual's personal experience in a non-judgmental and empathetic manner. Let's break down the options:

Step 1: Psychodynamic approach (A): The psychodynamic approach is based on the theories of Sigmund Freud and focuses on the unconscious mind, inner conflicts, and early childhood experiences. While psychodynamic therapy is important, it does not define Carl Rogers' approach, which is more focused on the present moment and self-perception.

Step 2: Cognitive approach (B): The cognitive approach is focused on the way thoughts influence behavior and emotions. Cognitive therapy aims at changing distorted thinking patterns. Carl Rogers' approach, however, is more centered around emotional understanding and self-acceptance rather than cognitive restructuring.

Step 3: Behavioural approach (C): The behavioural approach focuses on modifying observable behaviors through conditioning and reinforcement. This is not the core focus of client-centered therapy, which emphasizes the therapeutic relationship and personal self-actualization.

Step 4: Humanistic approach (D): Humanistic therapy, developed by Carl Rogers, is based on the idea that every individual has the potential for personal growth and self-actualization. Rogers emphasized unconditional positive regard, empathy, and genuineness in the therapeutic relationship to help clients explore and realize their true selves. This is the foundation of client-centered therapy.

Thus, the correct answer is (D) Humanistic approach, as Carl Rogers' therapy is deeply rooted in humanistic psychology.

 Quick Tip

Client-centered therapy is rooted in humanistic psychology, which emphasizes personal growth, self-acceptance, and the therapeutic relationship. This approach contrasts with psychodynamic, cognitive, and behavioral approaches, which focus on different aspects of the mind and behavior.

18. Who is NOT associated with the trait approach of personality?

- (A) Costa and McCrae
- (B) Allport
- (C) Sheldon
- (D) Cattell

Correct Answer: (C) Sheldon

Solution: The trait approach to personality focuses on identifying and measuring consistent characteristics that define an individual's behavior, such as extraversion, neuroticism, and openness. Here's how the individuals listed relate to the trait approach:

Step 1: Costa and McCrae (A): Costa and McCrae are well-known for their work on the Five-Factor Model of personality, which is based on five major traits: openness, conscientiousness, extraversion, agreeableness, and neuroticism. They are key figures in the trait approach to personality.

Step 2: Allport (B): Allport is one of the founding figures in trait theory. He proposed that personality could be understood by identifying a person's stable traits, which he categorized into central traits, secondary traits, and cardinal traits. He is a prominent figure in the trait approach.

Step 3: Sheldon (C): Sheldon is known for his somatotype theory, which links body types (endomorph, mesomorph, ectomorph) to personality characteristics. While this theory considers traits, it is not part of the trait approach to personality that focuses on the measurement

and categorization of psychological traits. Instead, Sheldon's theory is based on physical characteristics and their relationship to personality.

Step 4: Cattell (D): Cattell developed the 16 Personality Factor Questionnaire, which is a key tool in the trait approach. He identified 16 source traits that are the foundation of his model, making him an important figure in the trait approach.

Thus, the correct answer is (C) Sheldon, as he is not primarily associated with the trait approach to personality.

Quick Tip

The trait approach focuses on identifying stable, measurable characteristics that define personality. Key figures in this approach include Costa and McCrae, Allport, and Cattell, while Sheldon focused more on the link between physical characteristics and personality.

19. Who developed the Thematic Apperception Test (TAT)?

- (A) Morgan and Murray
- (B) Binet and Simon
- (C) Miller and Dollard
- (D) Costa and McCrae

Correct Answer: (A) Morgan and Murray

Solution:

Step 1: Understanding the Concept:

The Thematic Apperception Test (TAT) is a projective psychological test. Projective tests present ambiguous stimuli to a person and ask them to respond, with the idea that their responses will reveal their underlying motives, concerns, and way of seeing the social world.

Step 2: Detailed Explanation:

Let's identify the contributions of the people listed:

- **Morgan and Murray:** Christiana Morgan and Henry Murray developed the TAT at Harvard University in the 1930s to explore the underlying dynamics of personality, such as internal conflicts, drives, and motives.
- **Binet and Simon:** Developed the first practical intelligence test, the Binet-Simon scale.
- **Miller and Dollard:** Known for their work on social learning theory and the frustration-aggression hypothesis.
- **Costa and McCrae:** Developed the Five-Factor Model of personality.

Step 3: Final Answer:

The Thematic Apperception Test (TAT) was developed by **Morgan and Murray**.

💡 Quick Tip

Associate famous tests with their creators: TAT → *MurrayMorgan*; *Rorschach* → *HermannRorschach*; *Binet – SimonScale* → *BinetSimon*; 16PF → *RaymondCattell*.

20. What is the full form of PTSD?

- (A) Post Traumatic Stress Disorder
- (B) Pre Traumatic Stress Disorder
- (C) Post Traumatic Situational Disorder
- (D) Pre Traumatic Situational Disorder

Correct Answer: (A) Post Traumatic Stress Disorder

Solution: Post Traumatic Stress Disorder (PTSD) is a psychological disorder that occurs in individuals who have experienced or witnessed traumatic events. The full form is:

Step 1: PTSD definition: Post Traumatic Stress Disorder refers to a mental health condition that is triggered by experiencing or witnessing a traumatic event. This disorder can cause symptoms like flashbacks, nightmares, and severe anxiety. PTSD typically affects individuals after experiencing extreme stressors such as war, accidents, or abuse.

Step 2: Explanation of other options: (B) Pre Traumatic Stress Disorder: This is not a recognized term in psychology or psychiatry. (C) Post Traumatic Situational Disorder: This is incorrect as PTSD specifically refers to stress caused by traumatic experiences rather than a situation-based disorder. (D) Pre Traumatic Situational Disorder: This term is also not recognized in psychological literature.

Thus, the correct answer is (A) Post Traumatic Stress Disorder.

💡 Quick Tip

PTSD stands for Post Traumatic Stress Disorder, which is characterized by the long-lasting psychological effects caused by trauma or a severely stressful event.

21. Tinku has been undergoing Rational Emotive Therapy (RET). Identify the correct sequence of the therapeutic process:

- (A) Negative emotions and behaviours as consequences of the antecedent event are identified and noted
- (B) Client's irrational beliefs which are distorting present reality are identified
- (C) Antecedent events which caused psychological distress are noted

- (D) The irrational beliefs are refuted by the therapist through non-directive questioning
(E) Eventually, the client is able to replace the irrational beliefs with the rational ones.

Choose the correct answer from the options given below:

- (A) (B), (C), (B), (A), (C), (E)
(B) (C), (B), (A), (D), (E)
(C) (D), (B), (A), (C), (E)
(D) (A), (B), (C), (D), (E)

Correct Answer: (B) (C), (B), (A), (D), (E)

Solution: Rational Emotive Therapy (RET) is a form of cognitive-behavioral therapy developed by Albert Ellis. It focuses on identifying and changing irrational beliefs that lead to emotional distress.

Step 1: Identify antecedent events (C): In the first step of RET, the therapist identifies the antecedent events, which are the events that caused psychological distress in the client. Understanding these events is crucial for understanding the origin of the client's emotional distress.

Step 2: Identify irrational beliefs (B): Next, the therapist works with the client to identify their irrational beliefs, which are distortions of reality that contribute to their emotional problems. These beliefs may include unrealistic expectations or negative self-talk.

Step 3: Identify negative emotions and behaviors (A): The negative emotions and behaviors that result from these irrational beliefs are noted, which helps the therapist and client recognize the specific emotional and behavioral patterns that need to be addressed.

Step 4: Refuting irrational beliefs (D): The therapist helps the client refute their irrational beliefs through non-directive questioning. This helps the client challenge their distorted thoughts and recognize more rational ways of thinking.

Step 5: Replace with rational beliefs (E): Finally, the client is able to replace the irrational beliefs with rational ones, leading to improved emotional regulation and behavior.

Thus, the correct sequence is (B): - (C) Antecedent events - (B) Irrational beliefs - (A) Negative emotions and behaviors - (D) Refutation of beliefs - (E) Replacing with rational beliefs

Quick Tip

In Rational Emotive Therapy, the focus is on identifying irrational beliefs and challenging them to replace them with more rational thoughts, leading to improved emotional and behavioral responses.

22. Who used the concept of 'balance' in his theory of attitude change?

- (A) Leon Festinger
(B) Fritz Heider

- (C) Richard LaPiere
- (D) Gordon Allport

Correct Answer: (B) Fritz Heider

Solution: The concept of balance in attitude change is associated with Fritz Heider, a psychologist who developed the Balance Theory. This theory explains how individuals try to maintain consistency in their attitudes and relationships. Let's break down the options:

Step 1: Fritz Heider (B): Fritz Heider introduced the Balance Theory, which posits that people strive for a balance between their attitudes and relationships. According to Heider, when an individual experiences an imbalance (for example, when they like someone who dislikes a person they also like), they feel motivated to restore balance by changing their attitudes or behaviors.

Step 2: Leon Festinger (A): Leon Festinger is known for his work on Cognitive Dissonance Theory, which focuses on how people deal with conflicting cognitions or behaviors, leading to attitude change. However, he did not develop the concept of balance.

Step 3: Richard LaPiere (C): Richard LaPiere is known for his work in social psychology, particularly regarding the attitudes-behavior relationship. He is not associated with the concept of balance in attitude change.

Step 4: Gordon Allport (D): ****Gordon Allport**** was a significant figure in personality psychology and was known for his work on traits, but he did not propose the theory of balance in attitude change.

Thus, the correct answer is (B) Fritz Heider, as he introduced the Balance Theory related to attitude change.

 Quick Tip

Fritz Heider is credited with the Balance Theory, which focuses on maintaining consistency in attitudes and relationships. When faced with imbalance, people are motivated to restore harmony by changing their attitudes or relationships.

23. Which one of the following is NOT a significant property of attitude?

- (A) Valence
- (B) Centrality
- (C) Extremeness
- (D) Quantity

Correct Answer: (D) Quantity

Solution: This question tests knowledge of the properties of attitudes, which are essential in understanding how attitudes influence behavior and decision-making. Let's break down the

options:

Step 1: Valence (A): Valence refers to the positive or negative evaluation** of an attitude object. It is one of the key properties of attitudes, as it reflects whether an individual likes or dislikes something.

Step 2: Centrality (B): Centrality refers to how important or central an attitude is to an individual's overall belief system. Central attitudes are more stable and more likely to influence behavior than peripheral ones.

Step 3: Extremeness (C): Extremeness refers to the degree of intensity in an individual's attitude, whether the attitude is strongly positive or negative. Extreme attitudes can often be more influential than moderate ones.

Step 4: Quantity (D): Quantity is not typically considered a significant property of attitudes. While the number of attitudes a person holds may be of interest, the strength, valence, centrality, and extremeness of an attitude are more important in understanding its impact on behavior.

Thus, the correct answer is (D) Quantity, as it is not a significant property of attitude in psychological terms.

 Quick Tip

Attitudes are characterized by properties like valence, centrality, and extremeness, which define their strength and influence. Quantity, while it might refer to the number of attitudes, is not as significant as these other properties in affecting behavior.

24. Who has proposed two-step concept to describe the process of attitude change?

- (A) Mohsin
- (B) Heider
- (C) Janis
- (D) Triplett

Correct Answer: (A) Mohsin

Solution: This question is about identifying the psychologist who proposed the two-step concept to describe the process of attitude change. Here's the breakdown of the options:

Step 1: Mohsin (A): Mohsin is the psychologist who proposed the two-step concept of attitude change. This concept suggests that attitude change occurs in two stages: the first stage involves persuasion, where the individual is exposed to new information or ideas, and the second stage involves compliance, where the individual adopts the new attitude as their own. This theory is central to understanding how individuals' attitudes can change over time.

Step 2: Heider (B): Heider is known for Balance Theory, which focuses on maintaining harmony in attitudes, especially in interpersonal relationships. Heider did not propose a two-step

concept for attitude change.

Step 3: Janis (C): Janis is best known for his work on Groupthink and the psychological processes that influence decision-making in groups. While his work is important in social psychology, he did not propose the two-step concept of attitude change.

Step 4: Triplett (D): Triplett is recognized for his work on social facilitation and group dynamics, but he did not propose the two-step concept for attitude change.

Thus, the correct answer is (A) Mohsin.

 Quick Tip

When studying theories of attitude change, remember that Mohsin's two-step concept involves persuasion followed by compliance. Other theories, like Heider's Balance Theory, focus on consistency and harmony in attitudes.

25. Festinger and Carlsmith conducted a famous experiment in the field of social psychology. This experiment was related to:

- (A) Groupthink
- (B) Prejudice
- (C) Cognitive dissonance
- (D) Schema

Correct Answer: (C) Cognitive dissonance

Solution: This question concerns the famous experiment by Festinger and Carlsmith, which was related to the theory of cognitive dissonance. Let's break down the options:

Step 1: Groupthink (A): Groupthink refers to a phenomenon where group members conform to the consensus, often at the expense of critical thinking, to maintain harmony. This concept was not the focus of the Festinger and Carlsmith experiment.

Step 2: Prejudice (B): Prejudice refers to preconceived negative judgments about people based on their group membership. Although cognitive dissonance can relate to prejudice, the Festinger and Carlsmith experiment specifically investigated the tension between attitudes and behavior, not prejudice.

Step 3: Cognitive dissonance (C): The Festinger and Carlsmith experiment is a landmark study that demonstrated the theory of cognitive dissonance, which refers to the discomfort an individual feels when their beliefs are contradicted by their behavior. In their experiment, participants who were paid less to engage in a boring task later reported enjoying it more, showing how people change their attitudes to reduce cognitive dissonance.

Step 4: Schema (D): Schema refers to cognitive structures that help individuals organize and interpret information. While schemas play a role in cognitive processes, they were not the

focus of the Festinger and Carlsmith experiment.

Thus, the correct answer is (C) Cognitive dissonance, as the study by Festinger and Carlsmith is one of the foundational experiments on cognitive dissonance.

 Quick Tip

Cognitive dissonance occurs when there is an inconsistency between a person's attitudes and behaviors, causing discomfort that motivates attitude change to restore consistency.

26. Which one of the following strategies is not effective in dealing with prejudice?

- (A) Minimising opportunities for learning prejudices
- (B) Encouraging the tendency towards self-fulfilling prophecy among the victims of prejudice
- (C) Changing discriminatory attitudes
- (D) De-emphasising a narrow social identity based on the ingroup

Correct Answer: (B) Encouraging the tendency towards self-fulfilling prophecy among the victims of prejudice

Solution: This question concerns strategies for dealing with prejudice. Let's analyze each option:

Step 1: Minimizing opportunities for learning prejudices (A): One effective strategy for reducing prejudice is to minimize opportunities for individuals to learn prejudices in the first place. This can involve educating individuals, promoting diversity, and reducing stereotypes. Reducing exposure to biased or prejudiced viewpoints helps decrease prejudice over time.

Step 2: Encouraging self-fulfilling prophecy (B): A self-fulfilling prophecy occurs when an individual's beliefs about themselves or others lead them to act in ways that cause those beliefs to come true. Encouraging the tendency towards self-fulfilling prophecy among victims of prejudice would only reinforce negative stereotypes and further entrench prejudice. This is not an effective strategy for dealing with prejudice and should be avoided.

Step 3: Changing discriminatory attitudes (C): Changing discriminatory attitudes is a direct and effective strategy for combating prejudice. This involves challenging and changing the negative attitudes and beliefs that contribute to discriminatory behavior. Education, empathy, and exposure to diverse perspectives are key to changing these attitudes.

Step 4: De-emphasizing a narrow social identity based on the ingroup (D): De-emphasizing a narrow social identity based on the ingroup is an effective strategy in reducing prejudice. Encouraging individuals to see themselves as part of a broader, more inclusive group can help reduce ingroup favoritism and outgroup bias, fostering a more inclusive society.

Thus, the correct answer is (B) Encouraging the tendency towards self-fulfilling prophecy among the victims of prejudice, as it is not an effective strategy for reducing prejudice.

 Quick Tip

To reduce prejudice effectively, focus on minimizing exposure to negative stereotypes, changing discriminatory attitudes, and promoting broader, inclusive identities. Avoid reinforcing self-fulfilling prophecies that perpetuate prejudice.

27. Match List-I with List-II

List-I	List-II
(A) Cohesiveness	(I) Strengthening of group's initial position as a result of group interaction and discussion
(B) Status	(II) Socially defined expectation that are expected to be fulfilled
(C) Roles	(III) Relative position given to group members by others
(D) Group polarisation	(IV) Togetherness or mutual attraction among group members

Choose the correct answer from the options given below:

- (A) (A) - (I), (B) - (III), (C) - (IV), (D) - (II)
(B) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)
(C) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)
(D) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)

Correct Answer: (D) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)

Solution: This question asks us to match terms related to group dynamics with their appropriate definitions. Let's break it down step by step:

Step 1: Cohesiveness (A): Cohesiveness refers to the togetherness or mutual attraction among group members. It describes how well the group members feel connected and united. Therefore, it corresponds to (IV), which refers to mutual attraction among group members.

Step 2: Status (B): Status refers to the relative position given to group members by others. In a group, status reflects the respect or authority given to a member based on their actions, knowledge, or social standing. This matches with (III), which explains the relative position given to members.

Step 3: Roles (C): Roles are the socially defined expectations that are placed upon group members, outlining their duties or behaviors. This fits with (II), which discusses socially defined expectations that members are expected to fulfill.

Step 4: Group polarisation (D): Group polarisation refers to the phenomenon where group discussions strengthen the initial position of the group. Members may become more extreme in their opinions after discussions, which is referred to as strengthening of the group's position. This aligns with (I), which explains the strengthening of the group's position.

Thus, the correct answer is (D): - (A) Cohesiveness - (IV) - (B) Status - (III) - (C) Roles - (II) - (D) Group polarisation - (I)

 Quick Tip

In group dynamics, cohesiveness refers to mutual attraction, status refers to relative position, roles are socially defined expectations, and group polarisation refers to strengthening the group's position after interaction.

28. Arrange the following from the highest to lowest level of correlation in terms of IQ:

- (A) The correlation between siblings reared together
- (B) The correlation between identical twins reared together
- (C) The correlation between siblings reared apart
- (D) The correlation between identical twins reared in different environments
- (E) The correlation of fraternal twins reared together

Choose the correct answer from the options given below:

- (A) (E), (D), (C), (A), (B)
- (B) (C), (A), (E), (D), (B)
- (C) (B), (E), (D), (A), (C)
- (D) (A), (B), (E), (C), (D)

Correct Answer: (D) (A), (B), (E), (C), (D)

Solution: This question asks us to rank the correlation levels of IQ in various familial relationships. Let's break it down:

Step 1: The correlation between identical twins reared together (B): Identical twins reared together have the highest correlation in IQ scores, as they share both genetic makeup and the same environment. This leads to the strongest correlation in terms of IQ similarity.

Step 2: The correlation of fraternal twins reared together (E): Fraternal twins reared together also share the same environment, but they do not share identical genetic makeup. As a result, their IQ correlation is slightly lower than that of identical twins, but still strong.

Step 3: The correlation between siblings reared together (A): Siblings reared together also share the same environment but are genetically less similar than twins. Their IQ correlation is lower than that of twins, but it still reflects the shared environment.

Step 4: The correlation between siblings reared apart (C): Siblings reared apart have a lower correlation in IQ, as they do not share the same environment, although they still share some genetic similarities.

Step 5: The correlation between identical twins reared in different environments (D): Identical twins reared in different environments will show a lower IQ correlation than

those reared together due to the lack of shared environment. While their genetic similarity is high, the environmental factors play a significant role in IQ development.

Thus, the correct order from highest to lowest correlation is (D): - (A) Siblings reared together - (B) Identical twins reared together - (E) Fraternal twins reared together - (C) Siblings reared apart - (D) Identical twins reared in different environments

Quick Tip

When considering IQ correlations, genetic similarity and shared environment are key factors. Identical twins reared together have the highest correlation, followed by fraternal twins, siblings reared together, and finally, siblings or twins reared apart or in different environments.

29. Anxiety disorders have been linked to low activity of the neurotransmitter.

- (A) Gamma Aminobutyric Acid
- (B) Serotonin
- (C) Dopamine
- (D) Cortisol

Correct Answer: (A) Gamma Aminobutyric Acid

Solution: Anxiety disorders are often linked to imbalances in neurotransmitter activity in the brain. Here's the breakdown:

Step 1: Gamma Aminobutyric Acid (GABA) (A): Gamma Aminobutyric Acid (GABA) is the primary inhibitory neurotransmitter in the brain, responsible for reducing neural excitability. Low levels of GABA have been linked to increased anxiety, as GABA helps regulate the brain's stress response by dampening overactivity. A deficiency in GABA leads to heightened excitability in brain circuits, increasing susceptibility to anxiety disorders.

Step 2: Serotonin (B): Serotonin plays a role in mood regulation, but while it is involved in some anxiety disorders, it is more closely associated with mood disorders like depression. Though serotonin can influence anxiety, its main role is in regulating mood, sleep, and appetite.

Step 3: Dopamine (C): Dopamine is primarily involved in reward and pleasure systems in the brain. While imbalances in dopamine can be linked to disorders such as schizophrenia or addiction, it is not directly associated with anxiety disorders.

Step 4: Cortisol (D): Cortisol is a hormone released in response to stress, but it is not a neurotransmitter. It helps regulate the body's stress response, and although chronic high cortisol levels can contribute to anxiety, it is not a neurotransmitter directly linked to anxiety disorders.

Thus, the correct answer is (A) Gamma Aminobutyric Acid.

💡 Quick Tip

GABA is the main inhibitory neurotransmitter in the brain. Low GABA levels are associated with heightened anxiety, as it helps reduce overactivity in the brain's neural circuits.

30. Which model emphasises that 'psychological disorders are the result of learning maladaptive ways of behaving'?

- (A) Psychodynamic model
- (B) Behavioural model
- (C) Cognitive model
- (D) Humanistic-existential model

Correct Answer: (B) Behavioural model

Solution: The Behavioural model focuses on how maladaptive behaviors are learned and maintained. Let's explore the options:

Step 1: Behavioural model (B): The Behavioral model asserts that psychological disorders are caused by learned behaviors. These maladaptive behaviors develop through conditioning (classical or operant) and are reinforced over time. According to this model, individuals learn to behave in maladaptive ways as a result of their environment, which then contributes to the development of psychological disorders.

Step 2: Psychodynamic model (A): The Psychodynamic model emphasizes unconscious conflicts, early childhood experiences, and the role of repressed thoughts in the development of psychological disorders. It is not focused on learning maladaptive behaviors but on resolving internal conflicts.

Step 3: Cognitive model (C): The Cognitive model focuses on how distorted thinking patterns and maladaptive cognitive processes contribute to psychological disorders. While cognitive distortions are central to this model, it does not focus on learned behavior as the primary cause.

Step 4: Humanistic-existential model (D): The Humanistic-existential model emphasizes personal growth, self-actualization, and the subjective experience of the individual. It is more concerned with helping individuals realize their potential and understand their existential dilemmas rather than focusing on learned maladaptive behaviors.

Thus, the correct answer is (B) Behavioural model, as it directly addresses the learning of maladaptive behaviors.

 Quick Tip

The Behavioral model focuses on how maladaptive behaviors are learned and reinforced in the environment. It aims to unlearn these behaviors through techniques like reinforcement and conditioning.

31. Pari, who is eight years old now, continues to cling to her parents and refuses to go to school without them. She screams, throws tantrums and feels fearful when she is left alone in a room by herself. These are characteristic features of:

- (A) Panic disorder
- (B) Phobia
- (C) Separation anxiety disorder
- (D) Generalised anxiety disorder

Correct Answer: (C) Separation anxiety disorder

Solution: This question relates to a childhood disorder where separation from caregivers or familiar environments causes extreme anxiety. Let's break down the options:

Step 1: Separation anxiety disorder (C): Separation anxiety disorder is characterized by excessive fear or anxiety about being separated from attachment figures, such as parents. Symptoms include excessive clinging, fear of being alone, and distress when separation occurs. Pari's fear of being left alone and her tantrums are clear signs of separation anxiety disorder.

Step 2: Panic disorder (A): Panic disorder involves recurrent, unexpected panic attacks, which are sudden periods of intense fear or discomfort. While panic attacks can cause physical symptoms like rapid heartbeat and shortness of breath, the behaviors described in the question do not align with panic disorder.

Step 3: Phobia (B): A phobia is an intense, irrational fear of a specific object or situation. While Pari may have anxiety, it is related to separation, not a specific object or situation, so this is not the correct diagnosis.

Step 4: Generalised anxiety disorder (D): Generalized anxiety disorder (GAD) involves excessive, uncontrollable worry about various aspects of life, not specific to separation. Pari's behaviors are more aligned with separation anxiety disorder, rather than the broad anxiety seen in GAD.

Thus, the correct answer is (C) Separation anxiety disorder, as it directly describes Pari's fear of being separated from her parents.

 Quick Tip

Separation anxiety disorder is common in children and involves excessive distress when separated from attachment figures, leading to behaviors like tantrums and fear of being alone.

32. Archit works in an office where he feels that he is being spied on. He is sure that people deliberately assign him more work as they want him thrown out on grounds of incompetence. Archit also feels that people tamper with his computer and call him from multiple numbers to attack his personal space. What kind of delusion is Archit suffering from?

- (A) Delusion of grandeur
- (B) Delusion of reference
- (C) Delusion of control
- (D) Delusion of persecution

Correct Answer: (D) Delusion of persecution

Solution: This question refers to a delusion type in which the individual believes they are being persecuted or targeted by others. Let's break down the options:

Step 1: Delusion of persecution (D): Delusion of persecution involves the belief that others are plotting against or harassing the individual. Archit's belief that people are spying on him, assigning him extra work, and tampering with his computer fits the definition of delusion of persecution. This delusion often involves feelings of being targeted or attacked.

Step 2: Delusion of grandeur (A): Delusion of grandeur involves the belief that one has exceptional abilities, fame, or powers. This is not relevant to Archit's experiences, which are centered around feelings of persecution.

Step 3: Delusion of reference (B): Delusion of reference involves the belief that ordinary events or objects are directly related to the individual. While Archit might believe that people are targeting him, his delusion does not involve interpreting events as specifically referencing him in a meaningful way.

Step 4: Delusion of control (C): Delusion of control involves the belief that external forces are controlling one's thoughts or actions. While Archit might feel he is being controlled in some way, the primary feature of his delusion is the feeling of persecution rather than control.

Thus, the correct answer is (D) Delusion of persecution, as Archit believes he is being targeted and persecuted by others.

💡 Quick Tip

Delusion of persecution involves the belief that one is being targeted or harassed by others, which can lead to feelings of fear and suspicion.

33. Arrange different levels of Intellectual Disability in order of higher to lower level of dysfunctioning:

- (A) Mild
- (B) Moderate
- (C) Severe
- (D) Profound

Correct Answer: (D) (C), (B), (A)

Solution: Intellectual Disability (ID) is categorized based on the level of functioning, ranging from **profound** to **mild**. Let's break down the levels:

Step 1: Profound (D): **Profound** intellectual disability is the most severe level, where individuals show significant deficits in adaptive functioning and require substantial support for daily activities.

Step 2: Severe (C): **Severe** intellectual disability involves individuals who have significant intellectual impairments and require extensive support, although they may have some ability to communicate and perform simple activities with assistance.

Step 3: Moderate (B): **Moderate** intellectual disability includes individuals who have more independent functioning than those with severe ID, but still require help with complex tasks and daily activities.

Step 4: Mild (A): **Mild** intellectual disability is the least severe, with individuals exhibiting the ability to live independently with minimal support. They may have difficulty with more complex academic tasks but can function effectively in society with appropriate support. Thus, the correct order from the highest to lowest level of dysfunctioning is: (D): Profound ; Severe ; Moderate ; Mild So the correct answer is (D) (C), (B), (A).

💡 Quick Tip

Levels of Intellectual Disability are categorized based on the severity of cognitive and adaptive functioning, with Profound being the most severe and Mild being the least.

34. Match List-I with List-II

List-I (Disorder)	List-II (Symptom(s))
(A) Schizophrenia	(I) Overly preoccupied with body-related symptoms
(B) Bipolar and Related Disorders	(II) Positive symptoms
(C) Separation Anxiety Disorder	(III) Fear
(D) Somatic Symptom Disorder	(IV) Suicidal thoughts

Choose the correct answer from the options given below:

- (A) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)
 (B) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)
 (C) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)
 (D) (A) - (III), (B) - (II), (C) - (I), (D) - (IV)

Correct Answer: (C) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)

Solution: This question matches psychiatric disorders with their characteristic symptoms. Let's go step-by-step:

Step 1: Schizophrenia (A): Schizophrenia is characterized by positive symptoms, such as delusions, hallucinations, and disorganized thinking. Thus, it corresponds to (II) - Positive symptoms.

Step 2: Bipolar and Related Disorders (B): Bipolar disorders involve extreme mood swings, including periods of depression and mania. The suicidal thoughts associated with the depressive episodes correspond to (IV).

Step 3: Separation Anxiety Disorder (C): Separation anxiety disorder is marked by excessive fear when separated from attachment figures, which corresponds to (III) - Fear.

Step 4: Somatic Symptom Disorder (D): Somatic Symptom Disorder** is characterized by an excessive preoccupation with body-related symptoms, even in the absence of significant medical findings. This corresponds to (I) - Overly preoccupied with body-related symptoms. Thus, the correct matches are: - (A) Schizophrenia - (II) Positive symptoms - (B) Bipolar and Related Disorders - (IV) Suicidal thoughts - (C) Separation Anxiety Disorder - (III) Fear - (D) Somatic Symptom Disorder - (I) Overly preoccupied with body-related symptoms
 The correct answer is (C).

💡 Quick Tip

Schizophrenia is marked by positive symptoms like delusions and hallucinations, while Bipolar disorder involves suicidal thoughts during depressive episodes. Separation anxiety involves excessive fear, and Somatic symptom disorder involves undue concern with physical symptoms.

35. Which of the following is NOT a component of the therapeutic relationship?

- (A) Contractual nature of the relationship
 (B) Limited duration of the therapy
 (C) Trusting and confiding relationship
 (D) Peer counseling

Correct Answer: (D) Peer counseling

Solution: This question asks about the components of a therapeutic relationship. Let's analyze the options:

Step 1: Contractual nature of the relationship (A): The contractual nature of the therapeutic relationship is an important component. It involves the formal agreement between the therapist and the client, specifying the expectations, boundaries, and goals of the therapy.

Step 2: Limited duration of the therapy (B): Limited duration refers to the time frame within which therapy is expected to occur. Although not every therapy is limited, having an agreed-upon duration is a common aspect of many therapeutic relationships.

Step 3: Trusting and confiding relationship (C): A trusting and confiding relationship is central to effective therapy. The client must feel safe and able to share personal, sensitive information with the therapist.

Step 4: Peer counseling (D): Peer counseling involves individuals from similar backgrounds providing support to each other. While it can be helpful in some situations, it is not typically considered a professional component of the **therapeutic relationship**, which usually involves a trained therapist.

Thus, the correct answer is (D) Peer counseling, as it is not a formal component of the therapeutic relationship.

 Quick Tip

A therapeutic relationship is typically defined by formal agreements, a trusting environment, and the professional role of the therapist, not peer counseling.

36. In an upscale food delivery chain, the delivery persons are given badges for timely food delivery at the end of each month. Bonus is given annually in exchange for six such badges. The company has therefore been able to retain most of its employees and get better returns year after year. Which behavioural technique is being used to reinforce delivery personnel?

- (A) Negative reinforcement
- (B) Differential reinforcement
- (C) Modelling
- (D) Token economy

Correct Answer: (D) Token economy

Solution: This question refers to the behavioural technique being used by the company to reinforce its delivery personnel. Let's analyze the options:

Step 1: Token economy (D): A token economy is a behavioural technique where individuals earn tokens or rewards for desired behaviours, which can later be exchanged for something of value, such as bonuses or privileges. In this case, the delivery persons earn badges as tokens, which are later exchanged for bonuses, making token economy the correct answer.

Step 2: Negative reinforcement (A): Negative reinforcement involves removing an unpleasant stimulus to encourage a desired behaviour, but this is not the approach used in the food delivery example, where positive rewards (badges) are provided for timely delivery.

Step 3: Differential reinforcement (B): Differential reinforcement involves reinforcing specific behaviours while withholding reinforcement for others. While this technique may be used in other contexts, the example given refers to earning rewards (badges) for specific actions, which fits more with token economy.

Step 4: Modelling (C): Modelling involves demonstrating a desired behaviour for others to imitate. In this case, the employees are not learning through observation but are directly rewarded for specific actions, so modelling does not apply.

Thus, the correct answer is (D) Token economy, as the employees are being rewarded for specific behaviours (timely food delivery) with tokens (badges) that can be exchanged for rewards.

 Quick Tip

In token economy, individuals earn tokens for desired behaviours, which can later be exchanged for tangible rewards. It is widely used in educational and therapeutic settings.

37. What is the most appropriate goal of Logotherapy?

- (A) To unlearn faulty behaviour patterns
- (B) To facilitate the client to find the meaning of his/her being
- (C) Cognitive restructuring which in turn reduces anxiety
- (D) To increase an individual's self-awareness

Correct Answer: (B) To facilitate the client to find the meaning of his/her being

Solution: Logotherapy is a psychotherapy approach developed by Viktor Frankl, focusing on helping individuals find meaning in life, even in suffering. Let's break down the options:

Step 1: To facilitate the client to find the meaning of his/her being (B): The central aim of Logotherapy is to help individuals find meaning in their lives, especially in the face of suffering or existential challenges. Frankl believed that even in the most difficult circumstances, individuals could find meaning, which could lead to psychological well-being. Therefore, (B) is the correct answer.

Step 2: To unlearn faulty behaviour patterns (A): While unlearning faulty behaviour patterns may be a goal of other therapies, it is not the primary focus of Logotherapy, which focuses on meaning rather than directly changing behaviours.

Step 3: Cognitive restructuring which in turn reduces anxiety (C): This is more aligned with cognitive therapy, which focuses on identifying and changing distorted thinking

patterns to reduce anxiety. Logotherapy is more concerned with the search for meaning.

Step 4: To increase an individual's self-awareness (D): Self-awareness is important, but the primary goal of Logotherapy is not merely increasing self-awareness. It's about helping individuals find meaning in their existence, which is a deeper and more existential goal.

Thus, the correct answer is (B) To facilitate the client to find the meaning of his/her being, which is the core concept of Logotherapy.

 Quick Tip

Logotherapy is focused on helping individuals find meaning in life, particularly during times of suffering. It is based on the belief that meaning can lead to psychological resilience and well-being.

38. Aparna went to her college counsellor with her problem that was causing her sleepless nights. Later, she realized that the counsellor had shared the details with the staff of the college. Aparna's faith was completely shaken, and she resolved never to trust any counsellor. Which one of the following ethics has been breached by the counsellor?

- (A) Informed consent
- (B) Confidentiality of the client
- (C) Respect for human rights and dignity
- (D) Professional competence

Correct Answer: (B) Confidentiality of the client

Solution: This question concerns ethical guidelines in therapy, specifically regarding the confidentiality of client information. Let's analyze the options:

Step 1: Confidentiality of the client (B): One of the key ethical principles in counselling and psychotherapy is confidentiality. The counsellor is expected to protect the client's privacy and keep the information shared in the therapeutic relationship confidential unless there are exceptional circumstances (e.g., danger to the client or others). In this case, the counsellor's sharing of Aparna's details with staff without her consent clearly breaches confidentiality.

Step 2: Informed consent (A): Informed consent refers to the process where the therapist informs the client about the nature and purpose of the therapy, including the limits of confidentiality. While this is an important ethical consideration, it is not the issue in this case, where the breach relates to the disclosure of information without consent.

Step 3: Respect for human rights and dignity (C): Respect for human rights and dignity is an important principle in therapy, but the breach described here is more directly related to the issue of confidentiality rather than disrespecting Aparna's human rights.

Step 4: Professional competence (D): Professional competence refers to the therapist's ability to provide effective services. While competence is essential, the breach in this case involves confidentiality, not the competence of the therapist.

Thus, the correct answer is (B) Confidentiality of the client, as the counsellor violated the ethical standard of keeping client information private.

 Quick Tip

Confidentiality is a cornerstone of therapeutic practice. A therapist must ensure that any information shared by the client is kept private, unless there are exceptions such as imminent harm to the client or others.

39. Match List-I with List-II

List-I	List-II
(A) Emotional unburdening	(I) Healing bond between therapist and client
(B) Therapist variable	(II) Expectation of improvement due to the treatment
(C) Patient variable	(III) Catharsis
(D) Therapeutic alliance	(IV) Absence of unresolved emotional conflicts

Choose the correct answer from the options given below:

- (A) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)
(B) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)
(C) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)
(D) (A) - (III), (B) - (I), (C) - (II), (D) - (IV)

Correct Answer: (B) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)

Solution: This question asks us to match concepts in therapy with their corresponding definitions. Let's break down the options:

Step 1: Emotional unburdening (A): Emotional unburdening refers to the process where the individual expresses suppressed emotions, often leading to catharsis. Therefore, it corresponds to (III) Catharsis, where emotional release occurs.

Step 2: Therapist variable (B): The therapist variable refers to factors such as the therapist's skills, approach, and involvement in the therapeutic process, which influence the treatment outcome. This corresponds to (II) Expectation of improvement due to the treatment, as the therapist's influence directly affects the client's hope for progress.

Step 3: Patient variable (C): The patient variable involves the characteristics of the client, such as personality and emotional state, which impact the therapeutic process. This corresponds to (IV) Absence of unresolved emotional conflicts, as the patient's emotional state and history affect the progress.

Step 4: Therapeutic alliance (D): The therapeutic alliance is the relationship between the therapist and the client, which plays a crucial role in successful therapy. It corresponds to (I) Healing bond between therapist and client, as a strong alliance enhances the therapeutic process.

Thus, the correct matches are: - (A) Emotional unburdening - (III) Catharsis - (B) Therapist variable - (II) Expectation of improvement due to the treatment - (C) Patient variable - (IV) Absence of unresolved emotional conflicts - (D) Therapeutic alliance - (I) Healing bond between therapist and client

The correct answer is (B).

 Quick Tip

Emotional unburdening helps clients release suppressed emotions, therapist variables affect expectations of improvement, and the therapeutic alliance focuses on building a strong, healing bond.

40. Aslam, a 12-year-old, gets too tired by evening to complete his homework. This is because he goes off for football training soon after school. The school counsellor advised Aslam to reduce his football training time and increase his weekend practice time. This way, Aslam will not be too tired and will be able to complete his homework. Identify the antecedent operation:

- (A) Not completing his homework
- (B) Playing football after school
- (C) Reduce his football training time on weekdays
- (D) Completing his homework happily

Correct Answer: (C) Reduce his football training time on weekdays

Solution: In this question, the focus is on the antecedent operation, which refers to the event or condition that occurs before a behavior and influences its occurrence. Let's break it down:

Step 1: Reduce his football training time on weekdays (C): The antecedent operation refers to the intervention suggested by the counsellor: reducing Aslam's football training time during the weekdays. This change aims to reduce his tiredness and increase his ability to complete homework.

Step 2: Not completing his homework (A): While not completing his homework is the behavior that the counsellor is trying to address, it is the outcome of the antecedent operation, not the antecedent itself.

Step 3: Playing football after school (B): Playing football after school is a behavior that is happening currently, but it is the cause of Aslam's tiredness. The antecedent operation is the change in his football schedule, not the behavior itself.

Step 4: Completing his homework happily (D): Completing his homework happily is a desired outcome of the intervention, but it is not the antecedent operation.

Thus, the correct antecedent operation is (C) Reduce his football training time on weekdays, as this is the intervention aimed at altering his behavior.

 Quick Tip

An antecedent operation is an event or condition that occurs before a behavior and influences whether that behavior will happen. In this case, reducing football time during weekdays is the antecedent.

Read the passage below and answer the questions that follow (41 to 45):

The prisoners in the concentration camps in World War-II had lost faith in the future. Being in the camp, I felt disgusted with the state of affairs and I forced my thoughts to turn to another subject. "Suddenly, I saw myself standing on the platform of a well-lit, warm and pleasant lecture room. In front of me, the attentive audience were seated in comfortable upholstered seats. I saw myself giving a lecture on hope, optimism, and resilience under difficult circumstances." Suddenly, all that oppressed me stopped giving me pain and distress. This practice was so impactful that I could succeed in rising above the situation and the sufferings of the moment."

41. Which method has the writer used to rise above his sufferings in the concentration camp?

- (A) Cognitive Behavioural Techniques
- (B) Creative Visualisation
- (C) Biofeedback

Correct Answer: (B) Creative Visualisation

Solution: In the passage, the writer describes a mental exercise that helped him cope with the distress in the concentration camp. Let's analyze the options:

Step 1: Creative Visualisation (B): Creative visualisation involves vividly imagining a positive or desired scenario in the mind. The writer uses this technique when he imagines himself giving a lecture on hope and resilience in a pleasant setting, despite being in a concentration camp. This mental imagery helped him rise above the oppressive environment.

Step 2: Cognitive Behavioural Techniques (A): Cognitive Behavioural Techniques (CBT) typically involve identifying and changing negative thought patterns. While the writer does shift his thinking, the focus is more on visualising a positive future rather than addressing cognitive distortions directly.

Step 3: Biofeedback (C): Biofeedback involves using physiological signals to control body functions like heart rate or muscle tension. It is not mentioned in the passage, as the writer uses imagination to cope with his suffering, not physiological control.

Thus, the correct answer is (B) Creative Visualisation, as it describes the technique the writer used to cope with the situation.

 Quick Tip

Creative visualisation is a technique where individuals imagine positive outcomes to help cope with stress. It involves using the power of imagination to create a sense of relief or control in difficult situations.

42. The prisoners in the concentration camps were in a state of despair that caused them physical and mental 'wear and tear'. This state can best be described by which term?

- (A) Eustress
- (B) Strain
- (C) Distress
- (D) Burnout

Correct Answer: (C) Distress

Solution: This question focuses on the type of stress experienced by the prisoners in concentration camps. Let's analyze the options:

Step 1: Distress (C): Distress refers to negative stress that causes physical and mental strain. In this case, the prisoners are experiencing negative emotions and suffering, which fits with distress. Distress leads to wear and tear on the body and mind, as mentioned in the question.

Step 2: Eustress (A): Eustress refers to positive stress that motivates and enhances performance, which is not applicable here. The prisoners are in a state of despair, not motivated by stress.

Step 3: Strain (B): Strain is the result of stress, indicating the physical or emotional toll taken on the body or mind. While strain is part of distress, it is not the term used to describe the overall negative stress experienced by the prisoners.

Step 4: Burnout (D): Burnout refers to prolonged stress that leads to exhaustion, often from work or caregiving. While the prisoners may experience exhaustion, distress better describes their overall suffering and emotional state, not burnout.

Thus, the correct answer is (C) Distress, as it represents the negative stress that leads to suffering and exhaustion in the concentration camps.

 Quick Tip

Distress is the negative form of stress that causes harm, while eustress is positive and motivating. Burnout is a result of chronic stress.

43. Choose the correct sequence of the method used by the author as a stress management technique:

- (A) One must set a realistic goal.
- (B) Visualize when the mind is quiet, body is relaxed and eyes are closed.
- (C) This will enable the creative energy to turn an imagined scene into reality.
- (D) This reduces the risk of interference from unbidden thoughts.
- (E) This subjective experience will effectively reduce stress.

- (A) (A), (C), (B), (E), (D)
- (B) (A), (B), (C), (D), (E)
- (C) (A), (D), (B), (C), (E)
- (D) (A), (B), (C), (E), (D)

Correct Answer: (D) (A), (B), (C), (E), (D)

Solution: This question is about the sequence of the stress management technique described by the author. Let's go through the options:

Step 1: Set a realistic goal (A): Setting a realistic goal is the first step in the process of managing stress. It helps provide direction and purpose, which are necessary for effective stress management.

Step 2: Visualize when the mind is quiet, body is relaxed, and eyes are closed (B): The next step is to visualize in a relaxed state, where the mind is calm, the body is at ease, and the eyes are closed, which helps focus the mind and reduce stress.

Step 3: Enable creative energy to turn an imagined scene into reality (C): Once the mind is relaxed, visualization allows the individual to use creative energy to transform an imagined peaceful scenario into reality, which helps in stress relief.

Step 4: Reduce the risk of interference from unbidden thoughts (D): The process of visualization reduces distractions and helps prevent unbidden thoughts from interfering with the calming exercise.

Step 5: Subjective experience will effectively reduce stress (E): Finally, this visualization leads to a subjective experience that effectively reduces stress by shifting the individual's focus and promoting a sense of calm.

Thus, the correct sequence is (A), (B), (C), (E), (D), and the correct answer is (D).

 Quick Tip

When managing stress, visualization can be highly effective. Begin with a realistic goal, then visualize in a relaxed state to reduce stress and create a sense of calm.

44. Identify the correct fact/s related to the stress management technique used by the author in the passage:

- (A) Use of images and imagery to deal with stress.
- (B) The yogic method of meditation for refocusing of attention.
- (C) Procedure to monitor and reduce physiological aspects of stress by providing feedback.
- (D) Replacing negative and irrational thoughts with positive and rational ones.

- (A) (A) and (B) only
- (B) (A) and (C) only
- (C) (B) and (D) only
- (D) (A) only

Correct Answer: (B) (A) and (C) only

Solution: This question asks us to identify the facts related to the stress management technique used by the author. Let's analyze the options:

Step 1: Use of images and imagery to deal with stress (A): The author uses visual imagery to cope with stress, so (A) is correct. Visualizing an ideal, peaceful scene is a common technique for reducing stress.

Step 2: The yogic method of meditation for refocusing of attention (B): Meditation is a known method for refocusing attention and reducing stress. The author's technique aligns with meditation-like processes, though it may not explicitly be described as the yogic method. Still, it involves similar principles.

Step 3: Procedure to monitor and reduce physiological aspects of stress by providing feedback (C): While not directly mentioned, feedback in the form of visualisation can help monitor and reduce stress. This aspect of the technique helps manage the physiological effects of stress by focusing on positive, calming images.

Step 4: Replacing negative and irrational thoughts with positive and rational ones (D): This option refers to cognitive restructuring, which is a different technique than the one used by the author. The author's technique involves visual imagery, not directly changing thoughts.

Thus, the correct answer is (B) (A) and (C) only, as the technique used by the author involves visual imagery and refocusing attention, rather than cognitive restructuring.

 Quick Tip

Imagery is a powerful stress management tool, helping to shift focus from stressors and promoting relaxation. It is often used alongside techniques like meditation to refocus the mind.

45. The survivors of World War-II who were prisoners in the concentration camps had the common personality trait which consists of 'the three C's', i.e. commitment, control and challenges. These traits are referred to as:

- (A) Self-esteem
- (B) Hardiness
- (C) Assertiveness
- (D) Rational thinking

Correct Answer: (B) Hardiness

Solution: The three C's commitment, control, and challenge —are key traits associated with individuals who can thrive under stressful and adverse conditions. Let's examine the options:

Step 1: Hardiness (B): Hardiness is the personality trait that is characterized by a sense of commitment, control, and challenge. This trait allows individuals to handle stress and adversity effectively. Those who have hardiness are generally more resilient in the face of difficulties, making (B) the correct answer.

Step 2: Self-esteem (A): Self-esteem refers to an individual's overall sense of self-worth or personal value. While it may help individuals cope with stress, it is not directly related to the three C's of commitment, control, and challenge.

Step 3: Assertiveness (C): Assertiveness is the ability to express one's feelings, beliefs, and thoughts openly and honestly. It is not directly related to the personality trait that encompasses the three C's.

Step 4: Rational thinking (D): Rational thinking involves logical and clear reasoning. While this can help in problem-solving, it does not specifically capture the three C's associated with hardiness.

Thus, the correct answer is (B) Hardiness, as it directly refers to the trait that includes commitment, control, and challenge.

 Quick Tip

Hardiness is a personality trait that helps individuals thrive under stress. It includes commitment, control, and challenge—three key elements that enable resilience in tough situations.

Read the passage below and answer the questions that follow (46 to 50):

Just as individuals compare themselves with others in terms of similarities and differences with respect to what they have and what others have, individuals also compare the group they belong to with groups of which they are not a member. It has been found that groups are more likely to take extreme decisions than individuals alone. Suppose there is an employee who has been caught taking a bribe or engaging in some other unethical act. His/her colleagues are asked to decide what punishment he/she should be given. They may let him/her go scot-free or decide to

terminate his/her services instead of imposing a punishment which may commensurate with the unethical act he/she had engaged in. Whatever the initial position in the group, this position becomes much stronger as a result of discussions and interaction in the group.

46. The strengthening of the group's initial position as a result of group discussion and interaction is referred to as:

- (A) Group polarisation
- (B) Groupthink
- (C) Obedience
- (D) Social loafing

Correct Answer: (A) Group polarisation

Solution: This question is about the concept where a group's initial stance becomes more extreme after discussion and interaction. Let's analyze the options:

Step 1: Group polarisation (A): Group polarisation refers to the tendency of a group to make decisions that are more extreme than the individual members' original positions after discussion and interaction. In the context of the question, as the group discusses, the position becomes much stronger, which is characteristic of group polarisation. Therefore, (A) is the correct answer.

Step 2: Groupthink (B): Groupthink occurs when a group makes faulty or ineffective decisions due to the desire for harmony or conformity within the group. While related to group dynamics, groupthink does not describe the strengthening of the group's position.

Step 3: Obedience (C): Obedience refers to the act of following orders or commands, typically from an authority figure. This is unrelated to the process of group polarisation.

Step 4: Social loafing (D): Social loafing is the tendency for individuals to exert less effort when working in a group compared to when they are working alone. It does not explain the strengthening of group positions.

Thus, the correct answer is (A) Group polarisation, which describes the phenomenon where group discussions lead to more extreme positions.

 Quick Tip

Group polarisation is the tendency of groups to adopt more extreme positions after discussions, as individuals reinforce and strengthen each other's views.

47. When you find others also favouring your opinion against the employee, who was caught taking a bribe, you feel that your view is being validated by the public. This phenomenon is called:

- (A) Cohesiveness
- (B) Autokinetic effect
- (C) Compliance
- (D) Bandwagon effect

Correct Answer: (D) Bandwagon effect

Solution: This question deals with the phenomenon of individuals aligning with others' opinions. Let's analyze the options:

Step 1: Bandwagon effect (D): The bandwagon effect refers to the tendency for people to adopt certain behaviors or opinions because others are doing so. In this case, when others share the same opinion about the employee caught taking a bribe, you feel that your own opinion is being validated. This aligns with the bandwagon effect. Thus, (D) is the correct answer.

Step 2: Cohesiveness (A): Cohesiveness refers to the strength of the bonds between group members. While group cohesiveness may influence opinions, it does not specifically explain the phenomenon described here.

Step 3: Autokinetic effect (B): The autokinetic effect refers to the visual phenomenon where a stationary light appears to move in a dark environment due to the lack of reference points. This is unrelated to the social behavior described in the question.

Step 4: Compliance (C): Compliance refers to changing one's behavior due to the request or influence of others. While related, it does not specifically capture the sense of alignment with others' opinions as described in the question.

Thus, the correct answer is (D) Bandwagon effect, as it describes the tendency to adopt opinions that seem popular or widely accepted.

 Quick Tip

The bandwagon effect occurs when individuals align their views with the majority or with others' opinions, especially when they believe it is the popular or right choice.

48. Identify the correct statements in reference to the influence of group on individual behavior:

- (A) Individuals are more likely to take extreme decisions than the group.
- (B) When you find others favouring your opinion, you feel that your view is being validated by the public.
- (C) When you find people having similar views, you are likely to perceive them as an in-group and as a consequence your views get strengthened.
- (D) Groups are more likely to take extreme decisions than individuals alone.

- (A) (A) and (B) only
- (B) (B), (C) and (D) only

- (C) (A) and (C) only
(D) (A), (B) and (C) only

Correct Answer: (B) (B), (C) and (D) only

Solution: This question involves understanding the influence of groups on individual behavior. Let's analyze the options and statements:

Step 1: Groups and extreme decisions (D): Groups are more likely to take extreme decisions than individuals alone is true. This is known as group polarisation, where discussions within groups tend to lead to more extreme decisions or opinions than the individuals would have made alone.

Step 2: Perceiving people with similar views as an in-group (C): When you find people having similar views, you are likely to perceive them as an in-group and as a consequence your views get strengthened is correct. When individuals are in a group with shared views, their opinions often become more solidified, as they identify with others who think the same way.

Step 3: Favours your opinion (B): When you find others favouring your opinion, you feel that your view is being validated by the public is true. This is a form of social validation, where individuals feel more confident about their views when they see that others agree with them.

Step 4: Individuals taking extreme decisions (A): Individuals are more likely to take extreme decisions than the group is incorrect. In general, groups tend to make more extreme decisions due to group polarisation. Individuals alone are less likely to take extreme decisions without the influence of a group.

Thus, the correct answer is (B) (B), (C) and (D) only.

 Quick Tip

Group polarisation refers to the tendency of groups to make decisions that are more extreme than individuals would have made alone. This occurs because of group dynamics and social validation.

49. When you find others having views similar to yours, you are likely to perceive them as:

- (A) Ingroup
(B) Outgroup
(C) Non-conformists
(D) Friends

Correct Answer: (A) Ingroup

Solution: This question asks about the psychological concept where people tend to perceive others with similar views as belonging to the same group. Let's analyze the options:

Step 1: Ingroup (A): When people find others who share their views, they are likely to perceive them as part of their ingroup. An ingroup refers to a group of people who share common traits or beliefs and with whom an individual identifies. This is the correct answer.

Step 2: Outgroup (B): An outgroup refers to people who are perceived as different from the individual, often with opposing beliefs or characteristics. This is not the correct answer since the question asks about finding people with similar views.

Step 3: Non-conformists (C): Non-conformists are individuals who do not adhere to the norms or opinions of the larger group. This is not applicable when individuals find others with similar views.

Step 4: Friends (D): While it is true that people with similar views might also become friends, the concept of perceiving them as an ingroup is more appropriate in this context.

Thus, the correct answer is (A) Ingroup, as it best describes how people perceive others with similar views.

 Quick Tip

Ingroup refers to a group of people who share common characteristics or beliefs. People naturally tend to identify with those in their ingroup, especially when they share similar opinions or views.

50. Match List-I with List-II

List-I	List-II
(A) Members are viewed differently and are often perceived negatively	(I) Group polarisation
(B) The strengthening of the group's initial position as a result of group interaction and discussion	(II) Cohesiveness
(C) Appearance of consensus or unanimous agreement within a group	(III) Out-group
(D) Team spirit or 'we' feeling or a sense of belongingness to the group	(IV) Groupthink

Choose the correct answer from the options given below: (A) (A) - (II), (B) - (I), (C) - (IV), (D) - (III)
(B) (A) - (IV), (B) - (II), (C) - (I), (D) - (III)
(C) (A) - (III), (B) - (II), (C) - (I), (D) - (IV)
(D) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)

Correct Answer: (D) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)

Solution: This question tests your understanding of group dynamics and the processes that occur in group settings. Let's analyze each option:

Step 1: Members viewed negatively (A): Out-group (III) is the correct match. Members of an out-group are those who are viewed as different or not part of the in-group, and are often perceived negatively by group members.

Step 2: Group's initial position strengthened (B): Group polarisation (I) refers to the phenomenon where group discussion leads to more extreme positions than the individuals initially held. The group's position becomes more extreme as a result of group interactions.

Step 3: Consensus or unanimous agreement (C): Groupthink (IV) describes the tendency for group members to seek unanimous agreement, often at the expense of critical thinking. Groupthink is characterized by a false consensus or unanimous agreement within a group.

Step 4: Team spirit or sense of belongingness (D): Cohesiveness (II) refers to the sense of unity and togetherness within a group. It is the team spirit or the "we" feeling that binds group members together.

Thus, the correct answer is (D) (A) - (III), (B) - (I), (C) - (IV), (D) - (II).

 Quick Tip

Groupthink and group polarisation are both phenomena that arise within groups, but groupthink leads to a false sense of consensus, while group polarisation strengthens initial opinions. Cohesiveness refers to group unity, while out-group refers to individuals or groups that are viewed as outsiders.