

CUET PG 2026 Psychology Question Paper with Solutions

Time Allowed :1 Hour 30 Minutes	Maximum Marks :300	Total Questions :75
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General Instructions

Read the following instructions very carefully and strictly follow them:

- The Question Paper consists of 75 Multiple Choice Questions (MCQs).
- Total marks for the exam is 300.
- The total duration is 90 minutes; a timer on the screen will display the remaining time, and the exam will automatically submit when the time reaches zero.
- For every correct answer, 4 marks (+4) will be awarded to the candidate, and a 1 mark (-1) will be deducted for every incorrect answer.
- Question papers are available in both English and Hindi.

1. Which level of measurement is the only one that includes a true zero point?

- (1) Nominal
- (2) Ordinal
- (3) Interval
- (4) Ratio

Correct Answer: (4) Ratio

Solution:

Step 1: Understanding the Question:

The question asks to identify which of the four levels of measurement (Nominal, Ordinal, Interval, Ratio) has a true zero point. A true zero means the value '0' indicates a complete absence of the measured attribute.

Step 2: Detailed Explanation:

Let's analyze the four levels of measurement:

- **Nominal Level:** Data is categorized without any quantitative order. Examples include gender or colors. It has no zero point.
- **Ordinal Level:** Data is ranked in a specific order, but the differences between ranks are not uniform or meaningful. Examples include finishing positions in a race (1st, 2nd, 3rd). It has no zero point.

- **Interval Level:** Data is ordered, and the differences between values are meaningful and equal. However, there is no true zero. For example, 0°C does not mean the absence of temperature.
- **Ratio Level:** This level has all the properties of an interval scale, but it also includes a true zero point. A value of zero signifies the complete absence of the quantity being measured. Examples include height (0 cm = no height) and weight (0 kg = no weight).

Based on this analysis, only the ratio level of measurement includes a true zero.

Step 3: Final Answer:

Therefore, the correct level of measurement is Ratio.

💡 Quick Tip

Remember the acronym **NOIR** for the levels of measurement (Nominal, Ordinal, Interval, Ratio).

Only the last one, **R** for Ratio, has a **R**real or **T**True zero point.

2. In Erikson's stages of psychosocial development, which conflict do adolescents typically face?

- (1) Trust vs. Mistrust
- (2) Industry vs. Inferiority
- (3) Identity vs. Role Confusion
- (4) Intimacy vs. Isolation

Correct Answer: (3) Identity vs. Role Confusion

Solution:

Step 1: Understanding the Question:

The question asks to identify the specific psychosocial conflict that occurs during adolescence, according to Erik Erikson's eight-stage theory of development.

Step 2: Detailed Explanation:

Erik Erikson's theory outlines eight stages, each with a unique psychosocial crisis. Let's look at the stages relevant to the options:

- **Trust vs. Mistrust:** Occurs in infancy (0-1.5 years).
- **Industry vs. Inferiority:** Occurs in school-age children (5-12 years).

- **Identity vs. Role Confusion:** This is the fifth stage, which occurs during adolescence (12-18 years). During this period, individuals explore their independence and develop a sense of self. Success leads to a strong sense of identity, while failure results in confusion about their roles and future.
- **Intimacy vs. Isolation:** Occurs in young adulthood (18-40 years).

The question specifically asks about the conflict faced by adolescents.

Step 3: Final Answer:

The conflict that adolescents typically face is Identity vs. Role Confusion.

💡 Quick Tip

The central question for an adolescent is "**Who am I?**".
This directly relates to the psychosocial crisis of **Identity vs. Role Confusion**.
Try to link the age group with the core challenge described in each stage.

3. Who proposed the "Three-Factor Theory" of personality involving Extraversion, Neuroticism, and Psychoticism?

- (1) Sigmund Freud
- (2) Hans Eysenck
- (3) Carl Rogers
- (4) Gordon Allport

Correct Answer: (2) Hans Eysenck

Solution:

Step 1: Understanding the Question:

The question asks to identify the psychologist responsible for the personality theory based on three major dimensions: Extraversion, Neuroticism, and Psychoticism.

Step 2: Detailed Explanation:

Let's analyze the contributions of the psychologists listed:

- **Sigmund Freud:** Founder of psychoanalysis, focusing on the id, ego, and superego.
- **Hans Eysenck:** A prominent personality theorist who proposed that personality could be understood in terms of three super-traits or dimensions:
 - Extraversion-Introversion (E)
 - Neuroticism-Stability (N)

- **Psychoticism-Socialization (P)**

This is often referred to as the **PEN model**.

- **Carl Rogers:** A humanistic psychologist known for client-centered therapy and the concept of the self.
- **Gordon Allport:** A trait theorist who categorized traits into cardinal, central, and secondary traits.

The three factors mentioned in the question directly match Hans Eysenck's PEN model.

Step 3: Final Answer:

The "Three-Factor Theory" was proposed by Hans Eysenck.

💡 Quick Tip

Use the mnemonic **PEN** to remember Eysenck's three factors: **P**sychoticism, **E**xtraversion, and **N**euroticism.
This makes it easy to associate Hans Eysenck with this specific three-factor model.

4. What is a Type II error in hypothesis testing?

- (1) Rejecting a true null hypothesis
- (2) Failing to reject a false null hypothesis
- (3) Accepting a true null hypothesis
- (4) Rejecting both null and alternative hypotheses

Correct Answer: (2) Failing to reject a false null hypothesis

Solution:

Step 1: Understanding the Question:

The question asks for the correct definition of a Type II error within the framework of statistical hypothesis testing.

Step 2: Detailed Explanation:

In hypothesis testing, we start with a null hypothesis (H_0), which typically states there is no effect or difference. Based on sample data, we decide whether to reject or fail to reject H_0 . This decision can lead to two types of errors:

- **Type I Error (α):** This occurs when we **reject a true null hypothesis**. It's a "false positive" – we conclude there is an effect when, in reality, there isn't one.

- **Type II Error (β):** This occurs when we **fail to reject a false null hypothesis**. It's a "false negative" – we fail to detect an effect that actually exists.

The question is specifically about the Type II error.

Step 3: Final Answer:

A Type II error is defined as failing to reject a false null hypothesis.

💡 Quick Tip

Think of it in a medical context:

Type I Error (False Positive): A healthy person is told they have a disease.

Type II Error (False Negative): A sick person is told they are healthy.

A Type II error is a "miss" – you miss the effect that is really there.

5. Which part of the brain is primarily responsible for transferring short-term memory into long-term memory?

- (1) Cerebellum
- (2) Hippocampus
- (3) Medulla Oblongata
- (4) Hypothalamus

Correct Answer: (2) Hippocampus

Solution:

Step 1: Understanding the Question:

The question asks to identify the brain structure that plays a key role in the process of memory consolidation, which is the conversion of short-term memories into stable, long-term memories.

Step 2: Detailed Explanation:

Let's review the functions of the brain parts listed:

- **Cerebellum:** Primarily involved in coordinating voluntary movements, balance, posture, and is also important for procedural memory (like riding a bike).
- **Hippocampus:** A critical structure located in the temporal lobe, essential for the formation of new episodic and autobiographical memories and for memory consolidation. Damage to the hippocampus can result in anterograde amnesia, the inability to form new long-term memories.
- **Medulla Oblongata:** Part of the brainstem, responsible for vital autonomic functions like breathing, heart rate, and blood pressure.

- **Hypothalamus:** Regulates many bodily functions, including hunger, thirst, body temperature, and the endocrine system via the pituitary gland.

The function described in the question aligns perfectly with the role of the hippocampus.

Step 3: Final Answer:

The hippocampus is the part of the brain primarily responsible for transferring short-term memory to long-term memory.

💡 Quick Tip

Think of the **hippocampus** as a 'save' button for memories.

It takes temporary information (short-term memory) and helps file it away for permanent storage (long-term memory).

A helpful way to remember: "A hippo on campus would be a new memory you'd never forget!"

6. In classical conditioning, what is the term for the reappearance of a conditioned response after a period of extinction?

- (1) Generalization
- (2) Spontaneous Recovery
- (3) Discrimination
- (4) Extinction

Correct Answer: (2) Spontaneous Recovery

Solution:

Step 1: Understanding the Question:

The question asks for the specific term used in classical conditioning to describe the return of a learned response after it has been extinguished and a period of time has passed.

Step 2: Detailed Explanation:

Let's define the key concepts in classical conditioning:

- **Extinction:** The weakening and eventual disappearance of a conditioned response (CR) when the conditioned stimulus (CS) is repeatedly presented without the unconditioned stimulus (US).
- **Spontaneous Recovery:** After extinction has occurred and a rest period has passed, the CR may suddenly reappear if the CS is presented again. This recovered response is typically weaker and extinguishes faster than before.

- **Generalization:** The tendency for a stimulus similar to the original CS to elicit the same CR.
- **Discrimination:** The ability to distinguish between the CS and other similar stimuli that do not signal an unconditioned stimulus.

The phenomenon described in the question is the definition of Spontaneous Recovery.

Step 3: Final Answer:

The reappearance of a conditioned response after a period of extinction is known as Spontaneous Recovery.

 Quick Tip

The word "spontaneous" is the key.

The response isn't re-trained; it just **spontaneously recovers** or comes back on its own after a break.

The sequence is: **Acquisition** → **Extinction** → **Rest Period** → **Spontaneous Recovery**.

7. Which therapy is based on the principle of "Unconditional Positive Regard"?

- (1) Psychoanalysis
- (2) Behavior Therapy
- (3) Client-Centered Therapy
- (4) Cognitive Therapy

Correct Answer: (3) Client-Centered Therapy

Solution:

Step 1: Understanding the Question:

The question asks to identify the therapeutic approach that considers "Unconditional Positive Regard" a fundamental principle.

Step 2: Detailed Explanation:

Let's examine the core principles of the therapies listed:

- **Psychoanalysis (Freud):** Focuses on unconscious conflicts, childhood experiences, and uses techniques like free association and dream analysis.
- **Behavior Therapy:** Based on learning principles (classical and operant conditioning) to change maladaptive behaviors.

- **Client-Centered Therapy (Carl Rogers):** A humanistic therapy where the therapist creates a supportive environment for client self-discovery. It is built on three core conditions:
 - **Unconditional Positive Regard:** The therapist accepts and values the client without judgment.
 - **Empathy:** The therapist understands and shares the client's feelings.
 - **Congruence (Genuineness):** The therapist is authentic and transparent.
- **Cognitive Therapy (Aaron Beck):** Focuses on identifying and changing distorted or irrational thought patterns.

The principle of "Unconditional Positive Regard" is a cornerstone of Carl Rogers' Client-Centered Therapy.

Step 3: Final Answer:

The therapy based on the principle of "Unconditional Positive Regard" is Client-Centered Therapy.

💡 Quick Tip

Associate **Carl Rogers** with **Client-Centered Therapy** and its three core conditions:

1. **Genuineness (Congruence)**
2. **Acceptance (Unconditional Positive Regard)**
3. **Empathy**

Remembering these three together will help you link them to Rogers' approach.

8. According to Maslow's hierarchy, which need must be met immediately after safety needs?

- (1) Physiological Needs
- (2) Esteem Needs
- (3) Love and Belongingness Needs
- (4) Self-Actualization Needs

Correct Answer: (3) Love and Belongingness Needs

Solution:

Step 1: Understanding the Question:

The question asks to identify the level in Abraham Maslow's hierarchy of needs that comes directly after the satisfaction of safety needs.

Step 2: Detailed Explanation:

Maslow's hierarchy is a motivational theory that arranges human needs in a pyramid structure.

The needs must be met in order, from the bottom up. The order is:

1. **Physiological Needs:** The most basic needs for survival, such as air, food, water, and sleep.
2. **Safety Needs:** The need for security, stability, and protection from physical and emotional harm.
3. **Love and Belongingness Needs:** Once safety is secured, humans seek social connection. This includes friendship, intimacy, family, and a sense of belonging to a group.
4. **Esteem Needs:** The need for self-respect, confidence, achievement, and recognition from others.
5. **Self-Actualization:** The highest level, representing the drive to realize one's full potential.

Following this order, the need that comes immediately after safety needs is Love and Belongingness.

Step 3: Final Answer:

The need that must be met immediately after safety needs is Love and Belongingness Needs.

 Quick Tip

To remember the order of Maslow's hierarchy, you can use a mnemonic like:
"Please Save Lions, Elephants, and Snakes"
Physiological → Safety → Love/Belonging → Esteem → Self-Actualization.

9. What is the mean of a standard normal distribution (Z-score)?

- (1) 1
- (2) 0
- (3) -1
- (4) 0.5

Correct Answer: (2) 0

Solution:

Step 1: Understanding the Question:

The question asks for the value of the mean for a standard normal distribution, which is a distribution of Z-scores.

Step 2: Key Formula or Approach:

A normal distribution can be converted to a standard normal distribution by transforming each

data point X into a Z-score using the formula:

$$Z = \frac{(X - \mu)}{\sigma}$$

where μ is the original mean and σ is the original standard deviation.

Step 3: Detailed Explanation:

The process of standardization transforms any normal distribution into a specific one with fixed parameters. By definition, a **standard normal distribution** is a normal distribution with:

- A mean (μ) of **0**.
- A standard deviation (σ) of **1**.

The Z-score itself represents the number of standard deviations a data point is from the mean. Therefore, the mean of the distribution of Z-scores is always zero.

Step 4: Final Answer:

The mean of a standard normal distribution is 0.

💡 Quick Tip

The word "**standard**" in statistics often implies a fixed reference point. For the **standard normal distribution**, the standard parameters are always: **Mean = 0** and **Standard Deviation = 1**. Commit this to memory.

10. Which defense mechanism involves pushing threatening thoughts into the unconscious mind?

- (1) Projection
- (2) Repression
- (3) Rationalization
- (4) Displacement

Correct Answer: (2) Repression

Solution:

Step 1: Understanding the Question:

The question asks to identify the Freudian defense mechanism that involves involuntarily blocking distressing or threatening thoughts, feelings, or memories from one's conscious awareness.

Step 2: Detailed Explanation:

Defense mechanisms are unconscious strategies used by the ego to manage anxiety. Let's define

the options:

- **Projection:** Attributing one's own unacceptable thoughts or feelings to another person.
- **Repression:** The fundamental defense mechanism where anxiety-provoking thoughts are pushed down into the unconscious, preventing them from reaching conscious awareness. It is an involuntary process.
- **Rationalization:** Creating logical-sounding excuses to justify unacceptable behavior or feelings.
- **Displacement:** Redirecting an emotional impulse (e.g., anger) from its original, more threatening source to a less threatening substitute target.

The act of pushing thoughts into the unconscious is the definition of repression.

Step 3: Final Answer:

The defense mechanism that involves pushing threatening thoughts into the unconscious mind is Repression.

💡 Quick Tip

To **repress** means to "press back" or "push down".

Think of **repression** as the mind automatically pushing unwanted thoughts deep down into the unconscious, out of sight.

It is different from *suppression*, which is a conscious effort to forget.

11. Who is known as the father of Operant Conditioning?

- (1) Ivan Pavlov
- (2) B. F. Skinner
- (3) Edward Thorndike
- (4) John B. Watson

Correct Answer: (2) B. F. Skinner

Solution:

Step 1: Understanding the Question:

The question asks to identify the psychologist most famously associated with the development and popularization of the theory of operant conditioning.

Step 2: Detailed Explanation:

Let's review the contributions of the key figures in behaviorism:

- **Ivan Pavlov:** A Russian physiologist known for his work on **Classical Conditioning**, where an organism learns to associate a neutral stimulus with an unconditioned stimulus to produce a conditioned response.
- **B. F. Skinner:** An American psychologist who is considered the most influential figure in **Operant Conditioning**. He developed a comprehensive theory of how voluntary behavior is shaped by its consequences (reinforcement and punishment) and designed the "Skinner Box" for his experiments.
- **Edward Thorndike:** His "Law of Effect" was a precursor to operant conditioning, stating that behaviors followed by satisfying consequences become more likely to occur. However, Skinner expanded and systematized these ideas.
- **John B. Watson:** Known as the father of behaviorism, he focused on observable behaviors and conducted the "Little Albert" experiment related to classical conditioning.

While Thorndike laid some groundwork, B. F. Skinner is universally recognized as the father of operant conditioning for his extensive research and theoretical development.

Step 3: Final Answer:

B. F. Skinner is known as the father of Operant Conditioning.

💡 Quick Tip

Remember the distinction:

Pavlov = Classical Conditioning (associating stimuli, e.g., bell and food).

Skinner = Operant Conditioning (learning from consequences, e.g., pressing a lever for a reward).

Think of an animal 'operating' on its environment in a Skinner Box.

12. The "Strange Situation" procedure was developed by Mary Ainsworth to measure what?

- (1) Intelligence in infants
- (2) Language development
- (3) Attachment styles in infants
- (4) Cognitive development

Correct Answer: (3) Attachment styles in infants

Solution:

Step 1: Understanding the Question:

The question asks for the primary purpose of the "Strange Situation," a research procedure created by psychologist Mary Ainsworth.

Step 2: Detailed Explanation:

The **Strange Situation** is a standardized laboratory procedure designed to observe and assess the quality of the attachment relationship between an infant (typically between 9 and 18 months old) and their caregiver.

The procedure involves a series of eight short episodes of separations and reunions with the caregiver and interactions with a stranger. Researchers observe the infant's behavior, particularly:

- How the infant uses the caregiver as a secure base to explore the room.
- The infant's reaction to the caregiver's departure.
- The infant's behavior towards the stranger.
- The infant's response upon the caregiver's return.

Based on these observations, Ainsworth identified different patterns or **attachment styles**, such as Secure, Insecure-Avoidant, and Insecure-Ambivalent/Resistant.

Step 3: Final Answer:

The "Strange Situation" procedure was developed to measure attachment styles in infants.

💡 Quick Tip

The name "**Strange Situation**" itself is a clue.

It puts the infant in a mildly stressful and unfamiliar (strange) situation to see how they react and seek comfort from their caregiver.

This reaction reveals their underlying **attachment style**.

13. Which theory of emotion suggests that physiological arousal and emotional experience occur simultaneously?

- (1) James-Lange Theory
- (2) Cannon-Bard Theory
- (3) Schachter-Singer Theory
- (4) Opponent-Process Theory

Correct Answer: (2) Cannon-Bard Theory

Solution:

Step 1: Understanding the Question:

The question asks to identify the theory of emotion which proposes that the physiological response (like a racing heart) and the subjective feeling of an emotion (like fear) happen at the same time, not one after the other.

Step 2: Detailed Explanation:

Let's compare the major theories of emotion:

- **James-Lange Theory:** Proposes a sequence: Stimulus → Physiological Arousal → Emotion. (e.g., "We feel sorry because we cry.")
- **Cannon-Bard Theory:** Argues that an emotion-arousing stimulus simultaneously triggers (1) physiological responses and (2) the subjective experience of emotion. The signals are sent from the thalamus to the cortex (for emotion) and the sympathetic nervous system (for arousal) at the same time.
- **Schachter-Singer Two-Factor Theory:** Suggests that emotion results from two factors: physiological arousal and a cognitive label for that arousal. (e.g., "My heart is pounding, and there's a bear, so I must be afraid.")
- **Opponent-Process Theory:** States that emotions are followed by an opposing emotional state (e.g., fear followed by relief).

The theory that describes the simultaneous occurrence of physiological arousal and emotional experience is the Cannon-Bard theory.

Step 3: Final Answer:

The correct theory is the Cannon-Bard Theory.

 Quick Tip

A simple way to remember the Cannon-Bard theory:

Think of a **cannon** firing two shots (**physiological arousal** and **emotion**) at the exact **same time**.

This helps distinguish it from the sequential James-Lange theory.

14. What is the term for a research design that follows the same group of participants over a long period?

- (1) Cross-sectional Study
- (2) Longitudinal Study
- (3) Experimental Study
- (4) Case Study

Correct Answer: (2) Longitudinal Study

Solution:

Step 1: Understanding the Question:

The question asks for the name of a specific research design characterized by studying the same individuals repeatedly over an extended period.

Step 2: Detailed Explanation:

Let's define the research designs listed:

- **Cross-sectional Study:** Researchers collect data from many different individuals at a single point in time. For example, comparing the attitudes of 20-year-olds, 40-year-olds, and 60-year-olds in the year 2024.
- **Longitudinal Study:** Researchers repeatedly observe and collect data from the **same group of participants** (a cohort) over a long period. This allows them to track changes and development over time.
- **Experimental Study:** Researchers manipulate one or more independent variables to observe the effect on a dependent variable, establishing cause-and-effect relationships.
- **Case Study:** An in-depth investigation of a single individual, group, or event.

The description "follows the same group of participants over a long period" is the definition of a longitudinal study.

Step 3: Final Answer:

The correct term is Longitudinal Study.

 Quick Tip

The keyword is "**long**".

A **longitudinal** study takes a **long time** because you are following the same people as they age.

Contrast this with a **cross-sectional** study, which is like taking a "cross-section" or snapshot of different groups at one moment.

15. In Piaget's theory, at what stage does a child develop "Object Permanence"?

- (1) Sensorimotor Stage
- (2) Preoperational Stage
- (3) Concrete Operational Stage
- (4) Formal Operational Stage

Correct Answer: (1) Sensorimotor Stage

Solution:

Step 1: Understanding the Question:

The question asks to identify the stage in Jean Piaget's theory of cognitive development during which a child acquires the concept of "Object Permanence".

Step 2: Detailed Explanation:

Object Permanence is the understanding that objects continue to exist even when they cannot be perceived (seen, heard, touched, smelled, or sensed in any way).

Let's review Piaget's stages:

- **Sensorimotor Stage (Birth to 2 years):** Infants learn about the world through their senses and motor actions. A major developmental milestone in this stage is the acquisition of object permanence. Initially, an infant believes that "out of sight is out of mind," but by the end of this stage, they understand that objects exist independently.
- **Preoperational Stage (2 to 7 years):** Characterized by symbolic thought, language development, and egocentrism.
- **Concrete Operational Stage (7 to 11 years):** Children develop logical thinking about concrete events and master conservation.
- **Formal Operational Stage (11 years and older):** Adolescents develop abstract, systematic, and scientific thinking.

The development of object permanence is the hallmark achievement of the Sensorimotor Stage.

Step 3: Final Answer:

A child develops "Object Permanence" during the Sensorimotor Stage.

💡 Quick Tip

Connect the stage name to the key achievement.

In the **Sensorimotor** stage, infants are learning about objects through their **senses** and **motor** actions.

The most basic lesson about objects is that they are **permanent**. This is the foundational concept learned during this first stage.