

Subject : Psychology - Online

Total Time Allowed : 45 minutes	Maximum Marks : 200	Total Questions : 50	Questions to be answered : 40
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Q1. According to Nature vs. Nurture studies, arrange the I.Q. of twins and siblings in order of high to low correlation:

- (A) Identical twins reared in different environments
- (B) Fraternal twins reared together
- (C) Identical twins reared together
- (D) Siblings reared apart
- (E) Siblings reared together

Choose the correct answer from the options given below:

- (1) (C), (A), (B), (E), (D)
- (2) (A), (B), (C), (E), (D)
- (3) (B), (C), (D), (E), (A)
- (4) (C), (E), (D), (B), (A)

Correct answer: (1) (C), (A), (B), (E), (D)

Solution: The correlation of I.Q. among different groups based on the nature vs. nurture debate is typically observed as follows:

- **Identical twins reared together (C):** Have the highest correlation in I.Q., as they share both genetics and environment.
- **Identical twins reared apart (A):** Still show a high correlation due to genetic similarity, but slightly lower than when reared together.
- **Fraternal twins reared together (B):** Have lower I.Q. correlation compared to identical twins, as they share only about 50% of their genes.
- **Siblings reared together (E):** Show some correlation but less than fraternal twins, as age differences might play a role.
- **Siblings reared apart (D):** Have the lowest correlation since they share genetics but have different environments.

💡 Quick Tip

I.Q. correlation is highest for identical twins, whether reared together or apart, emphasizing the role of genetics. Fraternal twins and siblings show lower correlations.

Q2. Individuals with high have been found to stop smoking the moment they decide to do so. What aspect of self is highlighted in this example?

Choose the correct answer from the options given below:

- (1) Self-esteem
- (2) Self-concept
- (3) Self-efficacy
- (4) Self-motivation

Correct answer: (3) Self-efficacy

Solution: Self-efficacy refers to an individual's belief in their ability to execute actions necessary to achieve specific goals. In this case, the individual believes they can successfully quit smoking as soon as they decide, which highlights a high level of self-efficacy.

- **Self-esteem** (1): Refers to overall self-worth or personal value.
- **Self-concept** (2): Refers to how individuals perceive themselves in various aspects of life.
- **Self-efficacy** (3): Is about belief in one's ability to perform tasks and meet challenges.
- **Self-motivation** (4): Refers to the inner drive to take action towards achieving personal goals.

 Quick Tip

Self-efficacy is key to behavior change, such as quitting smoking, as it involves confidence in one's ability to succeed in specific situations.

Q3. Agastya is a highly motivated executive who lacks patience, feels short of time and is forever burdened with work. He finds difficulty in slowing down. Identify his personality type on the basis of Friedman and Roserman's Classification.

Choose the correct answer from the options given below:

- (1) Type A
- (2) Type B
- (3) Type C

(4) Type D

Correct answer: (1) Type A

Solution: According to Friedman and Rosenman's classification, a Type A personality is characterized by:

- High levels of competitiveness and ambition.
- Impatience and a sense of urgency.
- Constant involvement in work-related tasks, often feeling overloaded.
- Difficulty relaxing or slowing down, as seen in Agastya's behavior.

Type B personalities, by contrast, are more relaxed, easy-going, and less driven by time pressures.

 Quick Tip

Individuals with Type A personality often exhibit stress due to their sense of urgency and high ambition, which can lead to health issues like heart disease.

Q4. Arrange in correct sequence the stages of processing on the basis of PASS Model of Intelligence:

- (A) The teacher announces a class test
- (B) Focusing attention on reading, learning and revising the content of the chapters in the syllabus
- (C) Planning a time schedule, group studies etc.
- (D) Simultaneously and successively processing the information given in the text book as well as the notes
- (E) If the planning is not effective it is modified

Choose the correct answer from the options given below:

- (1) (C), (B), (A), (D), (E)
- (2) (B), (A), (C), (E), (D)
- (3) (A), (B), (D), (C), (E)
- (4) (A), (B), (E), (C), (D)

Correct answer: (3) (A), (B), (D), (C), (E)

Solution: The PASS (Planning, Attention, Simultaneous, Successive) model of intelligence breaks down cognitive processes into four components:

- (A) The first stage involves attention, where the student responds to the teacher's announcement of a class test.
- (B) The second stage is focused on attention, where the student concentrates on reading and revising the chapters.
- (D) The third stage involves simultaneous and successive processing, where the student processes the material from the textbook and notes.
- (C) The fourth stage is planning, where the student makes a study schedule or plans group studies.
- (E) The final stage is also part of planning, where ineffective strategies are modified and adapted.

 Quick Tip

The PASS model organizes cognitive functioning into Planning, Attention, Simultaneous, and Successive processes, which are essential for learning and problem-solving.

Q5. Match List-I with List-II:

List-I	List-II
(A) Intellectual deficiency	(I) Prodigy
(B) Intellectually gifted	(III) IQ above 130
(C) Remarkable ability in a specific field	(II) Below IQ score of 70
(D) Highly talented	(IV) Talent

Choose the correct answer from the options given below:

- (1) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)
- (2) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)
- (3) (A) - (I), (B) - (II), (C) - (IV), (D) - (III)
- (4) (A) - (I), (B) - (III), (C) - (II), (D) - (IV)

Correct answer: (1) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)

Solution:

- (A) **Intellectual deficiency (II):** Refers to individuals with an IQ below 70, indicating cognitive limitations.
- (B) **Intellectually gifted (III):** Refers to individuals with an IQ above 130, demonstrating high intellectual capabilities.

- **(C) Remarkable ability in a specific field (I):** Refers to a prodigy, a person with extraordinary talent in one area, such as music, mathematics, etc.
- **(D) Highly talented (IV):** Refers to individuals who possess notable talent in a broad range of fields or areas.

💡 Quick Tip

Intellectual deficiency is marked by an IQ below 70, while gifted individuals typically score above 130. Prodigies show exceptional abilities in a specific area.

Q6. Which characteristic does not determine the effect of noise on task performance?

Choose the correct answer from the options given below:

- (1) Intensity
- (2) Luminance
- (3) Predictability
- (4) Controllability

Correct answer: (2) Luminance

Solution: The characteristics that influence the effect of noise on task performance include:

- **Intensity:** The loudness or strength of the noise affects how disruptive it is.
- **Predictability:** If the noise occurs at regular intervals or is expected, it is less likely to affect performance.
- **Controllability:** The ability to control or stop the noise can reduce its negative impact on performance.

However, luminance refers to the brightness of light, not a characteristic related to noise, and therefore does not influence the effect of noise on task performance.

💡 Quick Tip

Noise characteristics like intensity, predictability, and controllability can impact task performance, but luminance relates to light, not noise.

Q7. Which personality theorist emphasized the concept of fully-functioning person and ideal self?

Choose the correct answer from the options given below:

- (1) Maslow
- (2) Rogers
- (3) Freud
- (4) Eysenck

Correct answer: (2) Rogers

Solution: Carl Rogers, a prominent humanistic psychologist, emphasized the concepts of the fully-functioning person and the ideal self. He believed that for a person to achieve self-actualization and personal growth, they must strive to align their real self with their ideal self. This alignment fosters a state of being known as a fully-functioning person, characterized by openness to experience, a sense of self-worth, and the ability to live authentically.

 Quick Tip

Carl Rogers' concepts of the fully-functioning person and ideal self highlight the importance of self-acceptance and personal growth in humanistic psychology.

Q8. "I am one who easily gets hurt," is an example of which aspect of 'Self'?

Choose the correct answer from the options given below:

- (1) Self as a 'subject'
- (2) Self as an 'object'
- (3) Self as a 'knower'
- (4) Self as a 'known'

Correct answer: (2) Self as an 'object'

Solution: The statement "I am one who easily gets hurt" reflects the self as an 'object'. In this context, the self is viewed from an external perspective, where the individual assesses their own emotional sensitivity and vulnerability. This contrasts with the self as a 'subject,' which would involve the individual's experiences and thoughts from a first-person perspective.

 Quick Tip

The self can be viewed as an 'object' when reflecting on personal traits or characteristics, whereas it is viewed as a 'subject' when focusing on one's experiences and actions.

Q9. Which level of IQ is considered as Profound Level of Intellectual Disability?

Choose the correct answer from the options given below:

- (1) IQ (55-70)
- (2) IQ (35-40 to 50-55)
- (3) IQ (20-25 to 35-40)
- (4) IQ (Below 20-25)

Correct answer: (4) IQ (Below 20-25)

Solution: The profound level of intellectual disability is typically defined by an IQ score of below 20-25. Individuals at this level require extensive support for daily functioning and often have significant limitations in cognitive and adaptive skills.

💡 Quick Tip

Intellectual disabilities are classified by IQ ranges, with profound disability characterized by scores below 20-25, indicating severe cognitive impairment.

Q10. Before running a marathon, David experiences a sudden surge of energy, heightened awareness, and excitement, which he recognizes as a precursor of good performance on the ground. Identify the term in which David's feelings can be categorized:

Choose the correct answer from the options given below:

- (1) Distress
- (2) Eustress
- (3) Strain
- (4) Frustration

Correct answer: (2) Eustress

Solution: David's feelings of a sudden surge of energy, heightened awareness, and excitement are indicative of eustress. Eustress refers to positive stress that can motivate and enhance performance, especially in challenging situations such as running a marathon. It is the type of stress that contributes to feelings of fulfillment and accomplishment.

💡 Quick Tip

Eustress is beneficial stress that prepares and motivates individuals for optimal performance, unlike distress, which can be harmful and overwhelming.

Q11. Identify the correct sequence according to the General Adaptation Syndrome. Sequence:

- (A) Resistance
- (B) Presence of a noxious stimulus
- (C) Alarm Reaction
- (D) Exhaustion

Choose the correct answer from the options given below:

- (1) (B), (C), (A), (D)
- (2) (C), (A), (B), (D)
- (3) (B), (C), (D), (A)
- (4) (C), (B), (D), (A)

Correct answer: (1) (B), (C), (A), (D)

Solution: The General Adaptation Syndrome (GAS), proposed by Hans Selye, consists of three stages: 1. Presence of a noxious stimulus (B): The stressor is identified. 2. Alarm Reaction (C): The body responds to the stressor with an initial alarm reaction, activating the fight-or-flight response. 3. Resistance (A): The body attempts to adapt to the stressor and cope with it. 4. Exhaustion (D): Prolonged exposure to the stressor leads to depletion of resources, resulting in exhaustion and decreased resistance. Thus, the correct sequence is (B), (C), (A), (D).

 Quick Tip

The General Adaptation Syndrome involves the sequence of a stressor's impact: first recognized (B), then reacted to (C), adapted to (A), and finally leads to exhaustion if prolonged (D).

Q12. Psychoneuroimmunology studies the effects of stress on the immune system. Identify the correct statements describing its working:

- (A) The Leucocytes within the immune system identify and destroy antigens such as viruses.
- (B) Stress does not affect natural killer cell cytotoxicity.
- (C) Stress leads to the production of antibodies.

(D) There are several kinds of Leucocytes including the T cells, B cells, and natural killer cells.

(E) D-cells produce antibodies.

Choose the correct answer from the options given below:

(1) (A), (B) (C) only

(2) (B), (C) (D) only

(3) (A), (C) (D) only

(4) (A), (B) (E) only

Correct answer: (3) (A), (C) (D) only

Solution: The correct statements regarding psychoneuroimmunology and the immune system are: - (A): True. Leucocytes (white blood cells) identify and destroy pathogens like viruses. - (B): False. Stress does affect natural killer cell cytotoxicity, often decreasing their effectiveness. - (C): True. Stress can lead to the production of antibodies as part of the immune response. - (D): True. There are various types of leucocytes, including T cells, B cells, and natural killer cells, each with distinct roles in the immune system. - (E): False. B cells, not D-cells, are responsible for producing antibodies. Thus, the correct statements are (A), (C), and (D).

 Quick Tip

Psychoneuroimmunology explores how stress impacts immune function, highlighting that leucocytes combat infections and that stress influences antibody production.

Q13. Match List-I with List-II

List-I	List-II
(A) Task-Oriented Strategy	(I) Dynamic situation specific reaction to stress
(B) Emotion-Oriented Strategy	(II) Maintaining a time schedule
(C) Avoidance-Oriented Strategy	(III) Worry about what I am going to do
(D) Coping	(IV) Talking to friends or watching T.V.

Choose the correct answer from the options given below:

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

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

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

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

Correct answer: (1) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)

Solution: The correct matches between List-I and List-II are: - (A) Task-Oriented Strategy - (II) Maintaining a time schedule: This strategy focuses on organizing and planning tasks to manage stress effectively. - (B) Emotion-Oriented Strategy - (IV) Talking to friends or watching T.V.: This strategy involves managing emotions by seeking social support or distraction. - (C) Avoidance-Oriented Strategy - (III) Worry about what I am going to do: This strategy is characterized by avoidance behaviors or procrastination, often accompanied by worry. - (D) Coping - (I) Dynamic situation specific reaction to stress: Coping refers to the methods employed to manage stress in a specific context.

 Quick Tip

Coping strategies can be categorized into task-oriented, emotion-oriented, and avoidance-oriented approaches, each addressing stress in different ways.

Q14. "How happy were you with your job on the whole?" Identify the type of question:

Choose the correct answer from the options given below:

- (1) Close ended question
- (2) Open ended question
- (3) Direct question
- (4) Bipolar question

Correct answer: (4) Bipolar question

Solution: The question "How happy were you with your job on the whole?" is classified as a bipolar question. This type of question is designed to elicit a response within a limited range (for example, happy vs. unhappy), which essentially forces the respondent to choose between two extremes.

- Close ended question: Typically requires a specific response (like yes/no or multiple choice). - Open ended question: Allows for a more detailed, unrestricted response. - Direct question: Asks for specific information without any indirectness. - Bipolar question: Specifically limits responses to a spectrum between two opposing viewpoints.

 Quick Tip

Bipolar questions present a limited choice between two options, often used in surveys to gauge sentiments or attitudes.

Q15. An 18-year-old male had a severe dislike for touching door knobs. He feared contamination and spent hours washing his hands if he had to open a door at his office. He spent more than 3-4 hours taking a shower and spent a lot of time cleaning surfaces after "incidental contaminations". Eventually, he stopped waking up in the morning as it was not worth the effort. Identify the disorder he is suffering from:

Choose the correct answer from the options given below:

- (1) Obsessive-Compulsive and Related disorders
- (2) Depressive Disorders
- (3) Post-Traumatic Stress Disorder
- (4) Somatic Symptom disorder

Correct answer: (1) Obsessive-Compulsive and Related disorders

Solution: The symptoms described in this case point to Obsessive-Compulsive Disorder (OCD), which is categorized under Obsessive-Compulsive and Related Disorders.

- The individual exhibits a fear of contamination, which is a common obsession in OCD.
- His compulsive behaviors include excessive hand washing, prolonged showering, and cleaning surfaces to alleviate his anxiety about contamination. - The significant amount of time spent on these compulsions (3-4 hours showering, cleaning) indicates the level of distress and impairment caused by the disorder.

Other options: - Depressive Disorders: While the individual shows some signs of withdrawal and low motivation, the primary symptoms align more with OCD. - Post-Traumatic Stress Disorder (PTSD): Typically involves exposure to a traumatic event, which is not indicated in this scenario. - Somatic Symptom disorder: Involves physical symptoms that are not explained by a medical condition, which does not match this individual's fears and compulsions.

 Quick Tip

Obsessive-Compulsive Disorder is characterized by intrusive thoughts (obsessions) leading to repetitive behaviors (compulsions) aimed at reducing anxiety.

Q16. When an alcoholic is given a mild electric shock and asked to smell the alcohol repeatedly to form an association between the two, then this form of treatment is known as:

Choose the correct answer from the options given below:

- (1) Negative Reinforcement
- (2) Aversive Conditioning
- (3) Systematic Desensitization

(4) Differential Reinforcement

Correct answer: (2) Aversive Conditioning

Solution: The treatment described involves Aversive Conditioning, a behavioral technique used to reduce unwanted behaviors by associating them with unpleasant stimuli.

- In this case, the alcoholic is exposed to the smell of alcohol while receiving a mild electric shock, creating a negative association with alcohol consumption. - This method aims to deter the individual from wanting to consume alcohol by pairing it with an aversive stimulus (the shock).

Other options: - Negative Reinforcement: Involves the removal of an unpleasant stimulus to increase a desired behavior, which does not apply here. - Systematic Desensitization: A technique used to reduce anxiety by gradually exposing individuals to the feared object or context, which is not the goal in this scenario. - Differential Reinforcement: Involves reinforcing a desired behavior while withholding reinforcement for unwanted behaviors, which is not the method described.

 Quick Tip

Aversive Conditioning is often used in behavior modification to discourage negative behaviors by associating them with unpleasant experiences.

Q17. An adolescent started therapy a week back. Based on formulating the adolescent's problem, the therapist feels that the boy will be capable of arriving at solutions through a process of personal growth. The therapist's approach to therapy is in an accepting environment. Identify the type of therapy being provided:

Choose the correct answer from the options given below:

- (1) Cognitive
- (2) Behavioral
- (3) Existential
- (4) Psychodynamic

Correct answer: (3) Existential

Solution: The therapy being provided is Existential therapy. This approach emphasizes personal growth, self-awareness, and the individual's capacity to make meaningful choices.

- The therapist's belief that the adolescent can arrive at solutions reflects the core idea of existential therapy, which focuses on helping individuals understand their existence and find personal meaning in their experiences. - The mention of an accepting environment further supports this, as existential therapy values a safe, non-judgmental space for clients to explore their thoughts and feelings.

Other options: - Cognitive therapy: Focuses on changing negative thought patterns and cognitive distortions. - Behavioral therapy: Emphasizes modifying specific behaviors

through techniques such as reinforcement or punishment. - Psychodynamic therapy: Involves exploring unconscious processes and childhood experiences to understand present behavior.

 Quick Tip

Existential therapy encourages individuals to explore their own values and meanings, facilitating personal growth and self-acceptance.

Q18. Arrange the steps in the correct sequence followed in the systematic desensitization technique:

- (A) The therapist relaxes the clients and asks him to think about the least anxiety provoking situation.
- (B) The client is interviewed to elicit fear provoking situations.
- (C) The therapist prepares a hierarchy of anxiety provoking stimulus with least anxiety provoking at the bottom.
- (D) The client is asked to stop thinking of the fearful situation if the slightest tension is felt.
- (E) Over the sessions, the client is able to imagine more severe fear provoking situations while maintaining the relaxation.

Choose the correct answer from the options given below:

- (1) (E), (B), (A), (D), (C)
- (2) (B), (C), (A), (D), (E)
- (3) (A), (B), (C), (E), (D)
- (4) (C), (D), (B), (A), (E)

Correct answer: (2) (B), (C), (A), (D), (E)

Solution: The correct sequence of steps in the systematic desensitization technique is as follows:

1. (B) The client is interviewed to elicit fear-provoking situations. - This initial step involves understanding the client's specific fears and anxieties.
2. (C) The therapist prepares a hierarchy of anxiety-provoking stimuli with the least anxiety-provoking at the bottom. - A list is created ranking the fears from least to most anxiety-inducing.
3. (A) The therapist relaxes the clients and asks him to think about the least anxiety-provoking situation. - The client learns relaxation techniques to manage anxiety.
4. (D) The client is asked to stop thinking of the fearful situation if the slightest tension is felt. - This step helps in managing anxiety as they confront their fears gradually.

5. (E) Over the sessions, the client is able to imagine more severe fear-provoking situations while maintaining relaxation. - The ultimate goal is to desensitize the client to the more intense fears over time.

 Quick Tip

Systematic desensitization combines relaxation techniques with gradual exposure to anxiety-provoking stimuli to help clients overcome their fears.

Q19. Match List-I with List-II:

List-I	List-II
(A) Logotherapy	(II) Victor Frankl
(B) Client Centred Therapy	(IV) Carl Rogers
(C) Gestalt Therapy	(I) Freiderick Perls and Laura Perls
(D) Rational Emotive Therapy	(III) Albert Ellis

Table 1: Match List-I with List-II

Choose the correct answer from the options given below:

- (1) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)
- (2) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)
- (3) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)
- (4) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)

Correct answer: (2) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)

Solution: The correct matches for the therapies are:

- (A) Logotherapy - (II) Victor Frankl: Logotherapy is a therapeutic approach developed by Victor Frankl that focuses on finding meaning in life, especially during suffering.
- (B) Client Centred Therapy - (IV) Carl Rogers: This approach, developed by Carl Rogers, emphasizes providing a supportive environment for clients to explore their feelings and self-perception.
- (C) Gestalt Therapy - (I) Freiderick Perls and Laura Perls: Gestalt therapy is a holistic approach developed by Fritz and Laura Perls that focuses on the present moment and personal responsibility.
- (D) Rational Emotive Therapy - (III) Albert Ellis: Rational Emotive Behavior Therapy (REBT) is a cognitive-behavioral approach developed by Albert Ellis that focuses on changing irrational beliefs to improve emotional well-being.

💡 Quick Tip

Logotherapy emphasizes meaning, Client-Centered Therapy focuses on the individual, Gestalt Therapy highlights personal responsibility, and Rational Emotive Therapy aims to change irrational beliefs.

Q20. Reena and Rabiya love dogs; hence they are likely to form a group due to:

- (1) Proximity
- (2) Similarity
- (3) Status
- (4) Self-esteem needs

Correct answer: (2) Similarity

Solution: Reena and Rabiya are likely to form a group because of their shared interest in dogs. The principle of similarity states that individuals tend to bond and form groups with others who share common interests, values, or characteristics. This shared passion for dogs creates a common ground for their friendship.

💡 Quick Tip

Groups often form based on shared interests or values, making similarity a strong factor in social connections.

Q21. Arrange in correct sequence the stages of group formation given by Tuckman:

- (A) Norming
- (B) Forming
- (C) Storming
- (D) Performing
- (E) Adjourning

Choose the correct answer from the options given below:

- (1) (B), (C), (A), (D), (E)
- (2) (B), (A), (C), (D), (E)
- (3) (B), (C), (E), (D), (A)
- (4) (B), (E), (D), (A), (C)

Correct answer: (1) (B), (C), (A), (D), (E)

Solution: The correct sequence of Tuckman's stages of group formation is:

1. Forming (B): The initial stage where group members get acquainted and establish ground rules. 2. Storming (C): The stage characterized by conflict and competition as group members assert their individuality. 3. Norming (A): In this stage, group members start to resolve conflicts, develop cohesion, and establish norms. 4. Performing (D): The stage where the group functions effectively toward achieving its goals. 5. Adjourning (E): The final stage where the group disbands after achieving its objectives.

 Quick Tip

Tuckman's model describes five stages of group development: Forming, Storming, Norming, Performing, and Adjourning.

Q22. Which of the following is NOT a part of Gardner's theory of Multiple Intelligences?

- (1) Musical
- (2) Componential
- (3) Interpersonal
- (4) Intrapersonal

Correct answer: (2) Componential

Solution: Howard Gardner's theory of Multiple Intelligences identifies various types of intelligences, including:

1. Musical: The ability to understand and create music. 2. Interpersonal: The ability to understand and interact effectively with others. 3. Intrapersonal: The capacity for self-reflection and understanding one's own feelings.

However, Componential intelligence is not one of Gardner's intelligences. It refers more to a cognitive approach within traditional intelligence theories, specifically associated with analytical or academic intelligence rather than a distinct type of intelligence in Gardner's framework.

 Quick Tip

Gardner's Multiple Intelligences include Musical, Interpersonal, Intrapersonal, and several others, but not Componential.

Q23. Why are most Asian cultures characterised as collectivistic?

- (1) The boundary between self and others is relatively fixed.
- (2) The boundary between self and others is shifting, thus at times fusing with the cosmos and at other times fully withdrawn.
- (3) Clear dichotomies between man and nature.
- (4) The self and the group exist as two different entities remaining at a distance.

Correct answer: (2) The boundary between self and others is shifting, thus at times fusing with the cosmos and at other times fully withdrawn.

Solution: Most Asian cultures are considered collectivistic because they emphasize the importance of the group over the individual. In these cultures, the self is often viewed as interconnected with others, leading to a flexible boundary between self and others. This allows for varying degrees of fusion with the community and a recognition of the interconnectedness of all individuals, which contrasts with individualistic cultures where the self is seen as a distinct entity.

 Quick Tip

Collectivistic cultures value group harmony and interconnectedness, viewing the self in relation to others rather than as a separate identity.

Q24. Aarushi was a friendly, outgoing and relaxed girl who could be described as fat, round and soft. According to Sheldon's typology, Aarushi falls under which category?

- (1) Ectomorphic
- (2) Mesomorphic
- (3) Phlegmatic
- (4) Endomorphic

Correct answer: (4) Endomorphic

Solution: According to William H. Sheldon's typology of body types, individuals are categorized based on their physical structure and personality traits.

- Ectomorphic individuals are typically thin, fragile, and introverted. - Mesomorphic individuals are muscular, athletic, and assertive. - Endomorphic individuals, like Aarushi, tend to be round, soft, and are often described as sociable and relaxed.

Aarushi's friendly and outgoing nature, along with her description as fat and round, aligns her with the endomorphic type.

💡 Quick Tip

In Sheldon's typology, Endomorphs are characterized by their round physique and often sociable personalities, in contrast to Ectomorphs and Mesomorphs.

Q25. While judging a personality pageant, raters gave high scores to contestants who were already famous because of their presence in popular T.V. serials or advertisements and tended to give low scores to those who were not so popular. This phenomenon is called

- (1) Halo effect
- (2) Recency effect
- (3) Primacy effect
- (4) Rosenthal effect

Correct answer: (1) Halo effect

Solution: The Halo effect is a cognitive bias where an observer's overall impression of a person (often based on one positive trait or aspect, such as fame) influences their ratings or judgments of that person's other traits or abilities. In this case, the contestants' fame from T.V. appearances led the raters to give them higher scores, regardless of their actual performance in the pageant.

💡 Quick Tip

The Halo effect demonstrates how positive perceptions can cloud objective judgment, impacting evaluations based on unrelated qualities like fame.

Q26. Who devised the concept of Intelligence Quotient (IQ)?

- (1) Alfred Binet
- (2) Theodore Simon
- (3) William Stern
- (4) Lewis Terman

Correct answer: (3) William Stern

Solution: The concept of Intelligence Quotient (IQ) was devised by William Stern in the early 20th century. He defined IQ as the ratio of mental age to chronological age, multiplied by 100. Although Alfred Binet and Theodore Simon developed the

first standardized intelligence test, it was Stern who introduced the term "Intelligence Quotient" to quantify intellectual performance.

💡 Quick Tip

IQ is calculated as
$$IQ = \frac{\text{Mental Age}}{\text{Chronological Age}} \times 100$$
, a concept introduced by William Stern.

Q27. Match List-I with List-II:

List-I	List-II
(A) Self-esteem	(II) Judgments about our own value or worth
(B) Self-efficacy	(I) The extent to which individuals believe that they themselves control their life's outcomes
(C) Social-Self	(IV) Familial or relational self
(D) Self-concept	(III) The way we perceive ourselves and the ideas we hold about our competencies and attributes

Choose the correct answer from the options given below:

- (1) (A) (II), (B) - (III), (C) - (IV), (D) - (I)
- (2) (A) (II), (B) - (IV), (C) - (I), (D) - (III)
- (3) (A) (II), (B) - (I), (C) - (IV), (D) - (III)
- (4) (A) (II), (B) - (IV), (C) - (III), (D) - (I)

Correct answer: (3) (A) (II), (B) - (I), (C) - (IV), (D) - (III)

Solution: - Self-esteem (A) is the overall evaluation or judgment of one's worth and value. - Self-efficacy (B) refers to the belief in one's ability to control outcomes in life through their actions. - Social-Self (C) relates to the aspect of self that is shaped by relationships and family. - Self-concept (D) is the perception we hold about our own traits, competencies, and characteristics.

💡 Quick Tip

Self-efficacy relates to confidence in controlling life outcomes, while self-esteem is about personal worth. The social-self focuses on relational identity.

Q28. Which one is not a characteristic of crowding experience?

- (1) Loss in privacy
- (2) Loss of control over social interaction
- (3) Negative view of the space around the person

(4) Feeling of comfort

Correct answer: (4) Feeling of comfort

Solution: Crowding is typically associated with negative experiences, such as: - Loss of privacy (1): In crowded situations, individuals may feel their personal space is intruded upon. - Loss of control over social interaction (2): Crowded environments can restrict one's ability to control who they interact with. - Negative view of the space around the person (3): Crowded environments can cause discomfort due to limited space.

In contrast, feeling of comfort (4) is not a characteristic of crowding, as crowding usually leads to discomfort and stress rather than comfort.

 Quick Tip

Crowding generally leads to discomfort and stress, characterized by loss of privacy, lack of control, and negative perception of personal space.

Q29. According to Holmes and Rahe, arrange stressful life events in sequence from highest to lowest in terms of their severity:

- (A) Unexpected accident or trauma
- (B) Break-up with friend
- (C) Illness of family member
- (D) Death of a close family member
- (E) Change in eating habits

Choose the correct answer from the options given below:

- (1) (D), (A), (C), (B), (E)
- (2) (D), (C), (A), (B), (E)
- (3) (D), (B), (A), (C), (E)
- (4) (B), (D), (A), (E), (C)

Correct answer: (1) (D), (A), (C), (B), (E)

Solution: According to the Holmes and Rahe Stress Scale, different life events have varying levels of stress severity. The events are arranged from highest to lowest severity as follows: - (D) Death of a close family member: Ranked as one of the most stressful events. - (A) Unexpected accident or trauma: Accidents or traumas are also highly stressful but rank below death of a family member. - (C) Illness of a family member: Illness, while stressful, ranks lower than trauma or death. - (B) Break-up with friend: Emotional relationships can cause stress, but less than death or serious illness. - (E) Change in eating habits: Lifestyle changes like eating habits are relatively minor stressors.

 Quick Tip

Holmes and Rahe's Stress Scale ranks life events based on the degree of disruption they cause. Death of a close family member is the most stressful, while lifestyle changes like eating habits are less severe.

Q30. Beth, aged 18, has been trying to keep a secret from her family and friends. She is a binge eater. When others are not around, she gorges on cakes, ice cream and other food so fast that she hardly has time to chew. Once she begins there is no stopping until her stomach aches. After her binge, Beth feels disgusted with herself and makes herself vomit, then takes a double dose of laxative. Her life is totally dominated by her obsession with food. Beth is suffering from which disorder?

- (1) Anorexia Nervosa
- (2) Body Dysmorphic Disorder
- (3) Bulimia Nervosa
- (4) Conduct disorder

Correct answer: (3) Bulimia Nervosa

Solution: Bulimia Nervosa is an eating disorder characterized by: - Episodes of binge eating where the individual consumes a large amount of food in a short period. - Feelings of loss of control during these episodes. - Compensatory behaviors such as vomiting or using laxatives to prevent weight gain. Beth's pattern of binge eating followed by induced vomiting and laxative use strongly indicates Bulimia Nervosa.

 Quick Tip

Bulimia Nervosa involves cycles of binge eating and purging, unlike Anorexia Nervosa, which involves severe food restriction. Watch for both the overeating and the compensatory behaviors to identify bulimia.

Q31. Identify the neuro-developmental disorders:

- (A) Autism Spectrum Disorder
- (B) Intellectual Disability
- (C) Specific Learning Disorder
- (D) Hallucinations
- (E) Conduct Disorder

Choose the correct answer from the options given below:

- (1) (A), (B) & (E) only
- (2) (A), (B) & (D) only
- (3) (A), (B) & (C) only
- (4) (A), (D) & (E) only

Correct answer: (3) (A), (B) & (C) only

Solution: Neuro-developmental disorders are conditions that typically arise in childhood and affect brain development, leading to challenges in personal, social, academic, or occupational functioning. The following are classified as neuro-developmental disorders:

- Autism Spectrum Disorder (A): Characterized by difficulties in communication, social interaction, and repetitive behaviors.
- Intellectual Disability (B): Involves significant limitations in intellectual functioning and adaptive behavior.
- Specific Learning Disorder (C): Refers to difficulties in learning and using academic skills, such as reading, writing, or mathematics.

Hallucinations (D) and Conduct Disorder (E) are not considered neuro-developmental disorders. Hallucinations are a symptom commonly seen in psychotic disorders, while Conduct Disorder is a behavioral disorder.

💡 Quick Tip

Neuro-developmental disorders include conditions like Autism Spectrum Disorder, Intellectual Disability, and Specific Learning Disorders, which typically manifest during early development.

Q32. Find out the correct statements about alternative therapies:

- (A) Yoga is an ancient Indian technique detailed in the Ashtanga Yoga of Patanjali's Yoga Sutras.
- (B) Alternative therapies are treatment possibilities to the conventional drug treatment or psychotherapy.
- (C) Sudarshan Karma Yoga does not benefit individuals with anxiety and depression but helps substance abuse.
- (D) There are many alternative therapies like cognitive behaviour therapy and rational emotive therapy.

(E) Vipasana meditation is also known as mindfulness based meditation.

Choose the correct answer from the options given below:

- (1) (A), (B) & (C) only
- (2) (B), (C) & (D) only
- (3) (A), (B) & (E) only
- (4) (C), (D) & (E) only

Correct answer: (3) (A), (B) & (E) only

Solution: Let's evaluate each statement:

- (A) True: Yoga is indeed an ancient Indian practice described in the Ashtanga Yoga section of Patanjali's Yoga Sutras.
- (B) True: Alternative therapies refer to non-conventional treatments that provide alternatives to standard drug therapy or psychotherapy.
- (C) False: Sudarshan Karma Yoga does benefit individuals with anxiety and depression, making this statement incorrect.
- (D) False: Cognitive Behavior Therapy (CBT) and Rational Emotive Therapy (RET) are forms of psychotherapies, not alternative therapies.
- (E) True: Vipasana is a form of meditation closely related to mindfulness-based practices.

💡 Quick Tip

Alternative therapies include practices like Yoga and Vipasana, which focus on holistic healing approaches rather than conventional drug-based treatments.

Q33. The concept of 'Balance' in Attitude Change is explained below. Identify the correct options:

- (A) Fritz Heider described this change in the form of P-O-X triangle, which explains the relationship between the aspects.
- (B) P is the person whose attitude is being studied. O is another person, X is the topic towards which the attitude is studied.
- (C) Attitude changes if there is a state of imbalance between P-O, O-X, and P-X attitudes.
- (D) Imbalance is found when all three sides are positive.
- (E) Balance is found when all three sides of the P-O-X triangle are negative.

Choose the correct answer from the options given below:

- (1) (A), (B) & (D) only
- (2) (A), (B) & (C) only
- (3) (A), (B) & (E) only
- (4) (A), (D) & (E) only

Correct answer: (2) (A), (B) & (C) only

Solution:

- (A) True: Fritz Heider's balance theory is indeed based on the P-O-X triangle, which depicts relationships between the person (P), another person (O), and an object or idea (X).
- (B) True: In this model, P is the person being analyzed, O is another person, and X is the topic or object toward which the attitudes are directed.
- (C) True: An attitude change is likely if there is an imbalance among the attitudes in the P-O-X triangle. Imbalance creates tension, which the individual seeks to reduce.
- (D) False: Imbalance is not necessarily found when all sides are positive. Balance is typically achieved when the product of the relationships is positive (either all positive or one negative and two positive).
- (E) False: Balance is not found when all three sides are negative. The triangle is balanced when the relationships result in a positive product.

💡 Quick Tip

According to Heider's Balance Theory, people seek consistency in their relationships between themselves, others, and objects or ideas. Imbalance causes psychological discomfort, leading to changes in attitudes.

Q34. When a large audience is asked to clap as loudly as possible, it was observed that the bigger the group size, the more the increase in noise, but the amount of noise each participant made was reduced. This phenomenon is called:

- (1) Social facilitation
- (2) Social loafing
- (3) Social rejection
- (4) Social participation

Correct answer: (2) Social loafing

Solution:

- Social loafing refers to the phenomenon where individuals exert less effort when working in a group compared to when working alone. In the example, as the group size increased, the individual contribution to the overall noise decreased. This reduction in effort per person is a classic case of social loafing.
- Social facilitation is the tendency for people to perform better on simple tasks in the presence of others, which is not applicable here since the individual effort decreases.
- Social rejection refers to being excluded or dismissed from a group, which does not relate to the context of this question.
- Social participation refers to involvement in activities within a community or group, which also does not apply to the reduced effort phenomenon observed.

 Quick Tip

Social loafing occurs when individuals feel less accountable in a group setting and thus put in less effort. To reduce social loafing, group members should be assigned individual responsibilities or made aware of their contributions.

Q35. Discussed below are elements of triarchic theory. Choose the correct options from the statements given below:

- (A) The triarchic theory of intelligence was given by Howard Gardner.
- (B) According to this theory, intelligence is the ability to adapt, shape, and select the environment to accomplish one's goals.
- (C) There are three basic types of intelligence: componential, contextual, and experiential.
- (D) Componential intelligence may also be called street smartness or business sense.
- (E) Experiential or creative intelligence is involved in using past experiences creatively to solve novel problems.

Choose the correct answer from the options given below:

- (1) (A), (C) and (D) only
- (2) (B), (C) and (D) only
- (3) (B), (C) and (E) only
- (4) (A), (B) and (C) only

Correct answer: (3) (B), (C) and (E) only

Solution:

- (A) False: The triarchic theory of intelligence was proposed by Robert Sternberg, not Howard Gardner. Gardner is known for his theory of multiple intelligences.
- (B) True: Sternberg's triarchic theory defines intelligence as the ability to adapt, shape, and select environments to achieve goals.
- (C) True: The triarchic theory includes three types of intelligence: componential (analytical), contextual (practical), and experiential (creative).
- (D) False: Componential intelligence refers to analytical thinking, not street smartness or business sense. Contextual intelligence is often referred to as practical intelligence or street smartness.
- (E) True: Experiential intelligence involves the ability to apply past experiences creatively to solve new or novel problems.

 Quick Tip

Sternberg's Triarchic Theory categorizes intelligence into three types:

- Componential (analytical): Problem-solving and logical reasoning.
- Experiential (creative): Using past experiences in new situations.
- Contextual (practical): Adaptation to real-world demands (street smartness).

Q36. The Clinical formulation of a client's problem has the following advantages:

- (A) Identification of areas to be targeted for treatment in psychotherapy.
- (B) Understanding the status of the client.
- (C) Understanding the problems.
- (D) To make money.
- (E) Choice of techniques for treatment.

Choose the correct answer from the options given below:

- (1) (B), (C) (E) only
- (2) (C), (D) (E) only
- (3) (A), (B) (C) only

(4) (A), (C) (E) only

Correct answer: (4) (A), (C) (E) only

Solution:

- (A) True: Clinical formulation helps identify specific areas that need to be targeted during treatment, which is crucial for effective psychotherapy.
- (B) True: It provides insights into the client's current status, which can inform the therapeutic approach.
- (C) True: Understanding the problems is essential for accurate diagnosis and treatment planning.
- (D) False: Making money is not an advantage of clinical formulation; rather, the focus is on understanding and helping the client.
- (E) True: Clinical formulation aids in choosing appropriate techniques for treatment based on the identified issues.

 Quick Tip

Clinical formulation is vital in therapy as it helps:

- Identify treatment targets.
- Understand client status and issues.
- Select effective therapeutic techniques.

Q37. Dhruv has been consuming alcohol for many years. Recently he has joined an alcohol rehabilitation center. During his group therapy session, Dhruv shared the amount of alcohol he could drink to feel 'high'. He started with a peg and to get the same effect now he has to take a greater amount. Identify the reason for this change:

1. Withdrawal
2. Tolerance
3. Poor quality of alcohol
4. Fixation

Correct answer: 2. Tolerance

Solution:

- Tolerance is the phenomenon whereby an individual needs to consume larger amounts of a substance to achieve the same effect that was previously experienced with smaller amounts. In Dhruv's case, after years of alcohol consumption, his body has adapted to the presence of alcohol, requiring him to drink more to achieve the same "high" he initially felt with less alcohol.

💡 Quick Tip

Tolerance often develops with prolonged use of substances, leading individuals to increase their consumption to achieve the desired effects, while **withdrawal** refers to symptoms experienced when reducing or stopping substance use.

Q38. George was in New York when he saw the Twin Towers being destroyed by the terrorist airplanes. Now he has recurrent dreams, flashbacks, and emotional numbing. These are characteristic of:

- (1) Generalised Anxiety Disorder
- (2) Post-Traumatic Stress Disorder
- (3) Separation Anxiety Disorder
- (4) Pre-Traumatic Stress Disorder

Correct answer: (2) Post-Traumatic Stress Disorder

Solution: Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can occur after experiencing or witnessing a traumatic event. The symptoms that George is exhibiting, such as recurrent dreams (nightmares), flashbacks, and emotional numbing, are classic indicators of PTSD.

- Generalised Anxiety Disorder (1) involves excessive worry about various aspects of life but does not specifically include the re-experiencing symptoms that are characteristic of PTSD.
- Separation Anxiety Disorder (3) typically involves excessive fear of being separated from a caregiver or loved one, not related to traumatic experiences.
- Pre-Traumatic Stress Disorder (4) is not a recognized diagnosis; the term is not typically used in psychological literature.

💡 Quick Tip

PTSD symptoms include intrusive memories, avoidance of reminders of the trauma, negative changes in mood, and heightened arousal, which can significantly impact daily functioning.

Q39. While singing during the school assembly, you can see that some children are singing, whereas some are only moving their legs or not singing at all. This phenomenon can be explained by:

- (1) Social Facilitation
- (2) Social Loafing
- (3) Social Inhibition
- (4) Social Motivation

Correct answer: (2) Social Loafing

Solution: Social loafing refers to the phenomenon where individuals exert less effort when working in a group compared to when they are working alone. In the context of the school assembly, while some children are actively singing, others may be contributing less (e.g., moving their legs or not singing at all) due to the presence of a group, leading them to feel less individually accountable.

- Social Facilitation (1) involves improved performance on tasks when in the presence of others, which does not explain why some children are not participating.
- Social Inhibition (3) refers to the tendency to perform worse on tasks when others are present, but this does not fully capture the scenario where some children are simply not participating.
- Social Motivation (4) pertains to the influences of social factors on motivation but does not specifically address the disparity in participation observed.

 Quick Tip

Social loafing can often be mitigated by creating smaller groups or assigning specific roles to ensure individual accountability, thereby encouraging all members to participate actively.

Q40. Which one of the following is not a core/basic skill in the field of psychological services?

- (1) Leadership skills
- (2) Communication skills
- (3) Psychological testing skills
- (4) Counselling skills

Correct answer: (1) Leadership skills

Solution: In the context of psychological services, core/basic skills are essential competencies that practitioners must possess to effectively assist clients. The following skills are typically considered core:

- Communication skills (2): Vital for establishing rapport, understanding client needs, and conveying information effectively.
- Psychological testing skills (3): Necessary for administering and interpreting psychological assessments to aid in diagnosis and treatment planning.
- Counselling skills (4): Fundamental for providing therapeutic support, facilitating discussions, and helping clients navigate their challenges.

Leadership skills (1), while beneficial in certain contexts, are not considered a core skill required for psychological services. They pertain more to managing teams or organizations rather than direct client interaction.

 Quick Tip

In psychological services, prioritize developing **communication**, **counselling**, and **psychological testing** skills to enhance client interactions and treatment efficacy.

Q41. Read the passage given below carefully and answer the questions that follow:

The problem of household garbage is common in most Indian cities. Despite the increasing concern for a clean environment, we do not know to what extent citizens are aware of how to dispose of the garbage at home. Sanyogita, a high school teacher, took the lead to organize a team comprising of her colleagues in school and started going door to door in the nearby colonies to educate people on how to separate domestic waste and hand it over to the garbage collection agencies. She also avidly read about methods used by other developed countries and felt distressed when she observed how callous some people were towards keeping a clean environment. The local newspapers appreciated Sanyogita's efforts and applauded her publicly. Sanyogita's students and children joined her mission to segregate garbage and send the biodegradable waste to the nearby recycle plant.

"Sanyogita avidly read about methods used by other developed countries." Which component of attitude is being highlighted here?

- (1) Affective
- (2) Behavioural
- (3) Cognitive
- (4) Valance

Correct answer: (3) Cognitive

Solution: The passage highlights Sanyogita's actions and thoughts, particularly her eagerness to learn about effective waste disposal methods used in developed countries. This demonstrates the cognitive component of attitude, which involves beliefs, thoughts, and knowledge about a subject. By reading and acquiring information, Sanyogita is engaging in the cognitive aspect of her attitude toward environmental cleanliness.

- Affective (1): Relates to feelings or emotions towards a subject.
- Behavioural (2): Pertains to actions taken based on attitudes.
- Cognitive (3): Involves thoughts and knowledge about the subject.
- Valance (4): Refers to the attractiveness or aversiveness of an object or behavior, but is not a core component of attitude as defined in psychology.

 Quick Tip

The cognitive component of attitude encompasses the beliefs and knowledge an individual has about a topic, influencing their overall attitude and potential behavior.

Q42. Read the passage given below carefully and answer the questions that follow:

The problem of household garbage is common in most Indian cities. Despite the increasing concern for a clean environment, we do not know to what extent citizens are aware of how to dispose of the garbage at home. Sanyogita, a high school teacher, took the lead to organize a team comprising of her colleagues in school and started going door to door in the nearby colonies to educate people on how to separate domestic waste and hand it over to the garbage collection agencies. She also avidly read about methods used by other developed countries and felt distressed when she observed how callous some people were towards keeping a clean environment. The local newspapers appreciated Sanyogita's efforts and applauded her publicly. Sanyogita's students and children joined her mission to segregate garbage and send the biodegradable waste to the nearby recycle plant.

Identify the behavioral component of the attitude displayed by Sanyogita towards the environment:

- (1) Sanyogita took the lead to organise a team of teachers and started going door to door in the nearby colonies.
- (2) She avidly read about methods used by developed countries.
- (3) She felt distressed when people were callous about their environment.

(4) Sanyogita's students and children joined her mission.

Correct answer: (1) Sanyogita took the lead to organise a team of teachers and started going door to door in the nearby colonies.

Solution: The behavioral component of attitude refers to the actions taken by an individual based on their beliefs and feelings. In this context, Sanyogita's decision to organize a team and go door to door exemplifies her proactive behavior towards addressing the issue of garbage disposal. This action reflects her commitment to making a change in her community regarding environmental cleanliness.

- (1) True: This is a clear example of the behavioral component as it demonstrates her initiative to educate others.
- (2) False: While reading about methods reflects a cognitive aspect, it does not represent a behavior.
- (3) False: Feeling distressed represents the affective component, not a behavioral action.
- (4) False: Although her students joining her is supportive, it does not represent Sanyogita's direct behavior towards the environment.

 Quick Tip

The behavioral component of attitude is shown through actions taken to support beliefs, like organizing a team or campaigning for a cause.

Q43. Read the passage given below carefully and answer the questions that follow:

The problem of household garbage is common in most Indian cities. Despite the increasing concern for a clean environment, we do not know to what extent citizens are aware of how to dispose of the garbage at home. Sanyogita, a high school teacher, took the lead to organize a team comprising her colleagues in school and started going door to door in the nearby colonies to educate people on how to separate domestic waste and hand it over to the garbage collection agencies. She also avidly read about methods used by other developed countries and felt distressed when she observed how callous some people were towards keeping a clean environment. The local newspapers appreciated Sanyogita's efforts and applauded her publicly. Sanyogita's students and children joined her mission to segregate garbage and send the biodegradable waste to the nearby recycle plant.

"Sanyogita felt distressed when she observed how callous some people are towards keeping a clean environment". Identify the component of attitude being expressed here:

- (1) Affective
- (2) Behavioural

(3) Cognitive

(4) Effective

Correct answer: (1) Affective.

Solution: The affective component of attitude refers to the emotional response an individual has towards an object, person, or situation. In this case, Sanyogita's feeling of distress towards people's indifference to the environment represents her emotional reaction to the situation, which is indicative of the affective component of her attitude.

- (1) True: Sanyogita's distress reflects her emotional response to the behavior of others regarding environmental cleanliness.
- (2) False: The behavioral component would relate to actions taken, not feelings.
- (3) False: The cognitive component relates to thoughts and beliefs, which is not the focus here.
- (4) False: "Effective" is not a recognized component of attitude; the correct term here is "affective."

 Quick Tip

The affective component of attitude relates to feelings and emotional responses toward issues, such as distress over environmental neglect.

Q44. Read the passage given below carefully and answer the questions that follow:

The problem of household garbage is common in most Indian cities. Despite the increasing concern for a clean environment, we do not know to what extent citizens are aware of how to dispose of the garbage at home. Sanyogita, a high school teacher, took the lead to organize a team comprising her colleagues in school and started going door to door in the nearby colonies to educate people on how to separate domestic waste and hand it over to the garbage collection agencies. She also avidly read about methods used by other developed countries and felt distressed when she observed how callous some people were towards keeping a clean environment. The local newspapers appreciated Sanyogita's efforts and applauded her publicly. Sanyogita's students and children joined her mission to segregate garbage and send the biodegradable waste to the nearby recycle plant.

Identify the process of attitude formation that has been demonstrated in the passage:

- (1) Learning attitudes by association
- (2) Learning attitudes through group norms
- (3) Learning attitudes through modelling
- (4) Learning attitudes through exposure to information

Correct answer: (4) Learning attitudes through exposure to information.

Solution: The process of attitude formation demonstrated in the passage is primarily through exposure to information. Sanyogita actively seeks out knowledge about waste management methods from developed countries, which influences her attitudes towards environmental cleanliness. This reflects how acquiring information can shape one's beliefs and attitudes.

- (1) False: Learning attitudes by association involves forming attitudes based on links between stimuli, which is not the main focus here.
- (2) False: Group norms refer to behaviors accepted by a group, which is not explicitly described in the passage.
- (3) False: Modelling involves learning by observing others, but Sanyogita's primary influence comes from information rather than modeling others' behaviors.
- (4) True: Sanyogita's reading about methods used by other countries shows how exposure to information can lead to the formation of attitudes.

 Quick Tip

Attitudes can be formed through exposure to information, which shapes our beliefs and feelings about a subject, as demonstrated by Sanyogita's efforts to educate herself and others on waste management.

Q45. Read the passage given below carefully and answer the questions that follow:

The problem of household garbage is common in most Indian cities. Despite the increasing concern for a clean environment, we do not know to what extent citizens are aware of how to dispose of the garbage at home. Sanyogita, a high school teacher, took the lead to organize a team comprising her colleagues in school and started going door to door in the nearby colonies to educate people on how to separate domestic waste and hand it over to the garbage collection agencies. She also avidly read about methods used by other developed countries and felt distressed when she observed how callous some people were towards keeping a clean environment. The local newspapers appreciated Sanyogita's efforts and applauded her publicly. Sanyogita's students and children joined her mission to segregate garbage and send the biodegradable waste to the nearby recycle plant.

Which factor affects the shaping of attitudes in the early years of life?

- (1) Reference group
- (2) Personal experience
- (3) Media-related influences
- (4) Family and School environment

Correct answer: (4) Family and School environment.

Solution: The factor that most significantly affects the shaping of attitudes in the early years of life is the family and school environment. These environments provide foundational socialization experiences where individuals first learn values, norms, and behaviors that shape their attitudes towards various issues, including environmental concerns. Sanyogita's role as a teacher and her influence on students demonstrate the impact of educational settings in shaping attitudes.

- (1) False: Reference groups influence attitudes, but they become more significant in later adolescence and adulthood.
- (2) False: Personal experiences shape attitudes but are often influenced by the primary environments like family and school during early years.
- (3) False: Media-related influences can shape attitudes but typically play a more prominent role in later childhood and adolescence.
- (4) True: Family and school environments are critical in the early years, forming the foundation for how children understand and interact with the world.

 Quick Tip

The family and school environment are crucial for early attitude formation, as they provide the first socialization experiences that influence beliefs and behaviors.

Q46. Read the passage given below carefully and answer the questions that follow:

Major Chandra, an infantry soldier, was posted in the border area with his unit. One day, an informer gave a message that terrorists had entered a school and were threatening to blow it up if some of their terrorist prisoners were not released. The major entered the school premises along with other soldiers but was shocked to see the terrorists armed with the latest weapons. Soon the firing started; the terrorists had an advantageous position and immediately shot down a few soldiers without caring for their lives. Major Chandra entered the school and started firing, which led to the killing of the terrorists, and he got badly injured. Though the Major has recovered, he still gets flashbacks and recurring nightmares.

Identify the disorder Major Chandra is suffering from:

- (1) Conversion Disorder
- (2) Post-traumatic Stress Disorder
- (3) Illness-Anxiety Disorder
- (4) Generalized Anxiety Disorder

Correct answer: (2) Post-traumatic Stress Disorder.

Solution: Major Chandra is exhibiting symptoms consistent with Post-traumatic Stress Disorder (PTSD), which is characterized by recurrent flashbacks, nightmares, and severe anxiety following a traumatic event. His experience of being in a life-threatening situation, witnessing violence, and getting injured contributes to the development of PTSD.

- (1) False: Conversion Disorder involves neurological symptoms without a medical cause, not flashbacks or nightmares.
- (2) True: PTSD is marked by flashbacks and nightmares after experiencing a traumatic event.
- (3) False: Illness-Anxiety Disorder involves preoccupation with having or acquiring a serious illness, which does not align with Chandra's symptoms.
- (4) False: Generalized Anxiety Disorder involves excessive worry about various aspects of life, not specifically related to traumatic experiences.

 Quick Tip

Post-Traumatic Stress Disorder (PTSD) often occurs after exposure to a traumatic event and is characterized by symptoms like flashbacks, nightmares, and heightened anxiety.

Q47. Read the passage given below carefully and answer the questions that follow:

Major Chandra, an infantry soldier, was posted in the border area with his unit. One day, an informer gave a message that terrorists had entered a school and were threatening to blow it up if some of their terrorist prisoners were not released. The major entered the school premises along with other soldiers but was shocked to see the terrorists armed with the latest weapons. Soon the firing started; the terrorists had an advantageous position and immediately shot down a few soldiers without caring for their lives. Major Chandra entered the school and started firing, which led to the killing of the terrorists, and he got badly injured. Though the Major has recovered, he still gets flashbacks and recurring nightmares.

Which of the following is also a type of Trauma and Stress-Related Disorder?

- (1) Adjustment Disorders
- (2) Somatic Symptom Disorder
- (3) Separation Anxiety Disorder
- (4) Social Anxiety Disorder

Correct answer: (1) Adjustment Disorders.

Solution: Adjustment Disorders are classified as trauma and stress-related disorders that occur when an individual experiences difficulty coping with a specific stressor, such as a significant life change or stressful event. They can manifest with symptoms of anxiety, depression, or disturbances in conduct following a stressful situation.

- (1) True: Adjustment Disorders are indeed categorized under Trauma and Stress-Related Disorders.
- (2) False: Somatic Symptom Disorder involves physical symptoms that cause significant distress or impairment but is not classified as a trauma-related disorder.
- (3) False: Separation Anxiety Disorder primarily occurs in children and is characterized by excessive fear or anxiety about separation from home or attachment figures, not necessarily related to trauma.
- (4) False: Social Anxiety Disorder involves intense fear of social situations and is not classified under trauma and stress-related disorders.

 Quick Tip

Adjustment Disorders can arise in response to various stressors and are characterized by emotional or behavioral symptoms that occur within three months of the stressor.

Q48. Read the passage given below carefully and answer the questions that follow:

Major Chandra, an infantry soldier, was posted in the border area with his unit. One day, an informer gave a message that terrorists had entered a school and were threatening to blow it up if some of their terrorist prisoners were not released. The major entered the school premises along with other soldiers but was shocked to see the terrorists armed with the latest weapons. Soon the firing started; the terrorists had an advantageous position and immediately shot down a few soldiers without caring for their lives. Major Chandra entered the school and started firing, which led to the killing of the terrorists, and he got badly injured. Though the Major has recovered, he still gets flashbacks and recurring nightmares.

Pick out the other symptoms related to Post-Traumatic Stress Disorder:

- (1) Paralysis
- (2) Depressed mood
- (3) Emotional Numbing
- (4) Exfoliation

Correct answer: (3) Emotional Numbing.

Solution: Post-Traumatic Stress Disorder (PTSD) can manifest with a variety of symptoms following a traumatic event. In Major Chandra's case, he experiences flashbacks and nightmares, which are characteristic symptoms of PTSD. Other common symptoms include:

- (1) False: Paralysis is not a recognized symptom of PTSD.
- (2) True: Depressed mood can occur in individuals with PTSD, but it is not one of the hallmark symptoms.
- (3) True: Emotional numbing is a specific symptom of PTSD, where individuals feel detached from their emotions and surroundings.
- (4) False: Exfoliation is not related to PTSD and generally refers to skin conditions.

 Quick Tip

Symptoms of PTSD include flashbacks, nightmares, emotional numbing, and avoidance of reminders of the trauma. It can also lead to symptoms of anxiety and depression.

Q49. Read the passage given below carefully and answer the questions that follow:

Major Chandra, an infantry soldier, was posted in the border area with his unit. One day, an informer gave a message that terrorists had entered a school and were threatening to blow it up if some of their terrorist prisoners were not released. The major entered the school premises along with other soldiers but was shocked to see the terrorists armed with the latest weapons. Soon the firing started; the terrorists had an advantageous position and immediately shot down a few soldiers without caring for their lives. Major Chandra entered the school and started firing, which led to the killing of the terrorists, and he got badly injured. Though the Major has recovered, he still gets flashbacks and recurring nightmares.

Identify the major disorder under which Post-Traumatic Stress Disorder is categorized:

- (1) Somatic Symptom and Related Disorders
- (2) Dissociative Disorders
- (3) Bipolar and Related Disorders
- (4) Trauma and Stress Related Disorders

Correct answer: (4) Trauma and Stress Related Disorders.

Solution: Post-Traumatic Stress Disorder (PTSD) is categorized under Trauma and Stress Related Disorders. This classification encompasses disorders that can occur after exposure to a traumatic or stressful event. Here's a brief overview of the options:

- (1) False: Somatic Symptom and Related Disorders involve physical symptoms without a clear medical cause, not related to trauma.
- (2) False: Dissociative Disorders involve disruptions in consciousness, memory, or identity, which is different from PTSD.
- (3) False: Bipolar and Related Disorders are mood disorders characterized by alternating episodes of mania and depression.
- (4) True: Trauma and Stress Related Disorders include PTSD, which arises from traumatic experiences.

💡 Quick Tip

PTSD is classified under Trauma and Stress Related Disorders, which involves symptoms following exposure to traumatic events, including flashbacks, nightmares, and emotional distress.

Q50. Read the passage given below carefully and answer the questions that follow:

Major Chandra, an infantry soldier, was posted in the border area with his unit. One day, an informer gave a message that terrorists had entered a school and were threatening to blow it up if some of their terrorist prisoners were not released. The major entered the school premises along with other soldiers but was shocked to see the terrorists armed with the latest weapons. Soon the firing started; the terrorists had an advantageous position and immediately shot down a few soldiers without caring for their lives. Major Chandra entered the school and started firing, which led to the killing of the terrorists, and he got badly injured. Though the Major has recovered, he still gets flashbacks and recurring nightmares.

Identify the official manual that is currently in use to classify various kinds of psychological disorders:

- (1) DSM V
- (2) ICD V
- (3) GSM IV
- (4) ISM V

Correct answer: (1) DSM V.

Solution: The correct manual for classifying psychological disorders is the DSM V (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition). Here's a brief overview of the options:

- (1) True: DSM V is widely used by mental health professionals for diagnosing and classifying mental disorders.

- (2) False: ICD V refers to the International Classification of Diseases, but the latest version is ICD-11, which includes mental health disorders but is not the primary manual for psychological disorders.
- (3) False: GSM IV is not a recognized manual in the field of psychology.
- (4) False: ISM V is not an official classification system for psychological disorders.

💡 Quick Tip

DSM V is the primary manual used by mental health professionals for the classification and diagnosis of mental disorders, providing criteria and descriptions for various conditions.