

Time Allowed: 3 hours
General Instructions:

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- ## Section A

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- a) the stage of exhaustion b) the alarm reaction
- c) all of these d) the stage of resistance
5. What type of stress is **Frustration**? [1]
- a) Psychological stress b) Social stress.
- c) Environmental stress. d) Physical stress
6. **Assertion (A):** Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short term. [1]
Reason (R): Perfectionists have difficulty in varying standards according to factors such as time available, consequences of not being able to stop work, and the effort needed.
- a) Both A and R are true and R is the correct explanation of A. b) Both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false. d) A is false but R is true.
7. General adaptation syndrome is given by _____. [1]
- a) Parker b) Selye
- c) Endler d) Lazarus
8. In which period of ancient history, demonology and superstition gained renewed importance in the explanation of abnormal behaviour? [1]
- a) Age of Enlightenment b) Age of Reason
- c) Middle Ages d) Renaissance period
9. People who remain motionless or silent for long stretches of time suffer from _____. [1]
- a) Catatonic stupor b) Catatonic posturing
- c) Catatonic rigidity d) Avolition
10. Systematic desensitization begins with some form of [1]
- a) None of these b) Instrumental training

11. Which component of attitude is emotional in nature? [1]

a) Cognitive	b) Affective
c) Values	d) Behavioural
12. The emotional component of attitude is also called _____ component. [1]

a) Affective	b) Psycho-motor
c) Cognitive	d) None of these
13. **Assertion (A):** The type approach attempts to comprehend human personality by examining certain broad patterns in the observed behavioral characteristics of individuals. [1]
Reason (R): Each behavioral pattern refers to one type in which individuals are placed in terms of similarity of their behavioral characteristics with that pattern.

a) Both A and R are true and R is the correct explanation of A.	b) Both A and R are true but R is not the correct explanation of A.
c) A is true but R is false.	d) A is false but R is true.
14. In which stage of group formation, there is conflict among members about how the target of the group is to be achieved? [1]

a) Storming	b) Norming
c) Performing	d) Forming
15. A collection of people who may be present at a place or situation by chance is called [1]

a) Audience	b) Group
c) Crowd	d) Team

Section B

19. How stress is a basic ingredient of life? [2]
20. What is the bandwagon effect? [2]
21. What are opinions? [2]

Section C

22. Define observation. Explain the limitations of observation as a method to evaluate personality. [3]

OR

What is self? How does the Indian notion of self differ from the Western notion?

23. How Psychodynamic therapies are different from Logotherapy? [3]
24. What are the ways of preventing suicide? [3]

Section D

25. How do psychologists characterize and define intelligence? [4]
26. Differentiate between prejudice and stereotype. [4]
27. How psychometric approach of intelligence is different from information processing approach? [4]
28. How existential and humanistic therapies are different from psychodynamic and behaviour therapies? [4]

OR

How would the therapist formulate the problem of a client?

Section E

29. Majid belongs to a family of farmers. His uncle and cousins are mostly like him as they too belong to an agricultural society. He is socialised to be obedient to elders, nurturant to youngsters and responsible to his duties. Referring to Majid, how does cultural approach attempt to understand personality in relation to the features of ecological and cultural environment? How would the same be impacted by non-agricultural societies? Explain. [6]

OR

Anand wants to become a musician even though he belongs to a family of doctors. He wishes to fulfill his potential. Using Carl Rogers' terminology, describe this perspective as revealed by Anand's personality.

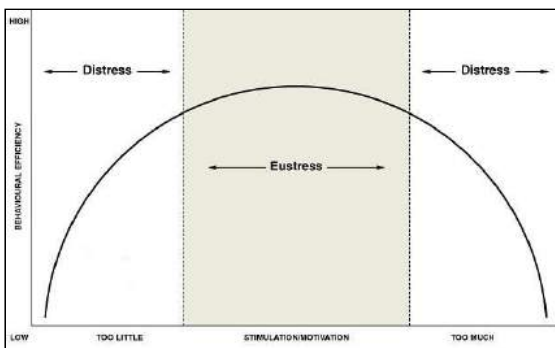
OR

What are psychological disorders? Explain any three psychological disorders with examples.

Section F

Question No. 31 to 32 are based on the given text. Read the text carefully and answer the questions: [3]

Some pressure and stress can provide healthy stimulation and help us feel motivated and energized to get things done. However, too much pressure can lead to anxiety and unhealthy personality changes. In other words, if you draw stress as a normal “bell-shaped” distribution curve (as shown in the stress diagram below), there is a healthy segment in the middle of the curve and unhealthy segments at the two tail ends of the curve — too little pressure and too much pressure can both be problematic.



31. Mention any two factors that put us under stress. (1)

32. What do we call the level of stress that is good for us? Why it is considered positive stress? (2)

Question No. 33 to 34 are based on the given text. Read the text carefully and answer the questions: [3]

Intelligence has been defined in many ways: higher-level abilities (such as abstract reasoning, mental representation, problem-solving, and decision making), the ability to learn, emotional knowledge, creativity, and adaptation to meet the demands of the environment effectively. Psychologist Robert Sternberg defined intelligence as "the mental abilities necessary for adaptation to, as well as shaping and selection of, any environmental context. Some researchers argue that intelligence is a general ability, whereas others make the assertion that intelligence comprises specific skills and talents. Psychologists contend that intelligence is genetic or inherited, and others claim that it is largely influenced by the surrounding environment. As a result, psychologists have developed several contrasting theories of intelligence as well as individual tests that attempt to measure this very concept. Different researchers have proposed a variety of

theory, multi-factor theory, triarchic theory of intelligence, hierarchical model of intelligence, the structure of intellect model are some of the major theories contributed to the field of psychology.

33. What is the General Factor? (1)

34. Name the theory that assumes intelligence as one similar set of abilities is called. Explain it.
(2)

Section A

Solutions

1. **(a)** Exorcism

Explanation: Exorcism is a formal religious ceremony aimed at the removal of evil spirits or demons that are believed to inhabit an individual or a setting such as a house or other structure.

2. **(a)** Existential anxiety

Explanation: Existential crisis, or existential anxiety, the concept is the same: the idea is that life is inherently pointless. That our existence has no meaning because there are limits or boundaries on it, namely, that we all must die someday.

3. **(a)** Constant

Explanation: It is dynamic in the sense that some of its features may change due to internal or external situational demands. Thus, personality is adaptive to situations.

4.

(c) all of these

Explanation: all of these

5. **(a)** Psychological stress

Explanation: Psychological stresses that are generated in our mind are very personal and unique to the person experiencing them and hence frustration falls under the category. It results from the blocking of needs and motives by someone or something that hinders us from achieving that desired goal.

6. **(a)** Both A and R are true and R is the correct explanation of A.

Explanation: Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short term. Perfectionists have difficulty in varying standards according to factors such as time available, consequences of not being able to stop work, and the effort needed.

7.

(b) Selye

Explanation: Selye observed patients with various injuries and illnesses in hospitals. Selye noticed a similar pattern of bodily response in all of them. He called this pattern the **General Adaptation Syndrome (GAS)**

8.

(c) Middle Ages

Explanation: In the middle ages demonology and superstition gained importance in the explanation of abnormal behaviour. Demonology related to a belief that people with mental problems are evil and are occupied by witch.

9. **(a)** Catatonic stupor

Explanation: Catatonic stupor -people may hold rigid poses (stupor), an inability to

10. **(d) Relaxation training**
Explanation: Relaxation training
11. **(b) Affective**
Explanation: Attitude has three components. The thought component is referred to as the cognitive aspect, the emotional component is known as the affective aspect, and the tendency to act is called the behavioural aspect.
12. **(a) Affective**
Explanation: Affective
13. **(a) Both A and R are true and R is the correct explanation of A.**
Explanation: The type approach attempts to comprehend human personality by examining certain broad patterns in the observed behavioral characteristics of individuals. Each behavioral pattern refers to one type in which individuals are placed in terms of similarity of their behavioral characteristics with that pattern.
14. **(a) Storming**
Explanation: There is a stage of intragroup conflict which is referred to as storming. In this stage, there is conflict among members about how the target of the group is to be achieved, who is to control the group and its resources, and who is to perform what task.
15. **(c) Crowd**
Explanation: Many people in a large group make up a crowd. A crowd of people might gather for a party, concert, or demonstration, implying that there's something a little disorderly and irrational and no feeling of belongingness.

Section B

16. Interest refers to what one enjoys doing. It is an individual's preference for engaging in one or more specific activities relative to others, e.g., Interest Inventory developed by NCERT, Comprehensive Interest Schedule (CIS).
- OR
- i. According to **Wechsler**, intelligence is a global capacity to think rationally, deal effectively and act purposefully.
- ii. According to **Binet**, intelligence is the ability to reason well, to judge well and to understand well.
17. **Teams** are special kinds of groups. Members of teams often have complementary skills and are committed to a common goal or purpose. Members are mutually accountable for there is a positive synergy attained through the coordinated efforts of the members. The teams in cricket and football or any sports are its best examples. Also, at our work

18. **Dreams are considered as the royal road to the unconscious. Mainly they serve the following purposes:**
- They work as safeguards of sleep.
 - They work as wish fulfilment devices. We can give expression to impulses and desires we find unacceptable during our waking hours.
 - Dreams release unconscious tension arising out of conflicts between Id and Ego.
19. **i. Stress is a basic ingredient of life.**
- Our biological system is equipped with some stress alarms that are essential for survival and allow one to function effectively in many situations.
 - Without undergoing stress, there can be no constructive and creative activity.
 - For example, a certain level of stress is necessary to perform better in examinations.
20. The bandwagon effect is a psychological phenomenon in which people do something primarily because other people are doing it, regardless of their own beliefs, which they may ignore or override. When people find that others are favouring their viewpoint, they feel that their view is validated by the public also. They do so under the bandwagon effect. This tendency of people to align their beliefs and behaviors with those of a group is also called a herd mentality.
21. Opinions are simply ways of thinking, and it does not matter much to the person that others agree or disagrees with their views.

Section C

22. **i. Observation refers to systematic, organised and objective gathering and recording relevant information by a trained observer from a natural setting.**
- It is a careful perception.
 - It is a sophisticated method and cannot be carried out by untrained people. It requires the careful training of the observer.

Limitations of Observational Method:

- Professional training is required for the collection of useful data though these methods are quite demanding and time-consuming.
- Maturity of the psychologist is a precondition for obtaining valid data through these techniques.
- Mere presence of the observer may contaminate the results.

OR

Self is an organized cognitive structure. It can be understood in terms of subject and object or I and Me. It refers to the totality of one's conscious thoughts, and feelings which pertain to one's own self.

Indian Concept of Self

- Self is characterized by the shifting nature of the boundaries.
- The Indian view does not make rigid dichotomies.
- It is based on collectivistic Indian society.

- ii. It holds clear dichotomies between self and group.
- iii. It is based on individualistic society of the West.

23. Psychodynamic therapy:

- i. According to Psychodynamic therapies cause of problem is intrapsychic conflicts.
- ii. Belief in unconscious which is reservoir of instinctive and animal drives.
- iii. Past, i.e., psychosexual development is important in personality development/disorder.
- iv. Transference is actively encouraged.

Logo Therapy:

- i. Cause of problems is not getting meaning of one's life and existence.
- ii. Belief in spiritual unconscious which is full of positive emotions and aesthetic values.
- iii. Present is important for personality development/disorder.
- iv. Transference is actively discouraged.

24. Suicide can be prevented by being alert to some of the symptoms which include:

- i. changes in eating and sleeping habits.
- ii. withdrawal from friends, family and regular activities.
- iii. violent actions, rebellious behaviour, running away.
- iv. drug and alcohol abuse.
- v. marked personality change.
- vi. persistent boredom.

However, seeking timely help from a professional counsellor/psychologist can help to prevent the likelihood of suicide.

Section D

25. The psychological notion of intelligence is quite different from the common sense notion of intelligence.

Generally, people saw intelligence as mental alertness, ready art, quickness in learning and ability to understand relationships.

Oxford dictionary explained intelligence as the power of perceiving, learning to understand and know.

Accordingly, Alfred Binet also used these attributes and defined intelligence as the ability to judge well, understand well and reason well.

Later Wechsler gave a comprehensive definition in terms of its functionality, i.e., its value for adaptation to the environment. He defined intelligence as "the global and aggregate capacity of an individual to think rationally, act purposefully and to deal effectively with his/her environment."

Present-day psychologists such as Gardner and Sternberg emphasized that "Intelligent individual not only adapts to the environment but actively modifies or shapes it."

Sternberg views intelligence as "the ability to adapt, to shape and select an environment to accomplish one's goals and those of one's society and culture."

- ii. Prejudices are baseless and false.
- iii. It refers to a biased attitude formed about an individual or a group of people.
- iv. These are usually negative.
- v. It has three components, i.e., A-B-C-
 - a. **Affective** (Emotional i.e dislike or hatred).
 - b. **Behavioural** (i.e., discrimination).
 - c. **Cognitive** (Believes, i.e., stereotypes).

Stereotypes are a cognitive **component of prejudice**. It is strongly influenced by the processing of incoming social information.

- i. These are **over-generalized beliefs**, e.g., girls are talkative.
 - ii. Stereotypes are category based schemas.
 - iii. These may be positive or negative or neutral.
 - iv. The stereotype has no emotional blending.
 - v. From stereotypes, prejudices may emerge very easily.
 - vi. Stereotypes are usually formed for the groups.
 - vii. Stereotypes are preconceived notions.
27. i. The psychometric approach of intelligence is also known as the **structural approach**.
 ii. It considers intelligence as an **aggregate of abilities**. It explains an individual's performance in terms of a single index of cognitive abilities.
 iii. It focuses on the structure of intelligence, i.e., **what** is intelligence, e.g., the benefactor theory, the two-factor theory, the theory of primary mental abilities, etc.
 iv. **Information processing** approach **describes the processes** people use in intellectual reasoning and problem-solving.
 v. The major focus of this approach is on **how** an intelligent person acts. It emphasizes studying cognitive functions underlying intelligent behaviour.
 e.g., theory of multiple intelligences, PASS model and triarchic theory of intelligence.
28. The existential therapies emphasise that the therapist merely provides:
- i. A warm, empathic relationship.
 - ii. In such relationship client feels secure to explore the nature and causes of his problems himself because the client requires a facilitator not a problem-solver.
- The psychodynamic and behavioural therapies assume that the therapist being a trained professional is capable of arriving at solutions to the client's problems.

OR

Steps in the Formulation of a Client's Problem:

Understanding of the Problem: The therapist tries to understand the full implications of the distress being experienced by the client. It is done during the first few sessions of establishing a therapeutic relationship.

Identification of the Areas to be targeted for Treatment in Psychotherapy: The theoretical formulation clearly identifies the problem areas to be targeted for therapy.

assertiveness skills and anxiety. The target areas have thus been identified as the inability to assert oneself and heightened anxiety.

Choice of Techniques for Treatment: The choice of techniques of treatment depends on the therapeutic system in which the therapist has been trained. However, even within this broad domain, the choice of techniques, timing of the techniques, and expectations of the outcome of the therapy depend upon the clinical formulation. The clinical formulation is an ongoing process, formulations may require reformulations as clinical insights are gained in the process of therapy. Usually, the first one or two sessions yield enough clinical material for the initial clinical formulation. It is not advisable to start psychotherapy without a clinical formulation.

Section E

29. The cultural approach to understanding personality examines how the ecological and cultural environment shapes an individual's beliefs, values, and behaviors. In the case of Majid, his personality traits of obedience, nurturance, and responsibility are likely influenced by the cultural practices and values of his agricultural society. The ecological environment of farming and interdependence within the family and community likely reinforces these traits.

In non-agricultural societies, the cultural approach suggests that personality traits and behaviors may differ due to different ecological and cultural factors. For example, in an industrialized society, individualism and personal achievement may be valued, which could lead to the development of traits such as independence and competitiveness. Non-agricultural societies may also prioritize different cultural practices and norms that shape personality development, such as self-expression and personal autonomy. In summary, the cultural approach recognizes that the ecological and cultural environment plays a significant role in shaping personality. Majid's personality traits align with the values and expectations of his agricultural society, but these traits may differ in non-agricultural societies due to varying cultural practices and priorities.

OR

Anand's desire to become a musician and fulfill his potential, despite belonging to a family of doctors, can be understood through Carl Rogers' perspective of self-actualization and congruence.

Self-actualization refers to the inherent drive in individuals to reach their full potential and become the best version of themselves. Anand's pursuit of music indicates his recognition of his true passions and talents, and his determination to follow a path that aligns with his authentic self. He is seeking personal growth and self-fulfillment by choosing a career that resonates with his innermost desires.

Congruence, another concept from Rogers' theory, refers to the alignment between one's self-concept and actual experience. Anand's decision to pursue music, despite societal and familial expectations, demonstrates his congruence between his self-

Furthermore, Anand's choice reflects his need for positive regard and acceptance from others. According to Rogers, individuals have a fundamental need for unconditional positive regard, which involves being valued and accepted for who they truly are. Anand's pursuit of his musical aspirations may require understanding and support from his family and friends to validate his chosen path and provide the necessary encouragement.

In summary, Anand's desire to become a musician and fulfill his potential demonstrates his pursuit of self-actualization, congruence between his self-concept and actions, and the need for positive regard. He exemplifies Rogers' belief in individuals striving to live authentically and reach their highest potential.

30. Abnormal behavior is any behavior that deviates from what is considered normal.

Abnormal behaviour, thoughts and emotions are those that differ markedly from a society's ideas of proper functioning. Each society has norms, which are stated or unstated rules for proper conduct. Behaviours, thoughts and emotions that break societal norms are called abnormal.

There are four general criteria that psychologists use to identify abnormal behavior: violation of social norms, statistical rarity, personal distress, and maladaptive behavior. Abnormal behavior is not necessarily indicative of a psychological disorder. However, abnormal behavior can be an indicator of a possible mental or psychological disorder. The primary difference between a behavior disorder and another type of psychiatric disorder is the presence of choice. Psychiatric conditions are considered to be involuntary while in behavior disorders, choices are essential.

Mental health is about how your psychological state affects your well-being, while behavioral health is about how actions affect your well-being.

OR

Psychological disorders are conditions that affect your thinking, feeling, mood, and behavior. Some examples of psychological disorders include: Anxiety disorders, Depression, Bipolar disorder, Post-traumatic stress disorder (PTSD), Schizophrenia, Eating disorders, Dementia.

(1) Anxiety disorder: Anxiety disorder due to a medical condition includes symptoms of intense anxiety or panic that are directly caused by a physical health problem.

Generalized anxiety disorder includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues.

(2) Obsessive-compulsive disorder (OCD) is a long-lasting disorder in which a person experiences uncontrollable and recurring thoughts (obsessions), engages in repetitive behaviors (compulsions), or both. People with OCD have time-consuming symptoms that can cause significant distress or interfere with daily life.

(3) Depressive disorder, also known as depression, is a common mental disorder that can cause a persistent feeling of sadness and loss of interest. It can affect how you feel,

31.

- Challenges
- Problems
- Difficult circumstances

32. Eustress. Eustress is a positive response to a stressor. It can refer to any type of beneficial stress, whether physical or psychological. Eustress is the opposite of distress. Eustress can have a beneficial effect on health, motivation, performance, and emotional well-being.

33. Spearman said that there was a generability employed by people while adjusting to different sorts of intellectual tasks. This factor is called the General Factor.

34. Uni factor assumes intelligence as one similar set of abilities is called. The uni-factor theory of intelligence states that all abilities can be reduced to a single capacity of general intelligence or "common sense". This implies that all abilities are perfectly correlated and that there is no allowance for the unevenness of people.