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PSYCHOLOGY

Full Marks : 70

Time : 3 hours

The figures in the margin indicate full marks for the questions

General Instructions :

- (i) All questions are compulsory, except where internal choice has been given.
- (ii) Question Nos. **1–18** in Section–A carry 1 mark each. You are expected to answer them as directed.
- (iii) Question Nos. **19–23** in Section–B are very short answer type–I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- (iv) Question Nos. **24–27** in Section–C are short answer type–II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- (v) Question Nos. **28–31** in Section–D are long answer type–I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- (vi) Question No. **32** in Section–E is a long answer type–II question carrying 6 marks. Answer to this question should not exceed 200 words.
- (vii) Question Nos. **33–36** in Section–F are based on two case studies. Each case study indicated as Case Study–1 and Case Study–2 has two questions carrying 2 marks each. Answer to each question should not exceed 30 words.

(2)

SECTION—A

(*Marks : 18*)

Choose and write the most appropriate answer from the choices provided : $1 \times 18 = 18$

- 1.** Justin Bieber, Selena Gomez and Billie Eilish are excellent singers and performers. What according to Charles Spearman two-factor theory is the factor that allows them to excel in their respective domains?

 - (a) g-factor
 - (b) s-factor
 - (c) x-factor
 - (d) y-factor

- 2.** Michael is a 15-year-old boy. He was sent for psychometric testing. His IQ score showed 120. What will his mental age be like?

 - (a) Mental age will be more than chronological age
 - (b) Mental age will be less than chronological age
 - (c) Mental age will be equal to chronological age
 - (d) Mental age will have no relationship with chronological age

(3)

3. Which of the following are representative of the psychometric approach to intelligence?

- (i) Binet's one-factor theory
- (ii) Arthur Jensen's hierarchical model of intelligence
- (iii) Howard Gardner's theory of multiple intelligences
- (iv) PASS model of intelligence

- (a) (i) and (ii)
- (b) (ii) and (iii)
- (c) (iii) and (iv)
- (d) (iv) and (i)

4. Mrs. Dixit is suffering from chronic kidney disease. Her nephrologist suggested that she undergo dialysis. She however refuses to accept the reality of the disease that is slowly consuming her. Which of the following defense mechanisms is Mrs. Dixit resorting to?

- (a) Repression
- (b) Projection
- (c) Denial
- (d) Reaction formation

(4)

5. Which of the following statements are true about personality?

- (i) It has both physical and psychological components.
- (ii) Its expression in terms of behaviour is fairly unique in a given individual.
- (iii) Its main feature does not easily change with time.
- (iv) It is not adaptive to situation.

- (a) (i), (ii) and (iii)
- (b) (ii), (iii) and (iv)
- (c) (iii), (iv) and (i)
- (d) (i), (ii), and (iv)

6. _____ is a tendency of a person to react to a given situation in a particular way.

- (a) Habit
- (b) Trait
- (c) Disposition
- (d) Temperament

(5)

7. Kong Aiti works at Mount Carmel School. Of late, she complained about the quarrelsome neighbour, traffic snarls, abrupt shutdown of electricity and water scarcity. All these conditions are beginning to have a toll on her overall well-being. On the basis of the complaint made, identify the source of her stress.

(a) Traumatic events

(b) Major life events

(c) Daily hassles

(d) Stress disorder

8. _____ is the father of modern stress research.

(a) Richard Lazarus

(b) N. S. Endler

(c) Donald Meichenbaum

(d) Hans Selye

9. Which of the following is not true about abnormal behaviour?

- (i) Specific gene is responsible for abnormal behaviour.
- (ii) Interpersonal and psychological factors play a significant role in abnormal behaviour.
- (iii) Societal labels such as 'mental', 'crazy', 'sick' do not encourage abnormal behaviour.
- (iv) Exorcism can cure abnormal behaviour.

- (a) (i) only
- (b) (ii) only
- (c) (i), (ii) and (iii)
- (d) (i), (iii) and (iv)

10. Shanti Devi is a 48-year-old woman admitted at Nazers Hospital. She had been complaining about constant headache, fatigue, heart palpitations and allergies. She also provided a long detailed histories of her illnesses. Doctors conducted thorough examination on her and couldn't find any single conclusive physical symptoms of her disease. She was later referred to the psychiatric ward of the hospital. Which of the following psychological disorders is Shanti Devi most likely suffering from?

- (a) Dissociative disorder
- (b) Somatization disorder
- (c) Mood disorder
- (d) Anxiety disorder

11. ____ are irrational fears related to specific objects, interactions with others, and unfamiliar situations.

- (a) Panic disorder
- (b) Phobias
- (c) Conversion disorders
- (d) Pain disorders

12. Becareful was neglected by his father smiling. At school, he was publicly ridiculed by his class teacher. This triggered the core schema of 'I am not wanted'. This further lead to persistent negative thoughts such as 'I am stupid', 'I am not good enough', 'I am ugly' and so on. Which of the following therapies can be used to help Becareful gain insight into his dysfunctional thought patterns?

- (a) Behaviour therapy
- (b) Logo therapy
- (c) Alternative therapy
- (d) Cognitive therapy

13. Psychotherapy is a/an ____ relationship between the one seeking treatment and the one who treats.

- (a) voluntary
- (b) involuntary
- (c) abnormal
- (d) everlasting

14. Who among the following proposed the concept of 'balance' to attitude change?

- (a) Fritz Heider
- (b) Leon Festinger
- (c) S. M. Mohsin
- (d) Hans Selye

15. 'One ought to take care of their aging parents' is an example of

- (a) beliefs
- (b) values
- (c) opinion
- (d) desire

16. _____ is a state of mind, a set of views, or thoughts, regarding some topics which have an evaluative feature.

- (a) Attitude
- (b) Emotion
- (c) Attribution
- (d) Impression formation

17. At 3:00 p.m. on August 13, 2004, Yadav was lynched by 200+ women. Chilli powder was thrown in his face. As he fought back, one woman (an alleged victim of his sexual abuse) stabbed him with a knife. The collection of women that lynched Yadav is a/an

- (a) mob
- (b) audience
- (c) team
- (d) crowd

18. _____ are socially defined expectations that individuals in a given situation are expected to fulfil.

- (a) Roles
- (b) Norms
- (c) Status
- (d) Cohesiveness

(10)

SECTION—B

(*Marks : 10*)

Answer the following very short answer type-I questions : $2 \times 5 = 10$

19. (a) Stephen is a class X student. He writes about 200 words a day. School records say that he contributes about three to four poems to school magazines every year. What type of multiple intelligences does Stephen possess? Does it indicate that he is high or low on other types of intelligence? Explain.

Or

(b) In 1905, Alfred Binet and Theodore Simon made the first successful attempt to formally measure intelligence. In 1906, they gave the concept of mental age. If the mental age of a child is more than his chronological age; how would Binet and Simon classify that child's intellectual capacity? Conversely, how would they classify a child's intellectual capacity if his mental age is lower than his chronological age? Explain.

20. What is Bulimia Nervosa?

21. Mahrvit is a rich man. He donates a lot of money that is obtained through illegal coal mining to the local churches and orphanages. Can this behaviour of Mahrvit be considered a pro-social behaviour? Explain.

22. Explain how similarities in opinions and interests pave the way for formation of groups.

23. “Individuals work less hard in a group than they do when performing alone.” Identify and explain the concept.

(11)

SECTION—C

(Marks : 12)

Answer the following very short answer type-II questions :

$3 \times 4 = 12$

24. (a) It is unlikely that we go through life without some experience of personal crisis. Recent studies by Kobasa have shown that there are some individuals with personality trait of hardiness that makes them immune to unhealthy level of stress. What is hardiness? How can we develop this personality trait of hardiness?

Or

(b) Explain the three coping strategies given by Endler and Parker.

25. Xavier is a 36-year-old married Christian male. He was presented to the psychiatry unit based in a city hospital. The patient reported seeing images of a lady dancing in the rain that no one else could see. He could feel the scent of her fluffy hair. At times, the image would say mesmerizing words to him though he could not understand it. The patient became gradually fearful of this image. He was eventually diagnosed with schizophrenic disorder. Identify and explain the symptoms experienced by the patient.

26. What are positive reinforcement and negative reinforcement in behaviour therapy?

27. Briefly explain how direct personal experience can bring about a change in your attitude towards people or life.

(12)

SECTION—D

(*Marks : 16*)

Answer the following very long answer type—I questions : $4 \times 4 = 16$

28. (a) Why are some people more intelligent than others? Is it due to their heredity, or is it due to the influence of environmental factors? Explain in brief.

Or

(b) Differentiate between intellectual deficiency and intellectual giftedness.

29. (a) What is Eysenck personality questionnaire? Explain the theory it is based on.

Or

(b) What is personality assessment? Explain any two self-report measures of personality.

30. Frantic bursts of energy, extreme mood swings, emotional outbursts, worry, anxiety, fear, depression are not only symptoms of stress but they cause further stress for us. Can you reduce them? If so, explain how you would use assertiveness, exercises, time management and rational thinking to address them.

31. Samuel has been diagnosed with substance use disorder. Explain the factors underlying such disorder with the help of socio-cultural model.

(13)

SECTION—E

(Marks : 6)

Answer the following long answer type-II question : 6

32. (a) A large part of individual's personality lies hidden and hence the direct method of personality assessment does not provide psychologist with the real picture of the individual's personality. Hence these problems are overcome using the projective techniques. Explain any three of them.

Or

(b) Describe the type approaches to the understanding of personality.

SECTION—F

(Marks : 8)

Read the Case Study-1 and Case Study-2 and answer the questions that follow : $2 \times 4 = 8$

Case Study—1

It began as a small dispute, but had escalated. Ian Moore, a senior at Thomas Jefferson High School in Brooklyn, and Tyrone Sinkler, a junior, had a falling-out with a buddy, 15-year-old Khalil Sumpter. Then they had started picking on him and making threats. Now it exploded.

Khalil, scared that Ian and Tyrone were going to beat him up, brought a .38 caliber pistol to school one morning, and 15 feet from a school guard, shot both boys to death at point-blank range in the school's hallway.

The incident, chilling as it is, can be read as yet another sign of a desperate need for lessons in handling emotions, settling disagreements peaceably, and just plain getting along. Educators are realizing there is need for emotional literacy. The focus of education should not only be on how well school children read and write but also to take care of them emotionally and how well they manage their own emotions. Programmes are now being conducted at school level to improve student's emotional intelligence. In simple terms, emotional intelligence refers to our ability to process emotional information accurately and efficiently. It helps in dealing with stresses and challenges of life both inside and outside of the classroom world.

- 33.** What is emotional literacy?
- 34.** Briefly explain the characteristics of an emotional literate person.

Case Study—2

Psychoanalysis lasts for several years, with one hour session for 4–5 days per week. It is an intense treatment. There are three stages in the treatment. Stage one is the initial phase. The client becomes familiar with the routines, establishes a therapeutic relationship with the analyst, and gets some relief with the process of recollecting the superficial materials from the consciousness about the past and present troublesome events. Stage two is the middle phase, which is a long process. It is characterized by transference, resistance on the past of the client, and confrontation and classification, is working through on the therapist's past. All these processes finally lead to insight. The third phase is the termination phase wherein the relationship with the analyst is dissolved and the client prepares to leave the therapy.

(15)

35. (a) Explain the process of transference.

Or

(b) What is confrontation and clarification in psychoanalytic therapy?

36. "The outcome of working through is insight." What is insight in psychoanalytic settings?

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