

PSYCHOLOGY(222)
TUTOR MARKED ASSIGNMENT

1. Answer any one of the following questions in about 40-60 words.

B) What are the main reasons for school dropout, stagnation and wastage? What efforts are being made to decrease the school dropout rate in India?

Answer:- There are various reasons for school dropout, stagnation and wastage. These reasons fall into three categories, namely, socio-economic, psychological and educational. The absence of schooling activities in the vicinity, lack of awareness of necessary education among parents, poverty, lack of interest in education, absence of educational environment, examination failure and, the need for children to work for economic reasons are major reasons for leaving school.

Efforts to decrease the school dropout rate are government programs such as National Literacy Mission, Sarv Sikhsha Abhiyan (Total Literacy Campaign) and Mid Day Meal Scheme. Kerala has the highest literacy rate in the country, and other states are also doing their best to decrease school dropouts.

2. Answer any one of the following questions in about 40-60 words.

B) What are the steps to making a good career choice and what are the common myths to avoid while making a career choice?

Answer: The steps to making a good career choice:

1. Assess yourself:

There may be some careers especially suitable for you. For this you need self assessment tools, called career tests, which can only be used optimally with the help of career counselors.

2. Make the lists of different occupations:

There are thousands of occupations, but only few can suit you. Make a short list, consisting of five to ten, in which you are more interested, circle it, think over it and write these occupations on a separate page. You can give the heading like 'occupations to explore'.

The common myths to avoid while making a career choice:

1. Choosing a career is a simple task.
2. A career counselor can tell, what occupation to pick.
3. I cannot make a living from my hobby.
4. Making a lot of money will make me happy.
5. Once I choose a career, I will be stuck in it forever.

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3. Answer any one of the following questions in about 40-60 words.

B) What are the ways to promote positive emotions and how do they benefit mental health and well-being?

Answer:- Ways to promote positive emotions:

- i. Do relaxation exercises such as meditation and yoga.
- ii. Find positive meaning in life – reframe negative events and view in a positive light.
- iii. Find happiness and satisfaction in daily life activities.
- iv. Pursue realistic goals so that you get a sense of achievement.
- v. Undertake activities which you love doing

How do they benefit mental health and well-being:

- i. Attention and thinking are broadened and deepened which in turn builds our coping strategies.
- ii. Positive emotions repair the negative effects of negative emotions.
- iii. Enhances mental health and well-being: we show alertness, enthusiasm, determination and energy.
- iv. Helps build personal resources for interaction with others: we make new friends, we share and bond with them.

4 Answer any one of the following questions in about 100-150 words.

B) What are the stages of creative thinking according to Graham Wallas and how do they relate to problem solving and mental set?

Answer:- Stages of Creative Thinking: Graham Wallas stated that there are five stages of creative thinking. These are Preparation, incubation, illumination, evaluation, and revision.

Problem Solving and Mental Set: Sometimes we use a particular strategy/technique to solve a problem but we may or may not succeed in our effort to solve the problem. This creates a set to approach future problems that are encountered by a person. The set continues even if the problem is different. Despite this, we use the same strategy/ technique when ever we come across the same problem and again fail to reach the solution. Such phenomenon in problem solving is called mental set. A mental set is a tendency on the part of an individual to respond to a new problem in the same manner that he or she has used earlier to solve a problem. Previous success with a particular rule produces a kind of mental rigidity/fixeness/set, which hinders the process of generating new ideas to solve a new problem. A mental set inhibits or affects the quality of our mental activities. However, in solving our real life problems we often rely on past learning and experience with similar or related problems.

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5 Answer any one of the following questions in about 100-150 words.

B) Comment on the nature of the mind-body connection and suggest at least three ways to maintain a healthy mind-body connection

Answer:- The mind-body connection is a fascinating and complex aspect of human health, underscoring the interdependent relationship between our mental and physical states. This connection implies that psychological well-being can significantly influence physical health, and vice versa.

Three ways to maintain a healthy mind-body connection:

- i. Regular Physical Activity:
Engaging in regular exercise is one of the most effective ways to strengthen the mind-body connection. Physical activity not only improves cardiovascular health and boosts immune function but also promotes the release of endorphins, which enhance mood and reduce anxiety.
- ii. Mindfulness and Stress Reduction:
Practices such as mindfulness meditation, deep breathing exercises, and progressive muscle relaxation can help manage stress and improve mental clarity. Regular mindfulness practice has been shown to reduce symptoms of anxiety and depression while improving overall well-being.
- iii. Balanced Nutrition and Hydration:
A well-balanced diet rich in fruits, vegetables, lean proteins, and whole grains supports both mental and physical health. Nutrient-dense foods can influence brain function and mood regulation. Additionally, staying hydrated is crucial for maintaining cognitive function and energy levels. Proper nutrition supports brain health, helps manage stress, and contributes to overall physical vitality.

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6 Prepare any one project out of the given below:

- A) How does the process of recognition differ from the process of recall in measuring retention and what implications do these differences have for real-life situations, such as studying for exams or identifying familiar faces? Conduct an experiment on at least 20 people by providing different situations to remember, then observe and write if they passed or failed to recognize, recall and remember after 7-10 days. For example conducting experiment on five different situation on 20 people and noting if they can remember the number, face, place, colour or position and how.

Answer:-

Recognition vs. Recall in Measuring Retention

Recognition and recall are two distinct processes used to measure memory retention. Here's a breakdown of their differences:

- i. Recognition involves identifying previously encountered information from a set of options. For example, multiple-choice questions on a test assess recognition. It's generally easier because it involves matching the information with something stored in memory.
- ii. Recall requires retrieving information from memory without explicit cues. An example is answering an open-ended question on a test. Recall is more challenging because it requires accessing stored information without any prompts.

Implications for Real-Life Situations:

- i. Studying for Exams: Recognition-based study methods (like multiple-choice practice) might make you feel more confident but may not be as effective in ensuring deep understanding. Recall-based study techniques (like flashcards or practice essays) are generally more effective for long-term retention and understanding, as they force deeper cognitive processing.
- ii. Identifying Faces: Recognition is commonly used when identifying familiar faces. The brain processes facial features and matches them with stored representations. However, in situations where you must describe a person without seeing them (recall), it becomes more challenging.

Experiment Proposal

To explore the differences between recognition and recall, I propose the following experiment:

Participants:

20 people

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Materials:

- i. A set of numbers
- ii. Pictures of faces
- iii. Images of places
- iv. Colored objects
- v. Different positions in a sequence

Procedure:

1. Initial Phase (Day 1):

- i. Situation 1 (Number): Show participants a series of 10 random numbers.
- ii. Situation 2 (Face): Show participants 10 different faces.
- iii. Situation 3 (Place): Show participants 10 images of different places.
- iv. Situation 4 (Color): Show participants 10 different colored objects.
- v. Situation 5 (Position): Arrange 10 objects in a specific order and show the sequence to participants.

For each situation, after showing the material:

- i. Test recognition by showing the original material mixed with distractors and asking participants to identify what they saw.
 - ii. Test recall by asking participants to write down or describe what they remember without prompts.
- ##### 2. Retention Test (After 7-10 Days):
- i. Conduct a follow-up test to measure long-term retention.
 - ii. Test both recognition and recall again for each situation.

Expected Observations:

- i. **Recognition:** Participants are likely to perform better in recognition tasks shortly after exposure but may see a decline after the retention interval.
- ii. **Recall:** Participants will likely find recall more challenging, especially after the retention period. However, those who can recall information immediately might show stronger retention over time.

Results Documentation:

- i. Record whether participants pass or fail each recognition and recall task during both phases.
- ii. Note any patterns, such as better recognition than recall in short-term versus long-term memory.

Analysis:

- i. Compare the performance across the different situations and time intervals.
- ii. Discuss the implications for how recognition and recall processes might affect real-life tasks such as exam preparation or identifying familiar faces after a time delay.