

PSYCHOLOGY(328)

SECTION-A

1. Identify the branch of psychology that deals with the study of relationship between people and physical environment.

- (A) Environmental psychology
- (B) Community psychology
- (C) Developmental psychology
- (D) Educational psychology

Answer: (A) Environmental psychology.

2. (i) Psychology is a science because its approach is

- I. intuition and observation based
- II. tangible and evidence based
- III. organized and systematic based
- IV. introspection and experience based

Select the correct answer using the codes given below.

- (A) I and II
- (B) II and III
- (C) III and IV
- (D) I and IV

Answer: (B) II and III.

3. A computer scientist wants to enhance the understanding of cognitive sciences. How will the psychologist help in this field?

- (A) By regulating human behaviour
- (B) By helping the computer scientist to identify his potential
- (C) By applying research conducted in human cognition
- (D) By empowering people to learn from others

Answer: (C) By applying research conducted in human cognition

4. (i) The figure given below is incomplete, yet we perceive it as a whole. On which school of thought it is based?



- (A) Structuralism
- (B) Gestalt perspective
- (C) Humanistic perspective
- (D) Functionalism

Answer: (B) Gestalt perspective

5. i) During a plantation drive, the number of trees planted by 5 students is as follows :
5, 2, 6, 1, 2

Such a type of raw data is an example of

- (A) discrete series
- (B) mixed series
- (C) frequency series
- (D) individual series

Answer: (D) individual series

6. i) There are various factors affecting selective attention. Which one of the following is an internal factor?

- (A) Novelty
- (B) Size
- (C) Movement
- (D) Need

Answer: (D) Need

7. i) Certain stationary, flickering, electrical lights give the illusion of movement. This is due to

- (A) apparent movement illusion
- (B) Müller-Lyer illusion
- (C) Ponzo illusion
- (D) Zöllner illusion

Answer: (A) apparent movement illusion

8. Minnie was in a situation where there was no screwdriver, there were other objects which can be used as a substitute of screwdriver but she could not use it. This is an example of

- (A) mental set
- (B) brainstorming
- (C) functional fixedness
- (D) analogy

Answer: (C) functional fixedness.

9. Rehman is facing a lot of pressure at work. How would Yerkes-Dodson law explain the relationship between anxiety and his performance?

- (A) If the anxiety is too high, performance will increase
- (B) If the anxiety is too low, performance will increase
- (C) If the anxiety is too high, performance will decrease
- (D) Any amount of anxiety will not impact performance

Answer: (C) If the anxiety is too high, performance will decrease

10. Harminder, now a young adult, still remembers what her friends gave her on her tenth birthday. Under which stage of memory this is stored?

- (A) Short-term
- (B) Sensory
- (C) Long-term
- (D) Desktop

Answer: (C) Long-term

21. Answer any two of the following :

(a) Identify the view that says language determines the content of thought.

Answer: The view that says language determines the content of thought is known as Linguistic Determinism.

(b) What and how individuals think is determined by the linguistic categories they use. This is known as what?

Answer: This concept is known as Linguistic Determinism, particularly in its stronger version as described in the text. However, the broader concept that includes the influence of language on thought is known as the Linguistic Relativity Hypothesis.

22. Match the following Level of intellectual deficiency with their IQ (any two) :

LEVEL	IQ
(a) Mild	(i) 35–49
(b) Moderate	(ii) Below 20
(c) Severe	(iii) 20–34
(d) Profound	(iv) 50–70

Answer:

LEVEL	IQ
(a) Mild	(iv) 50–70
(b) Moderate	(i) 35–49
(c) Severe	(iii) 20–34
(d) Profound	(ii) Below 20

23. Fill in the blanks with the leadership styles that you have studied (any two) :

- (a) A leader who inspires his people to achieve their goals and leads an exemplary life is said to be a transformational leader.
- (b) Transactional leaders perform the act of planning, organizing, controlling and meets the set target of the group.

24. Which schools of psychology emerged from the following ideologies? Attempt any four :

- (a) Psychology is the study of the structure of mind and consciousness.

Answer: Structuralism was an early school of Psychology. The structuralists established that Psychology is the study of the structure of mind and consciousness (awareness).

- (b) The focus was not on the structure of mind but on its functions.

Answer: Functionalism: This ideology led to the development of Functionalism . This new field focused not on the structure of mind (structuralist view), but on its functions.

- (c) Our perception and understanding of objects are more meaningful than its smaller parts.

Answer: Gestalt perspective: The Gestalt school of Psychology was founded in Germany by Max Wertheimer and his colleagues Kurt Koffka and Wolfgang Kohler. The Gestalt school emphasizes that perception is organized into wholes. Our perception and understanding of objects are more meaningful than its smaller parts.

- (d) Psychology should focus on observable behaviour that can be observed and measured in a scientific manner.

Answer: Behavioristic perspective: This school of thought suggested that the study of Psychology should focus on observable behavior that can be observed and measured in a scientific manner. John B Watson was the first behaviorist. He proposed that one can gain an understanding of a behavior by studying and modifying the environment in which people operate. The processes involved in human learning are the basis of behaviorism.

25. Which kind of heuristics is being used in these statements?

- (a) People substitute simpler but related questions in place of more complex and difficult questions.

Answer: Attribute Substitution

- (b) If you are thinking of flying and suddenly think of a number of recent airline accidents, you might feel like air travel is too dangerous and decide to travel by car instead.

Answer: Availability Heuristic

- (c) A soft-spoken older woman might remind you of your grandmother, so you might immediately assume that she is kind, gentle and trust-worthy.

Answer: Representativeness Heuristic.

- (d) The tendency to be overly influenced by the first bit of information we hear or learn, can make it more difficult to consider other factors and lead to poor choices.

Answer: Anchoring Heuristic

26. Fill in the blanks with the kind of intelligence it defines (any four) :

- (a) Analytical intelligence is involved in the analysis of information to solve problems.
(b) Creative intelligence is involved in using past experiences creatively to solve novel or new problems.
(c) Practical intelligence involves the ability to deal with environmental demands encountered on a daily basis.
(d) Naturalistic involves complete awareness of our relationship with the natural world.

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SECTION-B

31. What is the importance of a hypothesis in an experiment?

Answer: A hypothesis is essential in an experiment because it serves as the foundation and guide for the entire research process. It provides a clear, testable prediction about the expected outcome, which directs the focus of the study and determines the variables that need to be examined. By establishing the independent and dependent variables, the hypothesis helps in exploring potential cause-and-effect relationships. It also offers a basis for analyzing the data collected, allowing the researcher to confirm or refute their predictions objectively. Moreover, a well-defined hypothesis ensures that the experiment is conducted systematically and can be replicated by other researchers, thereby contributing to the reliability and validity of the findings. Overall, the hypothesis plays a crucial role in structuring the research, guiding data collection, and interpreting the results in a scientific manner.

32. Discuss the various stages of infancy and childhood development.

Answer:

- i. Infancy (birth to 2 years) involves rapid physical growth, development of motor skills, and cognitive milestones like object permanence and imitation. Socio-emotionally, infants develop self-recognition, basic emotions, and attachments.
- ii. Early childhood (3 to 5 years) sees continued physical growth, improvement in motor skills, and entry into Piaget's pre-operational stage, characterized by symbolic thinking and egocentrism. Socially, children develop self-conscious emotions and begin forming more complex social relationships.
- iii. Middle and late childhood (6 to 11 years) involves steady physical growth, refinement of motor skills, and the development of logical thinking in Piaget's concrete operational stage. Children also become more socially aware, forming stronger peer relationships and improving emotional regulation.

36. (a) What are the three different types of experiments used in experimental research?

Answer:

- i. **Laboratory Experiment:** Conducted in a controlled, artificial setting, where the researcher can manipulate the independent variable and control extraneous variables. This type of experiment allows for high precision and the establishment of cause-and-effect relationships. However, the artificial setting may limit the generalizability of the results to real-world situations.

- ii. **Field Experiment:** Conducted in a natural setting, where participants may not be aware that they are being studied. This type of experiment offers more ecological validity as it reflects real-life conditions. However, controlling extraneous variables is more challenging, which can affect the results.
- iii. **Quasi-Experiment:** Involves studying groups that already exist rather than randomly assigning participants to groups. The independent variable is not manipulated in the traditional sense, often because it is unethical or impractical. While quasi-experiments are useful for studying real-world issues, they lack the same level of control as true experiments, making it harder to establish clear cause-and-effect relationships.

40. How do we know that a person is showing signs of poor mental health? List any three characteristics.

Answer:

- i. **Prolonged Depression or Sadness:** The person may experience ongoing feelings of sadness, hopelessness, or irritability that last for an extended period, affecting their daily functioning and overall well-being.
- ii. **Social Withdrawal:** The individual may start avoiding social interactions, distancing themselves from friends, family, and activities they once enjoyed, leading to increased isolation.
- iii. **Dramatic Changes in Eating or Sleeping Habits:** Significant alterations in appetite, weight, or sleep patterns, such as insomnia or oversleeping, can indicate poor mental health.

42. (a) How does decision making take place? Discuss the process/stages of decision making.

Answer: It is the process of choosing among various alternatives any one, while rejecting some options. In simpler terms, it is a kind of problem solving in which we are presented with several alternatives, from which we choose the best one.

It is a process of choosing among various courses of action or alternatives and a rational decision is made after taking into consideration- Both the Utility and the **Subjective Probability**

- i. The utility or value of the outcomes that each alternative might yield.
- ii. The probability that such results would actually occur.

People generally make decisions that will maximize their subjectively expected utility. In other words, given a choice among alternatives, we consider utility and subjective probability, multiply them together, and take the alternative with the highest product.

Stages of Decision Making:

i. Defining and Analyzing the Problem

The first stage in decision-making involves clearly identifying and understanding the problem or decision that needs to be made. This includes gathering relevant information and analyzing the problem from different perspectives to ensure a thorough understanding.

ii. Developing Alternative Solutions

Once the problem is well understood, the next step is to generate a list of possible solutions or alternatives. This stage involves brainstorming and considering all viable options, taking into account the resources, constraints, and potential consequences associated with each alternative.

iii. Evaluation of the Alternatives

After generating a list of possible solutions, each alternative is evaluated based on criteria such as feasibility, risks, benefits, and alignment with the desired outcome. This stage may involve comparing the potential outcomes of each alternative and considering their long-term effects.

iv. Selecting the Best Alternative and Implementing It

Based on the evaluation, the best alternative is selected. The chosen solution is then implemented. This stage requires careful planning and execution to ensure that the decision is carried out effectively and that the necessary resources are allocated to support the implementation.

v. Follow-Up and Feedback

After the decision has been implemented, it is essential to monitor the results and gather feedback. This stage involves assessing the effectiveness of the decision and making any necessary adjustments. Follow-up ensures that the decision meets the desired objectives and allows for continuous improvement in future decision-making processes.

44. Explain the psychological factors that could lead to poor mental health.

Answer:

- i. **Personality Traits:** Certain personality traits, such as perfectionism, excessive self-criticism, and pessimism, can predispose individuals to mental health issues. For example, perfectionists may experience chronic stress and anxiety due to the pressure to meet unrealistic standards, while pessimistic individuals are more prone to developing depression.
- ii. **Childhood Experiences:** Traumatic or negative experiences during childhood, such as abuse, neglect, or exposure to domestic violence, can have long-lasting effects on mental health. These experiences can lead to deep-seated fears, anxieties, and negative thought patterns, which may manifest as mental health disorders in later life.
- iii. **Strained Interpersonal Relationships:** Poor relationships at home, work, or school, such as chronic conflicts, rejection, or social isolation, can lead to significant emotional distress. Such relationship issues can result in feelings of loneliness, inadequacy, and anxiety, which can contribute to the onset of mental health problems like depression or social anxiety.
- iv. **Stress and Trauma:** Psychological stress, especially when chronic, can overwhelm an individual's coping mechanisms, leading to mental health issues such as anxiety and depression. Trauma, such as the loss of a loved one, a serious accident, or exposure to violence, can trigger or exacerbate these conditions, particularly if not adequately addressed.
- v. **Cognitive Distortions:** These are irrational and negative thought patterns that distort a person's perception of reality. Examples include overgeneralization (believing that a single negative event will happen repeatedly) and catastrophizing (expecting the worst possible outcome). Such cognitive distortions can lead to increased anxiety, depression, and other mental health issues as individuals struggle to see situations realistically.

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