

Psychology Sample Paper

Section-1

Q 1. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option

Assertion(A) : Our behaviours are influenced by our personal traits

Reasons(R) : Our behaviours are influenced more by situational factors.

Options:

- 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, R is false
- d) A is false, R is true

Q 2. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option

Assertion(A) : Frustration results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal.

Reasons(R) : low grades in school is could be a one of causes of frustration

- 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, R is false
- d) A is false, R is true

Q 3. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option

Assertion(A) : A schema is defined as a mental structure that provides a framework, set of rules or guidelines for processing information about any object

Reasons(R) : Some attitudes may also function like social schemas.

- 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, R is false
- d) A is false, R is true

Q 4. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option

Assertion(A) : Cohesiveness refers to the team spirit or 'we feeling' or a sense of belongingness to the group.

Reasons(R) : Extreme cohesiveness however, may sometimes not be in a group's interest.

- 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, R is false
- d) A is false, R is true

Q 5. Which of the following statements is/are correct about General Adaptation Syndrome (GAS), as observed by Selye?

- i. If stress is prolonged, the resistance stage begins.
- ii. Continued exposure to the same stressor or additional stressors drains the body of its resources and leads to the third stage of exhaustion.
- iii. The presence of a noxious stimulus or stressor leads to activation of the adrenalpituitary-cortex system.

a) I and ii b) iii c) i, ii & iii d) li & ii

Q 6. Children may form a respectful attitude towards elders, by observing that their parents show respect for elders, and are appreciated for it. Which learning attitude is used by children?

a) Learning attitudes through group or cultural norms b) Learning attitudes through modeling
c) Learning attitudes by association d) Learning attitudes by being rewarded or punished

Q 7. Who propounded Triarchic Theory of Intelligence?

a) Robert Sternberg b) Folkman c) Endler and Parker d) Lazarus

Q 8. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option

Assertion(A) : The psychometric approach considers intelligence as an aggregate of abilities.

Reasons(R) : the processes people use in intellectual reasoning and problem solving.

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, R is false
d) A is false, R is true

Q 9. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option

Assertion(A) : Coping is a dynamic situation-specific reaction to stress.

Reasons(R) : People who cope poorly with stress have an impaired immune response and diminished activity of natural killer cells.

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, R is false
d) A is false, R is true

Q 10. General Adaptation Syndrome(GAS) was studied by_____?

a) Selye b) Endler c) Parker d) Kobasa

Q 11. Who among the following developed Client-centred therapy?

a) Rogers b) Alfred Adler c) Erik Erikson d) Erich Fromm

Q 12. The Minnesota Multiphasic Personality Inventory (MMPI) is developed by_____?

a) Hathaway and McKinley b) Eysenck c) Cattell d) Morgan and Murray

Q 13. _____that hinders us from achieving a desired goal.

a) Social Pressure b) Internal Pressure c) Conflict d) Frustration

Q 14. Which of the following is not the part of personality traits of hardiness?

- a) Conflict b) Commitment c) Control d) Challenge

Q 15. Which of the following techniques aim to inoculate people against stress?

- a) Stress Resistant Personality b) Creative Visualisation
c) Cognitive Behavioural Techniques d) Assertiveness

Q 16. Who among the following invented Rational Emotive Therapy?

- a) Aaron Beck b) Albert Ellis c) Freiderick d) Simon hard

Q 17. Which of the following are inventions for eliciting the intrapsychic conflicts.?

- a) Dream interpretation b) Transference c) Psychodynamic d) Existential

Q 18. Which of the following therapy is used for the treatment of soul?

- a) Existential anxiety b) Gestalt Therapy c) Logotherapy d) Biomedical Therapy

Q 19. The goal of _____ is to increase an individual's self-awareness and selfacceptanc.

- a) Gestalt therapy b) Biomedical Therapy c) Client-centred Therapy d) Logotherapy

Q 20. Which of the following is not the part of Five-Factor Model of Personality?

- a) Conscientiousness b) Neuroticism c) Agreeableness d) Preconscious

Q 21. Which of the following is not one of the stages of Stages of Personality development?

- a) Oral b) Anal c) Mature d) Phallic

Q 22. Which of the following test consists of 10 inkblots?

- a) Rorschach Test b) Thematic Apperception Test c) Self esteem Test d) Draw-a-Person Test

Q 23. Which of the following is indirect method of assessment of personality?

- a) Projective technique b) Stimuli c) Schema technique d) Behavioural stress technique

Q 24. Which of the following comes under social stress?

- a) strained relationships b) trouble with neighbours c) rapid social change d) All the above

Q 25. Triarchic Theory of Intelligence was given by _____.

- a) Robert Sternberg b) Jack Nagliery c) Jone Smith d) Albert Down

Q 26. Which of the following is not the reason for joining a group?

- a) Security b) Status c) Selfesteem d) Motivation

Q 27. Which of the following is not come under three forms of social influence?

- a) Compliance b) Identification c) Internalization d) Attitude

Q 28. _____ means that people feel obliged to return what they get.

- a) Interpersonal communication b) Reciprocity c) Reward structure d) Social identity

Q 29. Who wrote the book 'In the Minds of Men'?

- a) Gardner Murphy b) Steve partya c) David bosc d) Wilson freud

Q 30. Which of the following test is used for studying these dimensions of personality?

- a) Psychodynamic Approach b) Extraversion
c) Eysenck Personality Questionnaire d) Introversion

Q 31. Who among the following is given trait approach theory?

- a) H.J. Eysenck b) Gordon Allport c) Gandhian d) Peter start

Q 32. Which of the following are not primary structure of personality?

- a) id, b) ego c) superego d) Trait

Q 33. Oedipus complex associated with which stage of personality development?

- a) Oral Stage b) Anal stage c) Phallic stage d) Mature stage

Q 34. In which stage person maturity in psychosexual development?

- a) Oral Stage b) Anal stage c) Phallic stage d) Genital stage

Q 35. Who among the following developed analytical psychology ?

- a) Carl jung b) Sigman feud c) Jone smith d) Ronald

Q 36. _____ refers to the view of the environment as something to be respected and valued rather than exploited.

- a) minimalist perspective b) instrumental perspective
c) spiritual perspective d) Cognitive environment perspective

Q 37. Which of the following is not three characteristics of noise have been found to determine its effect on task performance?

- a) intensity, b) predictability c) controllability d) Durability

Q 38. Which of the following is an important features of crowding?

- a) Feeling of discomfort, b) Loss or decrease in privacy,
c) Negative view of the space around the person d) All the above

Q 39. Which of the following is not the four significant features of attitudes?

- a) Valence b) Extremeness c) Simplicity d) All the above

Q 40. Who among the following proposed cognitive dissonance?

- a) Leon Festinger b) Fritz Heider c) S.M. Mohsin d) Carlsmith

Q 41. Two-step concept change in attitude is proposed by _____.

- a) Leon Festinger b) Fritz Heider c) S.M. Mohsin d) Carlsmith

Q 42. Which of the following are not the characteristics of targets?

- a) Persuasibility b) strong prejudices, c) self-esteem d) All the above

Q 43. _____ refers to all those psychological processes that deal with the gathering and processing of information related to social objects?

- a) 'social cognition b) Religious cognition c) Attitude d) Schema

Q 44. In which of the following types of error people give greater weightage to internal or dispositional factors, than to external or situational factors?

- a) fundamental attribution error b) Effort error c) Cognitive schema error d) Attitude change error

Q 45. The larger the group, the less effort each member puts in is called _____.

- a) Arousal b) Co-action c) Social facilitation d) Social loafing

Q 46. Which of the following is not the characteristics of pro-social behavior?

- a) aim to benefit or do good to another person or other persons
b) be done without expecting anything in return
c) be done willingly by the person, and not because of any kind of pressure
d) all the above

Q 47. Pro-social behaviour is more likely to be shown by individuals who have a high level of _____.

- a) Attitude b) Value c) Empathy d) Cognitive

Q 48. Who introduce the concept of Systematic desensitization?

- a) Wolpe b) David bart c) Henry d) Freud

Q 49. Antecedentbelief-consequence (ABC) analysis is associated with which of the following therapy?

- a) Rational Emotive Therapy b) Cognitive therapy c) Bahavioural therapy d) Personality therapy

Q 50. Rational Emotive Therapy is given by _____;

- a) Albert grad b) Albert ellis c) Albert prat d) Albert freud

Psychology Sample Paper

1	b	2	a	3	a	4	a	5	c	6	b	7	a	8	b	9	a	10	a	11	a	12	a	13	d	14	a	15	c	16	b
17	a	18	c	19	a	20	d	21	c	22	a	23	a	24	d	25	a	26	d	27	d	28	b	29	a	30	c	31	b	32	d
33	c	34	d	35	a	36	c	37	d	38	d	39	d	40	a	41	c	42	d	43	a	44	a	45	d	46	d	47	c	48	a
49	a	50	b																												

Q 1. Ans: **b** **Solution:** While many psychologists believe that our behaviours are influenced by our personal traits, some others hold the view that our behaviours are influenced more by situational factors. This latter view is known as situationism, which states that situations and circumstances in which one is placed influence one's behaviour.

Chapter-1, Variations in Psychological Attributes

Q 2. Ans: **a** **Solution:** Frustration results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal. There could be a number of causes of frustration such as social discrimination, interpersonal hurt, low grades in school, etc.

Q 3. Ans: **a** **Solution:** A schema is defined as a mental structure that provides a framework, set of rules or guidelines for processing information about any object. Schemas (or 'schemata') are the basic units stored in our memory, and function as shorthand ways of processing information, thus reducing the time and mental effort required in cognition. In the case of social cognition, the basic units are social schemas. Some attitudes may also function like social schemas.

Q 4. Ans: **a** **Solution:** Cohesiveness refers to togetherness, binding, or mutual attraction among group members. As the group becomes more cohesive, group members start to think, feel and act as a social unit, and less like isolated individuals. Members of a highly cohesive group have a greater desire to remain in the group in comparison to those who belong to low cohesive groups. Cohesiveness refers to the team spirit or 'we feeling' or a sense of belongingness to the group. It is difficult to leave a cohesive group or to gain membership of a group which is highly cohesive. Extreme cohesiveness however, may sometimes not be in a group's interest.

Q 5. Ans: **c** **Solution:** Selye noticed a similar pattern of bodily response in all of them. He called this pattern the General Adaptation Syndrome (GAS). According to him, GAS involves three stages: alarm reaction, resistance, and exhaustion

Q 6. Ans: **b** **Solution:** Learning attitudes through modelling (observing others) : Often it is not through association, or through reward and punishment, that we learn attitudes. Instead, we learn them by observing others being rewarded or punished for expressing thoughts, or showing behaviour of a particular kind towards the attitude object.

Q 7. Ans: **a** **Solution:** Robert Sternberg (1985) proposed the triarchic theory of intelligence. Sternberg views intelligence as "the ability to adapt, to shape and select environment to accomplish one's goals and those of one's society and culture".

Q 8. Ans: **b** **Solution:** The psychometric approach considers intelligence as an aggregate of abilities. It expresses the individual's performance in terms of a single index of cognitive abilities. On the other hand, the information processing approach describes the processes people use in intellectual reasoning and problem solving.

Q 9. Ans: **a** **Solution:** Coping is a dynamic situation-specific reaction to stress. It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress.

Q 10. Ans: **a** **Solution:** General adaptation syndrome (GAS) is **a description of the process of how your body responds to stress**. The phenomenon was first identified by a scientist named Hans Selye in 1946.

Q 11. Ans: **a**

Q 12. Ans: **a**

Q 13. Ans: **d** **Solution:** Frustration hinders us from achieving a desired goal

Q 14. Ans: **a** **Solution:** Hardiness is conceptualised as a personality characteristic which encompasses three component traits (commitment, challenge and control), and acts as a resistance resource mitigating the adverse effects of stressful life events.

Q 15. Ans: **c** **Solution:** Cognitive behavioral therapy (CBT) is a treatment approach that helps you recognize negative or unhelpful thought and behavior patterns.

Q 16. Ans: **b** **Solution:** A therapeutic system developed by Albert Ellis. It seeks to replace irrational problem-provoking outlooks with more realistic ones.

Q 17. Ans: **a** **Solution:** psychodynamic therapy-Intrapsychic conflicts (id, ego and super ego) causes problems.

Q 18. Ans: **c** **Solution:** Logotherapy means treatment of the soul. It is the process of finding meaning even in life-threatening circumstances as the process of meaning-making.

Q 19. Ans: **a** **Solution:** An approach to therapy that attempts to integrate a client's thoughts, feelings and behaviour into a unified whole.

Q 20. Ans: **d** **Solution:** Five-Factor Model of Personality:

- Openness to experience :
- Extraversion :
- Agreeableness :
- Neuroticism :
- Conscientiousness :

Q 21. Ans: **c** **Solution:** Stages of Personality Development:

- Oral Stage : A newborn's instincts are focused on the mouth. This is the infant's primary pleasure seeking centre
- Anal Stage : It is found that around ages two and three the child learns to respond to some of the demands of the society.
- Phallic Stage : This stage focuses on the genitals. At around ages four and five children begin to realise the differences between males and females.

Latency Stage : This stage lasts from about seven years until puberty. During this period, the child continues to grow physically, but sexual urges are relatively inactive.

Genital Stage : During this stage, the person attains maturity in psychosexual development. The sexuality, fears and repressed feelings of earlier stages are once again exhibited.

Q 22. Ans: **a** **Solution:** This test was developed by Hermann Rorschach. The test consists of 10 inkblots.

Q 23. Ans: **a** **Solution:** Projective techniques is indirect method of assessment of personality. This provides us with a real picture of an individual's personality using indirect method.

Q 24. Ans: **d** **Solution:** Social stress is caused due to social interaction. Social events like death or illness in the family, strained relationships, trouble with neighbours, rapid social change, poverty, discrimination, poor societal conditions are example of social stress.

Q 25. Ans: **a** **Solution:** Triarchic Theory of Intelligence (Robert Sternberg) [1985]

Q 26. Ans: **d** **Solution:** People join groups because these groups satisfy a range of needs.

Q 27. Ans: **d** **Solution:** Kelman distinguished three forms of social influence, viz. compliance, identification, and internalisation.

Q 28. Ans: **b** **Solution:** Reciprocity means that people feel obliged to return what they get.

Q 29. Ans: **a** **Solution:** These are related to caste, class, religion, region, language, just to name a few of them. Gardner Murphy wrote a book entitled 'In the Minds of Men'

Q 30. Ans: **c** **Solution:** Eysenck Personality Questionnaire is the test which is used for studying these dimensions of personality.

Q 31. Ans: **b** **Solution:** Gordon Allport is considered the pioneer of trait approach. He proposed that individuals possess a number of traits, which are dynamic in nature.

Q 32. Ans: **d** **Solution:** structural elements of personality are three, i.e. id, ego, and superego.

Q 33. Ans: **c** **Solution:** In the phallic stage, the focus of pleasure is on the genitals. According to Freud, this is when a child is subconsciously sexually attracted to the parent of the opposite sex. This is called Oedipus complex in boys and Electra complex in girls.

Q 34. Ans: **d** **Solution:** The genital stage in psychoanalysis is the term used by Sigmund Freud to describe the final stage of human psychosexual development.

Q 35. Ans: **a** **Solution:** Carl Jung (1875-1961) Carl Jung was an early 20th century psychotherapist and psychiatrist who created the field of analytical psychology.

Q 36. Ans: **c** **Solution:** The spiritual perspective refers to the view of the environment as something to be respected and valued rather than exploited.

Q 37. Ans: **d** **Solution:** Three characteristics of noise have been found to determine its effect on task performance, namely, intensity, predictability, and controllability of noise.

Q 38. Ans: **d** **Solution:** The experience of crowding has the following features :

- Feeling of discomfort,
- Loss or decrease in privacy, • Negative view of the space around the person, and
- Feeling of loss of control over social interaction

Q 39. Ans: **d** **Solution:** Four significant features of attitudes are : Valence (positivity or negativity), Extremeness, Simplicity or Complexity (multiplexity), and Centrality.

Q 40. Ans: **a** **Solution:** The concept of cognitive dissonance was proposed by Leon Festinger. It emphasises the cognitive component.

Q 41. Ans: **c** **Solution:** The two-step concept was proposed by S.M. Mohsin, an Indian psychologist. According to him, attitude change takes place in the form of two steps.

Q 42. Ans: **d** **Solution:** Target characteristics : Qualities of the target, such as persuasibility, strong prejudices, self-esteem, and intelligence influence the likelihood and extent of attitude change.

Q 43. Ans: **a** **Solution:** Extending this idea to the social world, the term 'social cognition' refers to all those psychological processes that deal with the gathering and processing of information related to social objects.

Q 44. Ans: **a** **Solution:** In making attributions, there is an overall tendency for people to give greater weightage to internal or dispositional factors, than to external or situational factors. This is called the fundamental attribution error.

Q 45. Ans: **d** **Solution:** Phenomenon is called social loafing, based on diffusion of responsibility.

Q 46. Ans: **d** **Solution:** Pro-social behaviour has the following characteristics. It must :

- aim to benefit or do good to another person or other persons,
- be done without expecting anything in return,
- be done willingly by the person, and not because of any kind of pressure, and

- involve some difficulty or 'cost' to the person giving help.

Q 47. Ans: **c** **Solution:**Pro-social behaviour is more likely to be shown by individuals who have a high level of empathy, that is, the capacity to feel the distress of the person who is to be helped, such as Baba Saheb Amte and Mother Teresa. Pro-social behaviour is also more likely in situations that arouse empathy, such as the picture of starving children in a famine.

Q 48. Ans: **a** **Solution:**Systematic desensitisation is a technique introduced by Wolpe for treating phobias or irrational fears.

Q 49. Ans: **a** **Solution:**Albert Ellis formulated the Rational Emotive Therapy (RET). The central thesis of this therapy is that irrational beliefs mediate between the antecedent events and their consequences. The first step in RET is the antecedentbelief-consequence (ABC) analysis

Q 50. Ans: **b** **Solution:**Albert Ellis formulated the Rational Emotive Therapy (RET). The central thesis of this therapy is that irrational beliefs mediate between the antecedent events and their consequences. The first step in RET is the antecedentbelief-consequence (ABC) analysis