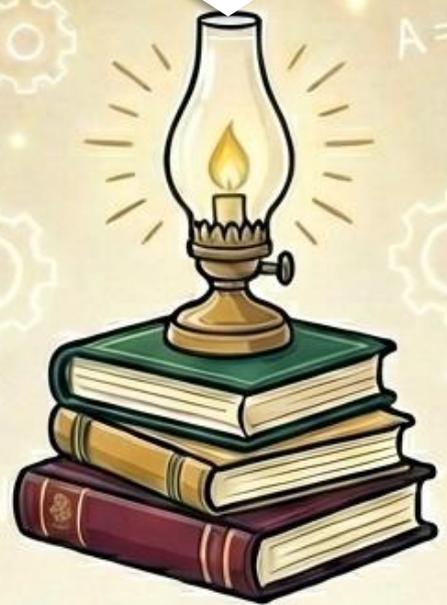




$$A = \frac{m}{(m^2 + c)^2}$$



# NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

$$\sqrt{h-x^2}$$

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2025

Your Path to Success

## SECTION-A

A.   
B.   
C. 

1. What is the symbolic relationship between human and nature?

- (A) Independent EAA
- (B) Interdependent
- (C) Dominance
- (D) Separation

**Answer -** (B) Interdependent

2. Which of these is an example of chronic role strain?

- (A) Dealing with deadlines
- (B) A bomb blast
- (C) Living in poverty
- (D) Losing a personal item

**Answer -** (C) Living in poverty

3. Communication is a two-way process because it involves :

- (A) feedback
- (B) sender and receiver
- (C) words
- (D) opinions

**Answer -** (B) sender and receiver



4. Adolescence is \_\_\_\_\_ in nature.

- (A) Biological
- (B) Social
- (C) (A) and (B) both
- (D) None

**Answer -** (C) (A) and (B) both

5. Most colour blind people have trouble in distinguishing

- (A) white from black
- (B) black from blue
- (C) blue from green
- (D) red from green

**Answer -** (D) red from green

6. Tests of intelligence and aptitude come under \_\_\_\_\_ category.

- (A) Ability test
- (B) Personality test
- (C) Emotional test
- (D) Ink blot test

**Answer -** (A) Ability test

7. Which type of diseases are Hepatitis A and Hepatitis B?

- (A) Airborne
- (B) Waterborne



(C) Vector-borne

(D) Food-borne

**Answer -** (B) Waterborne

**8. What does a high power distance index indicate?**

(A) Equality

(B) Hierarchy

(C) Informality

(D) Eye contact

**Answer -** (B) Hierarchy

**9. What is the IQ of a child whose mental age is 10 years and chronological age is 8 years?**

(A) 100

(B) 125

(C) 150

(D) 200

**Answer -** (B) 125

**10. \_\_\_\_\_ is the stage in which an internal representation of an object is formed.**

(A) Sensation

(B) Attention

(C) Description

(D) Perception

**Answer -** (D) Perception



**11. "This is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment."**

- (A) Intelligence**
- (B) Interest**
- (C) Personality**
- (D) Aptitude**

**Answer -** (C) Personality

**12. How do newcomers learn workplace behaviour?**

- (A) Manuals**
- (B) Peer observation**
- (C) Training**
- (D) Supervisor guidance**

**Answer -** (B) Peer observation

**13. A key characteristic of crowding is**

- (A) Increased privacy**
- (B) Control over space**
- (C) Loss of control**
- (D) Freedom**

**Answer -** (C) Loss of control

**14. What do we rely on when verbal communication is unclear?**

- (A) Words**



(B) Silence

(C) Non-verbal cues

(D) Ignoring the message

**Answer** - (C) Non-verbal cues

**15. This refers to expectations concerning the roles male and females should adopt and the ways they should behave.**

(A) Gender role

(B) Gender identity

(C) Gender consistency

(D) None of the above

**Answer** - (A) Gender role

**16. Which management style involves one-way downward communication?**

(A) Authoritarian

(B) Paternalistic

(C) Consultative

(D) Participative

**Answer** - (A) Authoritarian

**17. Which sub system of organization determine the work, tasks and activities to be undertaken in an organization?**

(A) Goal

(B) Technical



(C) Managerial

(D) Psychological

**Answer -** (A) Goal

**18. Which of the following is influenced by culture?**

(A) Kinetics

(B) Proxemics

(C) Haptics

(D) All of above

**Answer -** (D) All of above

**19. It is the framework of authority - responsibility relationship in an organization :**

(A) Management Policies

(B) External Environment

(C) Technology

(D) Organizational Structure

**Answer -** (D) Organizational Structure

**20. What influences managerial success?**

(A) Mental abilities

(B) Physical effort

(C) An employee's work experience

(D) All of above

**Answer -** (D) All of above



**21. Fill in the blanks:**

(i) In early childhood the child is in \_\_\_\_\_ stage of cognitive development.

**Answer** - Concrete Operational

(ii) In middle childhood, the child reaches the \_\_\_\_\_ stage of cognitive development.

**Answer** - Pre-operational

**22. State True or False:**

(i) Language usage is influenced by age, gender and cultural background.

**Answer** - True

(ii) Contents of the communication must be of mutual interest to the sender and receiver.

**Answer** - True

**23.**

(i) Define Interest.

**Answer** - Interest means the tendency to prefer or choose one activity over another. It indicates an individual's attraction towards a task and the pleasure derived from it.

(ii) Write any two techniques to measure interest.

**Answer** - 1. Interest Inventories, 2. Interview.

**24. On the basis of nature of items, intelligence tests are verbal, non-verbal and performance tests. Answer the following questions:**

(i) Give one example of verbal test of intelligence.

**Answer** - Binet-Simon Test.

(ii) What is a non-verbal test?



**Answer** - It is a test where language is not used and pictures or designs have to be completed (e.g., Raven's Progressive Matrices).

**25.**

**(i) Define Learning.**

**Answer** - Learning is defined as a relatively permanent change in behavior resulting from experience or practice.

**(ii) What is escape or avoidance learning?**

**Answer** - It is the process in which an organism learns to react to prevent or escape from a negative or painful stimulus.

**26. Motor development is classified into gross motor and fine motor.**

**Answer the following:**

**(i) Gross motor development refers \_\_\_\_\_.**

**Answer** - Control of large muscles.

**(ii) Write two fine motor skills in childhood.**

**Answer** - Writing, threading a needle.

**27.**

**(i) Write any one positive influence of media.**

**Answer** - Rapid exchange of information and connectivity across the world.

**(ii) Write any one negative influence of media.**

**Answer** - Spread of misinformation or social isolation.

**28.**

**(i) What is psychotherapy?**



**Answer** - Psychotherapy is often called "talking cure" because it involves providing help through mutual interaction between a trained person (therapist) and a client.

**(ii) Write names of two coping mechanism.**

**Answer** - 1. Task-oriented coping, 2. Emotion-focused coping.

**29. Fill in the blanks:**

**(i) \_\_\_\_\_ is the innate capacity to act and helps in the solution of a problem.**

**Answer** - Aptitude

**(ii) Job description include information about \_\_\_\_\_.**

**Answer** - Nature of work

**30.**

**(i) What is a self-report measure of personality?**

**Answer** - MMPI (Minnesota Multiphasic Personality Inventory).

**(ii) Write one use of projective technique.**

**Answer** - To know the desires and conflicts of the unconscious mind.

**(iii) Write the name of any one projective test.**

**Answer** - Rorschach Inkblot Test.

**(iv) What kinds of traits are measured by situational test of personality?**

**Answer** - It measures behavior and reactions in real-life situations.

**31.**

**(i) Classical conditioning explains \_\_\_\_\_ relationship.**

**Answer** - Stimulus-Response



(ii) In Pavlov's experiment unconditioned stimulus was \_\_\_\_\_.

**Answer** - Food

(iii) In Pavlov's experiment conditioned stimulus was \_\_\_\_\_.

**Answer** - Sound of the Bell

(iv) What happened in Pavlov's experiment when conditioned stimulus was presented without unconditioned stimulus?

**Answer** - Extinction

### 32. Identify the disorder based on description :

(i) In this disorder, psychological problems have physical symptoms but these diseases have psychological causes.

**Answer** - Psychosomatic Disorder

(ii) A disorder, in which several distinct personalities emerge in the same individual at different times.

**Answer** - Multiple Personality Disorder (Dissociative Identity Disorder)

(iii) This disorder involves extreme and irrational fear of something.

**Answer** - Phobia

(iv) A type of dissociative disorder in which apart from the memory loss, the person also assumes a new identity.

**Answer** - Dissociative Fugue



## SECTION-B

A.   
B.   
C. 

### 33. What are psychological Test?

**Answer** - A psychological test is a standardized and objective instrument used to measure an individual's mental and behavioral characteristics (such as intelligence, aptitude, personality). A good test must have reliability and validity so that it can give correct and accurate results.

OR

### Write any two skills, an interviewer should possess.

**Answer** - A good interviewer should have the following qualities:

1. **Sensitivity:** He should be sensitive to the feelings and thoughts of the interviewee.
2. **Communication Skills:** He should know the art of asking clear questions and listening carefully to obtain correct information.

### 34. What do you understand by the term Beliefs?

**Answer** - Belief is part of the cognitive component. It is a collection of our ideas and assumptions about an object, person, or idea. For example, "Belief in God" or "Honesty is the best policy" - these are ideas we accept as true.

OR

### Define the term social cognition.

**Answer** - Social cognition is the mental process by which we understand our social world. It involves studying how we process, store, and use information about ourselves and others. Our attitudes and beliefs are main components of this process.

### 35. What is selective attention?



**Answer** - Selective attention is the process in which an individual focuses his attention only on some specific and important stimuli out of innumerable stimuli present in the environment and ignores the rest. It helps in applying our limited mental capacity to necessary information.

**OR**

### **What is Parapsychology?**

**Answer** - Parapsychology is the branch of psychology that studies those mental phenomena and abilities that cannot be explained by general scientific laws or senses, such as Extra Sensory Perception (ESP), Telepathy, and Precognition.

### **36. Describe any two functions of attitude.**

**Answer** - Two main functions of attitude are:

- 1. Adjustment Function:** It helps us fit into social groups and receive rewards.
- 2. Knowledge Function:** It provides us with a framework to understand the world, allowing us to organize new information easily.

### **37. Explain the Sattvik personality.**

**Answer** - A person with a Sattvic personality is virtuous, disciplined, and balanced. He maintains balance in his diet, thoughts, and behavior. Such a person is truthful, dutiful, and remains dedicated to God or higher values. He has less jealousy and anger.

### **38. What is survey method?**

**Answer** - Survey method is a research technique in which information is collected from a large number of people through questionnaires or interviews. It is used to get data about people's opinions, attitudes, and behaviors.

### **39. Identify the characteristics of young adulthood.**

**Answer** - Young adulthood (approx. 20-40 years) is the stage of life when an individual assumes independence and responsibility.



Its main characteristics are:

1. **Identity and Intimacy:** The individual chooses his career and life partner. According to Erikson, the main conflict here is 'Intimacy vs. Isolation'.
2. **Career Building:** The individual establishes his professional role and tries to become financially independent.
3. **Family Role:** Responsibilities of marriage and becoming parents arise.

**40. Specify the conditions under which the attitude-behaviour relationship will be strong.**

**Answer -** The relationship between attitude and behavior is strong when:

1. **Attitude is Strong:** If the individual's attitude is very firm and clear.
2. **Specificity:** When the attitude is towards a specific behavior, not general.
3. **Lack of External Pressure:** When there is no social or external pressure on the individual forcing them to act against their attitude.
4. **Personal Experience:** When the attitude is based on direct experience.

**OR**

**Define attitude. Describe the three components of attitude.**

**Answer -** Attitude is a favorable or unfavorable evaluation of an object, person, or event. It has three components (ABC Model):

1. **Cognitive:** This involves our thoughts and beliefs (e.g., "Smoking is harmful").
2. **Affective:** This involves our feelings and likes-dislikes (e.g., "I hate smoking").
3. **Behavioral:** This is the tendency to act towards that object (e.g., "I will not smoke").

**41. What is the difference between mental ill-health and mental illness?**

**Answer -**



Basis	Mental Ill-health	Mental Disease
Definition	It is the absence of the qualities of positive mental health.	It is a serious condition in which disorders arise in behavior, thoughts, and emotions.
Symptoms	The individual faces difficulty in coping with life's challenges, has a negative outlook, and remains unhappy.	It involves defective perception, excessive emotional instability, and unbalanced behavior.
Treatment	Improvement is possible through lifestyle changes and counseling.	It often requires clinical treatment and medication.

OR

**Give signs of poor mental health.**

**Answer -** Main symptoms of poor mental health are:

- 1. Disorganized Routine:** No fixed time for eating and sleeping.
- 2. Emotional Instability:** Irritability, anger, or crying over small matters.
- 3. Negative Thinking:** Always keeping a negative outlook towards oneself and others.
- 4. Physical Problems:** Headaches, fatigue, or digestive problems without any cause.
- 5. Social Isolation:** Staying away from friends and family and preferring to be alone.

**42. How can you contribute for a better environment?**

**Answer -** We can contribute to creating a good environment in the following ways :-

- 1. Conservation of Resources:** Do not waste water and electricity.
- 2. Reducing Pollution:** Use public transport and reduce the use of plastic.
- 3. Plantation:** Plant as many trees as possible and take care of them.
- 4. Awareness:** Make your family and friends aware of environmental protection.



5. **3R Principle:** Adopt Reduce, Reuse, and Recycle.

OR

**What is Environmental Stress? Explain.**

**Answer** - Environmental stress is the stress that arises due to adverse conditions in our physical environment. When environmental demands exceed our tolerance, stress occurs.

Its main factors are:

1. **Pollution:** Noise, air, and water pollution.
2. **Crowding:** Lack of personal space.
3. **Natural Disasters:** Earthquakes, floods, etc. These factors negatively affect physical and mental health.

**43. What is Biological approach to study psychological processes?**

**Answer** - The biological approach believes that the basis of all our behaviors, thoughts, and emotions is our physical structure. This approach focuses on the role of the brain, nervous system, genes, and endocrine glands (hormones) to understand behavior. According to this, mental disorders or changes in behavior can occur due to chemical imbalances in the brain or genetic reasons.

**44. Describe Manomaya Kosha: The Mental Sheath.**

**Answer** - Manomaya Kosha is the third level of our existence, also called the 'Mental Sheath'. It is subtler than the Pranamaya Kosha. It includes our mind, thoughts, feelings, and emotions. It receives information from our senses. When we are worried or under stress, this sheath is affected. Self-study of good literature and positive thinking are essential for its development.

OR

**Describe Vijnanmaya Kosha: The Intellectual Sheath.**

**Answer** - Vijnanamaya Kosha is the 'Intellectual Sheath'. It is deeper and subtler than the Manomaya Kosha. It includes our intellect, wisdom, and decision-making ability. The mind only thinks, but the



Vijnanamaya Kosha decides what is right and what is wrong. It is the center of knowledge and insight. Activities like self-study, logic, and reflection are important for its development.

#### 45. Discuss the role of culture and environment in our needs and motives.

**Answer** - Our needs and motives are not just biological; they are deeply influenced by culture and environment:

- 1. Biological Needs and Culture:** Hunger and thirst are biological, but what we eat, how we eat, and when we eat is decided by our culture.
- 2. Social Motives:** Motives for achievement, power, and affiliation are learned from the social environment. Achievement motivation is higher in a competitive society, while affiliation is higher in a cooperative one.
- 3. Impact of Environment:** People in cold environments demand warm clothes and high-energy food. Similarly, motivation for punctuality and success in an urban environment may differ from a rural one.

#### 46. Suggest some coping strategies with the problem during old age.

**Answer** - The following effective methods can be adopted to face physical and psychological challenges in old age:

- 1. Positive Outlook:** Keeping a positive perspective and accepting old age as a natural stage of life.
- 2. Staying Active:** Remaining physically active through light exercise or Yoga.
- 3. Social Connection:** Staying connected with family, friends, and the community to avoid loneliness.
- 4. Developing New Interests:** Using free time after retirement to learn new hobbies or skills.
- 5. Spirituality and Meditation:** Engaging in meditation and spiritual activities for mental peace.
- 6. Health Care:** Getting regular health check-ups and taking a proper diet.



**47. Write the importance of Recreation (Vihara) in maintaining good health.**

**Answer** - In both Ayurveda and modern psychology, *Vihar* (Recreation) is considered an essential part of good health:

- 1. Reduction in Stress:** Recreation like playing, walking, or listening to music reduces mental stress and calms the mind.
- 2. Physical Vigor:** Morning walks or exercise make the body light and strong.
- 3. Immunity:** Regular recreation and exercise increase the body's immunity.
- 4. Mental Balance:** It keeps depression and anxiety away by releasing happiness-inducing chemicals in the brain.
- 5. Longevity:** It slows down the aging process and increases vitality.

OR

**Describe strategies of time management.**

**Answer** - Time management is important for reducing stress and increasing productivity. Its major strategies are:

- 1. Making a To-Do List:** List all tasks to be completed at the start of the day.
- 2. Prioritizing:** Order tasks by importance; do difficult tasks when you are most energetic.
- 3. Time Table:** Create a 24-hour schedule including study, play, and rest.
- 4. Flexibility:** Keep some free time in the schedule for unexpected tasks.
- 5. Rest and Recreation:** Take short breaks and find time for entertainment to avoid fatigue

**48. Describe the ways for development of five Koshas.**

**Answer** - Holistic development of personality requires the development of all five sheaths:

- 1. Annamaya Kosha (Physical):** Developed by Sattvic food and regular exercise.



2. **Pranamaya Kosha (Energy):** Regulated through Pranayama and breathing exercises.
3. **Manomaya Kosha (Mental):** Purified through the study of good literature and positive resolve (Sankalpa).
4. **Vijnanamaya Kosha (Intellectual):** Developed through self-study, logic, and problem-solving.
5. **Anandamaya Kosha (Spiritual):** Achieved through meditation, selfless service, and oneness with nature.

OR

**Explain the levels of consciousness according to Sri Aurobindo.**

**Answer -** According to Sri Aurobindo, human development occurs through different levels of consciousness:

1. **Physical Consciousness:** The lowest level related to our body and the material world.
2. **Vital Consciousness:** The level of life energy, desires, and emotions.
3. **Mental Consciousness:** The level of logic, intellect, and thoughts.
4. **Psychic Being:** The divine spark within that experiences truth and beauty.
5. **Supermind:** The highest level of consciousness where there is complete knowledge and bliss.





# Thank you!



We hope you found this material helpful. We wish you the very best for your examination.



Strive for Excellence - Your Path to Success