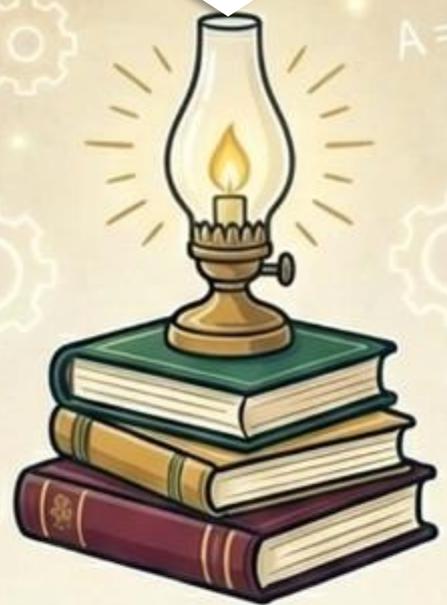




$$A = \frac{m}{(m^2 + c)^2}$$



NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

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

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2024

Your Path to Success

SECTION-AA.
B.
C. 

1. (i) These kinds of health hazards such as epilepsy, memory disturbance, visual and auditory impairments are due to :

(A) Crowding

(B) Noise Pollution

(C) Water Pollution

(D) Air Pollution

Answer - (D) Air Pollution

OR

(ii) Diseases like diarrhoea, intestinal worms and hepatitis are caused by:

(A) Crowding

(B) Noise Pollution

(C) Water Pollution

(D) Air Pollution

Answer - (C) Water Pollution

2. (i) This conflict has been referred as "mixed-blessing" conflicts because of the involvement of multiple alternatives :

(A) Approach - approach

(B) Avoidance - avoidance

(C) Approach - avoidance

(D) Frustration



Answer - (C) Approach - avoidance

OR

(ii) This is an experiential state which may result from blocking of needs and motives:

- (A) Approach - approach
- (B) Avoidance - avoidance
- (C) Approach - avoidance
- (D) Frustration

Answer - (D) Frustration

3. Language usage is influenced by:

- (A) age
- (B) gender
- (C) cultural background
- (D) all

Answer - (D) all

4. (i) Identify the period when satisfactory heterosexual adjustments are facilitated, career is planned and philosophies of life are molded:

- (A) Infancy
- (B) Adolescence
- (C) Adulthood
- (D) Childhood

Answer - (B) Adolescence



OR

(ii) Transition from Adolescence to adulthood depends upon :

- (A) Individual characteristics
- (B) Environmental aids
- (C) Individual's experiences
- (D) All

Answer - (D) All

5. (i) Identify the process in which an internal representation of an object is formed:

- (A) Sensation
- (B) Attention
- (C) Perception
- (D) Recognition

Answer - (C) Perception

OR

(ii) Out of the following which is the ability to see three-dimensional space and to accurately judge distances ?

- (A) Perceptual grouping
- (B) Perceptual constancy
- (C) Depth perception
- (D) Illusions

Answer - (C) Depth perception



6. (i) This is referred as dynamic organization within the individual of those psychophysical systems that determine his/her unique adjustment to the environment:

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

Answer - (B) Personality

OR

(ii) Individual differences occur due to :

- (A) Genetics**
- (B) Environment**
- (C) Both (A) and (B)**
- (D) Only media**

Answer - (C) Both (A) and (B)

7. Anger, apathy, social withdrawal and learned helplessness are the most likely responses of:

- (A) Crowding**
- (B) Air Pollution**
- (C) Noise Pollution**
- (D) Water Pollution**

Answer - (A) Crowding

8. Features of effective communication includes :



(A) Ethical standards

(B) Mutual interest

(C) National integration

(D) Obligation

Answer - (A) Ethical standards

9. Acceleration of growth during adolescent period is closely linked to the increased hormonal output of:

(A) Sweat glands

(B) Sebaceous gland

(C) Pituitary glands

(D) Liver

Answer - (C) Pituitary glands

10. (i) The minimum amount of physical energy needed to produce a sensory experience is called:

(A) Absolute threshold

(B) Differential threshold

(C) Frequency

(D) Pitch

Answer - (A) Absolute threshold

OR

(ii) This refers to the number of cycles a wave completes in a given amount of time:



- (A) Absolute threshold
- (B) Differential threshold
- (C) Frequency
- (D) Pitch

Answer - (C) Frequency

11. This refers to the potential ability of an individual to perform a task, which consists of a combination of abilities :

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

Answer - (D) Aptitude

12. This process of organization includes human resources, capital, technology, material and information:

- (A) Inputs
- (B) Outputs
- (C) Environments
- (D) Socialization

Answer - (A) Inputs

13. Identify the channels which involves the use of social distance between people:

- (A) Kinesics



(B) Gaze

(C) Proxemics

(D) Haptics

Answer - (C) Proxemics

14. (i) Gender identity is established at:

(A) 3 to 4 years

(B) 5 to 6 years

(C) 7 to 8 years

(D) 9 to 10 years

Answer - (A) 3 to 4 years

OR

(ii) 'Gender consistency' is established at:

(A) 3 to 4 years

(B) 5 to 6 years

(C) 7 to 8 years

(D) 9 to 10 years

Answer - (B) 5 to 6 years

15. (i) This sub-system of organisation refers to the use of knowledge, facilities, equipment etc.:

(A) Psychological

(B) Structural

(C) Managerial



(D) Technical

Answer - (D) Technical

OR

(ii) This sub-system of organisation refers to the well defined tasks and integrated activities in different units:

(A) Psychological

(B) Structural

(C) Managerial

(D) Technical

Answer - (B) Structural

16. (i) Which of the following statement is not correct?

(A) Communication is a continuous process.

(B) We can communicate through words.

(C) We can communicate through gestures.

(D) We cannot express through tones and expressions.

Answer - (D) We cannot express through tones and expressions.

OR

(ii) Parents tell their children not to smoke and drink because it is unhealthy. This attitude is formed through:

(A) Direct contact

(B) Direct instruction



(C) Interaction with others

(D) Observational learning

Answer - (B) Direct instruction

17. Identify the factor of organizational climate which serves as the basis of interpersonal relationship between supervisors, subordinates and co-workers :

(A) Organizational Structure

(B) Technology

(C) External Environment

(D) Management Policies and Practices

Answer - (A) Organizational Structure

18. (i) In an organisation when management uses threats and punishment to enforce orders. Identify the leadership style here:

(A) Participative

(B) Consultative

(C) Paternalistic

(D) Authoritarian

Answer - (D) Authoritarian

OR

(ii) This leadership style involves two way communication between boss and subordinates:

(A) Participative

(B) Consultative



(C) Paternalistic

(D) Authoritarian

Answer - (B) Consultative

19. Through this process an individual employee acquires the knowledge and skills necessary within the organisation:

(A) Superior - subordinate relationship

(B) Relationship with co-workers

(C) Organisational socialization

(D) Communication

Answer - (C) Organisational socialization

20. This refers to preservation of the stocks of resources including environmental and exhaustible resources:

(A) Sustainable development

(B) Global warming

(C) Green house effect

(D) Consumption

Answer - (A) Sustainable development

21. Answer any two of the following:

(i) Sukriti keeps organizing her cupboard whole day. Even the thought of somebody missing it, keeps her anxious. Identify the disorder of Sukriti.

Answer - Obsessive-Compulsive Disorder (OCD)



(ii) Tanya is not able to remember anything from the past. This occurred after the sudden demise of her husband in an accident. Identify the disorder in the case of Tanya.

Answer - Dissociative Amnesia

(iii) Give any two behavioural responses of stress.

Answer - Irritability and Insomnia

(iv) Write any two emotional responses of stress.

Answer - Anxiety and Anger.

22. (i) Define interest.

Answer - Interest is that motivating force which attracts attention towards an activity.

(ii) Give one example of interest test.

Answer - Strong Vocational Interest Blank (SVIB).

23. Answer any two of the following:

(i) Non-verbal communication helps to allow self-presentation. True/False

Answer - True

(ii) Haptics refers to _____ and is a function of culture.

Answer - Touch

(iii) Effective communication can be achieved by talking fast. True/False

Answer - False (Speaking too quickly reduces the clarity of the message and makes it difficult for the listener to understand, thus making the communication ineffective.)

(iv) Advertisers make use of _____ to make people buy certain products.

Answer - Persuasion



24. Answer any two of the following:**(i) What is cognitive development ?**

Answer - Cognitive development is the development of mental processes, which includes the development of thinking, thought, memory, perception, problem-solving, and language.

(ii) Identify the sub-stage of cognitive development when children can create mental images of objects.

Answer - Pre-operational Stage (Between 2 to 7 years of age).

(iii) According to Piaget inability to see the world from someone else's point is called _____

Answer - Egocentrism

(iv) Centration means _____

Answer - focusing on only one aspect

25. (i) The process of learning language is _____ (verbal learning/concept learning)

Answer - Verbal Learning.

(ii) _____ refers to the process of using earlier learning in a new situation.

Answer - Transfer of Learning.

26. (i) This property of psychological test ensures uniformity and objectivity. Identify the property.

Answer - Standardization

(ii) Ability test measures capacity as potential. Suggest one ability test.

Answer - Intelligence Test

27. (i) Write one purpose of job description.

Answer - To provide knowledge and information.



(ii) What is the outcome of right career decision?

Answer - High Job Satisfaction.

28. Answer any two of the following:

(i) What is the average IQ level?

Answer - 90-110.

(ii) Concept of IQ is not meaningful beyond the age of 18 years. True/False

Answer - True

(iii) Write one positive influence of media on society.

Answer - Rapid information dissemination.

(iv) People have unlimited capacity to receive and process information. True/False

Answer - False (People have limited capacity to receive messages).

29. Identify the parenting style when it is :

(i) demanding, controlling, insensitive

Answer - Authoritarian

(ii) indulgent, non-demanding

Answer - Permissive

30. Classical conditioning is also known as Pavlovian conditioning. He studied stimulus - response relationship. He did his experiments on dog. Based on description answer the following questions.

(i) Identify US in Pavlovian experiment

Answer - Food



(ii) Identify UR

Answer - Saliva

(iii) Identify CS

Answer - Bell

(iv) What is acquisition in this experiment?

Answer - Establishment of association.

31. Answer any four out of the following:

(i) Sarah suddenly leaves her home and starts living in another city with a new identity and with no memory from her past. Identify the disorder.

Answer - Dissociative Fugue.

(ii) Ankit is extremely rigid when it comes to wearing shirts. He is withdrawn, does not smile and has delayed language development. Identify the disorder of Ankit.

Answer - Autism

(iii) Kumar would often be seen talking to himself. On questioning he would say that these were people whom he could see and hear. Identify the disorder.

Answer - Schizophrenia

(iv) Arnav is 8 year old boy. His parents are worried about his lack of paying attention in class. He is always distracted during lesson. Identify the disorder of Arnav.

Answer - ADHD (Attention Deficit Hyperactivity Disorder).

(v) Building good and working relation with client in psychotherapy is known as _____

Answer - Rapport Formation.

(vi) Step comes when sessions have yielded the desired outcome is known as _____



Answer - Termination

32. Answer any four of the following:

(i) Give one example of self report measure of personality.

Answer - 16PF

(ii) In this type of measure of personality has unstructured or ambiguous stimuli.

Answer - Projective Test.

(iii) This measure of personality came into light during second world war.

Answer - MMPI

(iv) Vocational interest Test are Pen and Paper Test. True/False

Answer - True

(v) Which perspective identifies personality as extraversion and introversion?

Answer - Carl Jung

(vi) Which perspective of personality was given by Sigmund Freud ?

Answer - Psychoanalytic.

SECTION - B

A.
B.
C.



33. Explain behavioural approach to understand psychological processes.

Answer - Behaviorism is the school of psychology that focuses only on measurable and observable behavior. J.B. Watson was its father. It believes that behavior is a relationship between Stimulus-Response (S-R), in which internal elements like mind or consciousness have no place.



34. What is Udana - The faculty of thinking?

Answer - Under the Pranamaya Kosha (Vital Sheath), 'Udan' is the energy located in the throat region. It controls our higher mental faculties, such as thinking, creating new theories, and self-education. It lifts the individual above the present towards intellectual and spiritual progress.

35. Define social cognition.

Answer - Social cognition is the mental process through which an individual obtains information about others, understands them, and makes decisions in social situations. It involves the individual's perception of others and the ability to understand the reasons behind their behavior.

36. Explain the concept of 'Attention'.

Answer - Attention is the mental process in which we focus our consciousness on a specific stimulus out of many stimuli in our environment. It is selective. For example, hearing one's mother's voice in a crowd. It is a primary requirement for learning and remembering.

37. List any two functions of an attitude.

Answer - Two main functions of attitude are :-

1. **Knowledge Function** - It provides us with a framework to organize and understand the world.
2. **Ego-defensive Function** - It helps us protect our self-esteem and defend against internal conflicts.

38. What are field experiments?

Answer - It is a research method conducted in real-life situations (such as a school or market) rather than in the artificial environment of a laboratory. In this, the researcher manipulates the independent variable to study its effect on the dependent variable to find out the real causes of behavior.

39. (i) Each and every person is a combination of three gunas. Justify the statement.

Answer - According to the Indian perspective, every individual's personality is a mixture of Sattva (Knowledge and Peace), Rajas (Action and Desire), and Tamas (Darkness and Lethargy). No person possesses only one Guna; the proportion of these three Gunas determines the specific nature and



behavior of the individual. For a balanced personality, the dominance of Sattva Guna is considered essential.

OR

(ii) Explain levels of consciousness according to Sri Aurobindo.

Answer - According to Sri Aurobindo, there are two models of consciousness: Concentric and Vertical. The Concentric Model is like sheaths (Koshas), having levels from the outer waking mind to the innermost 'Soul'. The Vertical Model is like a ladder, showing evolution from the lowest physical consciousness to the highest Supermind.

40. Describe the relevant variable under experimental method.

Answer - In experimental studies, confounding variables (or relevant variables) are those external factors that have the potential to affect the dependent variable apart from the independent variable. For scientific accuracy of the experiment, the researcher keeps these variables controlled or constant. This clarifies that changes in behavior are due to the independent variable only, and not a result of external influence. This is mandatory to maintain the validity of the experimental method and reliability of results.

41. Describe the characteristics of middle adulthood.

Answer - Adulthood, which is between 40 to 60 years, is a significant transition period of life. In this stage, the individual deeply re-evaluates their past achievements and life goals. The main symptom is the concern for productivity (Generativity) and making a meaningful contribution to the next generation. If the individual feels they have achieved nothing, they begin to feel Stagnation. This time is the main period for finding the real meaning of life and one's legacy.

42. Identify some indicators of poor mental health.

Answer - Major symptoms of poor mental health include constant anxiety, excessive anger, irritability, and feeling deep despair even over small problems. The individual's daily routine, such as sleep and appetite patterns, becomes uncontrolled. They gradually start cutting off social relationships and a severe lack of self-confidence is observed. This condition negatively affects the individual's decision-making ability and overall life. These are significant signs of mental ill-health.



43. (i) Describe the three component of an attitude.

Answer - Attitude has three main aspects, known as the ABC Model :-

1. **Affective Aspect (A)** - It indicates our feelings or likes/dislikes towards an object.
2. **Behavioral Aspect (B)** - It indicates our way of acting towards that object.
3. **Cognitive Aspect (C)** - It is related to our knowledge and beliefs about the object. The combination of these three components develops our attitude towards someone, which directs behavior.

OR

(ii) Explain the three important factors that help to bring about attitude change.

Answer - Attitude change mainly depends on three important factors :-

1. **Source** - How credible the person delivering the message is.
2. **Nature** -This includes the rationality and emotional appeal of the information.
3. **Characteristics of the Receiver** - Such as their intelligence and personality. These three factors collectively determine how much change will occur in the attitude.

44. (i) 'Human subjugated to Nature'. Explain this view as human-environmental relationship.

Answer - The 'Man under Nature' perspective believes that nature is the supreme power and humans are helpless before it. According to this ideology, humans were always afraid of natural disasters and forces. In the absence of scientific understanding, they worshipped the Sun, Moon, and trees as supernatural powers. Here, human capabilities are considered negligible compared to nature, and humans consider themselves slaves to natural laws. This is the primary form of the human-environment relationship.

OR



(ii) Explain the symbiotic relationship between human and Nature.

Answer - The symbiotic relationship between nature and humans means a relationship of interdependence and deep respect. According to this perspective, humans obtain resources from nature for their needs, but at the same time, they also take responsibility for the conservation of nature. It is a balanced system where humans do not exploit natural wealth but preserve resources while understanding the limits of the environment. This relationship is extremely essential in today's era for sustainable development.

45. (i) Describe Vijnanamaya Kosh - The intellectual sheath.

Answer - Vijnanamaya Kosh is the fourth important level in the Panchakoshas (Five Sheaths) of personality, situated just inside the Manomaya Kosha. It is also called the 'Intellectual Sheath' because it is the main center of our higher intellect, logical power, memory, and ability to make subtle decisions. While the mind only receives external information and sensations through senses, 'Buddhi' (Intellect) deeply analyzes that information and takes rational decisions. This Kosha develops through continuous self-study (Swadhyaya), solving difficult problems, and research work. It liberates the individual from the slavery of senses and advances them in the search for higher truth, morality, and spiritual knowledge.

OR

(ii) Explain Aurobindo perspective on level of consciousness.

Answer - According to Sri Aurobindo, the evolution of consciousness continues constantly from Matter to Supermind. He presented two main models of consciousness: Concentric and Vertical.

In the **Concentric Model**, consciousness starts from the outer waking mind and goes to the innermost 'Psychic Being' or Soul, which is the divine center of energy. The **Vertical Model** is like a ladder, which starts from ignorance-filled physical consciousness and rises towards divine perfection filled with knowledge and bliss. Aurobindo believes that human evolution is still incomplete, and by attaining higher consciousness through Yoga, an individual can break the bonds of ignorance and attain a state of complete bliss.



46. (i) Suggest some strategies to maintain good mental health and hygiene.

Answer - For good mental health and hygiene, Ayurveda emphasizes the balance of 'Ahar (Diet), Vihar (Recreation), Achar (Conduct), and Vichar (Thinking)'. Main strategies include adopting a realistic attitude, keeping control over one's emotions like anger and fear, and developing positive thinking. Daily stress can be effectively reduced through time management.

Additionally, regular Yoga practice, balanced Sattvic food, and adequate rest are essential elements for mental hygiene. Cooperative behavior with others, compassion, and a sense of altruism are also very helpful in providing mental peace and self-satisfaction. All these measures make a person emotionally and socially strong and protect against diseases.

OR

(ii) What do you understand by the term health? Differentiate between mental ill-health and mental illness.

Answer - According to the World Health Organization (WHO), health is not merely the absence of disease, but a complete state of physical, mental, social, and spiritual well-being.

Mental Ill-health is a broad condition in which an individual lacks positive health; it often arises due to temporary stress, frustration, or challenging life situations. In contrast, **Mental Disease** is a serious medical condition in which there is a deep defect in the individual's thinking, perception, and behavior. Improvement in ill-health can be achieved by the individual's own efforts, lifestyle changes, and counseling, but the treatment of mental disease (like Schizophrenia) requires professional medical help, medication, and a long therapeutic process.

47. How one can remain healthy during old age? Discuss.

Answer - To maintain health in old age, constant activity at both physical and mental levels is essential.

The individual should accept their past life experiences with satisfaction and dignity, which reduces the fear of death and maintains mental peace. Regular light exercise, morning walks, Yoga, and easily digestible Sattvic diet protect the body from diseases of old age. Staying socially active, meeting friends, and contributing to small family tasks keeps loneliness and depression away. Keeping one's



old interests alive and developing a positive philosophy of life is considered the best and most effective way to ensure health, mental clarity, and longevity in this stage.

48. Describe Maslow's hierarchy of Needs.

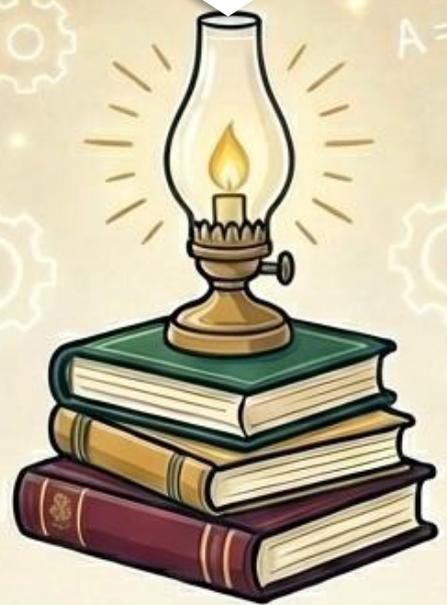
Answer - Abraham Maslow divided needs into a hierarchy of five levels to understand human motivation and development.

1. At the base are 'Physiological Needs' (Food, water, sleep).
2. Upon their fulfillment, the demand for 'Safety Needs' (House, job, health) arises.
3. The third level is of 'Belongingness and Love Needs' (Family, friendship).
4. The fourth level is 'Esteem Needs' (Prestige, recognition).
5. At the top of the pyramid is 'Self-Actualization', where the individual experiences their full potential and the real purpose of life. According to Maslow, unless the lower-level basic needs are satisfied, an individual cannot actively move towards higher-level motivation or self-development.





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



NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

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

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2024

Your Path to Success

SECTION - A

A.
B.
C. 

1. The process by which a person moves towards fulfilment of wants is called:

- (A) Need
- (B) Incentive
- (C) Motivation
- (D) Goal

Answer - (C) Motivation

2. This approach focuses on the role of different parts of brain in regulating feeling, memories, emotions and other aspects of behaviour.

- (A) Biological
- (B) Psychoanalytic
- (C) Humanistic
- (D) Behaviourist

Answer - (A) Biological

3. This is defined as our favourable or unfavorable evaluations of people, objects and situations.

- (A) Interest
- (B) Attitude
- (C) Social cognition
- (D) Persuasion

Answer - (B) Attitude



4. A child who does not do well in a particular subject, but gets very high marks in other subjects, tries to accept the fact. This reaction comes under which coping?

- (A) Defence-oriented
- (B) Emotion-focused
- (C) Task-oriented
- (D) None

Answer - (C) Task-oriented

5. Achievement motivation is acquired by children through their parents, role models and socio-cultural influences. This comes under ____

- (A) Primary needs
- (B) Secondary needs
- (C) (A) and (B) both
- (D) Biological needs

Answer - (B) Secondary needs

6. This is the dynamic organization within the individual of those psychological systems that determine his unique adjustment to his environment.

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

Answer - (D) Personality



7. In the Indian tradition the period of adulthood refers to ____ Asrama.

- (A) Brahmacharya
- (B) Grihastha
- (C) Vanaprastha
- (D) Sannyasa

Answer - (B) Grihastha

8. Ill health like epilepsy, memory disturbances, visual and auditory impairments are caused by _____

- (A) Air pollution
- (B) Water pollution
- (C) Soil pollution
- (D) Noise

Answer - (A) Air pollution

9. Asha's mother listens to Hindi classical music at home and while driving. Asha has grown up hearing this music and now she too likes to hear this type of music. Identify such type of learning for attitude formation.

- (A) Direct contact
- (B) Direct instruction
- (C) Interaction with others
- (D) Observational learning

Answer - (D) Observational learning



10. The Hierarchy of Needs given by Maslow has ____ levels of needs.

- (A) 3
- (B) 4
- (C) 5
- (D) 6

Answer - (C) 5

11. This type of person is very active, dynamic and addicted to work. Triguna theory considers it as ____ personality.

- (A) Sattwik
- (B) Rajasik
- (C) Tamasik
- (D) All

Answer - (B) Rajasik

12. Hans Selye defined it as a non-specific response of the body to any demand on it.

- (A) Coping
- (B) Adaptation
- (C) Stress
- (D) Appraisal

Answer - (C) Stress

13. Identify the 'Greenhouse' gas/gases.

- (A) Carbon dioxide



(B) Methane

(C) CFC

(D) All

Answer - (D) All

14. This age is viewed as a period of creativity and significant contribution to society.

(A) Young adulthood

(B) Middle age

(C) Old age

(D) Adolescence

Answer - (B) Middle age

15. Both ____ and performance tests can be administered to literate and illiterate individuals.

(A) Verbal

(B) Non-verbal

(C) Individual

(D) Group

Answer - (B) Non-verbal

16. Reema gets Rs. 20 for every good grade she obtains in school. Reema is receiving :

(A) Intrinsic motivation

(B) Extrinsic motivation

(C) Primary need

(D) Growth need



Answer - (B) Extrinsic motivation

17. When we prevent ourselves about thinking of certain topics, we engage in:

- (A) Counterfactual thinking
- (B) Thought suppression
- (C) Personal schemata
- (D) Role Schemata

Answer - (B) Thought suppression

18. This is characterized by false sensory perceptions in the form of seeing and hearing something which is actually, not present there.

- (A) Illusion
- (B) Perception
- (C) Delusions
- (D) Hallucination

Answer - (D) Hallucination

19. Labelling of a feeling is shaped by -

- (A) Situation
- (B) Past experiences
- (C) Culture
- (D) Both (B) and (C)

Answer - (D) Both (B) and (C)



20. If the mental age of a child is 12 years and his/her chronological age is 8 years then the IQ of the child is _____

- (A) 100
- (B) 120
- (C) 150
- (D) 200

Answer - (C) 150

21. The Pancha-Prana, which are corresponding to the five physiological systems described in Ayurveda, represents the vital (Pranamaya) sheath. Identify the type of Prana in the following sentences:

(i) The faculty of Digestion is called _____

Answer - Samana

(ii) The faculty of Thinking is called _____

Answer - Udana

22. There are three types of conflict which individual faces depending on the nature of goals and situation. Identify the type of conflict in these situations:

(i) A youth with little educational qualification has to choose either unemployment or a low paid disagreeable job.

Answer - Avoidance-Avoidance Conflict

(ii) This kind of conflict is generally resolved by accepting some negative and positive features of the goal.

Answer - Approach-Avoidance Conflict

23. State whether the following statements are True or False:



(i) Majority of our communication is through the non-verbal channels.

Answer - True

(ii) People have an unlimited capacity to receive and process information.

Answer – False (People have a limited capacity to receive and process information.)

24. (i) Define water pollution.

Mixing of undesirable substances in water which makes it harmful for humans and aquatic life.

(ii) Name any two water born diseases.

Answer - Hepatitis, Diarrhea.

25. Identify the stage of development :-

(i) According to Erikson this period is characterized by a crisis of Intimacy vs Isolation.

Answer - Early Adulthood

(ii) Erikson characterized this age as a phase of crisis involving Generativity vs self-absorption.

Answer - Middle Age

26. Fill in the blanks:

(i) ____ are distorted perception of stimuli that exist.

Answer - Illusion

(ii) ____ is perception of objects or events that have no external reality.

Answer - Hallucination

27. State whether statements are True or False :

(i) Emotions expressed about an attitude object refers to the affective component of an attitude.



Answer - True

(ii) Holding specific attitude helps us to gain approval from others.

Answer - True

28. Identify the mental disorder in below situations:

(i) When a person has repetitive thoughts or has to do actions repeatedly.

Answer - Obsessive-Compulsive Disorder (OCD)

(ii) When a person has extreme and irrational fear of something.

Answer - Phobia

29. Taitariya Upanishad gives the concept of Panch Koshas. Write the name of Kosha for following sentences:

(i) This Kosha or mental sheath comprised of one's feelings and emotions.

Answer - Manomaya Kosha

(ii) The characteristics of this Kosha are creativity, joy and bliss.

Answer - Anandamaya Kosha

30. Identify the leadership style -

(i) When employees are fully involved in setting the goals and two way communication becomes the norm.

Answer - Participative

(ii) Here orders are issued and goals set after consultation with the employees. Team work is encouraged to some extent.

Answer - Consultative



(iii) Here rewards and threats are employed to enforce the orders. (iv) This involves one way downward communication.

Answer – Paternalistic

(iv) This involves one way downward communication.

Answer – Authoritarian

31. (i) Define 'Developmental Task'.

Answer - A task which arises at a certain period in life, successful achievement of which leads to happiness.

(ii) Write any one developmental task for adolescents.

Answer - Emotional independence from parents / Preparation for career.

(iii) What do you mean by 'Gender role'?

Answer - Social expectations of behaviors considered appropriate for men and women.

(iv) At what age children acquire 'Gender identity'?

Answer - At the age of about 3 years (or 3-4 years).

32. Complete the sentences:

(i) Psychological assessment refers to _____

Answer - Psychological attributes

(ii) Sixteen Personality Factor (16 PF) is an example of _____

Answer - Personality Inventory

(iii) In projective tests, the individual has to respond to _____

Answer - Unstructured stimuli



(iv) Individual differences occur due to interaction of ____

Answer - Heredity and Environment

SECTION - B

A.
B.
C.



33. Differentiate between participant and non-participant types of observation.

Answer - In Participant Observation, the researcher becomes an active member of the group he is studying and observes behavior from within. In contrast, in Non-participant Observation, the researcher remains separate from the group and observes events and behaviors from a distance, without influencing the group.

OR

Explain naturalistic observation with the help of an example.

Answer - Naturalistic Observation is a research method in which psychologists study behavior in its natural environment. In this, the researcher does not control or change the situation, but records events as they happen. Example: Observing children playing in a school playground.

34. Describe the process of organisational socialization.

Answer - Organizational socialization is the process through which a new employee acquires the knowledge, skills, and behaviors necessary to perform his role in the organization. It is a two-way process; the employee adopts the values of the organization and the organization adapts itself according to the needs of the employee.

OR

Explain how relationship develops with co-workers and peer group in an organization.

Answer - Relationships with colleagues are based on shared likes and dislikes rather than formal rules. It gives employees an opportunity to express their feelings which they cannot do in front of the boss. This increases job satisfaction and strengthens commitment towards the organization.



35. Define 'beliefs'.

Answer - Beliefs are thoughts or ideas that an individual accepts as true. They are formed from our experiences and social interactions. Beliefs form the basis of our attitudes and behavior and influence our perspective of understanding the world.

OR

What is 'social cognition'?

Answer - Social cognition is the mental process by which we notice, interpret, and remember information about the social world (people and relationships). It helps in understanding how we make sense of others' behavior and how we behave with them.

36. Give names of any four gross motor skills developed in childhood.

Answer - Gross motor skills in childhood mean using large muscles.

Examples: Running, balancing on one foot, throwing and catching a ball. These skills enable children to participate in physical activities and increase self-confidence.

37. What is organizational climate?

Answer - Organizational climate is the internal atmosphere of an organization as perceived by its members. It is relatively permanent and influences the behavior of employees. It reflects how rules are followed and how employees interact with each other and management.

38. Suggest any two skills required by an interviewer.

Answer - An effective interviewer must have two main skills :-

- 1. Active Listening** : Listening to the candidate carefully and without prejudice.
- 2. Rapport Formation** : Making the candidate feel comfortable so that he can express his views openly.



39. Discuss the elements of communication. (any three)

Answer - The main elements of communication are :-

1. **Sender** : The source sending the message.
2. **Channel** : The medium (like speaking, writing, email) through which the message goes.
3. **Receiver** : The person who receives the message and understands its meaning.

OR

Discuss the role and impact of media on society.

Answer - Mass media is a powerful means of socialization in society.

1. **Positive Impact** : It provides information, education, and entertainment and builds public opinion.
2. **Negative Impact** : Watching violent TV programs or video games can increase aggression in children. It sometimes also promotes wrong stereotypes which affect our perspective.

40. Describe the kinds of relevant variable which are taken into account in experimental studies.

Answer - Three main types of variables are kept in mind in an experimental study :-

1. **Independent Variable** : The variable that the experimenter changes or manipulates (Cause).
2. **Dependent Variable** : The variable on which the effect is measured (Effect).
3. **Extraneous Variables (Confounding)** : All other factors that can affect the result, so they are controlled or kept constant during the experiment.

OR

Explain the properties of a standardized psychological test.

Answer - The following qualities are mandatory in a good standardized test :-

1. **Reliability** : There should be consistency and uniformity in results even after repeated testing.



2. **Validity** : The test should measure exactly what it has been designed to measure.
3. **Norms** : Average scores of a group with which an individual's score can be compared.
4. **Standardization** : The process of test administration and scoring should be uniform for everyone

41. Describe the applications of perception in our daily life.

Answer - Perception is the basis of our daily life :-

1. **Estimation of Distance and Depth** : While driving or crossing the road, we estimate the correct distance and speed through perception.
2. **Recognition** : Recognizing a familiar face or voice in a crowd.
3. **Understanding Shapes** : Understanding the pattern of letters and words while reading to derive meaning is an example of perception.

OR

Identify and explain the various determinants of attention.

Answer - There are two types of factors determining attention :-

1. **External Factors** : Characteristics of the stimulus like Intensity (loud noise), Size (big poster), Motion (moving object), and Contrast. These attract our attention.
2. **Internal Factors** : Individual's Interest, Motivation (e.g., smell of food when hungry), and Mental set. These decide what we will focus on.

42. Describe the concept of Mental Age. Describe different kinds of test to assess intelligence.

Answer - Mental Age is a measure of an individual's intellectual maturity. If an 8-year-old child solves questions that 10-year-old children generally do, his mental age will be considered 10 years.

Types of Tests:

1. **Verbal Tests** : Language is used in this (for literate people).



2. **Performance Tests** : This involves assembling objects or making blocks (useful for illiterates or children).

43. What strategies can we adopt to maintain good mental health and hygiene?

Answer - We should adopt these strategies for good mental health :-

1. **Sense of Reality** : Evaluate one's capabilities and limitations correctly.
2. **Positive Thinking** : Leave negativity and adopt love and optimism.
3. **Healthy Routine** : Take regular yoga, exercise, balanced diet, and adequate sleep. This keeps both body and mind healthy.

OR

Describe the indicators of poor mental health.

Answer - These symptoms appearing for a long time indicate poor mental health :-

1. **Disorganized Routine** : No rule for eating and sleeping.
2. **Emotional Instability** : Getting angry over small things, excessive anxiety, fear, or sadness.
3. **Physical Problems** : Constant headache, insomnia (sleeplessness), or severe loss/excess of appetite.
4. **Substance Abuse** : Resorting to alcohol or drugs to relieve stress.

44. Discuss how non-verbal communication play an important role in our daily life.

Answer - Non-verbal communication is a powerful medium for exchanging emotions without words:-

1. **Expression of Emotions** : Facial expressions express happiness, sadness, or anger better than words.
2. **Regulation of Interaction** : Eye contact and nodding control the flow of conversation (when to speak/listen).



3. **Credibility** : Body language is often truer than words and reveals the person's real intentions.

45. Describe the ways for development of five Koshas.

Answer - According to Indian psychology, it is necessary to strengthen all five Koshas for the holistic development of personality:

1. **Annamaya Kosha**: It is developed through Sattvic food, fasting, and regular Asanas/exercise.
2. **Pranamaya Kosha**: It is developed by balancing Prana energy through Pranayama and breathing exercises.
3. **Manomaya Kosha**: The mind is purified through good literature (Swadhyaya), company of good people (Satsang), and positive thoughts.
4. **Vijnanamaya Kosha**: Intellect is developed through logical thinking, self-study, and intellectual challenges.
5. **Anandamaya Kosha**: Supreme bliss is attained through selfless service (Karma Yoga), meditation, and feeling oneness with God/Universe.

46. 'A right routine (Achara) is helpful in sustaining good health'. Explain.

Answer - In Ayurveda and Indian tradition, 'Achar' (Right Conduct/Routine) is considered the basis of health. It mainly includes two aspects :-

1. **Dinacharya (Daily Routine)** : It includes waking up before sunrise (Brahma Muhurta), drinking water, excretion, brushing teeth, bathing, and exercise. Taking food and sleep at a fixed time keeps the body's 'Biological Clock' balanced.
2. **Ritucharya (Seasonal Routine)** : Changing diet and clothing according to the season. For example, light food in summer and nutritious food in winter. Following right conduct removes toxins from the body, strengthens the digestive system, and maintains mental peace, which is essential for good health.



47. Describe the process of classical conditioning.

Answer - Classical Conditioning is a learning theory given by Ivan Pavlov. Its process takes place in three stages :-

- 1. Before Conditioning** : When food (Unconditioned Stimulus-UCS) is given, the dog salivates (Unconditioned Response-UCR). Ringing only the bell (Neutral Stimulus) produces no saliva.
- 2. During Conditioning** : The bell (CS) is rung just before giving food. This is repeated many times. Through this association, the dog learns to connect the bell and the food.
- 3. After Conditioning** : Now, even without giving food, listening to the sound of the bell (CS) alone, the dog starts salivating (Conditioned Response-CR). This theory explains how we learn habits and emotional reactions (like fear).

OR

What are the main types of reinforcement? What is the role of reinforcement in operant conditioning?

Answer - Reinforcement is the event that increases the probability of a behavior being repeated in the future.

Main Types:

- 1. Positive Reinforcement** : Getting a pleasant result (like reward, praise) after the behavior.
- 2. Negative Reinforcement** : Removal of a painful situation upon performing the behavior (like wearing glasses to avoid bright sunlight).

Role: In Operant Conditioning (Skinner), the role of reinforcement is central. An organism learns the behavior which is followed by reinforcement. If the result of an action is pleasant, that behavior is strengthened (learned). If the result is unpleasant or no reinforcement is received, the behavior weakens or becomes extinct.



48. Describe main features of the pre-operational stage.

Answer - According to Jean Piaget's theory of cognitive development, the 'Pre-operational Stage' lasts from about 2 to 7 years of age. Its main characteristics are:

1. **Egocentrism** : The child sees the world only from his own perspective. He is unable to understand others' points of view.
2. **Animism** : The child attributes life and feelings to inanimate objects (like dolls, clouds, cars).
3. **Centration** : The child focuses on only one aspect of an object or event (like length) and ignores other aspects (like width).
4. **Irreversibility** : The child cannot reverse mental operations (like not understanding that water can become ice and ice can become water again).

OR

What do you understand by the term 'Socialization'? State the major types of parenting style.

Answer - It is the process by which an individual learns the values, beliefs, norms, and ways of behavior of his society from birth to death. It makes the child a responsible member of society.

Parenting Styles :-

1. **Authoritarian** : Parents make strict rules and want obedience without question. Affection is low and control is high.
2. **Permissive** : Parents make very few rules and let children do as they please. Affection is high but control is negligible.
3. **Democratic (Authoritative)** : This is the most ideal style. In this, parents explain rules to children and also listen to their opinions. There is a right balance of affection and discipline here.





Thank you!



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



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