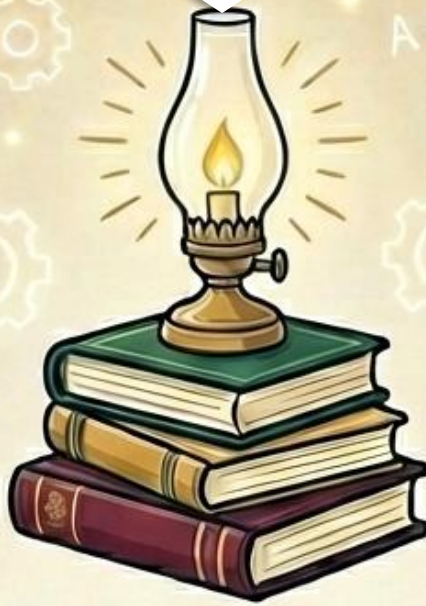




$$A = \frac{m}{(m^2 + c)^2}$$



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
- (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 - Pre-operational

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



Answer - Concrete Operational

22. 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.



Basis	Mental Ill-health	Mental Disease
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:

- Disorganized Routine:** No fixed time for eating and sleeping.
- Emotional Instability:** Irritability, anger, or crying over small matters.
- Negative Thinking:** Always keeping a negative outlook towards oneself and others.
- Physical Problems:** Headaches, fatigue, or digestive problems without any cause.
- 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 :-

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

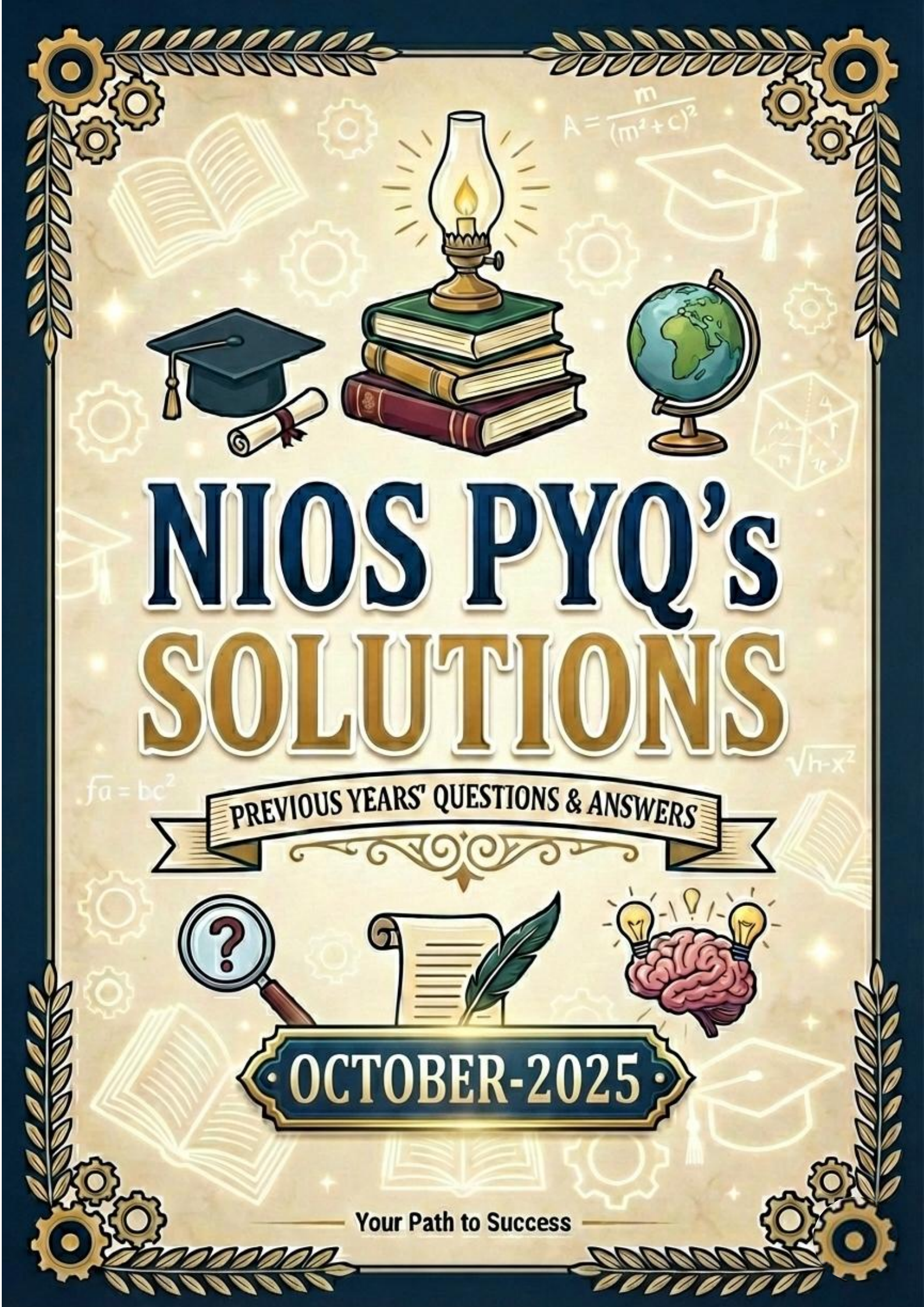
OR

Explain the levels of consciousness according to Sri Aurobindo.

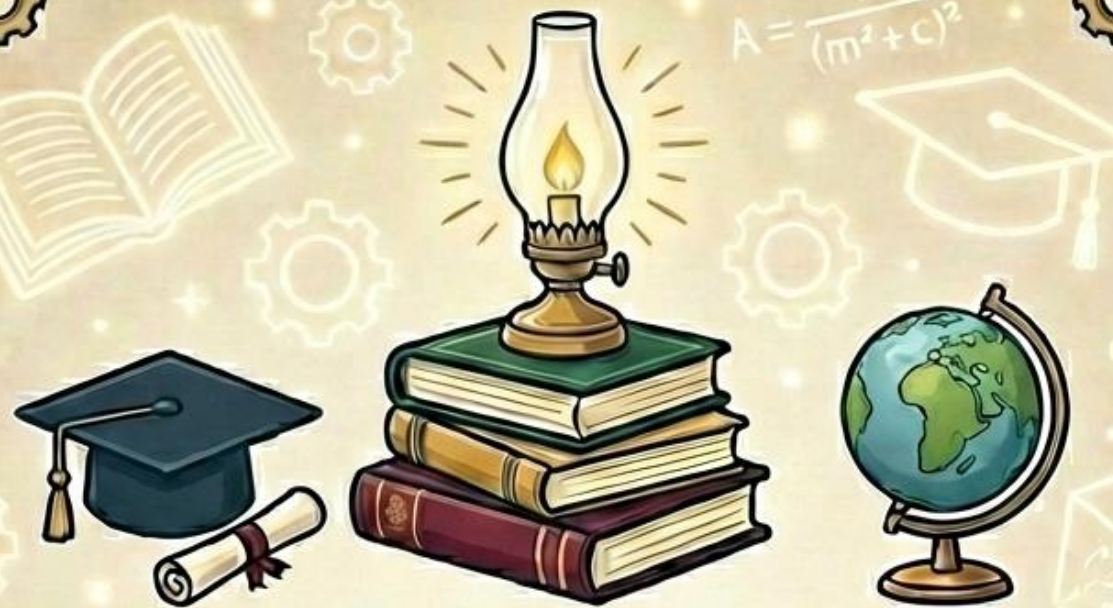
Answer - According to Sri Aurobindo, human development occurs through different levels of consciousness:

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.





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



$\sqrt{h-x^2}$

NIOS PYQ's SOLUTIONS

$fa = bc^2$

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2025

Your Path to Success

SECTION-A

A. ☐
B. ☒
C. ☐

1. This approach mainly focuses on the study of information processing capacity of the individual in terms of perception, remembering, thinking, language, reasoning, problem solving and decision making which are called higher mental processes. Identify the approach.

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

Answer - (A) Cognitive

2. The unit of analysis for this approach is explicit, objective and overt behaviour and its relationship with environmental stimulation.

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

Answer - (C) Behaviourist

3. The individual projects his/her latent or unconscious feelings, needs, emotions, motives etc. on to the ambiguous stimulus. What type of personality assessment uses ambiguous stimuli?

- (A) Self-report measures
- (B) Projective measures
- (C) Situational measures
- (D) Objective tests

Answer - (B) Projective measures

4. According to Allport, personality is

- (A) Fixed and unchanging



(B) A dynamic organization of psychophysical systems

(C) Based solely on genetic inheritance

(D) Determined by social factors

Answer - (B) A dynamic organization of psychophysical systems

5. _____ attention is a process in which we give priority to a particular incoming sensory message.

(A) Different

(B) Simple

(C) Sustained

(D) Selective

Answer - (D) Selective

6. _____ perception is the ability to judge distance and perceive three dimensional space.

(A) Depth

(B) Distant

(C) Closer

(D) Background

Answer - (A) Depth

7. Suppose that in the Skinner Box the rat receives electric shock to the feet every second. When the rat presses the lever, the shock is removed for 10 secs. This increases the rate of response. Which kind of reinforcement is this?

(A) Positive

(B) Negative

(C) Pleasant

(D) Neutral

Answer - (B) Negative



8. During childhood, children focus on one characteristic of object and base their decisions or judgment on that only. This tendency is called :

- (A) Egocentrism
- (B) Animism
- (C) Motivation
- (D) Centration

Answer - (D) Centration

9. _____ is a period when satisfactory heterosexual adjustments are facilitated or hindered, when career is planned and philosophies of life are molded.

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

Answer - (B) Adolescence

10. Attitudes are formed through :

- (A) Observational learning
- (B) Direct contact
- (C) Interaction with others
- (D) All of the above

Answer - (D) All of the above

11. 'Fundamental Attribution Error' occurs when :

- (A) We attribute others' actions to external causes.
- (B) We attribute others' actions to internal causes.
- (C) We ignore our personal biases.



(D) We analyze behaviors with schemas.

Answer - (B) We attribute others' actions to internal causes.

12. Which type of communication accounts for over 70% of human interaction?

(A) Verbal communication

(B) Written communication

(C) Non-verbal communication

(D) Digital communication

Answer - (C) Non-verbal communication

13. It is the disorder where the child has problems in paying attention or is extremely over-active :

(A) ADHD

(B) OCD

(C) PTSD

(D) Phobia

Answer - (A) ADHD

14. Match the response to stressor with its example :

(a) Emotional response — (1) Frequent urination

(b) Behavioural response — (2) Self-assurance

(c) Cognitive response — (3) Irritability

(d) Biological response — (4) Jealousy

(A) (4) (3) (2) (1)

(B) (1) (3) (2) (4)

(C) (4) (2) (3) (1)

(D) (3) (4) (2) (1)

Answer - (A) (4) (3) (2) (1)



15. _____ is the branch of Indian medicine, deals with four aspects of life-style which sustain good health in us. These are food (Ahara), recreation (Vihara), routine (Achara), and thinking (Vichara). Observing certain practices related to them ensures a healthy and happy life.

(A) Samveda

(B) Rigveda

(C) Yajurveda

(D) Ayurveda

Answer - (D) Ayurveda

16. _____ is characterized by false sensory perceptions in the form of seeing something which is physically not there, hearing some voices that are actually not there.

(A) Illusion

(B) Delusion

(C) Hallucination

(D) Confusion

Answer - (C) Hallucination

17. The psychotherapist builds a good and working relation with the client so as to ensure cooperation. It is called :

(A) Function formation

(B) Rapport formation

(C) Contact formation

(D) Conditional contract

Answer - (B) Rapport formation



18. What is the key distinction between crowding and density?

- (A) Density involves emotional discomfort, while crowding does not.
- (B) Density is an objective measure, crowding is subjective.
- (C) Crowding is always negative, while density is neutral.
- (D) There is no difference between the two.

Answer - (B) Density is an objective measure, crowding is subjective.

19. What is a key strategy for reducing environmental degradation?

- (A) Increasing fossil fuel consumption
- (B) Encouraging deforestation
- (C) Promoting energy-efficient appliances
- (D) Avoiding recycling

Answer - (C) Promoting energy-efficient appliances

20. Environmental stress can be defined as :

- (A) A physical state of rest
- (B) An undesirable interaction between the individual and the environment
- (C) Complete harmony between humans and nature
- (D) A mental state of relaxation

Answer - (B) An undesirable interaction between the individual and the environment

21. (i) A manager observes her team during a stressful presentation to evaluate leadership qualities. What method is she using to assess personality?

Answer - Situational Scale or Observation Scale



(ii) An interviewer uses structured questions to assess candidates' communication skills. What type of interview is this?

Answer - Structured Interview

22. Fill the appropriate word :

(i) _____ motivation comes from within the person, based on personal enjoyment of any task.

Answer - Intrinsic

(ii) _____ motivation is based on external rewards such as money, pay and grades.

Answer - Extrinsic

23. Identify and write the term :

(i) The ability to predict or perceive accurately future events.

Answer - Precognition

(ii) The ability to exert influence over inanimate objects by willpower (mind over matter). Some rare persons are able to move objects only through concentration but without touching them.

Answer - Psychokinesis

24. Identify the stage of given developmental task :

(i) Preparing for marriage and family life

Answer - Adolescence

(ii) Reflecting childish behaviours

Answer - Childhood

25. Identify the Leadership style :

(i) Management directs and uses threats and punishment to enforce orders and get the work done by subordinates. Involves one way downward communication.

Answer - Authoritarian



(ii) It is basically authoritative but permits some participation to subordinates. Involves two-way communication between boss and subordinates. Rewards and threats are employed to enforce the orders.

Answer - Paternalistic

26. Identify the sub-system of organization :

(i) People work together on well-defined tasks and integrated activities in different units (like production, marketing, HR) or departments.

Answer - Structural Subsystem

(ii) It comprises of the overall goals and objectives of the organization and also the specific goals of different departments and individuals in the organization.

Answer - Goal Subsystem

27. (i) _____ disorders are characterised by physical symptoms without identifiable biological causes.

Answer - Somatoform

(ii) _____ disorders are those psychological problems which have physical symptoms but psychological causes.

Answer - Psychosomatic

28. Identify the two types of dissociative disorders :

(i) The person is unable to recall important personal information usually after some stressful episode.

Answer - Dissociative Amnesia

(ii) Apart from the memory loss, the person also assumes a new identity.

Answer - Dissociative Fugue

29. Identify the missing word :

(i) _____ provides comprehensive models of highly developed human potential.

Answer - Bhagavad Gita



(ii) _____ is the eternal and immutable aspect of existence.

Answer - Consciousness (or Self / Atman)

30. Identify the variable :

(i) The variable which is controlled and manipulated by the experimenter.

Answer - Independent Variable

(ii) The variable on which the impact of independent variable is studied.

Answer - Dependent Variable

(iii) Variables that are related to personal characteristics of the participants such as age, sex, and personality features.

Answer - Organismic Variables

(iv) Variables that are related to the very procedure of conducting the experiment when the participant is required to be tested across several conditions.

Answer - Sequential Variables

31. Identify the parenting style from the given characteristics :

(i) demanding, controlling, insensitive parenting

Answer - Authoritarian Style

(ii) disinterested, uncaring, low control and communication

Answer - Neglectful / Uninvolved Style

(iii) indulgent, non-demanding parenting

Answer - Permissive Style

(iv) firm, consistent parenting, reasons given for discipline

Answer - Authoritative Style



32. Identify the missing term :

(i) _____ is a psychological disorder characterized by disturbances in thought, emotion, and behaviour.

Answer - Schizophrenia

(ii) _____ is characterized by false sensory perceptions in the form of seeing something which is physically not there, hearing some voices that are actually not there.

Answer - Hallucination

(iii) Catatonic is one type of _____.

Answer - Schizophrenia

(iv) In _____ the child is withdrawn, does not smile and has delayed language development.

Answer - Autism Spectrum Disorder (ASD)

 SECTION-B

A. ☐
B. ☒
C. ☐

**33. Differentiate between verbal and non-verbal test.**

Answer - In a verbal test, a person has to respond through words. This test is suitable only for those who can read and write. On the other hand, in a non-verbal (performance) test, pictures, inkblots, or tasks/behaviour are used instead of words. It is suitable for both educated and uneducated individuals.

34. Compare and contrast between parallel play and cooperative play.

Answer - In parallel play, children play together but do not interact or interfere in each other's play. In cooperative play, children play together in a small group. They cooperate, communicate, and follow rules while playing.

35. How aging and social support are related to each other ?

Answer - Social support is very important in old age because it helps reduce loneliness. When elderly people join groups of people of similar age (such as clubs or neighbours), they can share their feelings and experiences. This provides mutual trust and emotional security, making their lives happier.



OR

Define centration.

Answer - Centration is a tendency seen in children during the pre-operational stage, where they focus only on one aspect of an object or situation and make decisions based on it, while ignoring other aspects.

36. Discuss any two channels of non-verbal communication.

Answer - Two modes of non-verbal communication are:

- **Eye Contact:** It indicates confidence, interest, and attention, and helps in effective communication.
- **Facial Expressions:** Through smiles, eyebrows, and different facial expressions, emotions like happiness, sadness, anger, acceptance, and rejection are expressed.

OR

What do you understand by negativity bias ?

Answer - Negativity bias is the tendency in which a person gives more importance to negative information, events, or experiences than positive ones. As a result, unpleasant or painful events stay in memory for a longer time.

37. What is an organization ?

Answer - An organization is a social unit created to achieve a specific and definite objective. It consists of a group of people working together with cooperation.

OR

Explain any two sub-system of an organization.

Answer - Two sub-systems of an organization are:

- **Goal Subsystem:** It includes the main objectives of the organization and the specific goals of its departments.
- **Technical Subsystem:** It includes the knowledge, tools, and techniques used by people in the organization.



38. Explain mood disorders and their two symptoms.

Answer - A mood disorder is a mental condition in which a person's mood remains abnormal for a long period.

Two symptoms are:

1. Feeling of sadness or hopelessness.
2. Loss of interest or pleasure in activities.

39. Explain three types of perceptual constancies.

Answer - Perceptual constancy is the tendency to perceive an object as stable even when its physical form or retinal image changes.

Its three main types are:

1. **Size Constancy:** Even if the retinal image changes due to distance, the actual size of the object appears constant.
2. **Shape Constancy:** The shape of an object appears stable even when viewed from different angles.
3. **Brightness Constancy:** Even when the amount of light changes, the brightness of the object appears relatively constant.

OR

What do you understand by skill learning and verbal learning ? How skill learning is different from verbal learning ?

Answer - Verbal learning is the process of learning and remembering language, words, facts, and information. It helps a person learn reading, writing, and speaking.

Skill learning is the process of developing the ability to perform a task efficiently through practice, such as typing, swimming, or driving.

Difference: Verbal learning focuses on understanding and remembering information, while skill learning develops efficiency in performing a task.



40. Discuss major challenges faced during adolescence. (Any three)

Answer - Major challenges during adolescence are:

- **Physical Changes:** Rapid changes like puberty may cause discomfort, anxiety, and self-consciousness.
- **Desire for Independence:** Adolescents want to make independent decisions, which may lead to conflict with parents.
- **Identity and Role Confusion:** They try to understand their identity, interests, and future roles, which may create confusion and stress.

OR

Give tips to live a longer and healthier life during adulthood and old age. (Any three)

Answer - Important tips for living a healthy life in adulthood and old age:

- **Balanced Diet:** Nutritious food according to body needs helps maintain good health.
- **Regular Exercise:** Daily exercise, yoga, or walking keeps the body active and prevents diseases.
- **Positive and Active Life:** Avoiding stress, thinking positively, and participating in social activities improves mental and emotional health.

41. Explain the characteristics of effective communication.

Answer - Effective communication means complete understanding between the sender and the receiver. Its main characteristics are:

1. **Common Reference:** Both parties should have a similar level of understanding.
2. **Common Language:** The same language should be used to avoid misunderstanding.
3. **Common Interest:** The topic of conversation should be interesting to both.
4. **Common Environment:** Similar social and cultural background helps make communication clearer.

OR

Define attitude and explain any two components of attitude.

Answer - Attitude refers to our favourable or unfavourable evaluation towards people, objects, or situations.

Its main components are:



1. **Cognitive Component:** Related to thoughts, beliefs, and knowledge about an object or person.
2. **Affective Component:** Related to feelings and emotions such as liking, disliking, love, or hatred.

42. Explain the factors influencing productivity and excellence.

Answer - The productivity and excellence of the workplace in any organization are mainly affected by the following factors:

1. **Abilities, Attitudes, and Interests:** The employee's natural intellectual ability and interest in work help in ensuring better performance.
2. **Role Clarity:** Employees should have a clear understanding of their goals, because unclear roles reduce productivity.
3. **Work Environment:** A positive and cooperative work environment increases employees' efficiency and improves the excellence of the organization.

43. Compare and contrast reliability and validity of tests.

Answer - In psychological tests, both reliability and validity are important qualities. The main differences are as follows:

1. **Reliability:** It refers to the consistency and stability of the test results. If a test gives the same scores when conducted at different times, it is considered reliable.
2. **Validity:** It refers to accuracy. It ensures that the test is actually measuring the specific quality for which it was designed.

OR

Explain the features of a questionnaire.

Answer - A questionnaire is an important tool for collecting data in psychological research. Its main characteristics are:

1. **Systematic Arrangement:** It contains a well-organized and sequential list of questions.
2. **Types of Questions:** The questions may be restricted (multiple-choice/options) or open-ended.
3. **Easy Administration:** It can be easily administered to a large group of people at the same time.



4. **Order of Questions:** While preparing a questionnaire, the questions are usually arranged from general to specific.

44. Explain features of the three gunas with the example of any one famous personality in each.

Answer - According to the Indian perspective, personality has three qualities (Triguna):

1. **Sattvic:** Such people are calm, disciplined, and spiritual in nature. **Example:** Guru Nanak Dev
2. **Rajasic:** Such people are very active, energetic, and work-oriented. They feel restless without work. Example: Businessmen or entrepreneurs.
3. **Tamasic:** Such people are inactive, lazy, and dull. They usually do not like to work. Example: Lazy and unsuccessful people in life.

45. What is attention ? What are the determinants of attention ?

Answer - Attention is the process in which the mind focuses on one particular stimulus or message out of many sensory inputs. The main determinants of attention are:

1. **Physical Factors:** The size, brightness, intensity, frequency, and difference of a stimulus from other objects attract attention. **Example:** Bright lights or attractive packaging.
2. **Psychological Factors:** A person's needs, interests, motivations, and expectations influence attention. **Example:** A hungry person pays more attention to food-related objects.

46. In which ways non-verbal communication is helpful to us ?

Answer - Non-verbal communication (such as gestures, body postures, and eye contact) forms about 70% of human interaction. It is very useful for us in the following ways:

1. **Impact and Strength:** It creates a deep impact apart from verbal communication. Our gestures make our spoken words clearer and stronger.
2. **Expression of Emotions:** It helps in expressing real feelings, affection, and interpersonal attitudes without speaking.
3. **Control of Conversation:** It helps in organizing and managing conversations with others.
4. **Self-Presentation:** It is a powerful way to present our confidence, strength, respect, and social status effectively.

OR



Discuss the relationship between attitude and behaviour.

Answer - The relationship between attitude and behaviour is very complex. Often, a person's attitude and actual behaviour may be different. For example, people may want to stay healthy but do not exercise. However, in some situations, attitude can accurately predict behaviour:

1. **Strong Attitude:** When a person's attitude is strong and stable, it is clearly reflected in their behaviour.
2. **Direct Experience:** When an attitude is formed through personal direct experiences, behaviour can be predicted more accurately.
3. **Lack of External Pressure:** When there is less influence or pressure from society or friends, the relationship between attitude and behaviour becomes stronger.

47. Discuss the strategies for developing productivity at work.

Answer - The strategies for developing productivity at the workplace are:

1. **Employee Selection and Placement:** Selecting qualified, skilled, and motivated people and assigning work according to their abilities is the basis of productivity.
2. **Training and Development:** Regular training improves employees' knowledge, skills, and efficiency, which leads to better performance.
3. **Proper Job Design:** Providing variety, independence, and responsibility in work increases employees' interest, satisfaction, and efficiency.
4. **Performance Evaluation and Rewards:** Fair evaluation of employees' performance along with proper rewards and encouragement motivates them to perform better.
5. **Positive Work Environment:** Cooperation, effective communication, and a healthy work culture promote productivity and organizational excellence.

OR

What are the different sub-systems of organization ?

Answer - An organization is made up of several sub-systems. The five main sub-systems are:

1. **Goal Sub-system:** It includes the overall objectives of the organization and the specific goals of different departments and individuals.



2. **Technical Sub-system:** It includes the knowledge, skills, tools, machines, and techniques used for performing work in the organization.
3. **Managerial Sub-system:** It includes planning and coordinating all the activities of the organization.
4. **Structural Sub-system:** In this, employees are divided into different departments (such as production and marketing) according to their work.
5. **Psychological Sub-system:** It shows the social relationships, rules, values, and psychological adjustment among employees in the work structure.

48. Explain the process of development of different koshas of human existence.

Answer - The process of development of different koshas of human existence is:

1. **Annamaya Kosha:** It is related to the physical body. It develops through balanced food, regular exercise, sports, and yoga practice.
2. **Pranamaya Kosha:** It is the sheath of life-energy. It develops through pranayama, breath control, and a healthy lifestyle.
3. **Manomaya Kosha:** It is related to the mind and emotions. It develops through reading good literature, positive thinking, and emotional balance.
4. **Vijnanamaya Kosha:** It is the sheath of intellect and wisdom. It develops through study, thinking, reasoning, problem-solving, and gaining knowledge.
5. **Anandamaya Kosha:** It is the sheath of inner satisfaction and happiness. It develops through meditation, self-reflection, selfless service, and a sense of unity with society and nature.





Thank you!



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



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