

PSYCHOLOGY ENTRANCE EXAMINATIONS

Useful for CUET-PG Psychology, GATE & Other M.A/ M.Sc
Psychology Entrances

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Previous year question paper-2021 (I)

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1. (a) Retinal disparity and convergence

Explanation: Binocular cues are depth cues that depend on the use of both eyes. Retinal disparity and convergence are examples of such cues. Retinal disparity refers to the slight difference in images between the two eyes, which the brain uses to gauge depth. Convergence is the extent to which the eyes turn inward to focus on an object, with greater convergence indicating closer objects. The other options listed involve monocular cues, which rely on information available to a single eye.

2. (b) Conditioned stimulus

Explanation: In classical conditioning, a conditioned stimulus (CS) is a previously neutral stimulus that, after being repeatedly paired with an unconditioned stimulus (US), begins to evoke a conditioned response (CR). In this scenario, the alarm (unconditioned stimulus) naturally wakes you up (unconditioned response). The click, initially a neutral stimulus, becomes a conditioned stimulus because it is consistently followed by the alarm. Over time, the click alone starts to awaken you, indicating it has become a conditioned stimulus.

3. (c) Tokenism

Explanation: Tokenism refers to the practice of making small, trivial positive acts towards members of minority groups to create an appearance of inclusivity and deflect accusations of prejudice and discrimination. These acts are often insincere and do not lead to substantial or meaningful change.

4. (d) Hindsight bias

Explanation:

Hindsight bias is the psychological phenomenon where people believe, after an event has occurred, that they had predicted or knew the outcome all along. This bias makes the past seem more predictable than it actually was.

5. (a) Excitation transfer

Explanation:

Excitation transfer is the process where the arousal produced by one stimulus can intensify a person's emotional reaction to another stimulus. This occurs because the residual arousal from the first stimulus is added to the arousal caused by the second stimulus, amplifying the emotional response.

6. (b) Recency effect

Explanation: The recency effect occurs when the most recently presented items or the last items in a list are recalled more efficiently than items in the middle of the list. This phenomenon is attributed to the fact that these items are still in short-term memory, making them easier to retrieve.

7. (a) Hypothalamus

Explanation: The hypothalamus is the brain area most important for regulating hunger and satiety. It contains several nuclei that control various autonomic functions, including appetite. The lateral hypothalamus is associated with promoting hunger, while the ventromedial hypothalamus is involved in signaling satiety and stopping eating.

8. (d) Projection

Explanation: Projection is a defense mechanism proposed by Freud, where individuals attribute their own unacceptable thoughts, feelings, or behaviors to others. In this case, the person who cheats on their spouse justifies their behavior by claiming that everyone does it, projecting their own actions onto others to reduce their own feelings of guilt and anxiety.

9. (a) Covert negative attitudes

Explanation: The Implicit Association Test (IAT) is primarily used to measure covert negative attitudes. It assesses automatic associations between mental representations of objects (concepts) in memory, often revealing subconscious biases or prejudices that individuals may not be aware of or may not want to disclose.

10. (b) Colour afterimage

Explanation: The opponent-process theory of colour perception explains the phenomenon of colour afterimage. This theory suggests that colour perception is controlled by three opposing pairs of colours red-green, blue-yellow, and black-white. When one colour in a pair is stimulated for a prolonged period, the opposing colour can be perceived when the original stimulus is removed, resulting in an afterimage.

11. (a) Pre-conventional

Answer Key

Explanation: In Kohlberg's theory of moral development, the pre-conventional stage is characterized by a focus on the direct consequences of actions. At this stage, individuals determine the morality of an action based on whether it leads to rewards or punishments. Actions that are rewarded are considered right, while those that result in punishment are viewed as wrong.

12. (d) Transcendence

Explanation: Maslow's hierarchy of needs suggests that after achieving self-actualization, individuals may strive for transcendence, which involves the pursuit of goals beyond the self and a desire to help others achieve self-actualization. This need involves a sense of connection to something greater than oneself and a desire to contribute to the well-being of others and society as a whole.

13. c) Witnessing a racial attack and then intervening in that situation

Explanation: Active Bystandership, as proposed by Ervin Staub, involves actively intervening in a situation to prevent harm or help someone in need. In the context of witnessing a racial attack, actively intervening by stepping in to stop the attack or seeking help would align with the concept of Active Bystandership. This action demonstrates a willingness to take positive steps to assist the victim and prevent further harm.

14. b) Approach-avoidance conflict

Explanation: An approach-avoidance conflict occurs when a person is faced with a decision involving both positive and negative aspects or outcomes. In this scenario, the individual must choose between the potential benefits of risky back surgery (approach) and the negative consequences or risks associated with it (avoidance). The decision involves weighing the desire to alleviate pain (approach) against the fear or concerns about the risks of surgery (avoidance).

15. (a) Groupthink

Explanation: Groupthink occurs when members of a group prioritize maintaining harmony and consensus within the group over critically evaluating alternative viewpoints or facts when making decisions. This can lead to flawed decision-making, as dissenting opinions may be suppressed or ignored, and group members may feel pressured to conform to the group's consensus. Groupthink can have dire consequences because it may prevent the consideration of all available information and lead to faulty or risky decisions.

16. (a) Halo effect

Explanation: The halo effect is a cognitive bias where our overall impression of a person influences our judgments about their specific traits or characteristics. In this case, if we perceive someone positively in one aspect, we are more likely to assume that they possess other positive traits, even if they are unrelated. For example, if we find someone physically attractive, we might also assume they are intelligent or kind, despite having no evidence for these assumptions.

17. Psychological contract, person organization fit

Explanation: The match between individual and organizational expectations is commonly referred to as both the psychological contract and person-organization fit. The psychological contract encompasses the unwritten, informal obligations and expectations between employees and employers. Person-organization fit refers to the compatibility between an individual's values, beliefs, and behavior with the culture, norms, and values of the organization. Both concepts are essential in ensuring alignment and mutual satisfaction between employees and their organizations.

18. (c) False consensus effect

Explanation: The false consensus effect is the tendency for individuals to overestimate the extent to which others share their attitudes, beliefs, and behaviors. This bias leads people to believe that their own opinions or behaviors are more common or widely accepted than they actually are. It can result in a distorted perception of social reality and contribute to misunderstandings or conflicts in interpersonal interactions.

19. Drop by university Correct answer is c) Anxious

20. d) Evolutionary Perspective

Explanation: The evolutionary perspective on helping behavior includes theories such as reciprocal helping and kin selection as explanations for altruistic behavior. Reciprocal helping suggests that individuals help others with the expectation of receiving help in return in the future, promoting mutual benefits. Kin selection posits that individuals are more likely to help close relatives who share their genes, as this indirectly increases the likelihood of passing on their own genes. These theories are based on the idea that altruistic behaviors may have evolved because they promote the survival and reproduction of both the individual and their genetic relatives.

21. c) Encoding specificity

Explanation: Encoding specificity refers to the phenomenon where cues are most effective

Answer Key

in triggering memory recall if they closely resemble the conditions or context present during the encoding or initial learning of the information. When you form a memory of an event, you link it to the way you thought about it at the time, and cues that match those links are more likely to facilitate retrieval. This principle underscores the importance of context and the specific conditions present during encoding in determining the effectiveness of retrieval cues.

22. b) Best alternative to a negotiable solution

Explanation: In negotiation theory, the best alternative to a negotiable solution (BATNA) refers to the course of action that a party can take if negotiations fail and no agreement is reached. It represents the second-best option available to each party if they cannot achieve their primary goals through negotiation. The mediator's suggestion to focus on the second most preferable solution aligns with the concept of BATNA, encouraging the parties to consider alternatives if their initial demands cannot be met.

23. b) Rigid ideas and high need of control

Explanation: Obsessive-Compulsive Personality Disorder (OCPD) is characterized by a pervasive pattern of preoccupation with orderliness, perfectionism, and control. Individuals with OCPD often have rigid ideas and an excessive need for control over themselves, others, and their environment. This differs from Obsessive-Compulsive Disorder (OCD), where the focus is on intrusive thoughts (obsessions) and repetitive behaviors (compulsions) aimed at reducing anxiety or preventing perceived harm. While OCD may also involve some degree of rigidity and control, these features are more prominent and defining in OCPD.

24. b) Stereotype threat

Explanation: Stereotype threat refers to the experience of anxiety or concern about confirming a negative stereotype about one's social group in a particular situation. In the experiment described, when the test was presented as diagnostic of intellectual abilities, black participants may have experienced stereotype threat due to the negative stereotype that they perform poorly on intellectual tests compared to white participants. This anxiety and concern can impair performance. However, when the test was presented as non-diagnostic of intellectual abilities, removing the threat of confirming the stereotype, both black and white participants performed equally well.

25. d) both (b) and (c)

Explanation: According to Structuralism, both images and thoughts can be considered as elements of ideas that are retrospective in nature, such as memories of past experiences.

Structuralism aimed to break down mental processes into their basic components, including sensations, images, and thoughts, to understand the structure of consciousness.

26. a) Hallucination; Delusion

Explanation: Perceiving a form in its absence, such as seeing or hearing something that is not actually present, is an example of a hallucination. Hallucinations involve experiencing sensory perceptions without corresponding external stimuli. On the other hand, firmly believing that one is transforming into that form, despite evidence to the contrary, would be an example of a delusion. Delusions are false beliefs that are firmly held despite evidence or logical reasoning to the contrary.

27. d) Just world hypothesis

Explanation: The just world hypothesis is the belief that the world is fundamentally fair and that people generally get what they deserve. According to this belief, good things happen to good people, and bad things happen to bad people. It provides a sense of order and predictability in the world, even in the face of evidence to the contrary. This belief can lead to judgments of deservingness and can influence attitudes towards victims of misfortune or injustice.

28. b) Archival data

Explanation: Archival data refers to data that are retrieved from existing records or documents, such as public records, historical documents, or organizational records. These records are typically not collected for research purposes but are instead created for administrative, legal, or other purposes. Researchers can use archival data as evidence to address research questions or test hypotheses in various fields, including social sciences, history, and economics.

29. d) Spearman's rank order

Explanation: Spearman's rank-order correlation coefficient (often denoted as r_s or r_{rs}) is a non-parametric measure of correlation that assesses the strength and direction of the relationship between two variables. It is suitable for use with ordinal level data, which involves ranking observations in terms of their magnitude or order. This method is based on the ranks of the observations rather than their actual values, making it appropriate for data that cannot be assumed to follow a normal distribution.

30. d) Thyroid gland

Explanation: The thyroid gland is not an example of a duct gland. It is a ductless gland,

Answer Key

meaning it secretes hormones directly into the bloodstream rather than through a duct. The other options listed tear glands, salivary glands, and sweat glands are all examples of duct glands, as they secrete their respective substances through ducts that lead to specific areas of the body.

31. d) both (a) and (b)

Explanation: The term for half the distance between the first quartile (Q1) and the third quartile (Q3) in a distribution is known as both the quartile deviation and the semi-interquartile range. These two terms are used interchangeably to describe the same statistical measure, which provides an indication of the spread of the middle 50% of the data.

32. c) Egocentrism

Explanation: The three mountains task was used by Jean Piaget to study egocentrism in children. In this task, children are shown a model of three mountains and asked to describe what someone else would see from a different perspective. Piaget found that young children often have difficulty understanding that others may have different perspectives from their own and tend to project their own viewpoint onto others, demonstrating egocentrism.

33. a) Nominal

Explanation: The set of medical records classifying patients as “chronic”, “acute”, or “not yet classified” represents a nominal level of measurement. Nominal scales categorize or classify data into distinct categories or groups without any inherent order or ranking. In this case, each patient is assigned to one of the categories, but there is no inherent order or ranking among them.

34. Object-cathexis, both (b) and (c)

Explanation: In Freudian psychoanalytic theory:

Object-choice (b) refers to the selection of an object (person, thing, or activity) to which one directs their libidinal energy.

Object-cathexis (c) refers to the actual investment of this libidinal energy in the chosen object or action.

35. Region of rejection, critical region

Explanation: The region in the sampling distribution where, if the result falls within it, the null hypothesis is considered false, is known as both the region of rejection and the

critical region. This region represents the extreme values of the test statistic that lead to the rejection of the null hypothesis in favor of the alternative hypothesis during hypothesis testing.

36. d) Transference

Explanation: When a client relates to the therapist in ways that resemble how they would relate to other significant figures in their personal life, it is called transference. Transference occurs when the client unconsciously transfers feelings, attitudes, and dynamics from past relationships onto the therapist. This phenomenon can provide valuable insight into the client's interpersonal patterns and unresolved issues from previous experiences.

37. d) Kruskal-Wallis test

Explanation: The Kruskal-Wallis test is a non-parametric alternative to the one-way analysis of variance (ANOVA) test. It is used to compare three or more independent groups when the assumptions of ANOVA, such as normality and homogeneity of variances, are not met or when the data are ordinal or not normally distributed. The Kruskal-Wallis test ranks the observations across all groups and assesses whether there are significant differences in the medians of the groups.

38. c) Anonymity

Explanation: Deindividuation refers to a psychological state characterized by a loss of self-awareness and individual identity in group settings. In this state, individuals may feel a diminished sense of personal responsibility and accountability for their actions. Anonymity, often facilitated by factors such as wearing uniforms, masks, or being in large crowds, can contribute to deindividuation. While deindividuation can lead to various behaviors, including antisocial acts, disobedience, and group aggression, its core characteristic involves a sense of anonymity and a reduced focus on individual identity.

39. (d) Concurrent validity

Explanation: Concurrent validity involves correlating the test scores with scores on a related external criterion at a given point in time. This criterion is often assessed simultaneously with the test being validated. For example, if a new depression screening test is being developed, researchers might administer the test to a group of individuals and compare their scores with scores on an established depression scale administered at the same time. If there is a strong correlation between the scores on the new test and the scores on the established scale, it suggests that the new test has concurrent validity, indicating its ability to accurately measure the construct of interest at the present time.

Answer Key

40. a) Circadian rhythm

Explanation: The body's daily fluctuations in response to the cycle of dark and light, which affect various physiological processes such as blood pressure, pulse rate, metabolism, and others, are called circadian rhythms. These rhythms are approximately 24 hours in length and are influenced by environmental cues such as light and darkness. The circadian rhythm helps regulate sleep-wake cycles, hormone secretion, body temperature, and other bodily functions.

41. d) Inoculation

Explanation: Inoculation is a persuasion technique where individuals are presented with a weakened version of opposing arguments, allowing them to generate counter-arguments. By exposing individuals to these weakened arguments, they are better prepared to resist persuasion attempts because they have already developed counter-arguments to refute them. This technique is similar to inoculation in medicine, where exposure to weakened pathogens builds immunity against stronger versions of the pathogen.

42. b) Difference threshold

Explanation: The increment or decrement in the differences of the two stimuli values which can be detected 50 percent of the time by an observer is known as the difference threshold. It is also referred to as the just noticeable difference (JND). This threshold represents the smallest detectable difference between two stimuli that can be perceived by an observer.

43. a) Gestalt therapy

Explanation: The empty chair technique is a method used in Gestalt therapy. In this technique, the client is asked to imagine that another person or significant figure is sitting in an empty chair and then engage in a dialogue or role-play with that imaginary person. This technique helps clients explore and gain insight into their internal conflicts, unresolved issues, or unexpressed emotions by externalizing them through the interaction with the imaginary figure in the empty chair.

44. a) False alarm

Explanation: Detecting the presence of a signal on a trial where only noise occurred is known as a false alarm. In signal detection theory, a false alarm occurs when an observer incorrectly perceives a signal or stimulus when it is not actually present. This type of error is characterized by a high response rate in the absence of a true signal, leading to a false positive outcome.

45. a) Scorer reliability

Explanation: Scorer reliability refers to the consistency or agreement between different examiners or scorers when grading or scoring the same test or assessment. It can be estimated by having a sample of tests independently graded by two or more examiners. By comparing the scores assigned by each examiner, scorer reliability provides an indication of the extent to which different scorers agree on the scoring criteria and interpretations of responses.

46. (a) Isomorphism

Explanation: Isomorphism is a Gestalt principle that assumes a direct correspondence between brain processes and what is being experienced. In other words, it suggests that there is a parallel relationship between neural activity in the brain and the perception or experience of a stimulus. This principle implies that the organization and structure of perceptual experiences are directly reflected in the underlying neural activity or brain processes. Isomorphism highlights the interconnectedness between cognitive processes and sensory experiences, emphasizing the holistic nature of perception in Gestalt psychology.

47. (a) Motor Dexterity test

Explanation: The Motor Dexterity test measures the coordination of hand, arm, and leg movement in performing a task. This test assesses an individual's fine motor skills, which involve precise movements of small muscles, as well as gross motor skills, which involve larger muscle groups and coordination of movements across different body parts. Motor dexterity is important for various activities such as writing, drawing, playing musical instruments, and performing tasks that require hand-eye coordination and precise movements. The Motor Dexterity test evaluates an individual's ability to perform these movements accurately and efficiently, providing insight into their overall motor skills and coordination abilities.

48. c) Spontaneous recovery

Explanation: In classical conditioning, if a behavior undergoes extinction (the gradual weakening and eventual disappearance of the conditioned response), and then a delay ensues with no exposure to either the conditioned stimulus (CS) or the unconditioned stimulus (UCS), spontaneous recovery may occur. Spontaneous recovery refers to the reappearance of the conditioned response (CR) after a rest period or delay, even though the conditioned stimulus (CS) is presented alone without reinforcement. This phenomenon suggests that the association between the CS and the UCS is not completely erased during

Answer Key

extinction but rather temporarily suppressed, and it can resurface under certain conditions, such as the passage of time.

49. a) Outward orientation, inward orientation

Explanation: Extraversion is typically characterized by an outward orientation, where individuals are energized by social interactions, external activities, and environments. Introversion, on the other hand, is characterized by an inward orientation, where individuals are more focused on their internal thoughts and feelings and are energized by solitary activities or smaller, more intimate social interactions.

50. b) Leptokurtic distribution

Explanation: A leptokurtic distribution is a type of non-normal distribution that is closely bunched in the center and has a peaked appearance. This means it has a higher peak and fatter tails compared to a normal distribution, indicating more data points are concentrated around the mean and in the tails.

51. (a) Libido

Explanation: Libido, a concept introduced by Sigmund Freud, represents the psychic energy derived from biological instincts and drives, including the life instincts. It is the energy that fuels the pursuit of pleasure and satisfaction, guiding human behaviour according to Freudian psychoanalytic theory.

52. a) Theory of planned action

Explanation: The theory of planned action is primarily used to explain human behavior in terms of intentions, attitudes, subjective norms, and perceived behavioral control. It is not specifically focused on intergroup relations, violent conflicts, and riots. In contrast, norm violation, relative deprivation theory, and realistic conflict theory are all directly concerned with understanding the dynamics and causes of intergroup conflict and violence.

53. (a) Displacement

Explanation: Displacement is a defense mechanism identified in psychoanalytic theory. It involves redirecting negative emotions, such as aggression or frustration, from their original source toward a less threatening or safer target. This allows the individual to cope with the initial source of frustration or anxiety by shifting their feelings onto a different object or person.

54. (b) Generalised Anxiety Disorder

Explanation: The symptoms described, including excessive fear, restlessness, muscle tension, headaches, difficulty sleeping, and trouble concentrating, are indicative of Generalized Anxiety Disorder (GAD). GAD is characterized by persistent and excessive worry or anxiety about various aspects of life, often without a specific trigger. These symptoms can significantly impair daily functioning and quality of life.

55. (a) Post facto research

Explanation: Post facto research, also known as ex post facto research or causal-comparative research, involves measuring pre-existing and non-manipulated variables for differences or correlations. This type of research compares subjects with certain characteristics to those who do not have those characteristics, aiming to understand potential causes and effects of an occurrence. It's important to note that while post facto research can suggest potential causes, it cannot definitively establish cause-and-effect relationships because the variables are not manipulated or controlled by the researcher.

56. (c) Openness to experience

Explanation: In the NEO PI-R test of personality, the facets of aesthetics are categorized under the Openness to Experience domain. This domain reflects an individual's appreciation for art, beauty, and creativity, as well as their willingness to explore new ideas and experiences.

57. (a) Compliance

Explanation: Compliance is not a core tenet of person-centered therapy. Instead, person-centered therapy emphasizes empathy, congruence, and unconditional positive regard. Empathy involves the therapist's ability to understand the client's feelings and experiences. Congruence refers to the therapist's genuineness and authenticity in the therapeutic relationship. Acceptance involves the therapist's unconditional positive regard and acceptance of the client without judgment. Compliance, on the other hand, implies a one-sided adherence to instructions or directives, which is not characteristic of the collaborative and non-directive approach of person-centered therapy.

58. (c) Cardinal trait

Explanation: According to Allport's trait theory of personality, a set of dominant characteristics that make up the core of a person's personality is called a cardinal trait. These traits are pervasive and influential, shaping almost all of the individual's behaviors and interactions. Unlike secondary traits, which are more specific and situational, cardinal traits are fundamental to an individual's identity and behavior.

Answer Key

59. (d) All of the above.

Explanation: Attachment avoidance is linked to a pattern of behavior that can be observed both in the parent-child relationship and later in adult relationships. In the parent-child relationship, attachment avoidance typically arises when the primary caregiver is not present or responsive in times of need (option a). This early experience can lead to an individual developing a tendency to distance themselves from partners in relationships (option b) as a way to protect themselves from potential rejection or unmet needs. Additionally, while attachment avoidance is more about distancing, individuals with high attachment avoidance might also exhibit signs of anxiety in relationships (option c) due to underlying fears of intimacy and dependency. Therefore, all of the provided options can be related to attachment avoidance

60. Occipital, parietal

Explanation: If one part of either the occipital lobe or the parietal lobe is destroyed, the person may experience visual field deficits where they are unable to see half of the object. The occipital lobe is primarily responsible for processing visual information, while the parietal lobe plays a role in integrating sensory information, including visual processing. Damage to either of these lobes can result in hemianopia or visual field defects.

61. (c) Humanistic

Explanation: The humanistic approach to personality believes in the inherent goodness of individuals and emphasizes the optimization of human potential. This perspective, often associated with psychologists such as Abraham Maslow and Carl Rogers, focuses on personal growth, self-actualization, and the importance of subjective experiences and perceptions in understanding personality.

62. (d) Tertiary

Explanation: The areas of the brain involved in controlling movements of the body include the primary motor cortex, secondary motor cortex, and supplementary motor area. However, there is no brain area referred to as the “tertiary” motor cortex. The primary motor cortex is responsible for executing voluntary movements, the secondary motor cortex is involved in planning and coordinating movements, and the supplementary motor area plays a role in initiating and coordinating complex movements.

63. (d) Broca’s area

Explanation: Broca’s area is the region of the brain responsible for language production. It is located in the frontal lobe, typically in the left hemisphere, and plays a critical role in

the formation of coherent speech. Damage to Broca's area results in Broca's aphasia, also known as productive aphasia, where individuals have difficulty producing speech but can often still understand language. This condition is characterized by slow, halting speech and difficulty with word formation.

64. (b) Anima

Explanation: In the context of Jungian psychology, a man apprehends the nature of a woman by virtue of his Anima. The Anima represents the feminine inner personality in the unconscious of the male. It serves as a bridge to the collective unconscious and influences his perceptions and interactions with women. The Anima is associated with qualities such as intuition, emotionality, and sensitivity, and it plays a significant role in shaping a man's understanding of femininity and his relationships with women. Therefore, in the context of understanding the nature of women, the Anima is the relevant concept from Jung's model of the psyche.

65. (c) Paradoxical cold

Explanation: Paradoxical cold sensation occurs when a cold spot on the skin is stimulated, resulting in the perception of coldness even when the stimulus is something hot. This phenomenon highlights the complexity of sensory perception and the interaction between different sensory receptors in the skin.

66. (a) Narcissistic; schizotypal

Explanation: Narcissistic and schizotypal personality disorders have some similarities in their core features. Both disorders involve difficulties in interpersonal relationships, albeit for different reasons. Individuals with narcissistic personality disorder typically have an inflated sense of self-importance and a lack of empathy for others, while those with schizotypal personality disorder often have eccentric behavior, social anxiety, and difficulty forming close relationships. Both disorders can also involve impairments in functioning, albeit in different domains.

67. (a) Boulder model

Explanation: The scientist-practitioner model, also known as the Boulder model, is a training model for educational programs that provide trainee therapists with a foundation in both research and scientific practice. This model emphasizes the integration of scientific knowledge and research skills with clinical practice, promoting evidence-based approaches to therapy.

Answer Key

68. (c) Acceptance and Commitment Therapy

Explanation: Acceptance and Commitment Therapy (ACT) aligns with the therapeutic approach described in the scenario. ACT encourages clients to embrace their thoughts and feelings rather than resisting or feeling guilty for them. It focuses on promoting psychological flexibility, which involves being open to experiencing thoughts and emotions without unnecessary struggle and taking committed action towards one's values and goals. Concepts such as cognitive diffusion, which involves changing the relationship with thoughts, and psychological flexibility are central to ACT.

69. (d) Kinesthetic

Explanation: The sense that registers the movement and position of the limbs is called the kinesthetic sense. This sense allows individuals to perceive the position and movement of their body parts without relying on vision. It plays a crucial role in activities such as walking, dancing, and sports, enabling coordination and balance.

70. (b) Asking the client to look at a picture of a snake

Explanation: In systematic desensitization, the therapist gradually exposes the client to the feared object or situation in a hierarchical manner, starting with stimuli that evoke the least anxiety and progressing to those that evoke the most anxiety. Therefore, the first step in addressing the anxiety hierarchy would typically involve asking the client to engage with a relatively low-anxiety stimulus, such as looking at a picture of a snake, before progressing to more anxiety-provoking steps, such as holding a snake.

71. (c) Nomothetic

Explanation: The approach that focuses on common and usually measurable factors on which all individuals differ is called the nomothetic approach. This approach seeks to identify general principles or laws that apply to all individuals within a certain group or population.

72. a) B, C, A, D

Explanation: According to Piaget's theory of cognitive development, the abilities mentioned in the question emerge in the following order:

- Deferred imitation: This ability typically emerges during the sensorimotor stage (0–2 years old), as babies start to imitate observed actions.
- Pretend play: Pretend play begins to develop during the preoperational stage (2–7 years old), where children engage in symbolic play and use imagination.
- Transitive inference: This ability emerges during the concrete operational stage (7–11 years old).

old), where children start to think logically about concrete events and relationships.

- Abstract thinking: Abstract thinking is a characteristic of the formal operational stage (11 years old through adulthood), where individuals can think hypothetically and understand abstract relationships.

73. c) Linguistic relativity

Explanation: Linguistic relativity, also known as the Sapir-Whorf hypothesis, suggests that language determines the way people think and perceive the world. This hypothesis posits that the structure and vocabulary of language shape and limit human thought and cognition. In essence, people with different languages may think differently due to the linguistic frameworks through which they interpret and understand the world around them.

74. c) fMRI

Explanation: Functional Magnetic Resonance Imaging (fMRI) is a technique used to measure blood flow to different areas of the brain. It works by detecting changes in blood oxygenation and flow that occur in response to neural activity in specific brain areas. This allows researchers to infer which brain regions are involved in particular cognitive processes or tasks. EEG (Electroencephalography) measures electrical activity in the brain,

75. d) Joseph Breuer

Explanation: The method known as catharsis or the “talking cure” was originally introduced by Joseph Breuer, a colleague of Sigmund Freud. Breuer used this method in his treatment of Bertha Pappenheim, also known as Anna O., who experienced symptoms of hysteria. Freud later collaborated with Breuer and developed his psychoanalytic theories based on their clinical observations, but the initial development of the “talking cure” is attributed to Breuer.

76. b) Horizontal

Explanation: Job enlargement is a technique used to expand the scope of a job horizontally by adding tasks at the same level of skill and responsibility. This technique aims to increase variety and reduce monotony in a job by providing employees with a wider range of tasks to perform. Therefore, it is related to horizontal loading of the job, as it increases the breadth of tasks rather than increasing the depth or complexity (vertical loading).

77. c) Alzheimer’s disease

Explanation: Alzheimer’s disease is the most common cause of severe intellectual and emotional impairment in older individuals. It is a progressive neurological disorder

Answer Key

characterized by cognitive decline, memory loss, and changes in behavior and emotions. While Parkinson's disease and multiple sclerosis can also have cognitive and emotional effects, they are not typically associated with the same level of severe impairment as Alzheimer's disease. "Senile psychosis" is an outdated term and not commonly used in contemporary medical terminology.

78. d) Syntax; semantics

Explanation:

Syntax refers to the rules in a language that allow us to combine words in a way that makes grammatical sense. In the sentence "Colourful blue ideas jump furiously," the syntax is correct because it follows the English language's subject-verb-object structure. Each word is placed appropriately according to grammatical rules.

Semantics, on the other hand, refers to the meaning of words and sentences. In this sentence, the semantics are incorrect because "colourful blue ideas" and "jump furiously" don't make sense together. Ideas, being abstract concepts, cannot possess colors or perform physical actions like jumping.

Therefore, while the sentence is grammatically correct in terms of its structure (syntax), it lacks coherent meaning (semantics).

79. b) Non-material

Explanation: According to René Descartes, the mind is non-material or immaterial, often referred to as the "mind-body dualism" in Cartesian philosophy. Descartes argued that the mind (or soul) and body are distinct entities, with the mind being non-material and the body being material. Despite being non-material, the mind is capable of thought and other cognitive processes, according to Descartes' philosophy.

80. d) Oral, Anal, Phallic, Latency, Genital

Explanation: According to Freud's psychosexual theory of development, the correct sequence of stages is as follows:

1. Oral stage: Birth to 18 months, where the primary focus is on oral pleasures and activities such as sucking, biting, and tasting.
2. Anal stage: 18 months to 3 years, where the focus shifts to bowel and bladder control, and the child's pleasure comes from controlling elimination.
3. Phallic stage: 3 to 6 years, where the focus is on the genitals, and the child develops unconscious sexual desires for the opposite-sex parent (Oedipus complex in boys, Electra complex in girls).
4. Latency stage: 6 years to puberty, where sexual desires are suppressed, and the

child focuses on developing social and intellectual skills.

5. Genital stage: Puberty onward, where the focus returns to sexual pleasure, but now directed towards appropriate sexual relationships.

Therefore, option d) Oral, Anal, Phallic, Latency, Genital, presents the correct sequence of stages in Freud's psychosexual development theory.

81. Sphericity and homoscedasticity

Explanation: Sphericity and homoscedasticity both describe the condition where there is homogeneity of variance among treatment variables and the variances of their differences are also similar. Sphericity specifically refers to this condition in the context of repeated measures ANOVA, while homoscedasticity is a more general term used in regression analysis and other statistical tests.

82. a) Scaffolding

Explanation: Scaffolding is the process where parents, teachers, or more knowledgeable others provide support to a child as they learn to master a new and complex task. This support is flexible and contingent, meaning it is adjusted based on the child's current level of performance and gradually withdrawn as the child becomes more competent. This concept, rooted in Vygotsky's sociocultural theory, emphasizes the importance of social interaction and guided learning.

83. a) General Adaptation Syndrome

Explanation: General Adaptation Syndrome (GAS), proposed by Hans Selye, describes the three-stage process that the body undergoes in response to a stressor. These stages are the alarm reaction (initial response to stress), the resistance stage (adaptation to ongoing stress), and the exhaustion stage (depletion of resources leading to decreased stress resistance). This model explains how stress affects the body over time.

84. a) A- Activating Event, B – Belief System, C – Consequences, D – Disputing, E – (New) Effect

Explanation: Albert Ellis's ABCDE Model is a framework used in Rational Emotive Behavior Therapy (REBT). It stands for:

- A: Activating Event (the event that triggers stress or anxiety),
- B: Belief System (the beliefs or thoughts about the event),
- C: Consequences (the emotional or behavioral response),
- D: Disputing (challenging and questioning the irrational beliefs),
- E: (New) Effect (the new, more rational belief and the resulting positive effect). This model

Answer Key

helps individuals understand and change their irrational thoughts to improve emotional well-being.

85. c) Looking for meaning in life

Explanation: In the Existential approach to counseling, the client is primarily focused on looking for meaning in life. This approach emphasizes the human condition as a whole and explores themes such as the search for purpose, the inevitability of death, freedom, and responsibility. Clients are encouraged to find their own path and make authentic choices that give their lives meaning.

86. a) Determinism

Explanation: Determinism is the philosophical concept that all events, including moral choices, are determined completely by previously existing causes. It implies that the universe operates in a predictable manner based on natural laws and regularities. Because of this order and regularity, we can predict changes and understand the functioning of the universe.

87. b) Reflection

Explanation: Reflection involves the therapist restating or mirroring the client's feelings or emotions to help clarify and understand the client's focus. This technique helps the client feel heard and understood and encourages deeper exploration of their emotions and experiences. It is a key component in therapeutic approaches like person-centered therapy.

88. c) Insight

Explanation: Wolfgang Kohler is renowned for his work on insight learning, which he demonstrated through experiments with chimpanzees. Kohler's research showed that the chimpanzees could solve problems suddenly after a period of contemplation, indicating that they experienced a sudden realization or "insight" into the solution rather than through trial and error. This type of learning involves understanding the relationships between different parts of a problem to achieve a solution.

89. d) Apperception

Explanation: Apperception refers to the process of assimilating new ideas into the body of existing knowledge through creative synthesis. It involves integrating new experiences or information with prior knowledge and understanding, leading to a refined and enriched perception of the world. This concept is often associated with the work of Wilhelm Wundt and other early psychologists.

90. Drop (Options are not appropriate)

91. d) Training need analysis

Explanation: The first step in developing a training program is conducting a training need analysis. This process involves identifying the skills, knowledge, and abilities that employees need to perform their jobs effectively. It helps determine what training is necessary and ensures that the training program is aligned with organizational goals and employee development needs.

92. c) Schachter and Singer

Explanation: According to the Schachter-Singer theory of emotions, also known as the two-factor theory, autonomic arousal determines the intensity of an emotion, but it does not specifically determine which emotion occurs. Instead, the identification of an emotion is based on how we perceive and interpret the situation. This theory emphasizes the role of cognitive appraisal in the emotional experience, suggesting that our interpretation of physiological arousal influences the emotion we experience.

93. b) Equity theory

Explanation: Equity theory explains why people reduce their output when they feel unfairly treated. This theory, proposed by J. Stacy Adams, suggests that individuals compare their inputs (such as effort, time, and resources) and outcomes (such as rewards, recognition, and benefits) to those of others in similar situations. When they perceive an imbalance between their inputs and outcomes compared to others, they may feel unfairly treated and may reduce their effort or output to restore a sense of fairness.

94. c) Empiricism

Explanation: Empiricism is the philosophical approach that emphasizes the pursuit of knowledge through observation of nature and the belief that all knowledge is derived from experience. Empiricists argue that knowledge comes from sensory experiences and empirical evidence rather than innate ideas or reasoning alone. This perspective contrasts with rationalism, which emphasizes the role of reason and innate ideas in acquiring knowledge.

95. c) Continuance commitment

Explanation: According to Allen and Meyer's Three-Component Model of Organizational Commitment, continuance commitment involves commitment based on the costs that the employee associates with leaving the organization. In other words, employees with high

Answer Key

continuance commitment remain with the organization because they feel they have too much to lose by leaving, such as loss of benefits, pension, or seniority.

96. a) Corpus callosum

Explanation: The corpus callosum is a large bundle of nerve fibers that connects corresponding parts of one side of the brain with those of the other. It facilitates communication between the two cerebral hemispheres, allowing them to share information and coordinate functions. This structure plays a crucial role in integrating sensory, motor, and cognitive processes between the two hemispheres of the brain.

97. a) Self handicapping

Explanation: Self-handicapping is a strategy where individuals create obstacles or excuses for themselves before an anticipated failure or poor performance in a forthcoming event. By doing so, they have an external attribution to blame for their potential failure, which can protect their self-esteem. This behavior is a form of self-presentation aimed at maintaining a positive self-image despite the possibility of failure.

98. c) Ergonomics

Explanation: Psychologists in the field of ergonomics focus on the study of man-machine interaction, physical fatigue, strain, and workplace design. Ergonomics aims to optimize human performance and well-being in the workplace by designing systems, tasks, and equipment that are compatible with human capabilities and limitations. This interdisciplinary field draws from psychology, engineering, physiology, and other disciplines to improve the efficiency, safety, and comfort of work environments.

99. c) Uncertainty avoidance

Explanation: Geert Hofstede's dimension of Uncertainty Avoidance characterizes the extent to which a society tolerates ambiguity and uncertainty. Societies with high uncertainty avoidance tend to have strict rules and rituals, resist change, and prefer structured situations, while societies with low uncertainty avoidance are more tolerant of ambiguity, open to change, and comfortable with unstructured situations. This dimension reflects cultural attitudes toward risk, ambiguity, and uncertainty in decision-making and problem-solving.

100. d) Stroop effect

Explanation: The Stroop effect is a phenomenon where there is a delay in reaction time between congruent and incongruent stimuli. In the classic Stroop task, participants are

presented with words printed in different ink colors and are asked to name the ink color while ignoring the word's meaning. In congruent trials, the word's meaning matches the ink color (e.g., the word "red" printed in red ink), while in incongruent trials, the word's meaning conflicts with the ink color (e.g., the word "red" printed in blue ink). The Stroop effect occurs because reading words is a highly practiced and automatic process, whereas naming colors requires more cognitive effort. As a result, incongruent stimuli disrupt the automatic processing of word reading, leading to slower reaction times compared to congruent stimuli.

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