

PSYCHOLOGY ENTRANCE EXAMINATIONS

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

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Chapter 01

INTRODUCTION, HISTORY & SCHOOL OF PSYCHOLOGY

Explanations

1. c) John B. Watson.

Explanation: John B. Watson is credited with defining psychology as “the study of behavior” and emphasizing observable activities. He is a key figure in the development of behaviorism, a school of thought in psychology that focuses on the study of observable and measurable behaviors, rather than internal mental states. Watson’s approach was a reaction against the introspective methods used by earlier psychologists like Wilhelm Wundt, who emphasized the analysis of the mind’s structure through introspection. Watson argued that psychology should be a science based on observable behavior, which could be objectively measured and quantified. His famous experiment with “Little Albert” demonstrated that emotional responses could be conditioned in humans, further solidifying his influence on behaviorism.

2. c) Greek.

Explanation: The word “psychology” originates from the Greek words “psyche,” meaning “soul” or “mind,” and “logos,” meaning “study” or “discourse.” Therefore, psychology essentially means the “study of the soul” or “study of the mind.” The term was first used in the late 16th century, reflecting the early interest in understanding the human mind and behavior from a scientific perspective. The Greek origins highlight the ancient roots of the discipline, as Greek philosophers like Socrates, Plato, and Aristotle were among the first to explore questions about the mind, behavior, and human experience. This etymological foundation underscores psychology’s long-standing connection to philosophical inquiry and its evolution into a modern scientific field that seeks to understand mental processes, emotions, and behaviors through empirical research and evidence-based practices.

3. c) Psychodynamic psychology.

Explanation: Psychodynamic psychology, rooted in the theories of Sigmund Freud, posits that much of our behavior is influenced by unconscious factors. According to this perspective, the unconscious mind harbors desires, memories, and experiences that are not readily accessible to conscious

awareness but significantly impact thoughts, feelings, and behaviors. Freud introduced concepts such as the id, ego, and superego to explain the dynamics of the unconscious mind. Psychodynamic theorists argue that unresolved conflicts and repressed emotions from early childhood experiences continue to influence adult behavior and personality. Techniques like free association, dream analysis, and transference are employed in psychodynamic therapy to uncover these unconscious elements. This perspective contrasts with other approaches like humanistic psychology, which emphasizes conscious experience and personal growth, and behavioral psychology, which focuses on observable behavior and external stimuli.

4. b) Investigating the role of neurotransmitters in mood disorders.

Explanation: In psychology, explanations can be categorized into different levels: lower, middle, and higher. Lower levels of explanation focus on biological and physiological processes underlying behavior and mental states. Investigating the role of neurotransmitters in mood disorders is a prime example of a lower-level explanation because it delves into the biochemical and neural mechanisms that influence mood. Neurotransmitters are chemicals in the brain that transmit signals between neurons, and their imbalances are often linked to various mood disorders, such as depression and anxiety. This approach examines how specific neurotransmitters, like serotonin, dopamine, and norepinephrine, affect emotional regulation and mental health. In contrast, middle-level explanations might study cognitive processes involved in decision-making, and higher-level explanations might examine social or cultural influences, such as the impact of social media on self-esteem or cultural differences in communication styles.

5. b) Conducting psychological assessments and evaluations.

Explanation: Forensic neuropsychologists typically play a crucial role in legal cases by conducting psychological assessments and evaluations. These professionals apply their expertise in neuropsychology, which is the study of the relationship between brain function and behavior, to legal contexts. Their assessments often involve evaluating individuals' cognitive, emotional, and psychological functioning, which can be pertinent in various legal situations. For instance, they might assess a defendant's competency to stand trial, determine the extent of cognitive impairment following a traumatic brain injury, or evaluate claims of psychological damage in personal injury cases. Forensic neuropsychologists use a range of standardized tests and clinical interviews to gather data, which they then interpret and present in detailed reports. These reports can provide critical evidence in court, helping judges and juries understand complex psychological issues and make informed decisions.

Answer Key

6. c) Sigmund Freud.

Explanation: Sigmund Freud is the theorist who emphasized the role of unconscious processes in guiding behavior. Freud's psychoanalytic theory posits that the unconscious mind is a reservoir of thoughts, memories, and desires that are not within our conscious awareness but significantly influence our actions and feelings. He introduced the concepts of the id, ego, and superego to explain how unconscious drives and conflicts shape behavior. The id represents primal desires and instincts, the ego mediates between the id and reality, and the superego incorporates moral standards and ideals. Freud believed that many psychological issues stem from unresolved conflicts between these parts of the psyche, often originating in early childhood experiences. His methods, such as free association, dream analysis, and analysis of slips of the tongue (Freudian slips), aimed to uncover these unconscious influences.

7. b) Middle level.

Explanation: Therapists often work at this level when helping individuals cope with negative life experiences. Here, they delve into the thoughts, emotions, and behaviors surrounding the experiences, aiming to identify and address maladaptive patterns and coping mechanisms. By focusing on this intermediate level, therapists can help clients gain insight into their reactions and develop healthier coping strategies. This approach strikes a balance between delving into the specifics of the experiences and exploring broader psychological frameworks, making it effective in fostering understanding and facilitating growth.

8. d) All of the above.

Explanation: Child psychologists study a wide range of developmental milestones across various domains. These include cognitive development (a), which involves the growth of thinking abilities such as memory, problem-solving, and understanding concepts. Language acquisition (b) is another crucial area of study, focusing on how children learn to understand and use language, including vocabulary development, grammar, and communication skills. Additionally, child psychologists examine emotional development (c), which encompasses the understanding and regulation of emotions, social skills, empathy, and the formation of attachments and relationships.

9. c) Nature versus nurture.

Explanation: The question of nature versus nurture is one of the constant and fundamental debates in psychology regarding the determinants of behavior. This debate revolves around whether human behavior is primarily influenced by innate biological factors

(nature) or by environmental experiences and social interactions (nurture). Those who emphasize nature argue that genetic inheritance and biological predispositions play a significant role in shaping behavior. On the other hand, proponents of nurture suggest that environmental influences, such as upbringing, culture, education, and socialization, have a more substantial impact on behavior.

10. a) Both (A) and (R) are true and (R) is the correct explanation of (A).

Explanation: Assertion (A) states that the first goal of psychology is to observe and describe behavior. This is true as observation and description are fundamental steps in the scientific study of psychology. By carefully observing and describing behavior, psychologists can establish a foundation for understanding human and animal cognition and behavior. Reason (R) provides an explanation for Assertion (A), stating that describing behavior helps psychologists understand what is normal and abnormal, providing insights into human and animal cognition and behavior. This explanation is correct because through observation and description, psychologists can identify patterns, norms, deviations, and variations in behavior, which contribute to understanding what is considered typical or atypical behavior. This understanding is crucial for studying cognition, behavior, and mental processes in both humans and animals.

11. a) Personality psychology.

Explanation: Personality psychology is the area of psychology that focuses on examining traits, genetics, and life experiences to understand why individuals behave uniquely. It explores the characteristics, patterns of thoughts, feelings, and behaviors that make each person distinct. Personality psychologists study various aspects of personality, including traits, temperament, attitudes, motivations, and self-concept. By examining both biological factors such as genetics and environmental influences such as life experiences, personality psychologists seek to understand how individual differences arise and impact behavior. This field encompasses a range of theoretical perspectives and research methods, including trait theories, psychodynamic theories, humanistic theories, and social-cognitive theories.

12. c) Empathy and active listening.

Explanation: Counseling psychology places a strong emphasis on creating a supportive and empathetic relationship between the counselor and the client. Empathy involves understanding and sharing the feelings and experiences of another person, while active listening entails fully concentrating, understanding, responding, and remembering what is being said by the client. These qualities are crucial for establishing rapport, building

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trust, and fostering a safe and nonjudgmental environment where clients feel comfortable expressing themselves and exploring their thoughts and feelings.

13. b) 2 and 3 Only

Explanation: Neuropsychologists specialize in assessing and diagnosing neurological conditions (2) and cognitive impairments (3). They use various neuropsychological tests and assessments to evaluate brain function, cognition, memory, attention, language, and executive functioning. This expertise allows them to diagnose conditions such as traumatic brain injury, stroke, dementia, Alzheimer's disease, Parkinson's disease, multiple sclerosis, and other neurological disorders that affect cognitive functioning.

14. c) By studying culture and social influences on depressive.

Explanation: Psychologists use the highest level of explanation, which involves examining culture and social influences, to understand depression. Depression is not solely a result of individual biology or coping mechanisms but is also significantly influenced by social, cultural, and environmental factors. These factors can include socioeconomic status, family dynamics, social support networks, cultural norms and values, stigma, and access to mental health resources.

By studying how cultural beliefs, societal expectations, and interpersonal relationships impact the experience and expression of depression, psychologists gain a more comprehensive understanding of the disorder.

15. c) Integrative

Explanation: Counseling psychologists typically adopt an integrative approach that considers multiple factors, perspectives, and dimensions of human experience. Rather than focusing on isolated aspects of individuals or problems, counseling psychologists aim to understand clients within the context of their entire lives, encompassing various psychological, social, cultural, and environmental factors. This integrative perspective acknowledges the interconnectedness of different aspects of human functioning and emphasizes the importance of considering the whole person when addressing psychological issues. Counseling psychologists strive to integrate diverse theories, techniques, and interventions to provide comprehensive and tailored support to clients.

16. b) Cognitive psychology

Explanation: Cognitive psychology focuses on the study of mental processes such as perception, attention, memory, language, problem-solving, decision-making, and reasoning. It seeks to understand how individuals acquire, process, store, and retrieve

information, as well as how they use that information to interact with their environment and make decisions. By investigating these mental processes, cognitive psychologists contribute to our understanding of the complexities of human behavior. They use experimental methods, cognitive tests, neuroimaging techniques, and computational models to explore how the mind works and how cognitive processes influence behavior.

17. c) Employee motivation

Explanation: Employee motivation is the aspect of employee management that focuses on understanding and enhancing employees' drive, enthusiasm, and commitment to their work. This includes studying factors that influence employee morale and job satisfaction, such as recognition, rewards, job autonomy, work-life balance, organizational culture, and interpersonal relationships within the workplace. By understanding the underlying motivations and needs of employees, organizations can implement strategies to foster a positive work environment, improve morale, and increase job satisfaction. This can lead to higher levels of employee engagement, productivity, and retention, ultimately contributing to the organization's success.

18. a) Both (A) and (R) are true and (R) is the correct explanation of (A).

Explanation: Assertion (A) correctly states that behaviorism, as advocated by John Watson, posits that human behavior is determined solely by external stimuli and learned responses. Behaviorism emphasizes the role of the environment in shaping behavior and rejects the notion of internal mental processes such as thoughts, emotions, and consciousness as significant determinants of behavior.

Reason (R) provides an explanation for Assertion (A), stating that Watson's behaviorist perspective emphasizes the study of observable behavior rather than internal mental processes. This explanation is accurate because behaviorism focuses on studying observable behavior that can be objectively measured and manipulated, rather than speculating about internal mental states that cannot be directly observed or verified.

19. c) Analyzing behavior and mental processes

Explanation: Feldman's characterization of the primary focus of psychology aligns with the comprehensive approach of the discipline. Psychology involves the study of both behavior and mental processes. While behavior refers to observable actions, mental processes encompass internal activities such as perception, cognition, emotion, and motivation. By analyzing both behavior and mental processes, psychologists seek to understand the complexities of human experience and behavior in various contexts.

Answer Key

20. c) Variations in behavior due to cultural factors

Explanation: Cross-cultural psychology examines how human behavior varies across different cultures and societies. It explores the impact of cultural norms, values, beliefs, traditions, and practices on individuals' thoughts, feelings, and actions. By comparing and contrasting behavior across diverse cultural contexts, cross-cultural psychologists seek to identify universal patterns as well as culture-specific differences in behavior. While individual differences in behavior (a) and commonalities in behavior (b) are also important areas of study in psychology, cross-cultural psychology specifically focuses on understanding how culture shapes behavior and influences psychological processes. The influence of genetics on behavior (d) is typically explored in other subfields of psychology, such as behavioral genetics, rather than in cross-cultural psychology.

21. b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Explanation: Assertion (A) states that all levels of explanation are equally important for a comprehensive understanding of human behavior in psychology. This is true because psychology is a multifaceted discipline that encompasses various levels of analysis, including biological, psychological, cognitive, social, cultural, and environmental factors. Each level provides valuable insights into different aspects of human behavior, and a comprehensive understanding often requires consideration of multiple levels simultaneously.

Reason (R) states that lower levels of explanation focus solely on biological factors, while higher levels focus on social and cultural influences. This is not entirely accurate. While lower levels of explanation may emphasize biological factors such as genetics, neurochemistry, and brain function, they are not limited to these aspects. Similarly, higher levels of explanation encompass social, cultural, and environmental influences, but they also include psychological and cognitive processes. Therefore, while both Assertion (A) and Reason (R) are true, Reason (R) does not fully explain Assertion (A).

22. b) Understanding how the brain processes and stores information.

Explanation: Cognitive psychology is primarily concerned with the study of mental processes such as perception, attention, memory, language, problem-solving, decision-making, and reasoning. It seeks to understand how information is acquired, processed, stored, and retrieved in the human mind. Cognitive psychologists investigate the structures and mechanisms underlying these mental processes and aim to develop models and theories to explain and predict human behavior. While cognitive psychology acknowledges the role of unconscious processes, its primary focus is on understanding conscious cognitive processes and their neural correlates.

23. b) Humans have less control over their behavior than previously thought.

Explanation: Recent research in psychology, neuroscience, and philosophy has challenged the traditional notion of free will and suggested that human behavior may be influenced by factors beyond our conscious control. Studies in neuroscience have revealed the role of unconscious processes, neural determinism, and environmental influences in shaping behavior. These findings suggest that our decisions and actions may be influenced by factors such as genetics, brain activity, upbringing, social environment, and situational context, often without our conscious awareness.

24. c) Psychoanalytic Theory

Explanation: Psychoanalytic theory, developed by Sigmund Freud, proposes that psychological problems and disorders stem from unresolved conflicts between unconscious desires and societal or cultural norms. According to this theory, human behavior is influenced by unconscious drives, instincts, and conflicts, often stemming from early childhood experiences. Freud's model of the psyche, which includes the id, ego, and superego, highlights the dynamic interplay between instinctual drives, reality demands, and moral standards. Conflicts between unconscious desires (stemming from the id) and societal norms (internalized by the superego) can lead to anxiety, guilt, and psychological distress.

25. a) Clinical Psychology

Explanation: Clinical psychology is the branch of psychology dedicated to assessing, diagnosing, and treating mental disorders and psychological distress. Clinical psychologists utilize a variety of therapeutic approaches, including psychotherapy (such as cognitive-behavioral therapy, psychodynamic therapy, and humanistic therapy), as well as psychological testing and assessment techniques to understand and address clients' needs. Clinical psychologists work with individuals across the lifespan and treat a wide range of mental health conditions, including anxiety disorders, mood disorders, psychotic disorders, personality disorders, and trauma-related disorders. They may work in various settings, including hospitals, clinics, private practices, schools, and community mental health centers.

26. b) Lightner Witmer

Explanation: Lightner Witmer is credited with opening the first psychological clinic in the United States at the University of Pennsylvania in 1896. This clinic marked the beginning of clinical psychology as a distinct field focused on the assessment, diagnosis, and treatment of mental disorders. Witmer coined the term "clinical psychology" and pioneered the

Answer Key

application of psychological principles to practical problems, particularly in education and mental health.

27. c) Emil Kraepelin

Explanation: Emil Kraepelin, a German psychiatrist, proposed the diagnostic category of “dementia praecox” in the late 19th and early 20th centuries. This term was used to describe a severe mental disorder characterized by a progressive deterioration of cognitive and emotional functioning, typically beginning in adolescence or early adulthood. Kraepelin’s concept of dementia praecox laid the groundwork for modern understanding of schizophrenia.

28. b) Philippe Pinel

Explanation: Philippe Pinel, a French psychiatrist, published the book “Medico-Philosophical Treatise on Mental Alienation or Mania” in 1801. In this influential work, Pinel advocated for the humane treatment of individuals with mental illness and argued against the prevailing practices of restraint and confinement. He emphasized the importance of compassionate care, moral treatment, and therapeutic interventions aimed at promoting recovery and rehabilitation.

29. b) Wechsler-Bellevue Intelligence Test.

Explanation: The Wechsler-Bellevue Intelligence Test, first published in 1939, was the first intelligence test specifically designed for adults. Developed by David Wechsler, an American psychologist, this test aimed to assess intellectual functioning in individuals aged 16 and older. The Wechsler-Bellevue Intelligence Test departed from the earlier Stanford-Binet Intelligence Test, which primarily focused on assessing intelligence in children. Wechsler’s test introduced several innovations, including the use of separate verbal and performance scales to measure different aspects of intelligence, such as verbal comprehension, perceptual reasoning, working memory, and processing speed. This multidimensional approach allowed for a more comprehensive assessment of cognitive abilities in adults.

30. b) NEO Personality Inventory (NEO-PI)

Explanation: The NEO Personality Inventory (NEO-PI) was published in 1985 by Paul T. Costa Jr. and Robert R. McCrae. It is a well-known and widely used self-report questionnaire designed to assess the Five Factor Model of personality, which includes the factors of Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness (often abbreviated as the “Big Five” traits). The NEO-PI is used to measure these personality dimensions and provide insights into an individual’s typical patterns of thoughts, feelings,

and behaviors. It has been used extensively in research and clinical settings to assess personality traits across various populations and has undergone multiple revisions and adaptations over the years.

31. c) 1968.

Explanation: The DSM-II (Diagnostic and Statistical Manual of Mental Disorders, Second Edition) was published in 1968. This edition represented a significant update to the original DSM-I, providing revised diagnostic criteria and classifications for various mental disorders. The DSM-II continued to serve as a primary reference for mental health professionals and researchers, contributing to standardized diagnosis and treatment approaches in psychiatry and psychology. Published by the American Psychiatric Association (APA), the DSM-II expanded the number of recognized mental disorders and introduced a more systematic approach to diagnosis.

32. d) Free will versus determinism

Explanation: The debate between free will and determinism addresses fundamental questions about human agency and the nature of causality in human behavior. Free will proponents argue that individuals have the capacity to make autonomous choices and are responsible for their actions, regardless of external influences. In contrast, determinists assert that human behavior is entirely determined by prior causes, such as genetics, environment, upbringing, and societal factors, leaving no room for genuine choice or personal responsibility. This debate has profound implications for various fields, including philosophy, psychology, neuroscience, and ethics. It raises questions about moral responsibility, criminal justice, personal identity, and the nature of consciousness.

33. c) Wundt's psychology lab

Explanation: Wilhelm Wundt is widely regarded as the father of experimental psychology and the central figure in the establishment of psychology as an independent academic discipline. In 1879, Wundt founded the first psychology laboratory at the University of Leipzig in Germany. This event marked a significant milestone in the history of psychology, as it provided a dedicated space for conducting psychological experiments and empirical research.

Wundt's psychology lab focused on studying human consciousness and mental processes through experimental methods, laying the foundation for the scientific study of psychology.

34. b) John Locke

Answer Key

Explanation: John Locke, an influential British philosopher, is associated with the concept of “blank slate,” also known as *tabula rasa*. Locke proposed that the human mind at birth is like a blank slate, devoid of innate ideas or knowledge. According to Locke, individuals acquire knowledge and understanding through sensory experience and perception of the external world. This idea contrasts with the notion of innate ideas proposed by philosophers such as Plato and Descartes. Locke’s concept of *tabula rasa* had a profound impact on various fields, including psychology, education, and philosophy. It laid the groundwork for empiricism, the philosophical stance that emphasizes the role of experience and observation in acquiring knowledge.

35. c) Pioneering efforts in philosophical inquiry.

Explanation: During the Renaissance period, which spanned from the 14th to the 17th century in Europe, there was a resurgence of interest in classical learning, arts, sciences, and philosophy. Philosophers of the Renaissance engaged in profound inquiries into the nature of the mind, consciousness, and human behavior, laying the groundwork for the development of modern psychology. Figures such as René Descartes, John Locke, and Thomas Hobbes made significant contributions to psychological thought during the Renaissance. Descartes proposed dualism, the idea that the mind and body are distinct entities, which influenced subsequent philosophical and psychological theories.

36. d) (A) is false, but (R) is true.

Explanation: Assertion (A) states that Client-Centered Therapy is a directive form of therapy where the therapist offers advice and solutions to the client’s problems. This statement is false. Client-Centered Therapy, developed by Carl Rogers, is actually a non-directive form of therapy. In this approach, the therapist provides a supportive environment characterized by empathy, unconditional positive regard, and genuineness, but refrains from offering advice or solutions. Instead, the therapist helps the client explore their own thoughts, feelings, and experiences to facilitate self-discovery and personal growth.

Reason (R) states that Carl Rogers believed in the importance of creating a supportive and accepting therapeutic environment. This statement is true. Rogers emphasized the therapeutic conditions of empathy, unconditional positive regard, and genuineness as essential for fostering client growth and healing. He believed that creating a nonjudgmental and empathetic atmosphere allows clients to feel accepted and understood, facilitating their self-exploration and emotional expression.

37. b) Through learning and experience

Explanation: Aristotle, a Greek philosopher, believed that knowledge is primarily acquired through learning and experience. He rejected the notion of innate knowledge or ideas present at birth, as proposed by philosophers like Plato. Instead, Aristotle argued that the human mind begins as a “tabula rasa” or blank slate and that knowledge is acquired through sensory perception and observation of the world. He emphasized the importance of empirical observation, induction, and logical reasoning in the acquisition of knowledge.

38. b) René Descartes

Explanation: René Descartes, a French philosopher, proposed the theory of interactionism, which suggests that the mind and body interact through the pineal gland. Descartes believed in dualism, the idea that the mind (or soul) and body are distinct substances that interact to produce human behavior and experience. He suggested that the pineal gland, located in the brain, serves as the point of interaction between the immaterial mind and the physical body. Descartes’ theory of interactionism was influenced by his metaphysical beliefs and his view of the mind-body relationship. He argued that while the mind is a non-material, thinking substance, and the body is a material, extended substance, they interact through the pineal gland, allowing for voluntary actions and sensory experiences.

39. c) Sensations

Explanation: Sensations are mental experiences that arise from the stimulation of sensory receptors (such as those in the eyes, ears, nose, tongue, and skin) by external stimuli. These sensory experiences provide information about the external environment and are the raw data upon which perception and cognition are based. When sensory organs detect stimuli such as light, sound, odors, tastes, or tactile sensations, they generate neural signals that are transmitted to the brain. These neural signals are processed and interpreted by the brain, resulting in sensations such as vision, hearing, smell, taste, and touch. Sensations represent the initial stage of sensory processing and provide the foundation for perception, cognition, and behavior.

40. b) Field theory

Explanation: Kurt Lewin, a pioneering psychologist known for his contributions to social psychology and group dynamics, developed the concept of field theory. Field theory proposes that behavior is determined by the totality of the psychological and environmental factors that exist at any given moment, which Lewin referred to as the “psychological field.” According to field theory, individuals’ behavior is influenced by their internal psychological states (such as thoughts, feelings, and motivations) as well as external environmental factors (such as social norms, situational cues, and physical surroundings).

Answer Key

41. c) Albert Bandura

Explanation: Albert Bandura, a Canadian-American psychologist, is best known for his social learning theory, also known as social cognitive theory. This theory emphasizes the role of observational learning, imitation, and modeling in shaping human behavior. According to Bandura, individuals learn not only through direct experience and reinforcement but also by observing the actions and outcomes of others in their social environment. In his famous Bobo doll experiment, Bandura demonstrated that children would imitate aggressive behaviors they observed in adults. This experiment provided empirical support for the idea that observational learning plays a significant role in the acquisition and expression of behavior.

42. b) Humanism

Explanation: Humanism is a psychological perspective that emerged as a reaction to the deterministic and mechanistic views of behaviorism and psychoanalysis. Humanistic psychologists, such as Abraham Maslow and Carl Rogers, focused on the unique qualities of human beings and their capacity for self-awareness, self-determination, and personal growth.

Humanism emphasizes the importance of subjective experiences, personal agency, and the pursuit of self-actualization the realization of one's full potential. It promotes an optimistic view of human nature, highlighting individuals' inherent drive towards growth, creativity, and fulfillment.

43. b) 2 3 1 4

Explanation:

a. Insomnia - 2. Difficulty falling asleep or staying asleep.

Insomnia can be a symptom of underlying conditions and often involves issues like waking up during the night and not being able to return to sleep.

b. Sleep apnea - 3. Breathing interruptions during sleep.

Sleep apnea is a serious condition where breathing repeatedly stops and starts during sleep, often resulting in loud snoring and disturbed sleep.

c. Narcolepsy - 1. Recurrent, uncontrollable episodes of falling asleep during the day.

Narcolepsy is a neurological disorder that affects the control of sleep and wakefulness, leading to excessive daytime sleepiness and sudden sleep attacks.

d. Sleepwalking - 4. Walking or performing other activities while asleep.

Sleepwalking is a behavior disorder that originates during deep sleep and results in walking or performing other complex behaviors while mostly asleep.

44. a) Time perspective

Explanation: Philip Zimbardo, an American psychologist, is best known for his research on time perspective. Time perspective refers to the way individuals perceive and relate to time, including their orientation towards the past, present, and future. Zimbardo's research has explored how different time perspectives influence people's attitudes, behaviors, decision-making, and mental health. Zimbardo developed the concept of time perspective and introduced the Zimbardo Time Perspective Inventory (ZTPI) to assess individual differences in time orientation. He identified five primary time perspectives: past-negative, past-positive, present-fatalistic, present-hedonistic, and future-oriented.

45. c) Breaking the cycle of birth and death

Explanation: In Hinduism, Buddhism, and Jainism, liberation or moksha refers to the ultimate goal of spiritual attainment, which involves breaking the cycle of birth, death, and rebirth (samsara). Moksha represents liberation from the cycle of suffering and the release from the endless cycle of reincarnation. It is a state of enlightenment, transcendence, and union with the divine or ultimate reality. According to these Eastern philosophies, individuals are bound to the cycle of samsara due to karma, the law of cause and effect. Through spiritual practices, self-realization, and the pursuit of wisdom, individuals seek to overcome ignorance, attachment, and desire, ultimately attaining liberation from the cycle of birth and death.

46. a) “The Lucifer Effect: Understanding How Good People Turn Evil”

Explanation: “The Lucifer Effect: Understanding How Good People Turn Evil” is a book written by Philip Zimbardo, published in 2007. In this book, Zimbardo explores the psychological mechanisms and situational factors that can lead ordinary individuals to engage in destructive or unethical behavior. The title references the biblical concept of Lucifer, the fallen angel, and examines how individuals can be influenced by social, situational, and systemic factors to commit acts of evil, cruelty, or violence. Zimbardo draws on his own research, including the Stanford prison experiment, as well as other psychological studies and real-world examples to illustrate the various factors that contribute to the transformation of “good” people into perpetrators of evil deeds.

47. a) Howard Gardner

Explanation: Howard Gardner, an American psychologist, is known for his theory of multiple intelligences. In his influential book “Frames of Mind: The Theory of Multiple Intelligences,” published in 1983, Gardner proposed that intelligence is not a singular, unitary concept measured by traditional IQ tests. Instead, he suggested that human

Answer Key

intelligence is composed of a diverse set of abilities, talents, and skills, which he classified into multiple intelligences. Gardner initially identified seven distinct intelligences: linguistic, logical-mathematical, spatial, bodily-kinesthetic, musical, interpersonal, and intrapersonal. Later, he added an eighth intelligence, naturalistic intelligence, and potentially others.

48. c) The study of physical, cognitive, and social changes throughout life

Explanation: Developmental psychology is the branch of psychology that focuses on understanding how individuals grow, change, and develop across the lifespan. It encompasses the study of physical, cognitive, emotional, and social development from infancy through old age. Developmental psychologists investigate the processes and factors that influence development, including genetics, biology, environment, culture, and social interactions.

49. c) The study of human behavior in the workplace

Explanation: Industrial-organizational (I-O) psychology is a specialized branch of psychology that focuses on the study of human behavior in the workplace and organizational settings. I-O psychologists apply psychological principles and research methods to address a wide range of issues related to individual, group, and organizational behavior within work environments.

Employee selection and assessment: Developing and implementing methods for recruiting, selecting, and evaluating employees to ensure the best fit between individuals and job roles.

Training and development: Designing and delivering training programs to enhance employee skills, knowledge, and performance.

Performance management: Developing performance appraisal systems, feedback mechanisms, and incentive structures to motivate and evaluate employee performance.

Organizational development: Facilitating organizational change, improving communication and teamwork, and fostering a positive work culture.

50. a) John B. Watson

Explanation: John B. Watson, an American psychologist, conducted the “Little Albert” experiment in 1920 along with his colleague Rosalie Rayner. The experiment demonstrated classical conditioning, a form of associative learning, in humans. In the experiment, a nine-month-old infant named Albert was exposed to a white rat (which he initially showed no fear towards) and then startled by a loud noise every time he reached out to touch the rat. As a result, Albert developed a fear of the rat and similar furry objects, illustrating the process of classical conditioning.

51. (a) 1 2 3 4

Explanation:

- a. Iconic memory - 1. Brief visual memory of a scene or object.
- b. Ecological psychology - 2. Emphasizes studying behavior and cognition in natural contexts.
- c. Information processing - 3. Neisser's concept highlighting the importance of processing information similar to a computer.
- d. Flashbulb memories - 4. Vivid and emotionally charged memories of significant events.

52. c) 2 3 1 4

Explanation:

- a) Assimilation is the cognitive process where individuals integrate new information into existing cognitive schemas, which aligns with definition 2.
- b) Accommodation refers to the process where new information or experiences cause individuals to modify their existing schemas, matching with definition 3.
- c) Object permanence is the understanding that objects continue to exist even when they are out of sight, corresponding to definition 1.
- d) Constructive, in the context of learning theories, often relates to constructivism, which is a theory emphasizing that children actively construct their understanding of the world, fitting definition 4.

53. c) (A) is true, but (R) is false.

Explanation: Assertion (A) is true. Structuralism, particularly advocated by Wilhelm Wundt, indeed played a pivotal role in establishing psychology as a separate scientific discipline. It aimed to analyze the basic elements of consciousness and laid the foundation for psychology as a formal science.

Reason (R) is false. While structuralism did introduce introspection as a method of studying mental processes, it primarily conducted introspection in controlled laboratory settings, not field settings. Additionally, introspection focused on the analysis of conscious experiences rather than behavior and personality directly in field settings.

54. d) (A) is false, but (R) is true.

Explanation: Assertion (A) is false. Lev Vygotsky did not believe that the mind and cognitive processes are solely shaped by individual genetic makeup. Instead, he proposed a socio-cultural theory that emphasized the role of social interactions and cultural factors in cognitive development.

Answer Key

Reason (R) is true. Vygotsky's socio-cultural theory indeed emphasizes the importance of social interactions and cultural influences in shaping cognitive development. According to his theory, cognitive development occurs through the interaction between individuals and their social environment, including language, cultural tools, and social interactions.

55. b) Mihaly Csikszentmihalyi

Explanation: Mihaly Csikszentmihalyi is the psychologist associated with the concept of "flow." Flow refers to a mental state of complete immersion and focus in an activity, where individuals experience a sense of energized focus, full involvement, and enjoyment in the process of the activity itself. Csikszentmihalyi's research has highlighted the conditions and characteristics of flow experiences, emphasizing their role in achieving optimal performance and personal fulfillment.

56. b) To study obedience to authority

Explanation: Stanley Milgram's experiment aimed to study obedience to authority. In his famous series of experiments conducted in the 1960s at Yale University, participants were instructed to administer electric shocks to another person (who was actually an actor and not receiving real shocks) when they answered questions incorrectly. The experiment demonstrated the extent to which individuals would obey authority figures, even when it involved harming others, highlighting the power of situational factors in influencing behavior.

57. b) Autocratic, democratic, and laissez-faire

Explanation: According to Kurt Lewin, the three main leadership styles are autocratic, democratic, and laissez-faire. Autocratic leadership involves centralized decision-making, where the leader makes decisions without much input from subordinates. Democratic leadership involves participative decision-making, where the leader involves subordinates in the decision-making process. Laissez-faire leadership involves a hands-off approach, where the leader provides little to no guidance or direction, allowing subordinates to make decisions autonomously.

58. c) Language production

Explanation: Paul Broca is best known for his contributions to the understanding of language production. He discovered the area of the brain responsible for language production, now known as Broca's area, located in the left frontal lobe. Broca's work with patients who had difficulty producing speech due to brain lesions provided crucial insights into the localization of language functions in the brain, laying the foundation for modern neuropsychology and our understanding of language processing.

59. c) Memory is distributed throughout the brain without specialization

Explanation: Karl Lashley's principle of equipotentiality suggests that memory is distributed throughout the brain without specialization. Lashley conducted experiments with rats to investigate the localization of memory by lesioning different areas of their brains. He found that the ability to remember tasks was not exclusively localized to specific brain areas but rather seemed to be distributed across the brain. This led him to propose the idea of equipotentiality, suggesting that different parts of the brain have the potential to take on the functions of other parts when necessary for memory formation.

60. c) Ivan Pavlov

Explanation: Ivan Pavlov developed the theory of classical conditioning by studying salivary responses in dogs. He conducted experiments where he observed that dogs would salivate not only when presented with food but also when they heard the sound of a bell that had been associated with the presentation of food. Pavlov's research laid the foundation for the understanding of classical conditioning, which involves the association of a neutral stimulus with a meaningful stimulus to evoke a reflexive response.

61. a) Projection

Explanation: Projection is a psychological defense mechanism in which individuals attribute their own unacceptable thoughts, feelings, or motives to another person. This concept was developed by Sigmund Freud as part of his psychoanalytic theory. For example, if someone has hostile feelings towards another person, they might project those feelings and believe that the other person harbors hostile intentions towards them. Projection helps individuals avoid the anxiety associated with recognizing their own negative traits by perceiving them in others instead.

62. b) Caroline Rhys Davids

Explanation: Caroline Rhys Davids, a prominent scholar in the field of Pali literature and Buddhist studies, authored the publication "Buddhist Psychology" in 1914. She was an accomplished Pali scholar and translated many Pali texts into English. "Buddhist Psychology" explores the psychological concepts found in early Buddhist texts, particularly those relating to the Abhidhamma, which is the third part of the Buddhist Pali Canon and deals with the philosophy and psychology of Buddhism. Rhys Davids' work has been influential in bringing the psychological aspects of Buddhism to a wider audience and in promoting the study of Buddhism from a psychological perspective.

63. b) 2 3 4 1

Answer Key

Explanation:

Stanley Milgram (a) is known for the obedience studies involving electric shocks (2). His experiments demonstrated how far people would go in obeying instructions from an authority figure, even if it involved harming another person.

Solomon Asch (b) conducted the conformity experiments with lines (3). His studies showed how individuals could be influenced by a majority group to conform to an incorrect answer.

Albert Bandura (c) is famous for the Bobo doll experiment (4), which illustrated observational learning and the effects of modeling on behavior.

Philip Zimbardo (d) conducted the Stanford prison experiment (1), which investigated the psychological effects of perceived power in a simulated prison environment.

64. b) Survival and reproduction drive behavior

Explanation: The theory of evolution, as applied to psychology, is primarily concerned with understanding how behaviors and mental processes have developed to enhance survival and reproductive success. This perspective, often referred to as evolutionary psychology, suggests that many human behaviors and psychological traits have evolved through natural selection because they were advantageous for our ancestors in terms of survival and reproduction. For example, social behaviors, mate preferences, and even certain cognitive functions can be seen as adaptations that helped humans thrive in their environments. The central idea is that the pressures of survival and the need to reproduce shape behavior over time, leading to the development of traits that increase an individual's chances of passing on their genes to the next generation.

65. b) Heuristic

Explanation: A heuristic is a mental shortcut or rule of thumb that people use to simplify decision-making processes. Unlike algorithms, which are step-by-step procedures that guarantee a correct solution, heuristics are more efficient and quicker but do not always produce the correct answer. Heuristics help individuals make judgments and solve problems faster by using readily accessible, though loosely applicable, information. Common examples of heuristics include the availability heuristic (judging the likelihood of an event based on how easily examples come to mind) and the representativeness heuristic (assessing similarity and assuming it indicates a certain probability).

66. d) Righteousness, prosperity, desires, liberation

Explanation: In Indian philosophy, the four life goals, known as the "Purusharthas," are considered essential for a balanced and fulfilling life. These four goals are:

Dharma (Righteousness): This refers to living a life of moral and ethical integrity, following

one's duties and responsibilities in accordance with the principles of righteousness.

Artha (Prosperity): This encompasses the pursuit of wealth and material success to provide for oneself and one's family, ensuring economic stability and security.

Kama (Desires): This pertains to the fulfillment of desires and pleasures, including sensory, emotional, and aesthetic experiences. It involves enjoying life's pleasures in a balanced and responsible manner.

Moksha (Liberation): This is the ultimate goal of life in Indian philosophy, signifying spiritual liberation and freedom from the cycle of birth and rebirth (samsara). It represents the attainment of self-realization and unity with the divine.

67. b) Health psychology

Explanation: Health psychology is the study of how psychological factors affect physical health and illness. It focuses on understanding how behavior, cognition, emotions, and social factors influence physical health, the onset and progression of illnesses, and the effectiveness of treatments.

Health psychologists study a range of topics, including:

Behavioral Factors: Examining how behaviors such as diet, exercise, smoking, and alcohol consumption impact health.

Psychological Factors: Investigating the role of stress, coping mechanisms, personality traits, and mental health conditions in physical health.

Social Factors: Exploring how social support, relationships, and socioeconomic status affect health and well-being.

Prevention and Intervention: Developing and promoting strategies for preventing illness and promoting health, such as stress management techniques, health education, and behavioral interventions.

Chronic Illness Management: Studying how psychological factors influence the management and outcomes of chronic illnesses like diabetes, heart disease, and cancer.

68. d) William James

Explanation: William James, often referred to as the “father of American psychology,” established a psychology laboratory at Harvard University in the late 19th century. He is renowned for his contributions to psychology and philosophy and was a leading figure in the development of functionalism, a school of thought that focused on the purpose of consciousness and behavior. James's work at Harvard laid the groundwork for psychology as an academic discipline in the United States. He published influential works, including “The Principles of Psychology,” which remains a foundational text in the field. His establishment of the laboratory marked a significant step in making psychology a

Answer Key

scientific discipline, allowing for systematic experimentation and the study of psychological phenomena in a controlled environment.

69. a) Both (A) and (R) are true and (R) is the correct explanation of (A)

Explanation: Assertion (A): J.P. Das is a renowned psychologist known for his significant contributions to the field of intelligence. - This is true. J.P. Das is a well-respected figure in psychology, particularly known for his work on intelligence.

Reason (R): He developed the PASS theory, which provides a comprehensive framework for understanding human intelligence. - This is also true. The PASS theory (Planning, Attention-Arousal, Simultaneous, and Successive processing) is a significant contribution to the field of intelligence, offering a multidimensional perspective on how we think. So, both parts are true, and the reason correctly explains the assertion.

70. a) Zone of Proximal Development (ZPD)

Explanation: Vygotsky's Zone of Proximal Development (ZPD) emphasizes the importance of collaborative learning. ZPD refers to the difference between what a learner can do without help and what they can achieve with guidance and collaboration from a more competent peer or instructor. This concept underscores the role of social interaction and cooperative learning in facilitating cognitive development and skill acquisition. While Vygotsky also emphasized cultural-historical psychology as a framework for understanding cognitive development, it is specifically the ZPD that highlights the importance of collaborative learning.

71. b) Geraldine Coster.

Explanation: "Yoga and Western Psychology: A Comparison" was authored by Geraldine Coster in 19341. The book is a significant work that bridges the gap between Eastern and Western perspectives on psychology. Coster explores the psychological aspects of yoga and compares them with Western psychoanalytic concepts. She delves into analytical therapy and yoga, providing a detailed but accessible comparison of the two disciplines. The book underscores the potential of yoga as a therapeutic tool, offering insights into how it can complement Western psychology. Coster's work is pioneering in that it opens up a dialogue between two very different psychological traditions, paving the way for a more integrated approach to understanding the human mind and behavior. Her comparative analysis remains relevant to this day, as the integration of Eastern and Western methods continues to evolve within the field of psychology.

72. c) Consciousness is the source of illumination, while Mind is considered physical matter. Explanation: The key distinction made by Indian thinkers between “Consciousness” and “Mind” is that Consciousness is the source of illumination, while Mind is considered physical matter. In Indian philosophy, consciousness is often viewed as the ultimate reality, changeless, and the permanent base of all knowledge and awareness. It is the aspect of the self that illuminates and makes experience possible. On the other hand, the mind is seen as the interfacing instrumentality, a necessary link between consciousness and the body. The mind is associated with cognitive processes and is considered to be in the realm of the physical, subject to change and transformation. This distinction is crucial in understanding the Indian perspective on psychology and the study of the self, where the goal is often to realize and experience consciousness in its purest form, beyond the fluctuations and constructs of the mind.

73. c) Manas.

Explanation: In Indian philosophical traditions, particularly in systems like Yoga and Vedanta, “Manas” refers to the mind or the faculty of thought, emotion, and volition. It encompasses cognitive functions, emotional experiences, desires, and the exercise of willpower. Manas is considered the inner instrument through which individuals perceive the world, interpret experiences, and make decisions. It is the seat of mental activities, including sensory perception, memory, imagination, and reasoning. Therefore, Manas plays a central role in shaping an individual’s subjective experiences, desires, and actions in response to external stimuli and internal states.

74. b) Practical consequences.

Explanation: John Dewey, a prominent American philosopher, emphasized the importance of practical consequences in philosophical inquiry through his pragmatic methodology. Pragmatism, as articulated by Dewey, prioritizes the practical implications and consequences of philosophical ideas over abstract theoretical speculation or metaphysical concerns. According to pragmatism, the meaning and truth of concepts and theories are determined by their practical effectiveness in solving problems, promoting human welfare, and facilitating desirable outcomes in everyday life. Dewey believed that philosophy should be relevant to human concerns and that its value lies in its ability to guide action and improve human experiences.

75. c) Behavior is shaped by rewards and punishments.

Explanation: Behaviorism, a psychological approach pioneered by figures like John B. Watson and B.F. Skinner, emphasizes observable behaviors and the environmental factors

Answer Key

that influence them. One of the key principles of behaviorism is that behavior is shaped by its consequences. This idea is often summarized by the concept of operant conditioning, where behaviors that are followed by favorable consequences (rewards) are more likely to be repeated, while behaviors followed by unfavorable consequences (punishments) are less likely to occur in the future. This principle underlines the importance of environmental factors, such as rewards and punishments, in determining and modifying behavior, rather than focusing on internal mental processes like unconscious desires or instinctual urges.

76. d) The Sick Soul

Explanation: William James, a pioneering figure in psychology and philosophy, used the term “The Sick Soul” to describe individuals who undergo religious struggles and existential conflicts. James explored the psychological dimensions of religious experiences and coined several terms to describe different aspects of spiritual life. In his work, “The Varieties of Religious Experience,” he delves into the complexities of religious and spiritual phenomena, including the struggles and conflicts that individuals may encounter on their spiritual journeys.

77. c) Instrumentalism and Pragmatism

Explanation: John Dewey is best known for his contributions to instrumentalism and pragmatism in philosophy. He was a prominent figure in the pragmatic movement, which emphasized the practical consequences of ideas and the importance of experimentation and experience in shaping beliefs and knowledge. Dewey’s instrumentalist approach focused on the practical utility of theories and concepts, emphasizing their usefulness in solving problems and guiding action. His ideas had a significant influence on education, psychology, and social and political philosophy.

78. c) B.F. Skinner

Explanation: B.F. Skinner introduced the concept of “radical behaviorism,” which rejects the use of internal mental events to explain behavior. Skinner emphasized observable behavior and environmental factors as the primary determinants of behavior, rejecting the notion of unobservable mental states such as thoughts, feelings, and emotions as explanatory constructs in psychology. Radical behaviorism focuses on the relationship between behavior and its consequences, particularly reinforcement and punishment, in shaping and maintaining behavior patterns.

79. b) John Dewey

Explanation: The two major contributors to functionalism are William James and John

Dewey. Functionalism is a school of thought in psychology that emerged in the United States in the late 19th century. It focused on the adaptive purpose and value of mental processes and behaviors, considering how cognitive structures help individuals adapt to their environment. William James, often referred to as the “father of American psychology,” played a significant role in the development of functionalism. John Dewey, a philosopher and psychologist, was also a key figure in this movement. He applied functionalist principles to education and was instrumental in the development of progressive education.

80. c) Mental operations

Explanation: James Rowland Angell’s primary interest in psychology was in mental operations. He was greatly influenced by the thought of John Dewey and is closely identified with functional psychology, which emphasized the role of mental operations in adapting to the environment. Angell’s work focused on how mental processes function to help individuals adapt to their surroundings, rather than on the structure of the mind or the elements of consciousness. His approach was part of a broader movement in psychology that aimed to understand the practical applications of mental activities.

81. d) Mental processes.

Explanation: The cognitive perspective in psychology focuses primarily on mental processes such as perception, memory, thinking, problem-solving, and decision-making. Unlike observable reactions or environmental stimuli, mental processes are internal and not directly observable. Cognitive psychologists study how individuals acquire, process, store, and retrieve information, aiming to understand the underlying cognitive mechanisms involved in behavior. This perspective emphasizes the role of mental representations, schemas, beliefs, and attitudes in shaping behavior. By investigating mental processes, cognitive psychologists seek to uncover the cognitive structures and processes that influence human behavior, providing insights into how individuals perceive, understand, and interact with the world around them.

82. b) Skinner introduced the concept of reinforcement, while Watson rejected it.

Explanation: B.F. Skinner’s approach to behaviorism differed from that of John B. Watson in several key aspects. Skinner, known for his work on operant conditioning, introduced the concept of reinforcement as a central mechanism in shaping behavior. He emphasized the role of consequences, or reinforcements, in increasing or decreasing the likelihood of a behavior occurring again. On the other hand, John B. Watson, who is often referred to as the father of behaviorism, focused more on observable behaviors and their direct association with environmental stimuli. Watson’s approach was more aligned with classical

Answer Key

conditioning, where behavior is seen as a response to environmental stimuli without considering the consequences that follow the behavior.

83. a) Psychodynamic.

Explanation: The psychodynamic perspective in psychology emphasizes the role of unconscious conflicts, desires, and motivations in shaping behavior. This perspective, founded by Sigmund Freud, suggests that much of human behavior is determined by unconscious processes stemming from unresolved conflicts and repressed desires from early childhood experiences. Freud's psychoanalytic theory posits that these unconscious conflicts manifest in various ways, such as in dreams, slips of the tongue (or Freudian slips), and symptoms of psychological disorders. The psychodynamic approach also highlights the importance of defense mechanisms, such as repression and denial, in coping with these unconscious conflicts.

84. b) It serves as the repository of past impressions and knowledge.

Explanation: In Indian philosophy, particularly in the Vedantic and Yogic traditions, "chitta" refers to the subconscious mind or the storehouse of memories, impressions, and experiences accumulated throughout one's life. It is often described as the repository of past impressions and knowledge, shaping one's thoughts, attitudes, and perceptions. Chitta is believed to influence cognitive processes, emotional responses, and behavioral tendencies by storing and retrieving past experiences. It plays a crucial role in shaping individual personality traits and behaviors based on past conditioning and learning. Additionally, chitta is considered integral to practices such as meditation and self-reflection, as it is through understanding and transcending the contents of chitta that one can attain higher states of consciousness and self-realization.

85. b) Anxiety and life challenges.

Explanation: Karen Horney, a prominent psychoanalyst and one of the key figures in neo-Freudian psychology, introduced the concept of neuroticism to describe patterns of behavior adopted by individuals to cope with anxiety and the challenges of life. According to Horney, neuroticism arises from underlying feelings of insecurity and inadequacy, which lead individuals to develop coping mechanisms to alleviate anxiety and maintain a sense of self-esteem. These coping strategies may include various defense mechanisms such as repression, denial, rationalization, and avoidance, as well as interpersonal behaviors aimed at seeking approval, affection, or control from others. Horney emphasized the role of social and cultural factors in shaping neurotic patterns and suggested that they could be overcome through self-awareness, self-acceptance, and the development of healthier interpersonal relationships.

86. b) Humanistic psychology.

Explanation: Humanistic psychology, associated with Carl Rogers and Abraham Maslow among others, emphasizes the importance of subjective experiences and the innate drive for self-actualization the realization of one's full potential as central to understanding human behavior. Unlike other perspectives that focus on pathology or deterministic factors, humanistic psychology emphasizes the positive aspects of human nature and the capacity for growth, creativity, and self-awareness. Carl Rogers, for example, introduced client-centered therapy, which prioritizes the individual's subjective experiences, self-understanding, and personal growth in therapeutic settings. Abraham Maslow proposed a hierarchy of needs, suggesting that individuals strive to fulfill basic physiological and safety needs before pursuing higher-level needs related to love and belonging, esteem, and self-actualization.

87. c) (A) is true, but (R) is false.

Explanation: Assertion (A): Sigmund Freud is indeed known for his theory of the Oedipus complex. This theory posits that during the phallic stage of psychosexual development, a boy experiences an unconscious desire for his mother and a rivalry with his father.

Reason (R): The statement about the Oedipus complex is incorrect. The Oedipus complex involves a boy's unconscious sexual desire for his mother, not the father. The Electra complex, which is often associated with Freud but was actually proposed by Carl Jung, involves a girl's unconscious desire for her father, not the mother.

88. b) G. Stanley Hall.

Explanation: G. Stanley Hall established the first psychology laboratory in America at Johns Hopkins University in 1883. He was a prominent figure in early American psychology and played a crucial role in establishing psychology as a legitimate field of study in the United States. Hall was instrumental in founding the American Psychological Association (APA) and served as its first president. His contributions helped shape the direction of psychology in America, laying the groundwork for its development into a respected scientific discipline.

89. a) N.N. Sengupta.

Explanation: N.N. Sengupta (also spelled Narendra Nath Sengupta) is credited with establishing the first psychology laboratory in India in 1916. This laboratory was part of the Department of Experimental Psychology at Calcutta University (now University of Calcutta). While other psychologists like Girindrashekar Bose and Radhanath Rath made significant contributions to Indian psychology, N.N. Sengupta holds the distinction of establishing the first dedicated laboratory in 1916.

Answer Key

90. b) Max Wertheimer.

Explanation: Max Wertheimer is often credited with founding the field of Gestalt psychology. Along with Kurt Koffka and Wolfgang Köhler, Wertheimer proposed the Gestalt principles, which emphasize the idea that the whole of an experience is different from the sum of its parts. Gestalt psychology focuses on understanding how individuals perceive and experience the world around them as integrated wholes, rather than as isolated elements. Wertheimer's work laid the foundation for the Gestalt movement, which had a significant influence on various areas of psychology and philosophy.

91. b) George Miller.

Explanation: George Miller is known for his work on the limits of human cognitive processing, particularly in relation to short-term memory. He introduced the concept of the "Magical Number Seven, Plus or Minus Two," suggesting that the typical human brain can hold about seven items in short-term memory, plus or minus two. This concept has had a significant impact on the understanding of cognitive psychology and memory processes. Miller's research contributed to the development of cognitive psychology as a distinct field within psychology, focusing on mental processes such as memory, perception, and problem-solving.

92. c) Edward Bradford Titchener.

Explanation: Edward Bradford Titchener is known for presenting the concept of structuralism, which aimed to analyze the basic elements of consciousness through introspection. He published "An Outline of Psychology," which outlined the principles of structuralism and its methods. Titchener's work was heavily influenced by his mentor Wilhelm Wundt, who founded the first psychology laboratory in Germany. While Wundt focused on the study of conscious experience, Titchener refined and expanded upon these ideas in his structuralist approach to psychology.

93. b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Explanation: Assertion (A) is true. Hippocrates, the ancient Greek physician, did indeed propose the theory of the four humors (blood, phlegm, yellow bile, and black bile), which were believed to influence both physical and psychological health. This theory, although primarily focused on medicine, did extend to explanations of mental well-being and temperament.

Reason (R) is also true. Plato, a philosopher in ancient Greece, did advocate for the significance of nurture in human development. He believed that education, environment,

and upbringing played crucial roles in shaping individuals' behavior and character. However, this belief is not directly linked to the concept of the four humors proposed by Hippocrates. Therefore, while both assertions are true, they are not directly related or explanatory of each other.

94. a) Cross-cultural psychology.

Explanation: Karen Horney's emphasis on cultural factors in psychology aligns with the growing recognition of cross-cultural psychology. Cross-cultural psychology is the study of how cultural factors influence human behavior and mental processes. Horney's work highlighted the importance of considering cultural differences and societal norms in understanding human psychology, particularly in the context of personality development and interpersonal relationships. This emphasis on cultural diversity and its impact on psychological phenomena resonates with the core principles of cross-cultural psychology.

95. b) Generativity vs. Stagnation

Explanation: Generativity vs. Stagnation is the stage in Erik Erikson's psychosocial theory that typically occurs during middle adulthood, roughly between the ages of 40 and 65. During this stage, individuals are focused on contributing to society, nurturing the next generation, and leaving a legacy. Generativity involves a sense of productivity, creativity, and concern for others, while stagnation refers to feelings of unproductiveness, lack of growth, and disconnection from society. This stage reflects the psychological conflict between finding purpose and fulfillment through meaningful contributions to society or feeling a sense of stagnation and unfulfillment.

96. b) Nonmaterial culture

Explanation: Nonmaterial culture encompasses the intangible aspects of culture, including beliefs, values, norms, customs, symbols, and language. These elements shape the behavior, attitudes, and worldview of individuals within a particular group or society. Nonmaterial culture contrasts with material culture, which includes tangible objects and artifacts created by a society. Subculture refers to a smaller cultural group within a larger culture that shares distinct characteristics or values, while counterculture refers to a group whose values and norms oppose those of the dominant culture.

97. c) Sensations and feelings

Explanation: Structuralism, developed by Wilhelm Wundt and later Edward Titchener, aimed to understand the structure of the mind by breaking down mental experiences into their basic components, such as sensations and feelings. This approach involved

Answer Key

introspection, where individuals reported their conscious experiences in response to stimuli. By analyzing these subjective reports, structuralists sought to uncover the fundamental elements of consciousness and their interrelations. Sensations refer to the immediate experiences of sensory stimuli, like sight, sound, taste, and touch, while feelings encompass emotional responses and subjective states.

98. b) Jadunath Sinha

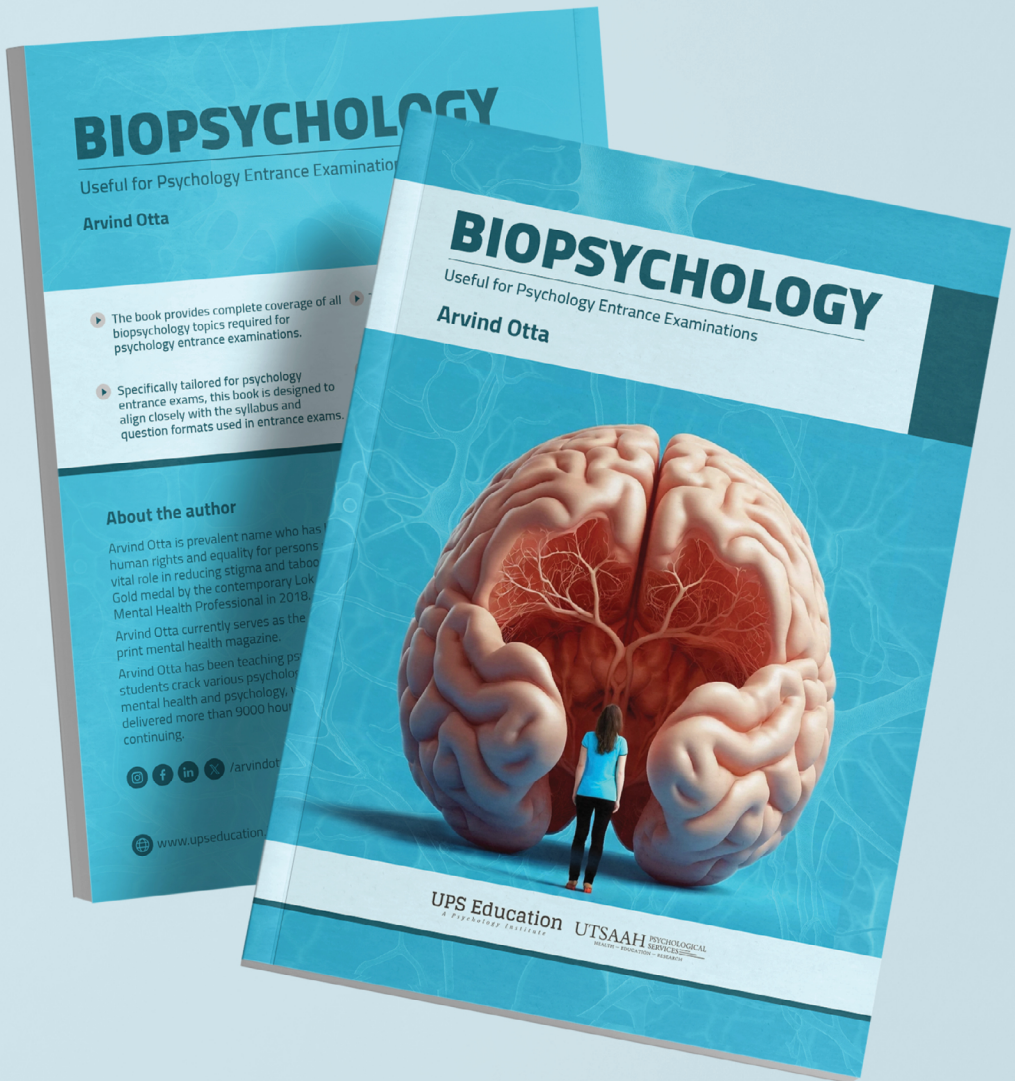
Explanation: Jadunath Sinha is credited with collecting and synthesizing diverse viewpoints in Indian psychology. He authored the seminal work “Indian Psychology: Cognition,” which explores various aspects of cognition from the perspective of Indian philosophical traditions. Sinha’s work has been instrumental in shedding light on indigenous psychological concepts and enriching the understanding of cognition within the context of Indian culture and philosophy. His contributions have played a significant role in bridging the gap between Western psychology and Indian psychological thought.

99. c) Martin Seligman

Explanation: Martin Seligman is known for his work on the concept of “learned helplessness” and its implications for understanding depression. Through his research with animals, Seligman demonstrated that when individuals perceive a lack of control over their environment, they may develop a sense of helplessness, leading to decreased motivation and increased susceptibility to depression. This concept has profound implications for understanding human behavior and psychological disorders, highlighting the importance of perceived control and resilience in mental well-being. Seligman’s contributions have significantly influenced the field of psychology, particularly in the areas of positive psychology and resilience research.

100. c) Gestalt psychology

Explanation: Gestalt psychology focuses on understanding how individuals perceive and interpret sensory information, emphasizing the organization and interpretation of sensory input. This school of psychology was founded by Max Wertheimer, Wolfgang Köhler, and Kurt Koffka in the early 20th century. Gestalt psychologists proposed that perception involves the active organization of sensory elements into meaningful wholes, rather than passive accumulation of sensations. They studied phenomena such as perceptual grouping, figure-ground relationships, and the Gestalt principles of similarity, proximity, and closure. Gestalt psychology emphasized the importance of studying perception as a holistic process, considering the context and organization of sensory experiences.



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