

PRE-BOARD EXAMINATION – 2018

PSYCHOLOGY (037)

ANSWER KEY SET – I

SI NO	PART - A	Marks
1	Culture	1
2	Self-control	1
3	Michenbaum	1
4	False	1
5	Vicarious learning	1
6	Prototypes	1
7	Roles	1
8	Violence	1
9	Paraphrasing	1
10	Body language	1
	PART - B	
11	<p>The two approaches of intelligence are</p> <p>Psychometric approach: It expresses the intelligence in a form of single cognitive index number, it deals with what of intelligence. It explains intelligence as an aggregate of various abilities. It is also known as structural approach of intelligence.</p> <p>Information processing approach: The various processes people use in intellectual reasoning and problem solving are explained in intelligence. It deals with how of intelligence.</p>	2
12	<p>The theory of Triguna's which are proposed in the Vedas are</p> <p>Satvaguna: It includes various attributes like cleanliness, truthfulness, dutifulness, detachment, discipline...etc.</p> <p>Rajas guna: It includes intensive activity, desire for sense gratification, dissatisfaction and envy for others.</p> <p>Tamasguna: It characterizes anger, arrogance, depression, laziness, and feeling of helplessness.</p>	2
13	<p>Eating disorders are of three types.</p> <p>Anorexia nervosa: An individual in this disorder feels that his/her body weight is increasing and they starve themselves and refuse to eat in order to reduce the body weight.</p> <p>Bulimia nervosa: Individuals with this disorder may not have control over their eating pattern, They may take a large quantity of food and they become obese and due to indigestion they may vomit or they may use laxatives and diuretics in order to reduce the body weight.</p> <p>Binge eating: Frequent episodes of out of control eating.</p>	2
14	<p>The nonjudgmental yet permissive attitude shown by the therapist towards the client during the process of psychotherapy despite the clients is rude, hostile and aggressive. It facilitate the healing process in a good way while establishment of rapport with the client.</p>	2
15	<p>Group is the formation of two or more than two individuals who are interacting and interdependent with each other for various needs. In Group the group leader is responsible for success or failure and member's group contribution is important.</p> <p>A team is a special kind of group, The team possess a complimentary skill in</p>	2

	addition to the group and roles are clearly defined in teams. The team members and team leader are individually and collectively responsible for the success or 2failure of a team.	
16	Instrumental aggression is an act of aggression which is shown towards an individual with an intention to obtain something from others. For example: behaving in an aggressive way to snatch a new pen from another person. Hostile aggression is an act of aggression without having an intention to obtain something from others.	2
	PART - B	
17	Personality is a dynamic organization which helps to adjust an individual with in those psycho and physical environment. The type approach theory of personality is based on three major traits. Cardinal traits. Central Traits. Secondary traits (Should be explained)	3
18	Mania is a mood disorder, in this disorder an individual will be euphoric, extremely active and excessive talkative. Bipolar mood disorder is the combination of mania and depression, An individual suffering with this disorder will have elevated mood swings, and mania one side and another side depressive episodes. Bipolar mood disorder is closely associated with drug abuse and suicidal tendencies.	3
19	Prosocial behavior is similar to altruism, which means helping the poor and the needy without expecting anything in return from others. The various factors influencing prosocial behavior are. Inborn tendency Culture and Learning. Reciprocity Number of bystanders. One's own conditions. (Should be explained)	3
20	Human environment relationship views are expressed by Stokols, which are of three types. Minimalist perspective Instrumental perspective Spiritual perspective (Should be explained)	3
	PART - D	
21	Non directive techniques of personality assessment are the projective techniques. These techniques will assess the personality with support of unstructured stimuli or stimulus. The very widely used projective techniques of personality assessment are as follows. Roscharch ink blot test Thematic Apperception test Rosen weig's picture frustration study Sentence completion test. Draw a person test. (Should be explained)	4
22	Dissociation can be viewed as severance of connections between ideas and emotions. There are four different types of dissociative disorders which are as follows. Dissociative Amnesia Dissociative Fugue Dissociative Identity disorder Depersonalization (Should be explained)	4
23	There various factors which are supportive to the healing process and they are mainly from the side of client and therapist. Therapeutic alliance	4

	<p>Clients side factors Therapist professional expertise and qualification Nature and causes of problems and choice of techniques (Should be explained)</p>	
24	<p>Prejudices are the extreme negative attitudes held by the people towards other groups in the society. The various sources of prejudices are Learning Strong social identity and in group bias Self-fulfilling prophecy Kernel of truth Scapegoating (Should be explained in detail)</p>	4
25	<p>People join in groups due to various reasons which are as follows. Security Status Self esteem Satisfaction of personal needs Goal achievement (OR) The various stages of group formation are Forming Storming Norming Performing Adjourning (Should be explained in detail)</p>	4
26	<p>The process of communication is Accidental Rhetorical Intrapersonal Interpersonal Public Expressive (Should be explained in detail)</p>	4
PART - E		
27	<p>According to PASS model theory of intelligence “Intellectual activity involves the interdependent functioning of three neurological systems, called functional units of brain. These units are responsible for the following three stages. Arousal/Attention Simultaneous and Successive processing Planning (OR) Robert Sternberg (1985) defined that intelligence “is the ability to adapt, to shape and select environment to accomplish one’s goals those of one’s society and culture”. Componential intelligence Contextual intelligence Experiential intelligence. (Should be explained in detail)</p>	6
28	<p>Stress is a silent killer and it is necessary to manage the stress in a good way through the support of various methods or techniques. Some of the important methods and techniques of stress management are Relaxation techniques Meditation procedures Biofeedback Creative visualization Cognitive behavioral techniques</p>	6

	<p>Exercise</p> <p style="text-align: center;">(OR)</p> <p>Life skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.</p> <p>Assertiveness Time management Rational thinking Improving relationships Self-care Overcoming unhelpful habits (Should be explained in detail)</p>	
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