PSYCHOLOGY 037

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Section : A (1 X 14 = 14)

(1) (C) Componential Intelligence

(2) (D) Situationism

(3) (C) Rationalisation

(4) (B) Inferiority complex

(5) (B) Cardinal

(6) (B) Self Efficacy

(7) (B) 1 - II, 2 - III, 3 - IV, 4 - I

(8) (D) Leucocytes / Antigens

(9) (A) Both A and R are true and R is the correct explanation of A

(10) (B) Autism Spectrum Disorder

(11) (B) Empathy - because you are trying to understand your friend's feeling from their perspective

(12) (B) Token Economy

(13) (C) (i) and (iii) only

(14) (A) Congruency

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(4 = 14)

Section : B

(2 X 5 = 10)

(15)

PSYCHOMETRIC THEORY	INFORMATION PROCESSING THEORY
→ It views intelligence as an aggregate of abilities and views performance in terms of a single index of cognitive abilities	→ It studies the logical and critical thinking involved in intelligent behaviour. It assesses what an intelligent person does.
→ It focuses on the structure of intelligent behaviour	→ It focuses on the cognitive functions that underlie intelligent behaviour
→ Ex:- Uni-factor theory, Two factor theory, Theory of Primary Mental Abilities, Hierarchal Model of Intelligence, Structure of Intellect Model	→ Ex:- Theory of Multiple Intelligences, Triarchic Theory, PASS (Planning, Attention - Arousal, Simultaneous, successive) Model

(16) (a) Intelligence quotient (IQ) refers to Mental Age (MA) divided by Chronological Age (CA) multiplied by 100. Here, 100 is used as a multiplier to avoid decimal.

$$IQ = \frac{MA}{CA} \times 100$$

$$= \frac{168}{147} \times 100$$

$$= \frac{800}{7}$$

$$= \boxed{114.28}$$

114·28
7 | 800
-7
10
-7
30
-28
20
-14
60
-56
40

The child has an IQ of 114.28, which is Very High.

(17) → SOMATIC SYMPTOM DISORDER → ILLNESS ANXIETY DISORDER

It involves presence of physical symptoms in the absence of a physical

It involves preoccupation with worry about developing a serious illness

disease.

→ The expression of this disorder is in the form of physical symptoms.

→ Eg :- A person with somatic symptom disorder will be worried about his health, having to make frequent visits to the doctor for physical symptoms that seem to have no biological cause; perfect test results yet no improvement in symptoms.

→ Here, the main concern is anxiety about developing an illness.

→ Eg:- A person with Illness Anxiety disorder makes frequent visits to the doctor, doesn't respond well to reassurance from doctor and negative test results; and is instantly alarmed by hearing about cases of serious illnesses around him/her.

(18) PROCESSES of attitude formation :-

→ LEARNING THROUGH REWARD AND PUNISHMENT :
It involves formation of an attitude based on whether the behaviour is reinforced and rewarded

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or punished.

Ex:- Reena started eating a lot of junk food and got sick. Therefore, she developed a negative attitude towards junk food.

- Mahesha participated in a Yoga competition and was awarded with the 'Best Health' award. Hence, she developed a positive attitude towards Yoga and physical fitness.

→ LEARNING THROUGH MODELLING:

Attitude formation also takes place by watching others get rewarded or punished.

Ex:- Rohan saw his brother get appreciated for being polite and respectful and hence started acting respectfully towards others.

- Reet saw her classmate get punished for not completing their homework so she made sure to always finish her homework on time.

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(19) Riya is a part of the following two groups:

FORMAL GROUP | INFORMAL GROUP

→ FORMAL GROUP: • This group is formed on the basis of certain norms. The functions of the group are explicitly stated. The roles of group members and norms guiding behaviour are clearly defined.
• It is more impersonal. The school council that Riya joined is an example of a formal group.

→ INFORMAL GROUP: • This group is formed on the basis of personal connection between the members. The functions aren't explicitly stated. Neither norms nor the roles are clearly defined.
• It is more personal as it involves connection between the members. The childhood family dance group that Riya is a part of is an example of an informal group.

Section : C (3X4=12)

(20) → According to the American Association on Mental Disorders (AAMD), Intellectual deficiency is defined as subsequently sub-average general intellectual functioning, existing concurrently with deficits in adaptive behaviour, manifested during developmental years of life.

→ Intellectual deficiency refers to an IQ score lower than 70. There exists a wide variation within the group of intellectually disabled. A person with an IQ of 55-70 is said to have MILD Intellectual disability, IQ score between 35-40 and 50-55 is said to be moderately intellectually disabled. An IQ score of 20-25 to 35-40 shows severe intellectual deficiency and score below 20-25 is profound intellectual disability.

→ Despite the variation, two common features that all individuals with Intellectual deficiency possess are :-

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(12)

- SUB - AVCRAGE GENERAL INTELLECTUAL FUNCTIONING:
Rohan might display below average problem solving, processing, judgement, critical thinking, reasoning, perceiving, etc. He may also find it hars to make friends and, performs poorly in academice. He might also misinterpret environmental cues.
- DEFICITS IN ADAPTIVE BEHAVIOUR:
Rohan might engage in maladaptive behaviours and find it difficult to adapt to new environments and accept changes.

Both of these features would be displayed during developmental period; i.e. before he turns 18.

(21) Sigmund Freud proposed that personality is made up of three competing forces called id, ego and superego.

→ ID: It is based on the peasure principle stating that humans seek pleasure and avoid pain. It

involves gratification of instinctual needs. A large part of id is made of sexual desires and the other part is made up of aggression. Id doesn't care about morals or others. Id is made up of two instincts: life and death. The life instinct that energises id is called libido.
If Riya acted according to id, she would have given up to the temptation and had eaten the cake.

→ EGO: Ego grows out of id. It is based on the reality principle. It involves gratification of instinctual needs in reality based ways. Id is demanding and unrealistic, whereas ego is patient and reasonable. Riya resisted the temptation of the cake as she realistically thought of her goal ~~and plans to eat it post competition~~ and the efforts of her mother for the family dinner

→ SUPER EGO: It is the moral aspect of mental functioning

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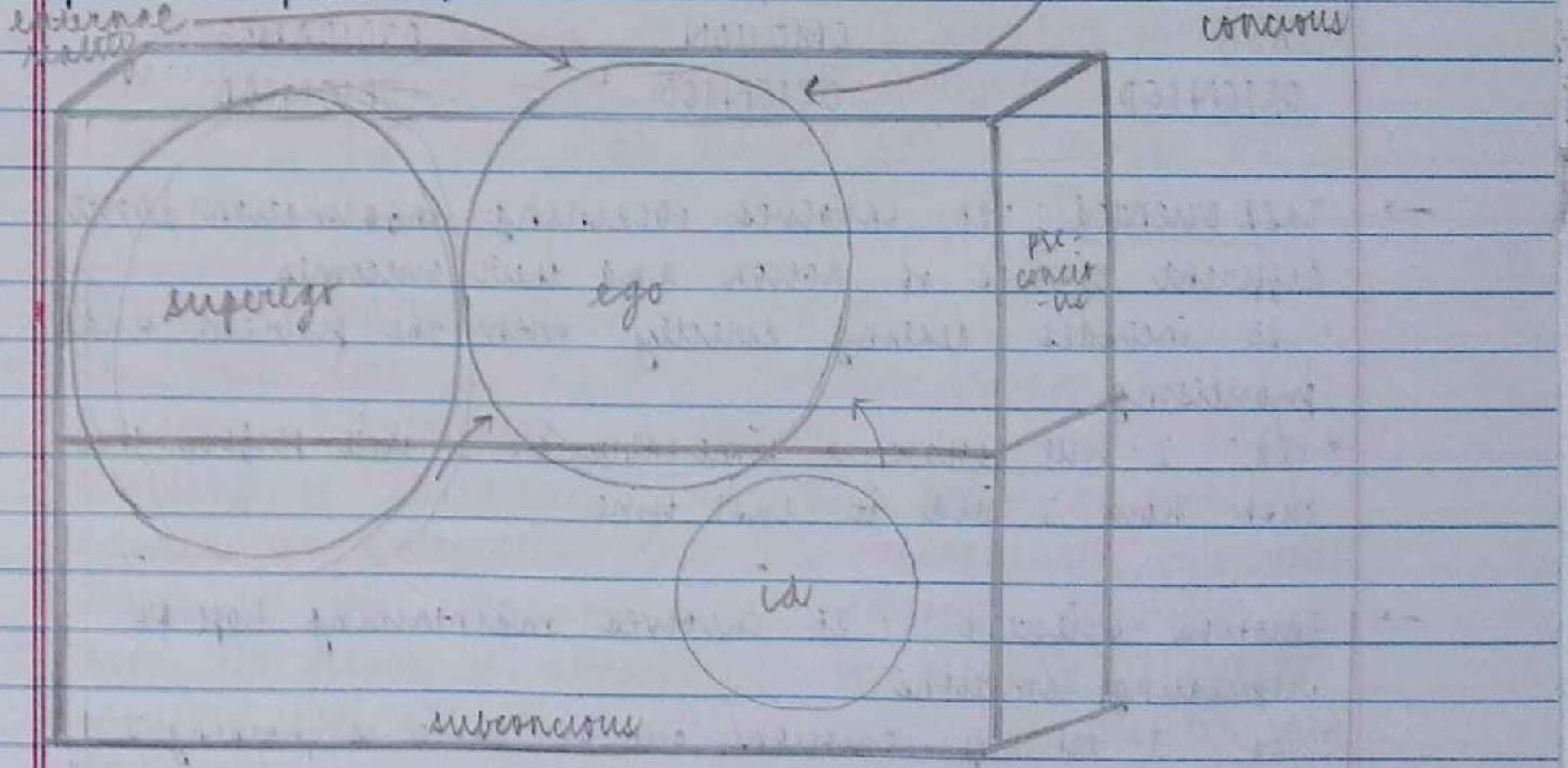
It involves gratification of instinctual needs in ethical ways. It does so by internalising parental control in the mind.
Based on superego, Riya decided to eat the cake pose competition.



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(22) (a) Three coping strategies given by Endler and Parker are :-

COPING STRATEGIES

- TASK ORIENTED
- EMOTION ORIENTED
- AVOIDANCE ORIENTED

→ Task Oriented : • It involves obtaining information about different courses of action and their outcomes.
• It includes dealing directly with the problem and prioritising.
• Eg :- I will follow a time table or I will perform this task how I did it last time.

→ Emotion - oriented : • It involves maintaining hope or regulating emotions
• Eg :- I let my emotions out or there is nothing I can do to make this better

• Ex:- What am I going to do about it or this never happened to me.

→ Avoidance - oriented: • It involves minimising seriousness of the problem
• It includes voluntary suppression of negative thoughts and their replacement with protective thoughts.
• Ex:- going out with friends for a movie or watching T.V.

(23) RATIONAL EMOTIVE THERAPY - ALBERT ELLIS

→ The first step in Rational Emotive Therapy is A-B-C analysis (Antecedent - ~~Behaviour~~ belief - consequence analysis). According to Albert Ellis, irrational ~~behaviour~~ belief mediates between the antecedent and the consequence. Antecedent refers to the event preceding irrational ~~behaviour~~ belief.

→ Then, the person is interviewed to identify irrational thoughts that are held without any empirical evidence.
Ex:- "I am a failure", "I must succeed at everything"

→ The third step involves Non-Directive questioning which involves questioning without being direct or probing. This gives the person an insight about his irrational thoughts. The irrational thoughts are replaced by healthy rational thoughts.

• Section : D (4x4=16)

(24) (b) Individuals with an IQ lower than 70 are categorised as intellectually disabled. There exists a wide variation among intellectual disability.

MILD	MODERATE	SEVERE	PROFOUND
IQ below 55-70	IQ between 35-40 and 50-55	IQ between 20-25 and 35-40	IQ below 20-25

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RANGE OF FUNCTION	MILD	MODERATE	SEVERE AND PROFOUND
Self - care	Can care for self, dresses and feeds himself / herself.	Can care for eating and toilet needs but requires help.	Dependent for self care needs, can be taught basic skills
Language	Adequate receptive and expressive language, can understand communication	Adequate receptive and expressive language, has speech problems.	Limited receptive language, poor expressive language.
Academics	Can reach up to the level of 3-6 grade	Can reach up to the level of 1-2 grade	Lacks academic skills
Making friends	Capable of making friends	Difficulty in forming relationships	Incapable of making friends -hips.

Career	Can hold a semi-skilled to unskilled non-competitive job	Can work in a sheltered environment under supervision	Incapable of holding a job, constantly dependent
Adult life	Can get married and have children but needs help during conflict and stress	Incapable of marrying or having children	Incapable of marrying or having children, always dependent on caretaker

(25) → Factors contributing to healing :-
Choice of technique and its implementation

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aspects healing. Ex:- Use of right relaxation techniques while opting for cognitive behavioural therapy.

→ The therapeutic alliance shows healing properties due to empathy, warmth and regular availability of therapist.

→ In the initial therapy sessions, the client tells the therapist about all the problems being faced by him/her. This emotional unburdening is called CATHARSIS.

→ There are other non-specific factors that contribute to healing that are either attributed to the client or the therapist. These are:-

PATIENT VARIABLES

These are the non specific factors attributed to the patient.
Ex:- Motivation for betterment, no expectation from the treatment

THERAPIST VARIABLES

These are the non specific factors attributed to the therapist
Ex:- Positive well being, no past baggage, warmth

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(26) Sources of prejudice :

SOURCES

- Learning
- Strong social identity based on ingroup bias
- Scapegoating
- Kernel of truth concept
- Self fulfilling prophecy

→ LEARNING : Prejudice can be learned through association, reward and punishment, modelling, group norms or exposure to information. It is affected by factors like family and school environment, past experiences, reference groups and media related influences. A person with a prejudiced personality is anxious, hostile and rigid

→ STRONG SOCIAL IDENTITY BASED ON INGROUP BIAS : Members belonging to a group have a strong ingroup identity. To boost this identity, they form a negative attitude towards the outgroup.

→ SCAPEGOATING : It is a phenomenon where the majority group blames the minority group for their problems. The minority group is too weak to defend themselves. This leads to formation of a negative attitude.

→ KERNEL OF TRUTH CONCEPT : Here, the person with prejudice thinks that there must be some truth in what is being said about the group. Even a few examples are enough to validate this.

→ SELF FULFILLING PROPHECY : It occurs when the group itself acts in a way that confirms or validates the prejudice. Eg :- Group A says that

Group B can't perform a task without the help of Group C; eventually, Group B actually starts to perform poorly and becomes dependent on Group C which validates Group A's prejudice.

(27) → Group polarisation: It is a tendency to take more extreme decisions as a part of a group than what an individual would take. It refers to the strengthening of group's initial position post discussion.

Ex:- A colleague is found stealing in the office, the team discusses and takes extreme decisions like terminating him or letting him go.

It occurs due to strong ingroup identity, bandwagon effect and strengthening of opinion after listening to favourable arguments.

Ex:- Debate on climate change

→ Social facilitation: It refers to performing a task individually in the presence of others. If the

individual is already good at doing something, he/she will show improvement in performance.
Eu:- Arjun

→ Social loafing :- It refers to performing a task as a part of a group. It states that there is reduction in individual effort while performing a task as a group. This occurs due to reduced motivation, sense of responsibility, poor coordination or if the efforts aren't being compared to another group.
Eu:- Riya and her team mates.

→ Groupthink : It is a phenomenon given by Irving Janis where the expresses concerns for unanimity which overrides ability to appraise situations critically. This usually takes place in groups that are isolated. Group members take irrational and uncritical decisions. No one expresses a dissenting opinion due to fear of unpopularity.
Eu:- Vietnam war.

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• Section : E (6×2 = 12)

(28) (b) Type Approach :- A type refers to a broad observable pattern of behaviour in which an individual is placed based on presence or absence.

→ The Greek Physician Hippocrates gave four humours that form human temperament. They are Sanguine, Phlegmatic, Melancholic, Choleric.

→ In Charit Samhita, The Tridoshas - Vatta, Pita Kapha each represent a temperament or a Prakriti.

→ The Triguṇas each represent a temperament, excess of one leads to a person acting in a certain way. These are:

← Sattva	↓ Rajas	→ Tamas
It involves dutifulness, detachment, discipline, cleanliness, etc	It includes envy, materialism intensive activity and need for sense gratification	It includes anger, arrogance, depression laziness

→ Sheldon gave three types of personalities based on temperament and physical build. These are:-

Endomorph
They're soft, fat and round and sociable, relaxed.

Mesomorph
They're strong, muscular, rectangular and energetic, courageous.

Ectomorph
They're thin, long, fragile and brainy, artistic and introverted.

→ Jung gave two types of personalities. they are:-

Introverts
Shy, reserved, withdraw during conflict, prefer being alone.

Extroverts
They're outgoing, social, lose themselves in people and prefer jobs that involve direct contact with others

→ Rosenman and Freidman gave two types of personalities :

Type A
Such people are prone to Coronary Heart Diseases and hypertension. Theyre high on motivation, always in a hurry but never seem to be on time, and impatient

Type B
It is the absence of type A traits

→ Morris introduced a type C personality which showed proneness to cancer. Such people are not assertive, comply to authority, are patient and suppress negative emotions.

→ Type D personality showed proneness to depression.

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(29) (b) → Earlier, abnormal behaviour was described by magical and supernatural forces. Shaman or ojha were said to be in contact with spirits. They talked ~~to~~ the spirits possessing people and found out ways to appease them. Exorcism was used for removal of spirits from the host body.

→ Then abnormal behaviour was described by biological ~~factors~~ factors. Faulty biological processes and improper functioning of brain caused disorders. Correction of such faulty processes showed improvement in functioning.

→ Then, abnormal behaviour was understood by psychological approach which stated abnormality is caused by dificits in thinking, feeling and perceiving.

→ In the Middle Ages, all three of these approaches occurred. Physicians like Hippocrates, Socrates and especially Plato gave the organismic approach which stated abnormal behaviour is caused

by conflict between emotion and reason.

→ Galen gave four humours whose imbalance led to abnormality. These are blood, Phlegm, black bile and yellow bile.

→ Then demonology recurred and witch hunts were prevalent. Christian Spirit of humanity prevailed and St Augustine ~~said abnormality is~~ studied mental anguish, conflict and emotion. his findings became the base for modern psychodynamic theories.

→ Humanism and Curiosity gained popularity during the Renaissance period. Johann Weyer said that strained interpersonal relationships and conflict les to abnormality.

→ In 17th and 18th century called as the Age of Reason and Enlightenment, science replaced dogma and many asylums were set up under Reform movement Deinstitutionalisation gained popularity and community care was provided to those dealing with disorders

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→ At present, interactionale or bio-psycho-social approach is used to assess abnormality

• Section: F

(30) She is experiencing frustration, conflict, internal pressure and social pressure. These are psychological stresses

(31) → Emotional: feelings of inadequacy, ~~exhaustion~~, disappointment, anxiety.
→ Psychological: feeling of mental burnout.

(32) Anorexia Nervosa

(33) → Bulimia Nervosa: It involves eating uncontrollably and then purging using laxatives, diuretics, etcs.
→ Binge Eating Disorder: It involves episodes of eating until uncontrollably full, eating at

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a faster pace than usual and eating even if not hungry.

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