



INDIAN SCHOOL MUSCAT
TERM -2 PREBOARD EXAMINATIONS
PSYCHOLOGY (037)



SET – B

	PART - A	
1	<ul style="list-style-type: none">• Oppositional Defiant Disorder displays age-inappropriate amounts of stubbornness, irritability, defiance, disobedience and hostility.• Conduct Disorder refers to aggressive actions that cause or harm people or animals, non-aggressive conduct that causes property damage, or serious rule violations.	2
2	<p>Pro-Social Behaviour is behaviour where we help those in need, and this is very similar to altruism, which means doing something for or thinking about the welfare of others without any self-interest. Pro-social behaviour has the following characteristics:</p> <ul style="list-style-type: none">• It must aim to benefit or do good to another person or other persons• It must be done without expecting anything in return• It must be done willingly by the person and not because of any kind of pressure• It must involve some difficulty or cost to the person giving help	2
3	<p>• Concept of Cognitive Dissonance (Leon Festinger) – emphasises the cognitive component. The basic idea is that the cognitive components of an attitude must be consonant (logically in line with each other). If an individual finds that two cognitions in an attitude are dissonant, then one of them will be changed in the direction of the consonance.</p> <p>Consonant – I Cigarette smoking is injurious to health.</p> <p>Consonant – II I smoke..</p> <p style="text-align: center;">(or)</p> <p>Valence – The valence of an attitude tells us whether an attitude is positive or negative towards a subject.</p>	2

	Extremeness – The extremeness of an attitude indicates how positive or negative an attitude	
	PART - B	
4	<p>Anorexia nervosa involves a distorted body image that leads the patient to see themselves as overweight. Often refusing to eat, exercising compulsively and developing unusual habits such as refusing to eat in front of others, the anorexic may lose large amounts of weight and even starve himself/herself to death.</p> <p>Bulimia nervosa involves excessive intake of food, followed by purging through laxatives or diuretics or by self induced vomiting. The person often feels disgusted and ashamed when s/he binges and is relieved of tension and negative emotions after purging.</p> <p>Binge eating involves frequent episodes of out of control eating.</p> <p>(Or)</p> <ul style="list-style-type: none"> • Bipolar and related Disorder Some of the examples of Bipolar disorders are Bipolar – I, Bipolar – II and Cyclothymic disorder. Bipolar – I s a disorder in which both mania and depression are alternately present, and are sometimes interrupted by periods of normal mood. Earlier Bipolar mood disorder is known as manic- depressive disorder 	3
5	<p>Logo therapy was proposed by Victor Fankl, which means treatment for the soul. Frankl called this process of finding meaning even in life-threatening circumstances the process of meaning making, the basis of which is a person's quest for finding the spiritual truth of one's existence. Neurotic anxieties arise when the problems of life are attached to the physical, psychological or spiritual aspects of one's existence. Frankl emphasized the role of spiritual anxieties in leading to meaninglessness and hence it may be called existential anxiety (neurotic anxiety of spiritual origin). The goal of logo therapy is to help the patients find meaning and responsibility in their life irrespective of circumstances. The therapist emphasizes the unique nature of the patient's life and encourages them to find meaning in their life. The therapist is open and shares his feelings, values and his own existence with the</p>	3

	<p>client, and transference is actively discouraged. The therapist reminds the client about the immediacy of the present. The goal is to facilitate the client to find the meaning of his being</p>	
6	<p>Primary vs Secondary groups</p> <p>Primary groups are pre-existing formations which are usually given to the individual. It is characterised by face-to-face interaction, where members have close physical proximity and they share warm emotional bonds. Boundaries are less permeable (members do not have the option to choose its membership).</p> <p>Secondary groups are those groups that the individual joins by choice. Relationships among members are more impersonal, indirect and less frequent. It is easy to leave and join another group.</p> <p>Formal vs Informal Groups</p> <p>The functions of a formal group are explicitly stated. The roles to be performed by group members are stated in an explicit manner. The formation of formal groups is based on some specific rules or laws and members have definite roles. There are a set of norms which help in establishing order.</p> <p>The functions and roles of an informal group are not explicitly stated. The formation of informal groups is not based on rules or laws and there is a close relationship among members.</p> <p>In group vs Out group</p> <p>The term ingroup refers to one's own group. For ingroup members, we use the word we. Persons in the ingroup are generally supposed to be similar, are viewed favourably, and have desirable traits.</p> <p>The term outgroup refers to another group. For outgroup members, we use the word they. Members of the outgroup are viewed differently and are often perceived negatively in comparison to the ingroup members.</p>	3

	PART - C	
7	<p>Attention-Deficit Hyperactive Disorder (ADHD) has two main features, inattention and hyperactivity-impulsivity. Children who are inattentive find it difficult to sustain mental effort during work or play. Children who are impulsive seem to be unable to control their immediate reactions or to think before they act. Hyperactivity includes constant motion, inability to sit still. Boys are four times more likely to be given the diagnosis of ADHD than girls.</p> <p>Autistic disorder is a pervasive developmental disorder where children have marked difficulties in social interaction and communication, a restricted range of interests and a strong desire for routine. These children have narrow patterns of interests and repetitive behaviours such as lining up objects or stereotyped body movements (rocking). These motor movements may be self-stimulatory or self-injurious.</p> <p>Specific learning disorder (often referred to as learning disorder or learning disability) is a neurodevelopmental disorder that begins during school-age, although may not be recognized until adulthood. Learning disabilities refers to ongoing problems in one of three areas, reading, writing and math, which are foundational to one's ability to learn. Dyslexia, Dyscalculia, Dysgraphia.</p> <p>Intellectual disability refers to significantly sub average intellectual functioning which is existing concurrently with deficits in adaptive behaviour during the developmental period. It is often referred with below 70 IQ level.</p>	4
8	<p>Group structure develops as the members interact. Over time this interaction shows regularities in distribution of tasks to be performed, responsibilities assigned to members, and the prestige or relative status of members. Four important elements of group structure are:</p> <ul style="list-style-type: none"> • Roles – Socially defined expectations that individuals in a given situation are 	4

	<p>expected to fulfill. Roles refer to the typical behaviour that depicts a person in a given social context. Along with this, there are certain role expectations, i.e. the behaviour expected of someone in a particular role.</p> <ul style="list-style-type: none"> • Norms – Expected standards of behaviour and beliefs established, agreed upon and enforced by group members. They may be considered as a group's 'unspoken rules'. • Status – Refers to the relative social position given to group members by others. This relative position can be ascribed or achieved. • Cohesiveness – Refers to togetherness, binding or mutual attraction among group members. As a group becomes more cohesive, group members start to think, feel and act as a social unit, and less like isolated individuals. Members of a highly cohesive group have a greater desire to remain in the group in comparison to those who belong to low cohesive groups. However, extreme cohesiveness may not be in a group's interest (eg: situations like groupthink) 	
9	<ul style="list-style-type: none"> • Characteristics of the existing attitude – All four properties of attitude (valence, extremeness, simplicity or complexity and centrality) determine attitude change. In addition, one must also consider the direction and extent of attitude change. An attitude change may be congruent or incongruent. • Source characteristics – Source credibility and attractiveness are two features that affect attitude change. Attitudes are more likely to change when the message comes from a highly credible source rather than from a low-credible source. • Message characteristics – The message is the information that is presented in order to bring about an attitude change. Whether the message contains a rational or emotional appeal also makes a difference. The motives activated by the message also determine attitude change. Finally, the mode of spreading the message plays a significant role. • Target characteristics – Qualities of the target influence the likelihood and extent of attitude change. 	4

10	<p>Albert Ellis formulated Rational Emotive Therapy (RET) of which the central thesis is that irrational beliefs mediate between the antecedent events and their consequences.</p> <p>The first step is the ABC Analysis (antecedent-belief-consequence) where the antecedent events that cause psychological distress are noted. The client is also interviewed to find irrational beliefs that distort present reality. This distorted perception of the antecedent event due to the irrational beliefs leads to the negative emotions and behaviours. In the process of RET the irrational beliefs are refuted by the therapist through a process of non-directive questioning, where the questions make the client think deeper into his assumptions about life and problems. Gradually, the client is able to change the irrational beliefs by making a change in his philosophy of life. The rational belief system replaces the irrational belief system and there is a reduction in psychological distress.</p> <p>(Or)</p> <p>Humanistic-Existential Therapy postulates that psychological distress arises from feelings of loneliness, alienation and an inability to find meaning and genuine fulfillment in life. Human beings are motivated by the desire for personal growth and self actualization and an innate need to grow emotionally. When these needs are curbed by society and family, human beings experience psychological distress.</p> <p>Self-actualisation is defined as an innate or inborn force that moves the person to become more complex, balanced and integrated. Integrated means a sense of whole, being a complete person, being in essence the same person in spite of the variety of experiences that one is subjected to.</p> <p>Healing occurs when the client is able to perceive the obstacles to self-actualisation and remove them. This requires free emotional expression, and when this is curbed by the family it leads to destructive behaviour and negative emotions by thwarting the process of emotional integration. Therefore, therapy creates a permissive, non-judgmental and accepting atmosphere in which a client's emotions can be freely expressed and the</p>	4
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	complexity, balance and integration can be achieved. The fundamental assumption is that the client has the freedom and responsibility to control his own behaviour, and the therapist is merely a facilitator or a guide.	
	PART - D	
11	Seetha is suffering with the Generalized anxiety disorder, •Generalised Anxiety Disorder – Prolonged, vague, unexplained and intense fears that are not attached to any particular object. It is marked by motor tension, as a result of which the person is unable to relax, and is visibly shaky or tense. The symptoms include worry and apprehensive feelings about the future, hyper vigilance which includes constantly scanning the environment for threats	2
12	The method adopted to heal seethe is exorcism, Exorcism refers to removing the evil spirits through the counter magic and prayer.	2