

MID TERM EXAMINATION – 2018**PSYCHOLOGY (037)****ANSWER KEY SET – A**

SI NO	PART - A	Marks
1	Alfred Binet	1
2	Uni Factor theory of Intelligence	1
3	Culture	1
4	Response	1
5	MMPI -II	1
6	Endomorphs	1
7	Holmes & Rahe	1
8	Pathogens	1
9	Removing the evil through counter magic and prayer	1
10	Dopamine	1
	PART - B	
11	Integral Intelligence is an Indian concept of intelligence and it gives importance on both the verbal and non verbal concepts of intelligence and it is holistic perspective. Technological intelligence is only focusing on the various cognitive abilities.	2
12	Horney rejected the views of Freud as females are inferior. She said that the Gender is not having any significance in personality development; it is not the base to judge people as superior and inferior. She argued that the psychological disorders are due to disturbed interpersonal relationship during childhood.	2
13	Failure of a child to pass successfully through a stage leads to fixation to that stage. In this situation, the child's development gets arrested at an earlier stage. for example a child who does not pass successfully through the phallic stage fails to resolve the oedipal complex and have hostility towards the parent of the same sex.	2
14	According to Kobasa people with more stress and less sickness posses three characteristics. Control, Commitment and Challenge and these 3 C's together known as hardiness.	2
15	Resilience is a dynamic process referring to the maintenance of positive adjustment under challenging life conditions. it has been described as the capacity bounce back in face of stress and adversity.	2
16	Diathesis stress model of abnormal behavior is explaining psychological disorders on base of three factors. Psychological disorders are inherited from the ancestors. The presence of pathogenic stressors in the environment is leading to the development of the psychological disorders. The vulnerability or the readiness to develop the psychological disorders is one of the factors.	2
	PART - B	
17	A child who shows consistently remarkable performance in any field or activity is known as a gifted child. Advanced logical thinking, questioning and problem solving behavior. High speed in processing information.	3

	Superior generalization and discrimination ability. Advanced level of original and creative thinking. High level of intrinsic motivation and self esteem. Independent and non conformist thinking.	
18	Coping is a dynamic mechanism and specific reaction to stress, The various coping strategies of Endler and Parker are as follows. Task oriented coping strategy Emotion oriented coping strategy Avoidance oriented coping strategy (To be explained in detail)	3
19	The various sources of stress are Life events. Daily Hassles Traumatic events. (To be explained in detail)	3
20	Phobias are the irrational fears related to specific objects, people or situations. phobias often gradually develop or begin with a generalized anxiety disorder. Specific phobias Social phobias Agora phobias.	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	IQ is a predictor of potential and EQ is predictor of success. Researchers proved that –EQ helps in dealing with students who are stressed and face challenges of the outside world. EQ improves the academic performance. It is very helpful in preparing the students to face the challenges of life outside the class room. The students with good EQ are less anti social and more co-operative.	4
23	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)	4
24	The structure of personality according to Freud is as follows. Life instincts Death instincts Libido Id Ego Super Ego (should be explained in detail)	4
25	Hans Seyle is well known for his research work on stress and he is considered as father of modern stress research. Seyle observed the sick and injured animals and human beings in hospitals one side and other side healthy animals and human beings in laboratory setting while giving epinephrine and projecting X rays on them and in all the situations he came to know that the stress response mechanism is similar which he called as GAS theory. Alarm reaction	4

	Resistance Exhaustion (Should be explained in detail)	
26	The various approaches to explain abnormal behavior are as follows. Ancient theory – Exorcism Biological organic approach Psychological approach Organismic approach Middle ages – Demonology and Supersition Renaissance period Interactional, bio, Psycho-social approach.	4
	PART - E	
27	<p>According to Dr. Sigmund Freud defense mechanisms are ways in which the ego unconsciously tries to cope with unacceptable libidinal desires and resolves conflicts. It distorts reality to resolve conflicts and therefore provides temporary relief. Its optimum use is healthy but excessive usage lead to maladjustment. Defense mechanisms are regulated by the ego. It is different from lying because lying is intentional but use of defense mechanism is unconscious.</p> <p>The defense mechanism is described by Freud are:</p> <p>Repression, Regression, Displacement, Projection, Denial, Rationalization. (should be explained in detail)</p> <p style="text-align: center;">(OR)</p> <p>Humanistic theories emphasise personal responsibility and innovate tendencies toward personal growth. They focus on the importance of people's subjective attitudes, feelings and beliefs especially with regard to the self.</p> <ol style="list-style-type: none"> i) According to humanistic approach we human beings are most creative, growin, fully functioning and self actualizing people. ii) Fully functioning persons, according to Rogers theory, Psychologically healthy persons who live life to the fullest. iii) According to Rogers fully functioning persons live in the here and now and who trust their own feelings. They are sensitive to their own feelings. They are sensitive to the needs and reflects of other but they do not allow society's. Standards to shape their feelings or actions to an excessive degree. iv) Rogers suggests that each individual has a concept of ideal self. If there is discrepancy between real self and ideal self than individual develops maladjustment. 	6
28	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	6

	<p>Cognitive behavioral techniques</p> <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</p> <p>Time management</p> <p>Rational thinking</p> <p>Improving relationships</p> <p>Self-care</p> <p>Overcoming unhelpful habits (Should be explained in detail)</p>	
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