

PSYCHOLOGY

Application, value based, Hots and multidisciplinary question:

Chapter – 1

Intelligence and aptitude

1. All person do not have the same intellectual capacity. How do individuals vary in their intellectual capacity? Explain.
2. Any intellectual activity involves the independent functioning of three neurological systems. Explain with reference to PASS model.
3. Is creativity related to intelligence? Explain with relevant examples and distinguish between creative and intelligence tests.
4. How is Indian view of intelligence more relevant in today's society?

Chapter – 2

Self and Personality

1. Suggest different psychological techniques of self regulation that you would use while preparing for your board examinations.
2. Indian perspective of self and western perspective of self differ in their visualization. Bring out the difference.
3. Evaluate psycho – analytical theory of personality critically.
4. Give reasons for basic anxiety to take place according to Karen Horney.
5. Analyze the main propositions of Humanistic approach with reference to Carl Roger and Abraham Maslow.
6. Explain Erickson concept of identify crises.

Chapter – 3

Human strengths and meeting life challenges

1. Explain the effects of stress on psychological functioning.
2. How does the present day lifestyle affect the individual?
3. Why do stress – resilient personality cope up with stress better.
4. Enumerate the different ways of coping with stress while suggesting to your friends how they can deal with stress in their everyday lives.

5. Reflect on the environmental factors that have a) Positive impact b) Negative impact on the being.

Chapter – 4-5

(Psychological disorder) – (Therapeutic technique)

1. Physicians make diagnosis looking at person's symptoms. How are psychological disorders diagnosed.
2. Can a distorted body image lead to eating disorders? Classify the various forms of it.
3. Shika is terribly afraid of climbing stairs. This has a impact on her professional life. With the help of examples discuss behavioural techniques that therapist would use to help her get rid of her fear.
4. Anxiety has been called the butterflies in the stomach feeling. At what stage does anxiety became a disorder? Discuss types of anxiety.
5. Why are children predisposed to develop behavioural disorders? Describe the behavioural symptoms of schizophrenia. Discuss the symptoms.
6. Elaborate the techniques used for rehabilitating the mentally ill.
7. Which therapy encourages the client to seek personal growth and actualize their potential write about the therapies which are based on this principle.
8. A therapist asks the client to reveal all her/his thoughts including early childhood experiences. Describe the type and technique used.

Chapter – 6

Social cognition and Attitude

1. You have been given the responsibility of changing the attitude of your school mates towards keeping the school surrounding litter free. Identify any process or factors that you would use to bring in this attitude change and explain with one example.
2. Appraise the characteristics of a pro social person. Which are the factors that help the or contribute towards the behavior.
3. Why are values important? Are they based on beliefs and attitude? Explain.
4. Many societies reflect prejudices . Suggest few strategies to handle such prejudices .
5. Explain any two conditions which lead to learning of attitude.
6. Prejudice can exist without discrimination and vice versa. Comment.

7. Is behavior always a reflection of one's attitude? Explain with a relevant example (Chinese couple).

Chapter- 7

Social Influences and Group Processes

1. How does Tuckman's stage model help you to understand the formation of groups.
2. Think of any two incidents of social loafing in school . How did you overcome it.
3. People conform because of two type i.e. informational and normative influence. Explain.
4. Do Intergroup conflict lead to human price? Discuss the consequences and strategies to overcome these conflicts .
5. Cooperation is important in reaching goals. Discuss the determination of cooperation and competition.

Chapter- 8

Environmental and social concerns

1. Antyodya programs help in lifting the last person in society explain the concept pf Antyodaya.
2. Sustaining peace in the society is the highest challenge for the modern world. Discuss
3. Discuss the psychological impact of television viewing on human behavior? How can it be made valuable and it's adverse consequences be reduced? Explain
4. How can Pro-environment behavior be useful in maintaining the environment.

Chapter- 9

Developing psychological skills

1. To be an effective counselor , it is mandatory the s/he undergoes professional training do you agree with this statement? Give reasons in support of your arguments and justify them
2. Identify an aspect of your friend's personal life that s/he wants to change as a student of psychology, think of specific ways in which you cab device a programme to help your friend modify or solve her/his problem.
3. Appraise why it is important to differentiate between pseudo psychologists from a real psychologist.
4. Evaluate listening as an effective component of communication . page-3

Miscellaneous **(Important Questions)**

1. Intelligence is not a single entity rather has multiple dimensions. Discuss. (Howard Gardner)
2. Defense mechanism are ways of dealing with problem, when do they become harmful explain a few defense mechanisms.
3. Discuss behavioural ratings to assess personality. Critically analyze these ratings
4. Explain the factors that lead to positive health and well being.
5. Social support is positively related to psychological well being . Discuss
6. How stress and life style are related to each other
7. What is positive psychology? How positive psychologist have identified virtues and strength of human being?
8. Should Electro – convulsive therapy be used in the treatment of mental disorder. Justify with suitable examples
9. Positive regard and empathy are important process of psychotherapy. Discuss
10. What is your understanding of internet phobia?
11. Analyze the environment effects on human behaviour and discuss the Human influence on the environment
12. Discuss the various strategies to reduce aggression and violence
13. Explain the need to be aware of environmental pollution, Highlight some of its impact on psychological functioning
14. Discuss the measures that should be taken for poverty alleviation and how can we break the poverty cycle.

Important questions

1. What is assessment ? what are the different assessment methods that can be used for assessing psychological attributes?
2. Bring out the main difference between psychometric and information processing approach to intelligence.
3. Projective techniques were developed to assess the unconscious motives and feelings. Comment explain any two widely used projective techniques
4. Discuss unstructured (self- respect) measures of personality assessment
5. Explain the internal sources/ Psychological stress

6. Given what you know about coping strategies , what suggestions would you give to your friends to avoid stress in their day to day life.
7. What do you understand by social support ? Explain it's forms citing examples
8. Explain biological factors, psychological models socio- cultural model and diathesis stress model/ factors / approaches to explain abnormal behaviour.
9. Discuss the relevance of cognitive behaviour therapy. Biomedical therapy .cognitive therapy.
10. Discuss the importance of alternative therapies.
11. What are the factors that contribute to healing in psychotherapy. Why are ethics important?
12. State the characteristics of pervasive developmental disorders. Explain Autistic disorder.
13. Explain the terms social cognition . schemas , prototype , stereotype, attribution and fundamental attribution error.
14. Explain the important factors that influence impression formation
15. Discuss the major factors that influence attitude change.
16. Explain the process of attitude change with reference to a ,balance b , cognitive dissonance c, two step concept.
17. What is group polarization ? How does it occur?
18. Why does social loafing occur ? Think of any two incidents of social loafing in school. How did you overcome it?
19. What is crowding ? Distinguish between crowding tolerance and crowding competition
20. What is ecology, natural and built in environment and illustrate with an example what environmental psychology deals with.
21. Suggest some ways to minimize the effects and consequences of natural disasters
22. Explain the basic communication process.
23. Discuss the basic skills or competencies of an effective psychologists
24. Explain situational factors leading to aggression
25. Discuss characteristics of an effective counselor.