

CUET 2023 Psychology Question Paper with Solutions

Time Allowed :45 minutes	Maximum Marks :200	Total Questions :50
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1171. Match List I with List II:

LIST I Dimensions	LIST II Theories of Intelligence
A. Contextual Intelligence	I. Structure of Intellect Model
B. Naturalistic Intelligence	II. Triarchic theory of Intelligence
C. Spatial Relations	III. Theory of Multiple Intelligence
D. Three dimensions of Intellectual Traits	IV. Theory of Primary Mental Abilities

(1) A-I, B-II, C-III, D-IV

(2) A-IV, B-I, C-III, D-II

(3) A-III, B-I, C-I, D-IV

(4) A-II, B-III, C-IV, D-I

Correct Answer: (1) A-I, B-II, C-III, D-IV

Solution:

We need to match the dimensions of intelligence from List I with the corresponding theories from List II:

- **A. Contextual Intelligence:** This refers to the ability to apply knowledge and adapt to the environment, which fits the *Structure of Intellect Model* (I). - **B. Naturalistic Intelligence:** This type of intelligence, related to understanding nature, animals, and other living organisms, is part of the *Triarchic Theory of Intelligence* (II). - **C. Spatial Relations:** This involves the ability to visualize spatial patterns, and it is best aligned with the *Theory of Multiple Intelligences* (III). - **D. Three Dimensions of Intellectual Traits:** This theory emphasizes the broad scope of mental abilities, which corresponds to the *Theory of Primary Mental Abilities* (IV).

Thus, the correct matching is: A-I, B-II, C-III, D-IV.

Quick Tip

Understanding the different theories of intelligence helps to better categorize intellectual abilities and recognize their specific traits.

1172. There is a general consensus among psychologists that intelligence is a product of complex interaction of _____ and _____:

- (1) Heredity and learning
- (2) Heredity and environment
- (3) Culture and thought
- (4) Culture and heredity

Correct Answer: (2) Heredity and environment

Solution:

Psychologists generally agree that intelligence is influenced by both genetic factors (heredity) and environmental factors. Heredity contributes to the biological foundation of intelligence, while environmental factors, such as upbringing, education, and life experiences, help shape and enhance cognitive abilities. Therefore, the correct answer is "Heredity and environment."

Quick Tip

When considering the development of intelligence, it's essential to recognize that both genetic predispositions and environmental influences play a critical role in shaping a person's cognitive abilities.

1173. Alfred Binet is associated with:

- (1) Theory of Multiple Intelligence
- (2) Two-factor theory
- (3) Uni-factor theory
- (4) Triarchic theory of Intelligence

Correct Answer: (3) Uni-factor theory

Solution:

Alfred Binet is best known for developing the first practical intelligence test, which helped to assess cognitive abilities. He is associated with the *Uni-factor theory*, which suggests that intelligence can be measured as a single general ability. His work laid the foundation for the development of modern IQ tests, focusing on assessing a person's general cognitive ability. Therefore, the correct answer is "Uni-factor theory."

Quick Tip

When studying intelligence theories, it's essential to understand the historical context and the contributions of psychologists like Alfred Binet, who created standardized tests to assess intellectual capabilities.

1174. Which one is not a part of componential intelligence (Sternberg, 1985)?

- (1) Performance Components
- (2) Behavioural Components
- (3) Knowledge acquisition components
- (4) Metacomponents

Correct Answer: (2) Behavioural Components

Solution:

Sternberg's componential theory of intelligence is part of his triarchic theory of intelligence, which divides intelligence into three types: analytical, creative, and practical. The components of componential intelligence include:

1. Performance Components: These are the processes involved in performing a task, such as the mental steps or strategies we use to complete a problem.
2. Knowledge Acquisition Components: These are the processes used to gain knowledge, including how we encode and store information.
3. Metacomponents: These are higher-level cognitive processes involved in decision-making, planning, and monitoring performance.

However, Behavioural Components are not part of componential intelligence according to Sternberg's model. Therefore, the correct answer is "Behavioural Components."

Quick Tip

Understanding Sternberg's theory can be useful in exploring how intelligence is not just about acquiring knowledge but also about the mental processes involved in using that knowledge effectively.

1175. William Shakespeare, Premchand and Rabindra Nath Tagore are famous writers whose drama, poems, and stories have made them immortal. According to Gardner's Multiple Intelligences, identify their intelligence:

- (1) Logical mathematical
- (2) Spatial
- (3) Linguistic
- (4) Naturalistic

Correct Answer: (3) Linguistic

Solution:

According to Howard Gardner's theory of Multiple Intelligences, linguistic intelligence is the ability to use language effectively, both in writing and speaking. William Shakespeare, Premchand, and Rabindra Nath Tagore are all renowned for their exceptional skills in writing plays, poems, and stories, demonstrating a high level of linguistic intelligence. Their ability to manipulate language and communicate effectively through literary works places them in the category of linguistic intelligence. Therefore, the correct answer is "Linguistic."

Quick Tip

Linguistic intelligence is crucial for writers, poets, and public speakers, as it involves the skillful use of words to convey ideas and emotions effectively.

1176. What are the characteristics of emotionally intelligent persons?

- A. Sensitive to their own feelings and emotions.
- B. Can relate emotions to thoughts.
- C. Understand the intensity of others' emotions.

- D. Unable to perceive various types of emotions on others.
E. Do not understand the powerful influence of the nature of emotions.

- (1) A, B and D only
(2) A, B and E only
(3) D, C and E only
(4) A, B and C only

Correct Answer: (4) A, B and C only

Solution:

Emotional intelligence involves the ability to recognize, understand, and manage our own emotions and the emotions of others. A person with high emotional intelligence is generally characterized by the following: - **A. Sensitive to their own feelings and emotions:**

Emotionally intelligent people are aware of their emotions and can express them effectively.

- **B. Can relate emotions to thoughts:** They can recognize how emotions influence their thinking and behavior. - **C. Understand the intensity of others' emotions:** These individuals are able to empathize with others and understand their emotional states.

However, options **D** and **E** do not reflect characteristics of emotionally intelligent people.

Emotionally intelligent people can typically perceive various types of emotions in others (contrary to option D) and understand the influence of emotions (contrary to option E).

Hence, the correct answer is "A, B and C only."

Quick Tip

Emotional intelligence is key to building strong interpersonal relationships and managing emotional responses in both personal and professional settings.

1177. Arrange in order the intellectual activity that involves the interdependent functioning of three neurological systems of the brain as given by Das and Naglieri:

- A. Psychology test is announced by the teacher.
B. You try to understand and grasp the meaning and relationship, learn all the information serially where required.
C. Arousal/Attention compels you to focus, read and revise your lessons.

D. Planning is activated by scheduling a time table, and clear your doubts to meet with your goal.

(1) A, B, C, D

(2) A, C, B, D

(3) D, B, A, C

(4) B, A, C, D

Correct Answer: (1) A, B, C, D

Solution:

According to Das and Naglieri's theory, intellectual activity is a result of the interdependent functioning of three neurological systems:

1. Arousal/Attention system: This system helps you focus on the task at hand, which is why the first step is **C**, where you concentrate on the task (e.g., studying for a test).
2. Encoding and understanding: Once attention is activated, you begin to understand and process the information required for the task, which corresponds to **B**.
3. Planning: After the information is processed, you plan how to achieve the goal, which in this case involves scheduling time and clearing doubts, as in **D**.
4. Response: Finally, when the test is announced, you act on the planning and understanding you have developed, which is step **A**.

Thus, the correct order is **A, B, C, D**.

Quick Tip

This theory emphasizes the importance of attention, understanding, and planning in the process of effective learning and problem-solving.

1178. Erich Fromm viewed human beings differently despite being a Post Freudian.

Identify his view from the statements given below:

- A. Being purposeful and goal directed.
- B. Basically social beings.
- C. Sexual aggressive beings.
- D. Guided by aims and aspirations.

E. Personality develops from our experiences with other individuals.

(1) A and B only

(2) C and D only

(3) D and E only

(4) B and E only

Correct Answer: (4) B and E only

Solution:

Erich Fromm, a prominent Post-Freudian psychoanalyst, had a unique view of human beings, emphasizing their social nature and the role of interpersonal relationships in the development of personality. He proposed that: - B. Basically social beings: Fromm believed that humans are inherently social creatures who need relationships and community for healthy psychological development.

- E. Personality develops from our experiences with other individuals: He emphasized that our interactions with others, especially in our social environment, shape our personality. Contrary to traditional Freudian views focusing heavily on sexual and aggressive instincts, Fromm placed less emphasis on these aspects. Therefore, the correct answer is "B and E only".

Quick Tip

Fromm's theory highlights the importance of societal influence on personality, placing significant importance on social interactions and relationships rather than just instinctual drives.

1179. Match List I with List II:

LIST I	LIST II
A. Disposition	I. Stable and persistent way of behaving.
B. Trait	II. Goals and ideals that are worthwhile to achieve.
C. Habit	III. Tendency to react in a particular way to a given situation.
D. Values	IV. Over learned modes of learning.

(1) A-II, B-IV, C-I, D-III

(2) A-III, B-I, C-IV, D-II

(3) A-I, B-III, C-II, D-IV

(4) A-IV, B-II, C-III, D-I

Correct Answer: (3) A-I, B-III, C-II, D-IV

Solution:

Let's match the terms from List I with the correct descriptions in List II:

- A. Disposition refers to a stable and persistent way of behaving, which matches with **I** from List II.
- B. Trait refers to a tendency to react in a particular way to a given situation, which aligns with **III** from List II.
- C. Habit refers to over-learned modes of learning, corresponding to **II** from List II.
- D. Values refers to goals and ideals that are worthwhile to achieve, which is described by **IV** in List II.

Thus, the correct matching is A-I, B-III, C-II, D-IV.

Quick Tip

Understanding the differences between disposition, traits, habits, and values helps in comprehending human behavior and personality from a psychological perspective.

1180. Freud proposed five stage theory of personality, also called psychosexual stages of development. The order in which these stages appear are:

A. Anal

B. Genital

C. Oral

D. Latency

E. Phallic

(1) A, B, C, D, E

(2) D, C, B, A, E

(3) C, A, E, D, B

(4) A, B, D, E, C

Correct Answer: (3) C, A, E, D, B

Solution:

Freud's theory of psychosexual stages of development consists of five stages, each associated with a different focus of libido (sexual energy):

1. C. Oral stage: This is the first stage, occurring from birth to around 18 months, where the focus of pleasure is on the mouth (sucking, biting).
2. A. Anal stage: This stage occurs from about 18 months to 3 years and focuses on control and pleasure derived from bowel and bladder elimination.
3. E. Phallic stage: This stage occurs between 3 and 6 years, where the focus of pleasure is on the genitals and children develop an attachment to the opposite-sex parent (Oedipus complex).
4. D. Latency stage: This stage occurs from around 6 years to puberty, where sexual impulses are dormant, and the focus shifts to developing cognitive and social skills.
5. B. Genital stage: This stage begins at puberty and continues into adulthood, where sexual interests mature and are directed towards others.

Thus, the correct order is ****C, A, E, D, B****.

Quick Tip

Freud's psychosexual stages suggest that early childhood experiences shape personality development, and unresolved conflicts at each stage can lead to fixation in later life.

1181. According to Morris, type D personality is-

- (1) Prone to depression
- (2) Prone to cancer
- (3) High on energy
- (4) High on patience

Correct Answer: (1) Prone to depression

Solution:

Type D personality, as defined by Morris and others, is characterized by a high degree of negative emotions (such as sadness, anxiety, and irritability) and social inhibition. People with type D personality are more likely to experience stress and emotional distress, which

makes them prone to conditions like depression. Therefore, the correct answer is "Prone to depression."

Quick Tip

Type D personality, also known as the "distressed" personality type, is associated with higher risk factors for both psychological and physical health problems, including depression and heart disease.

1182. Varun's personality attributes can be described as dutiful, truthful, disciplined, clean and detached. Which type of personality is Varun having according to Charak Samhita?

- (1) Sattva guna
- (2) Tamas guna
- (3) Rajas guna
- (4) Prakriti

Correct Answer: (1) Sattva guna

Solution:

According to Charak Samhita, Sattva guna is associated with qualities such as truthfulness, discipline, and a calm, detached nature. These attributes perfectly match the description of Varun's personality. Therefore, Varun's personality is best described as Sattva guna.

Quick Tip

In Ayurvedic philosophy, Sattva guna represents purity, balance, and calmness. It is believed to contribute to a peaceful and disciplined mindset.

1183. Indian adaptation of TAT (Thematic Apperception Test) has been done by:

- (1) M.C Joshi
- (2) Pramila Pathak
- (3) S. M Mohsin
- (4) Uma Chaudhary

Correct Answer: (3) S. M Mohsin

Solution:

The Indian adaptation of the Thematic Apperception Test (TAT) was carried out by S. M. Mohsin. This adaptation of the projective test is widely used in psychological assessments in India to analyze an individual's personality through storytelling.

Quick Tip

The TAT is a projective test in which individuals are shown ambiguous pictures and asked to create stories. It helps assess their emotions, desires, and motivations.

1184. As individuals, we always make a judgment about our own worth. This is an aspect of:

- (1) Self-concept
- (2) Self-belief
- (3) Self-esteem
- (4) Self-confidence

Correct Answer: (3) Self-esteem

Solution:

Self-esteem refers to the evaluation or judgment that an individual makes about their own worth. It reflects how much value someone places on themselves. This is the correct option because it directly refers to our feelings of self-worth.

Quick Tip

Self-esteem is critical for mental health and overall well-being. A healthy self-esteem contributes to better decision-making and emotional regulation.

1185. Navin worked very hard to qualify the national level entrance exam. However, on the day of the exam, he went blank and just walked out of the examination hall without attempting the paper. When asked about this by his parents and friends, he totally refuses that such a thing took place. Navin's behavior is an example of:

- (1) Denial
- (2) Repression
- (3) Reaction Formation
- (4) Rationalism

Correct Answer: (1) Denial

Solution:

Navin's behavior, where he refuses to accept or acknowledge an unpleasant reality (that he walked out of the exam), is a classic example of Denial. Denial is a defense mechanism where a person refuses to accept the truth about an uncomfortable or anxiety-inducing situation.

Quick Tip

Denial helps individuals protect themselves from emotional distress, but prolonged denial can lead to unresolved psychological issues.

1185. Navin worked very hard to qualify the national level entrance exam. However, on the day of the exam he went blank and just walked out of the examination hall without attempting the paper. When asked about this by his parents and friends, he totally refuses that such a thing took place. Navin's behaviour is an example of:

- (1) Denial
- (2) Repression
- (3) Reaction Formation
- (4) Rationalism

Correct Answer: (1) Denial

Solution:

Navin's behavior where he refuses to acknowledge the fact that he walked out of the exam room is a classic example of Denial, a defense mechanism where individuals refuse to accept certain realities or facts to avoid facing unpleasant truths.

Quick Tip

Denial is a defense mechanism in which a person rejects or refuses to accept reality, often as a way of coping with stress or emotional discomfort.

1186. After the Covid-19 pandemic, Vikas would feel stressed every time he saw any person sneezing or coughing. According to cognitive theory of stress appraisal, Vikas appraised the situation as:

- (1) Possible Harm
- (2) Emotional response
- (3) Cognitive response
- (4) Neutral

Correct Answer: (1) Possible Harm

Solution:

According to the cognitive theory of stress appraisal, Vikas appraises the situation (seeing a person sneezing or coughing) as a Possible Harm. Cognitive appraisal involves evaluating the potential threat or harm posed by a stressor, and in this case, Vikas perceives sneezing or coughing as potentially harmful because of the ongoing pandemic.

Quick Tip

In cognitive theory, primary appraisal helps us evaluate whether a situation is threatening, and secondary appraisal determines our ability to cope with it.

1187. Shweta got to know that she has a class presentation next week which will be evaluated. So she worked hard all week because she wanted to perform well. On the other hand, Veena got to know about the presentation last night. She ended up not sleeping the whole night and panicked due to which she could not prepare the presentation. The type of stress experienced by Shweta is and by Veena.

- (1) Distress, Eustress
- (2) Eustress, Distress

(3) Strain, Eustress

(4) Strain, Distress

Correct Answer: (2) Eustress, Distress

Solution:

Shweta experiences Eustress as she feels motivated and focused while preparing for her presentation, which leads to positive stress that enhances performance. Veena, on the other hand, experiences Distress, as the anxiety and panic caused by the last-minute rush leads to negative stress, affecting her ability to prepare.

Quick Tip

Eustress is positive stress that motivates and helps you achieve goals, while Distress is negative stress that can hinder performance and cause mental strain.

1188. One of the important sources of psychological stress results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal. This is called

(1) Frustration

(2) Conflict

(3) Internal Pressure

(4) Social Pressure

Correct Answer: (1) Frustration

Solution:

Frustration occurs when a person's efforts to achieve a goal are blocked, creating a sense of stress. It is one of the most common sources of psychological stress.

Quick Tip

Frustration arises when goals are hindered or obstructed, leading to feelings of helplessness or anger. It is a primary source of stress in everyday life.

1189. According to the Holmes and Rahe's stressful life events measure, arrange the

following life events according to decreasing stress score:

- A. Death of a close family member.
- B. Unexpected accident or trauma.
- C. Appearing for examination.
- D. Change in eating habits.

(1) D, C, B, A

(2) A, B, C, D

(3) A, B, D, C

(4) D, C, A, B

Correct Answer: (3) A, B, D, C

Solution:

According to Holmes and Rahe's stressful life events scale, the order of stress levels is as follows: - A. Death of a close family member is considered the most stressful life event, given its significant emotional and psychological impact.

- B. Unexpected accident or trauma also scores high in terms of stress because of the sudden and unexpected nature of the event.

- D. Change in eating habits is a moderate stressor, usually resulting from lifestyle changes or health-related issues.

- C. Appearing for examination is considered a low-stress event in comparison to the others listed here.

Thus, the correct order is A, B, D, C.

Quick Tip

Stressful life events can impact our health and well-being. Understanding the most stressful life events helps in stress management and coping strategies.

1190. Match List I with List II:

LIST I	LIST II
A. Assertiveness	I. This is a way to solve problem related to distorted thought, irr
B. Time Management	II. Learning how to plan time and delegate work, can help to relie
C. Rational Thinking	III. It is a way to keep ourselves healthy, fit and relax
D. Self Care	IV. It is a technique or skill that helps to communicate, clearly and confidently

(1) A-I, B-II, C-III, D-IV

(2) A-II, B-III, C-IV, D-I

(3) A-IV, B-I, C-I, D-III

(4) A-III, B-I, C-II, D-IV

Correct Answer: (1) A-I, B-II, C-III, D-IV

Solution:

Let's match the terms from List I with the correct definitions from List II:

- A. Assertiveness refers to a skill that helps us communicate clearly, stating our needs and thoughts confidently. This matches with IV in List II.
- B. Time Management refers to the ability to plan and delegate tasks, which helps to relieve pressure. This corresponds to II in List II.
- C. Rational Thinking involves logically analyzing situations, helping us solve problems related to irrational thoughts and beliefs. This matches with I in List II.
- D. Self Care involves practices that help maintain our physical and mental well-being, such as relaxing and staying healthy. This corresponds to III in List II.

Thus, the correct matching is A-I, B-II, C-III, D-IV.

Quick Tip

Assertiveness, time management, rational thinking, and self-care are essential skills that contribute to overall mental well-being and productivity.

1191. Chemicals that carry messages across the synapse to the dendrite of a receiver neuron are called

(1) Axons

(2) Cell body

(3) Neurotransmitters

(4) Dendrite

Correct Answer: (3) Neurotransmitters

Solution:

Neurotransmitters are chemical substances that transmit messages between neurons across synapses. These chemicals are released from the axon terminal of one neuron and travel across the synapse to the dendrite of the next neuron. Thus, the correct answer is Neurotransmitters.

Quick Tip

Neurotransmitters play a crucial role in brain functions, influencing mood, cognition, and behavior by facilitating communication between neurons.

1192. Schizophrenia is the descriptive term for a group of:

(1) Psychotic disorders

(2) Neurotic disorders

(3) Anxiety disorders

(4) Personality disorders

Correct Answer: (1) Psychotic disorders

Solution:

Schizophrenia is classified as a psychotic disorder. Psychotic disorders are characterized by a disconnection from reality, often including hallucinations, delusions, and impaired thinking. Schizophrenia involves these symptoms, making it a part of this group.

Quick Tip

Schizophrenia is a severe mental disorder that requires treatment, often involving antipsychotic medications and psychotherapy.

1193. An individual reporting loss of part or some bodily functions is a symptom of:

(1) Dissociative disorder

- (2) Panic Disorder
- (3) Mood Disorder
- (4) Conversion Disorder

Correct Answer: (4) Conversion Disorder

Solution:

Conversion Disorder is a mental health condition where a person experiences physical symptoms such as loss of sensation or motor function, without a medical explanation. These symptoms can include paralysis, blindness, or numbness, and are often related to psychological stress.

Quick Tip

Conversion Disorder, formerly known as hysteria, is characterized by neurological symptoms that cannot be explained by medical conditions, often arising in response to psychological stress or trauma.

1194. Choose out of the following statements what is true about Somatic symptom disorder:

- A. A person has persistent body-related symptom
- B. Continually worries about the symptoms
- C. Frequent visits to doctor
- D. Experience paralysis, blindness etc.
- E. Preoccupation with the thought of developing various illnesses.

- (1) B, C, D only
- (2) A, B, C only
- (3) A, C, E only
- (4) B, D, E only

Correct Answer: (2) A, B, C only

Solution:

****Somatic Symptom Disorder**** involves the presence of one or more physical symptoms that cause significant distress or disruption in a person's life. The individual with this

disorder also experiences excessive thoughts, feelings, or behaviors related to the physical symptoms. The true statements about Somatic Symptom Disorder are:

- A. A person has persistent body-related symptoms: This is true as the symptoms related to the body are persistent in Somatic Symptom Disorder.
- B. Continually worries about the symptoms: This is also true as individuals with this disorder often obsessively worry about their physical symptoms.
- C. Frequent visits to doctor: These individuals often visit healthcare professionals frequently as part of their concern about the symptoms.

However, D (experience paralysis, blindness, etc.) and E (preoccupation with developing various illnesses) are more closely associated with other disorders like Conversion Disorder or Hypochondriasis, not Somatic Symptom Disorder.

Quick Tip

Somatic symptom disorder is marked by persistent and excessive concerns with physical symptoms, without an underlying medical condition to explain the symptoms.

1195. Match List I with List II:

LIST I Period	LIST II Description
A. Reform movement	I. Hippocrates, Socrates and Plato
B. The Renaissance Period	II. Increased humanism and curiosity about behaviour.
C. Organismic approach	III. Demonology and superstition
D. Middle Ages	IV. Age of reason and enlightenment

(1) A-II, B-I, C-III, D-IV

(2) A-IV, B-I, C-II, D-III

(3) A-II, B-III, C-I, D-IV

(4) A-IV, B-II, C-I, D-III

Correct Answer: (1) A-II, B-I, C-III, D-IV

Solution:

Let's match the periods from List I with their corresponding descriptions from List II:

- A. Reform movement is associated with II. Increased humanism and curiosity about behaviour. The reform movement emphasized changes in society, leading to greater curiosity

about human behavior.

- B. The Renaissance Period corresponds to I. Hippocrates, Socrates, and Plato, who influenced the period with their philosophical and medical ideas.
- C. Organismic approach aligns with III. Demonology and superstition, as this approach was critical of outdated, superstitious beliefs and emphasized a more scientific understanding of behavior.
- D. Middle Ages corresponds to IV. Age of reason and enlightenment, a time when people began questioning traditional beliefs and embraced rationality.

Thus, the correct matching is A-II, B-I, C-III, D-IV.

Quick Tip

The historical periods in psychology, from the Renaissance to the Enlightenment, laid the foundations for modern psychological thought, emphasizing the importance of reason and scientific inquiry.

1196. Choose the correct option for identifying the features of a psychological disorder:

- (1) Deviance, danger, distress, dysfunction
- (2) Danger, Distress, dysfunction, dependent
- (3) Danger, Aggression, Deviance, Distress
- (4) Dependent, Deviance, Delusional, Distress

Correct Answer: (1) Deviance, danger, distress, dysfunction

Solution:

The main features used to identify psychological disorders include:

- Deviance: Behavior that significantly deviates from societal norms or expectations.
- Danger: The potential for harm to oneself or others.
- Distress: The emotional suffering or distress caused by the symptoms.
- Dysfunction: Impairment in social, occupational, or other important areas of functioning.

These four features—deviance, danger, distress, and dysfunction—are widely used to diagnose psychological disorders. Thus, the correct answer is (1) Deviance, danger, distress, dysfunction.

Quick Tip

Psychological disorders are typically identified using criteria that assess the behavior's impact on an individual's life and its divergence from the norm, including the level of distress it causes and any dysfunction it may lead to.

1197. The process of emotional unburdening by the client, which has healing properties is called

- (1) Sharing
- (2) Catharsis
- (3) Informed consent
- (4) Alleviating personal distress

Correct Answer: (2) Catharsis

Solution:

The process of emotional unburdening by a client, which often involves expressing intense emotions and achieving emotional relief, is referred to as Catharsis. This term is widely used in psychology, especially in the context of therapies such as psychoanalysis, where releasing pent-up emotions is believed to have a healing effect.

Quick Tip

Catharsis refers to the release of strong emotions, especially anger or grief, that leads to emotional relief and healing. It is commonly encouraged in therapeutic settings to help clients process difficult emotions.

1198. Identify the therapy where the client is taught to recognize the bodily process and the emotions that are being blocked out from awareness. It focuses on increasing the client's self-awareness and self-acceptance and is known as:

- (1) Alternative therapy
- (2) Gestalt therapy
- (3) Existential therapy

(4) Client-Centered therapy

Correct Answer: (2) Gestalt therapy

Solution:

Gestalt therapy is a type of psychotherapy that emphasizes personal responsibility and focuses on the present moment and the context of a person's life. It helps the client recognize their bodily processes and emotions that have been blocked out from their awareness. The therapy aims to increase the client's self-awareness, self-acceptance, and help them understand their feelings in the present moment. Thus, Gestalt therapy is the correct answer.

Quick Tip

Gestalt therapy often uses techniques like role-playing, dream analysis, and empty-chair techniques to encourage clients to become aware of unexpressed emotions and hidden aspects of their personality.

1199. According to the psychodynamic therapy, the cause of psychological disorders can be:

- (1) Faulty Conditioning Pattern
- (2) Intrapsychic Conflict
- (3) Sense of futility of one's existence
- (4) Faulty thinking and belief

Correct Answer: (2) Intrapsychic Conflict

Solution:

According to psychodynamic therapy, psychological disorders are primarily caused by intrapsychic conflict, which refers to a clash between different parts of the psyche, such as the id, ego, and superego. This inner conflict can lead to unresolved emotions, repressed memories, and maladaptive behaviors, all of which contribute to psychological distress.

- Intrapsychic Conflict is central in psychodynamic theory, where unresolved conflicts from childhood or past experiences affect current mental health.

- Faulty Conditioning Patterns and Faulty Thinking and Belief are more relevant to behavioral therapy and cognitive therapy, respectively.

- Sense of Futility of One's Existence is more related to existential therapy, not psychodynamic therapy.

Thus, the correct answer is Intrapsychic Conflict.

Quick Tip

Psychodynamic therapy focuses on uncovering unconscious conflicts and working through them to achieve healthier, more adaptive functioning. Techniques like free association, dream analysis, and exploring childhood experiences are often used.

1200. The rationale behind _____ therapy is that the client's distress has its origins in the biological, psychological, and social realms.

- (1) Gestalt therapy
- (2) Cognitive behavior therapy
- (3) Client-centered therapy
- (4) Logo therapy

Correct Answer: (2) Cognitive behavior therapy

Solution:

Cognitive Behavior Therapy (CBT) is grounded in the understanding that psychological distress often arises from dysfunctional thought patterns and behaviors. The biopsychosocial model underlying CBT asserts that distress results from the interplay of biological, psychological, and social factors. CBT helps clients identify and modify negative thought patterns, which in turn influence emotional and behavioral responses.

Thus, the correct answer is Cognitive behavior therapy, which focuses on the client's thought processes, behaviors, and the influence of their social and biological contexts.

Quick Tip

CBT is a highly effective and widely used therapy that addresses the link between thoughts, emotions, and behaviors. It works by helping clients change maladaptive thoughts and behaviors to improve emotional well-being.

1201. Meeku was pulled up by his teachers for missing classes to play cricket during school hours. To modify his behaviour, Meeku's class-teacher applauded him every time his homework was submitted or when he answered in class. Gradually, Meeku started enjoying his teacher's class and stopped missing it. Which behavioural technique did the class teacher use?

- (1) Aversion therapy
- (2) Token economy
- (3) Positive reinforcement
- (4) Systematic desensitisation

Correct Answer: (3) Positive reinforcement

Solution:

The technique used by Meeku's teacher is Positive reinforcement. This is a behavioral technique where a desired behavior is followed by a rewarding stimulus (in this case, applause and positive attention). Over time, Meeku learned to associate attending class and completing homework with positive outcomes, which led to a change in his behavior.

- Aversion therapy is used to reduce undesirable behaviors by associating them with unpleasant stimuli, which is not applicable here.
 - Token economy involves providing tokens as rewards for desired behaviors, but it is not specifically mentioned in this scenario.
 - Systematic desensitization is typically used for reducing anxiety, not relevant in this case.
- Thus, the correct answer is Positive reinforcement.

Quick Tip

Positive reinforcement is an effective technique in behavior modification, as it encourages repetition of desirable behaviors through rewards.

1202. Match List I with List II:

LIST I Modality of Treatment	LIST II Explanation
A. Positive Transfer	I. When client opposes the progress of the therapy from the recall of
B. Negative Transfer	II. The repeated process of using confrontation, clarification and
C. Resistance	III. When the client idolises or falls in love with the therapist
D. Working through	IV. When the client has feelings of hostility, anger and resentment towards

(1) A-III, B-II, C-I, D-IV

(2) A-II, B-IV, C-I, D-III

(3) A-III, B-IV, C-I, D-II

(4) A-I, B-III, C-II, D-IV

Correct Answer: (1) A-III, B-II, C-I, D-IV

Solution:

The correct matching of List I with List II is as follows:

- A. Positive Transfer refers to when the client **idolizes or falls in love with the therapist, which corresponds to III.
- B. Negative Transfer occurs when the client has feelings of hostility, anger, and resentment towards the therapist, which matches IV.
- C. Resistance happens when the client opposes the progress of the therapy from the recall of painful memories, which corresponds to I.
- D. Working through is the repeated process of using confrontation, clarification, and interpretation, which aligns with II.

Thus, the correct matching is A-III, B-II, C-I, D-IV.

Quick Tip

Understanding these modalities helps in identifying common therapeutic dynamics and overcoming barriers in therapy, such as resistance or transferences.

1203. Attitude change according to Festinger happens in the following way:

- A. It emphasizes on the cognitive component.
- B. Holding two opposing ideas/cognitions makes an individual feel that something is out of tune.

- C. The cognitive components of an attitude must be in consonance with each other.
D. One of the ideas will have to be changed so that consonance can be attained.

- (1) A, B, D, C
(2) A, D, B, C
(3) A, C, D, B
(4) A, C, B, D

Correct Answer: (4) A, C, B, D

Solution:

According to Festinger's Cognitive Dissonance Theory, attitude change happens when there is a conflict between two cognitions. This discomfort leads to changes to restore consonance.

The correct order of these steps based on Festinger's theory is:

- A (It emphasizes on the cognitive component): Cognitive dissonance theory focuses on the cognitive aspects of attitude change.
- C (The cognitive components of an attitude must be in consonance with each other): The theory holds that for a person to feel comfortable, their attitudes need to align.
- B (Holding two opposing ideas/cognitions makes an individual feel that something is out of tune): This dissonance causes psychological discomfort.
- D (One of the ideas will have to be changed so that consonance can be attained): To resolve the discomfort, one of the conflicting ideas will be changed.

Thus, the correct sequence is A, C, B, D.

Quick Tip

Cognitive dissonance leads to a motivation to reduce the discomfort caused by holding contradictory ideas, often through attitude or belief change.

1204. Research papers are mostly submitted on the last date declared by the department despite an advance announcement of more than fifteen days. What technique of compliance is this?

1. Foot in the door technique
2. The deadline technique

3. The door in the face technique
4. Obedience to authority

Correct Answer: (2) The deadline technique

Solution:

The situation reflects the Deadline Technique, a compliance method where urgency is created by setting a time limit. Even with an early announcement, individuals tend to act only when the deadline looms, due to increased psychological pressure as the time runs out. This technique relies on the fear of missing out or running out of time, not on authority or prior agreements.

It is often used in sales, education, and organizational settings to ensure timely compliance.

Quick Tip

People are more likely to comply when a deadline creates urgency. The closer the deadline, the stronger the psychological push to act.

1205. The minimal group paradigm experiment was developed:

1. Milgram
2. Triplet
3. Tajfel and his colleagues
4. Sherif

Correct Answer: (3) Tajfel and his colleagues

Solution:

The Minimal Group Paradigm was developed by Henri Tajfel and his colleagues as part of their research on social identity and intergroup discrimination. In these experiments, participants were randomly assigned to arbitrary groups and still showed in-group favoritism, even when the groups had no meaningful connection or history.

This demonstrated how minimal conditions are sufficient to trigger discriminatory behavior, laying the foundation for Social Identity Theory.

Quick Tip

Even arbitrary group distinctions can lead to in-group favoritism — a key insight from Tajfel's minimal group paradigm.

1206. The term _____ refers to those processes whereby our attitudes and behaviours are influenced by the real or imagined presence of other people.

1. Social Cognition
2. Social Influence
3. Social Facilitation
4. Social Inhibition

Correct Answer: (2) Social Influence

Solution:

Social Influence refers to the process through which an individual's thoughts, feelings, and behaviors are affected by other people — either directly (e.g., through persuasion) or indirectly (e.g., via social norms or the mere presence of others). It encompasses various phenomena such as conformity, compliance, and obedience.

This distinguishes it from: - Social Cognition (how we perceive and interpret social information),

- Social Facilitation (performance improvement due to others' presence),
- Social Inhibition (performance decline due to others' presence).

Quick Tip

Social influence involves changes in behavior due to the real or imagined presence of others — it underlies conformity, compliance, and obedience.

1207. How is Prisoner's Dilemma used to study cooperation and competition?

- A. They are separately offered a chance to confess.
- B. If both confess the punishment to both will be mild.
- C. Two suspects are quizzed by detectors separately.

D. The one who confesses will get no punishment and the other will be punished.

E. In the end if neither confesses, each will receive a life sentence.

(1) C, A, B, E, D

(2) C, B, A, D, E

(3) C, A, D, B, E

(4) C, A, B, D, E

Correct Answer: (4) C, A, B, D, E

Solution:

The **Prisoner's Dilemma** is a classic example in game theory used to study how people make decisions in situations involving cooperation and competition. The typical setup involves two suspects being interrogated separately (C).

- They are each offered a chance to confess (A).
- If both confess, they receive mild punishment (B).
- If one confesses and the other doesn't, the confessor goes free and the other is punished (D).
- If neither confesses, both get life sentences (E).

This scenario illustrates the tension between individual interest and mutual benefit.

Quick Tip

The Prisoner's Dilemma highlights how rational individuals might not cooperate—even when it's in their best interest to do so.

1208. The ability to put up with a situation in which individuals would have to compete with many others for even basic resources, including physical space is known as

(1) Crowding tolerance

(2) Substance tolerance

(3) Competition tolerance

(4) Density

Correct Answer: (1) Crowding tolerance

Solution:

The correct answer is **crowding tolerance**, which refers to the capacity of individuals to tolerate high-density environments where competition for resources like space is intense. This concept is particularly significant in environmental and social psychology when studying behavior in urban settings or densely populated areas.

Quick Tip

Crowding tolerance helps explain how people psychologically and socially adapt to living in highly populated environments.

1209. Which of the following is not a feature of crowding?

- A. Crowding may cause feeling of discomfort.
- B. Crowding may lead to loss of privacy.
- C. An individual may feel control over social interaction.
- D. Crowding may result in positive view of space around the person.

(1) A, B only

(2) B, C only

(3) C, D only

(4) A, C only

Correct Answer: (3) C, D only

Solution:

Crowding is typically associated with negative psychological and emotional experiences, such as:

- Discomfort (A)
- Loss of privacy (B)

However, statements C and D describe positive experiences, which are not typical features of crowding:

- Feeling control over social interaction (C) contradicts the loss of control typically felt in crowding.

- A positive view of space (D) is not commonly associated with the concept of crowding. Therefore, C and D are not features of crowding.

Quick Tip

Crowding generally implies stress and discomfort, while control and positive perception of space are linked with personal space, not crowding.

1210. The tips to improve your listening skills include:

- A. Be open to all ideas.
- B. Respond in a hurry.
- C. Control distractions.
- D. Sit in a casual posture.

(1) A, B only

(2) C, D only

(3) A, C only

(4) C, B only

Correct Answer: (3) A, C only

Solution:

Effective listening requires being **open to all ideas** (A) and being able to **control distractions** (C) that may interfere with your attention.

- Responding in a hurry (B) reflects poor listening behavior.
- Sitting in a casual posture (D) may not foster attentiveness or active listening.

Thus, the correct tips are A and C.

Quick Tip

Good listening involves full attention, minimal distractions, and an open mind-set—responding thoughtfully rather than hastily.

1211. Read the passage and answer the following question:

Raunak always used to dislike and be afraid of reptiles. Once he was trying to wear his shoes

when a lizard jumped out of it. Since then he started getting scared of lizards all the more. He could not control his fear when he saw a snake in his garden. His heart started pounding, he was sweating badly, he even fainted once when someone told him that there is a lizard under his chair. The very thought of any of these reptiles generates in him an extreme level of fear. His mother took him to a doctor, who suggested that Raunak should meet a psychotherapist.

On the basis of the above case study, identify the disorder Raunak might be suffering from:

- (1) Generalised anxiety disorder
- (2) Separation anxiety disorder
- (3) Phobia
- (4) Obsessive compulsive disorder

Correct Answer: (3) Phobia

Solution:

Raunak demonstrates an **intense and irrational fear** of a specific object — reptiles, especially lizards. His reaction involves panic symptoms such as sweating, heart pounding, fainting, and avoidance behavior, all characteristic of a **specific phobia**.

- Generalised anxiety disorder involves chronic, widespread anxiety without a specific trigger.
- Separation anxiety and OCD do not align with his symptoms.

Quick Tip

A phobia is marked by excessive fear triggered by a specific object or situation, often leading to avoidance and physical symptoms of anxiety.

1212. Read the passage and answer the following question:

Raunak always used to dislike and be afraid of reptiles. Once he was trying to wear his shoes when a lizard jumped out of it. Since then he started getting scared of lizards all the more. He could not control his fear when he saw a snake in his garden. His heart started pounding, he was sweating badly, he even fainted once when someone told him that there is a lizard under his chair. The very thought of any of these reptiles generates in him an extreme level of fear.

His mother took him to a doctor, who suggested that Raunak should meet a psychotherapist.

Match List I with List II:

List I	Disorder	List II	Description
A	Specific Phobia	I	Extreme anxiety about separation from attachment figures
B	Agoraphobia	II	Raunak's extreme fear of reptiles
C	Social Anxiety Disorder	III	Fear of entering unfamiliar situations
D	Separation Anxiety Disorder	IV	Intense and incapacitating fear and embarrassment when in social settings

Choose the correct answer from the options given below: (1) A-II, B-III, C-IV, D-I

(2) A-II, B-IV, C-I, D-III

(3) A-III, B-II, C-I, D-IV

(4) A-I, B-II, C-III, D-IV

Correct Answer: (1) A-II, B-III, C-IV, D-I

Explanation: - **Specific Phobia (A)** matches with **Raunak's fear of reptiles (II)** -

Agoraphobia (B) is associated with **fear of unfamiliar situations (III)** - **Social Anxiety**

Disorder (C) involves **intense fear and embarrassment in social settings (IV)** -

Separation Anxiety Disorder (D) is linked to **extreme anxiety about separation (I)**

Quick Tip

Specific phobia is an intense, irrational fear of a specific object or situation (e.g., lizards). Agoraphobia is linked with fear of unfamiliar or open spaces. Social anxiety involves overwhelming fear in social situations, and separation anxiety relates to distress over being away from attachment figures.

1213. Read the passage and answer the following question:

Raunak always used to dislike and be afraid of reptiles. Once he was trying to wear his shoes when a lizard jumped out of it. Since then he started getting scared of lizards all the more. He could not control his fear when he saw a snake in his garden. His heart started pounding, he was sweating badly, he even fainted once when someone told him that there is a lizard under his chair. The very thought of any of these reptiles, generates in him an extreme level of fear.

His mother took him to a doctor, who suggested that Raunak should meet a psychotherapist.

Extreme fear that Raunak is experiencing, falls under the category of disorder:

- (1) Anxiety disorder
- (2) Somatic symptoms disorder
- (3) Obsessive compulsive disorder
- (4) Dissociative disorder

Correct Answer: (1) Anxiety disorder

Solution:

The extreme fear that Raunak is experiencing is related to specific objects (lizards and snakes), and it is an intense, uncontrollable fear that interferes with his daily functioning. This is characteristic of Anxiety disorders, specifically Phobias, which are part of anxiety disorders. Phobias are marked by excessive and persistent fear of certain situations or objects. In Raunak's case, his fear of reptiles is beyond what is considered typical and leads to physical symptoms such as sweating, heart palpitations, and fainting.

- Somatic symptoms disorder involves excessive focus on physical symptoms like pain or fatigue, which does not fit Raunak's case.
- Obsessive compulsive disorder involves persistent thoughts (obsessions) and repetitive behaviors (compulsions), which does not describe Raunak's situation.
- Dissociative disorder involves disruptions in memory, identity, or perception, which is not relevant here.

Thus, the correct answer is Anxiety disorder.

Quick Tip

Phobias are a type of anxiety disorder, characterized by intense fear of specific objects or situations. Treatment often involves cognitive-behavioral therapy (CBT), including exposure therapy, to reduce fear responses.

1214. Read the passage and answer the following question:

Raunak always used to dislike and be afraid of reptiles. Once he was trying to wear his shoes when a lizard jumped out of it. Since then he started getting scared of lizards all the more. He

could not control his fear when he saw a snake in his garden. His heart started pounding, he was sweating badly, he even fainted once when someone told him that there is a lizard under his chair. The very thought of any of these reptiles, generates in him an extreme level of fear. His mother took him to a doctor, who suggested that Raunak should meet a psychotherapist.

Another symptom of the disorder Raunak is suffering from is:

- (1) Irrational fear
- (2) Embarrassment
- (3) Rational fear
- (4) Tantrums

Correct Answer: (1) Irrational fear

Solution:

Raunak's extreme and uncontrollable fear of reptiles, such as lizards and snakes, is a clear example of irrational fear. This type of fear is disproportionate to the actual threat posed by the object or situation. In Raunak's case, his fear is excessive and beyond what is rational or typical, as seen by his physical reactions such as sweating, fainting, and intense anxiety upon encountering or even thinking about reptiles.

- Irrational fear is a hallmark of specific phobias, which fall under anxiety disorders. -

Embarrassment is not the main symptom Raunak is exhibiting, as his fear is irrational rather than tied to social situations.

- Rational fear would imply a proportionate level of fear, which is not the case here.

- Tantrums are typically characterized by uncontrolled emotional outbursts, but Raunak's response is rooted in fear, not anger or frustration.

Thus, the correct answer is Irrational fear.

Quick Tip

Irrational fear, often seen in phobias, can be treated with cognitive-behavioral therapy (CBT), which helps individuals confront and change their negative thought patterns related to specific fears.

1215. Read the passage and answer the following question:

Raunak always used to dislike and be afraid of reptiles. Once he was trying to wear his shoes when a lizard jumped out of it. Since then he started getting scared of lizards all the more. He could not control his fear when he saw a snake in his garden. His heart started pounding, he was sweating badly, he even fainted once when someone told him that there is a lizard under his chair. The very thought of any of these reptiles generates in him an extreme level of fear. His mother took him to a doctor, who suggested that Raunak should meet a psychotherapist.

..... is also a type of anxiety disorder.

- (1) Somatic symptom disorder
- (2) Panic disorder
- (3) Obsessive-Compulsive disorder
- (4) Depressive disorder

Correct Answer: (2) Panic disorder

Solution:

The disorder that Raunak is experiencing, characterized by excessive fear of certain objects (like reptiles) and physical symptoms such as sweating, fainting, and heart pounding, is most closely related to Panic disorder. Panic disorder involves sudden, intense periods of fear or discomfort (panic attacks) where individuals experience symptoms such as heart palpitations, shortness of breath, and fear of imminent danger.

- Somatic symptom disorder involves excessive focus on physical symptoms like pain or fatigue, which does not match Raunak's case.
- Obsessive-Compulsive disorder involves repetitive behaviors or thoughts (obsessions and compulsions), which is not relevant to Raunak's fear of reptiles.
- Depressive disorder involves persistent feelings of sadness or loss of interest, which does not describe Raunak's situation.

Thus, the correct answer is Panic disorder.

Quick Tip

Panic disorder is treatable through cognitive-behavioral therapy (CBT) and medication, helping individuals manage and reduce the occurrence of panic attacks.

1216. Please read the passage and answer the question that follow:

A popular Bollywood movie Lagaan portrays India before Independence. Indians were ruled by the British for many years. They were denied basic rights. The common and the lower strata of the society were not provided the privilege of education as the Britishers felt that Indians are not good enough. They deliberately gave Indians less qualified jobs and kept highly qualified jobs for themselves. Based on the passage answer the following question:

Britishers' attitude towards Indians was usually negative. Such negative attitude is termed as

- (1) Prejudice
- (2) Stereotype
- (3) Discrimination
- (4) Hatred

Correct Answer: (3) Discrimination

Solution:

In the passage, the Britishers' negative attitude towards Indians, where they deliberately gave less qualified jobs to Indians and kept highly qualified jobs for themselves, is a clear example of discrimination. Discrimination involves treating people unfairly or unequally based on certain characteristics such as race, ethnicity, or social status, which is evident in the way the Britishers treated Indians.

- Prejudice refers to preconceived negative attitudes or beliefs about a group, but it does not necessarily involve the unequal treatment of the group.
- Stereotype refers to generalized beliefs about a group, but it doesn't specifically refer to unequal treatment or actions.
- Hatred involves intense dislike, which is not the primary concept described in the passage. Here, the attitude is more about inequality rather than deep hatred.

Thus, the correct answer is Discrimination.

Quick Tip

Discrimination refers to unfair treatment based on characteristics such as race, gender, or social status. It is often addressed through laws and social reforms to ensure equal treatment for all.

1217. Please read the passage and answer the question that follow:

A popular Bollywood movie Lagaan portrays India before Independence. Indians were ruled by the British for many years. They were denied basic rights. The common and the lower strata of the society were not provided the privilege of education as the Britishers felt that Indians are not good enough. They deliberately gave Indians less qualified jobs and kept highly qualified jobs for themselves. Based on the passage answer the following question:

Britishers deliberately gave Indians unqualified jobs. This shows, a behavioural component.

- (1) Hatred
- (2) Discrimination
- (3) Dislike
- (4) Negative

Correct Answer: (2) Discrimination

Solution:

The Britishers' deliberate action of giving Indians unqualified jobs, while keeping highly qualified jobs for themselves, clearly represents discrimination. Discrimination is a behavioral component where individuals or groups are treated unfairly based on characteristics such as race, ethnicity, or social status. The Britishers' actions of denying the Indian population equal opportunities for education and employment reflect discrimination.

- Hatred refers to strong feelings of dislike or animosity, but the focus in the passage is on unequal treatment, not deep hatred.

- Dislike refers to a mild form of negative feeling, which is not the main focus here. The primary concept in the passage is the unequal treatment of Indians.

- Negative is a general term and does not specifically relate to the unequal and unfair treatment described in the passage.

Thus, the correct answer is Discrimination.

Quick Tip

Discrimination involves treating individuals unfairly based on certain characteristics. In social psychology, it is often linked to prejudice and stereotypes, which affect behavior towards certain groups.

1218. Please read the passage and answer the question that follow:

A popular Bollywood movie Lagaan portrays India before Independence. Indians were ruled by the British for many years. They were denied basic rights. The common and the lower strata of the society were not provided the privilege of education as the Britishers felt that Indians are not good enough. They deliberately gave Indians less qualified jobs and kept highly qualified jobs for themselves. Based on the passage answer the following question:

The British strongly felt that Indians are not good enough. This cognitive component of attitude is referred to as:

- (1) Prototype
- (2) Schema
- (3) Discrimination
- (4) Stereotype

Correct Answer: (4) Stereotype

Solution:

The Britishers' belief that Indians were not good enough, as reflected in their actions and attitudes, is an example of stereotype. A stereotype is a fixed, oversimplified belief or attitude about a group of people or things. The British believed all Indians were inferior based on their nationality and social status, which is a cognitive component of attitude.

- Prototype refers to the best or most typical example of something, not the generalization about a group.

- Schema is a cognitive framework or concept that helps organize and interpret information, but it's more general than stereotypes.

- Discrimination involves unequal treatment based on a specific group, but the question is asking about the cognitive aspect of the belief, which is a stereotype.

Thus, the correct answer is Stereotype.

Quick Tip

Stereotypes often influence how we perceive and interact with others. Recognizing and challenging stereotypes is an important step in fostering equality and understanding.

1219. Please read the passage and answer the question that follow:

A popular Bollywood movie Lagaan portrays India before Independence. Indians were ruled by the British for many years. They were denied basic rights. The common and the lower strata of the society were not provided the privilege of education as the Britishers felt that Indians are not good enough. They deliberately gave Indians less qualified jobs and kept highly qualified jobs for themselves. Based on the passage answer the following question:

Like the Britishers in the movie, Indians also believed that they were useless and continued to take up jobs that were below their potential. This on part of Indians is an example of:

- (1) Scapegoating
- (2) Social Identity
- (3) Kernel of Truth
- (4) Self-fulfilling prophecy

Correct Answer: (4) Self-fulfilling prophecy

Solution:

A self-fulfilling prophecy refers to a belief or expectation about something that influences actions in a way that causes the belief to become true. In the passage, the Britishers' negative beliefs about Indians (that they were not good enough) led to Indians internalizing this belief. This belief influenced their actions, and they continued to take up jobs that were below their potential. This created a cycle where the expectation was reinforced, making it true.

- Scapegoating involves blaming an individual or group for problems not necessarily caused by them, which is not relevant here.
- Social Identity refers to how individuals define themselves in terms of group membership, but the scenario here involves internalized beliefs and actions based on those beliefs.
- Kernel of Truth refers to the idea that some stereotype or belief may have a small basis in reality, which does not apply here, as the belief in the Britishers' superiority was not valid or

true.

Thus, the correct answer is Self-fulfilling prophecy.

Quick Tip

Self-fulfilling prophecies can be powerful, as they influence people's actions and beliefs, sometimes leading to the very outcome that was originally expected.
