

CUET UG 2024 Psychology Question Paper With Solutions

Question 1:

Ques. According to Nature vs. Nurture studies, arrange the IQ of twins and siblings in order of high to low correlation:

- Identical twins reared in different environments
- Fraternal twins reared together
- Identical twins reared together
- Siblings reared apart
- Siblings reared together

Choose the correct answer from the options given below:

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

Answer: 1. (C), (A), (B), (E), (D)

Solution: Identical twins raised together have the highest IQ connection, followed by identical twins raised apart, fraternal twins raised together, siblings raised together, and siblings raised apart, per nature vs. nurture research.

Question 2:

Ques. Individuals with high _____ have been found to stop smoking the moment they decide to do so. What aspect of self is highlighted in this example?

1. Self-esteem
2. Self-concept
3. Self-efficacy
4. Self-motivation

Answer: 3. Self-efficacy

Solution: Self-efficacy is the conviction that one can succeed in particular circumstances or complete tasks. High self-efficacy is demonstrated in this instance by the person's confidence in their capacity to stop smoking.

Question 3:

Ques. Agastya is a highly motivated executive who lacks patience, feels short of time, and is forever burdened with work. He finds difficulty in slowing down. Identify his personality type based on Friedman and Rosenman's classification.

1. Type A
2. Type B
3. Type C
4. Type D

Answer: 1. Type A

Solution: Agastya is a type A personality, which is defined by impatience, a sense of urgency, competitiveness, and stress-prone conduct.

Question 4:

Ques. Arrange in correct sequence the stages of processing based on the PASS Model of Intelligence:

- The teacher announces a class test
- Focusing attention on reading, learning, and revising the content of the chapters in the syllabus
- Planning a time schedule, group studies, etc.
- Simultaneously and successively processing the information given in the textbook as well as the notes
- If the planning is not effective, it is modified

Choose the correct answer:

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

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

Solution: Planning, attention, and sequential processing are some of the phases that are included in the PASS paradigm. When answering a class test, the right order reflects these cognitive processes.

Question 5:

Ques. Match List-I with List-II:

List-I:

- (A) Intellectual deficiency

- (B) Intellectually gifted
- (C) Remarkable ability in a specific field
- (D) Highly talented

List-II:

- (I) Prodigy
- (II) Below IQ score of 70
- (III) IQ above 130
- (IV) Talent

Choose the correct answer:

1. (A) - (II), (B) - (III), (C) - (I), (D) - (IV)
2. (A) - (II), (B) - (III), (C) - (IV), (D) - (I)
3. (A) - (I), (B) - (II), (C) - (IV), (D) - (III)
4. (A) - (I), (B) - (III), (C) - (II), (D) - (IV)

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

Solution: Prodigies thrive in a particular profession, highly talented people exhibit extraordinary talent, and those with an IQ below 70 are considered intellectually deficient; those with an IQ above 130 are considered intellectually gifted.

Question 6:

Ques. Which characteristic does not determine the effect of noise on task performance?

1. Intensity
2. Luminance
3. Predictability
4. Controllability

Answer: 2. Luminance

Solution: Luminance is the brightness of light and has nothing to do with how noise affects one's ability to accomplish a task. Factors such as loudness, predictability, and controllability affect the impact of noise.

Question 11

Ques. Identify the correct sequence according to the General Adaptation Syndrome.

- (A) Resistance
- (B) Presence of a noxious stimulus
- (C) Alarm Reaction

(D) Exhaustion

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

Solution: Three stages make up Hans Selye's General Adaptation Syndrome (GAS) model, which describes how the body reacts to stress. The alarm reaction is the initial phase, during which the body recognizes the existence of a stressor. The body then attempts to adjust to the stressor during the resistance stage. The body eventually reaches the fatigue stage, where its resources are exhausted, if the stressor continues.

Question 12

Ques. Psychoneuroimmunology studies the effects of stress on the immune system. Identify the correct statements describing its working:

- (A) The Leucocytes within the immune system identify and destroy antigens such as viruses**
- (B) Stress does not affect natural killer cell cytotoxicity**
- (C) Stress leads to the production of antibodies**
- (D) There are several kinds of Leucocytes including the T cells, B cells, and natural killer cells**
- (E) D-cells produce antibodies**

Answer: 3. (A), (C), & (D) only

Solution: Psychoneuroimmunology is the study of how the immunological and neurological systems interact with psychological processes. The immune system's leucocytes, which include T cells, B cells, and natural killer cells, are involved in recognizing and eliminating antigens. The immune response is impacted by stress, which can both boost the generation of antibodies and inhibit other immunological processes.

Question 13

Ques. Match List-I with List-II.

List-I

- (A) Task-Oriented Strategy**
- (B) Emotion-Oriented Strategy**
- (C) Avoidance-Oriented Strategy**
- (D) Coping**

List-II

(I) Dynamic situation-specific reaction to stress

(II) Maintaining a time schedule

(III) Worry about what I am going to do

(IV) Talking to friends or watching TV

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

Solution: Managing time and obligations is the focus of task-oriented strategies (II), emotional responses to stress are the focus of emotion-oriented strategies (III), and distracting activities like watching TV are the focus of avoidance-oriented strategies (IV). Reacting to stress is a dynamic process that is called coping (I).

Question 14

Ques. "How happy were you with your job on the whole?" Identify the type of question:

Answer: 3. Direct question

Solution: Without providing multiple-choice answers or guiding the respondent to a predetermined response, a direct question requests specific facts or feelings from the respondent.

Question 15

Ques. An 18-year-old male had a severe dislike for touching door knobs. He feared contamination and spent hours washing his hands if he had to open a door at his office. He spent more than 3-4 hours taking a shower and spent a lot of time cleaning surfaces after "incidental contaminations". Eventually, he stopped waking up in the morning as it was not worth the effort. Identify the disorder he is suffering from:

Answer: 1. Obsessive-Compulsive and Related Disorders

Solution: The disorder known as obsessive-compulsive disorder (OCD) is characterized by intrusive and unwelcome thoughts, or obsessions, which result in repetitive behaviors, or compulsions, such as excessive handwashing. Classic symptoms of OCD are seen in this case.

Question 16

Ques. When an alcoholic is given a mild electric shock and asked to smell the alcohol repeatedly to form an association between the two, then this form of treatment is known as:

Answer: 2. Aversive Conditioning

Solution: Aversive conditioning is a behavioral approach that reduces a habit by associating an undesirable behavior (such as the scent of alcohol) with an unpleasant stimuli.

Question 17

Ques. An adolescent started therapy a week back. Based on formulating the adolescent's problem, the therapist feels that the boy will be capable of arriving at solutions through a process of personal growth. The therapist's approach to therapy is in an accepting environment. Identify the type of therapy being provided:

Answer: 3. Existential

Solution: Personal development, self-awareness, and taking responsibility for one's actions are the main goals of existential therapy. It frequently assists people in finding purpose and dealing with problems like anxiety in a welcoming and encouraging setting.

Question 18

Ques. Arrange steps in the correct sequence followed in systematic desensitization technique:

- (A) The therapist relaxes the client and asks him to think about the least anxiety-provoking situation.**
- (B) The client is interviewed to elicit fear-provoking situations.**
- (C) The therapist prepares a hierarchy of anxiety-provoking stimuli with the least anxiety-provoking at the bottom.**
- (D) The client is asked to stop thinking of the fearful situation if the slightest tension is felt.**
- (E) Over the sessions, the client is able to imagine more severe fear-provoking situations while maintaining the relaxation.**

Answer: 2. (B), (C), (A), (D), (E)

Solution: Establishing a hierarchy of fears (C), practicing relaxation techniques (A), urging the client to pause when tension occurs (D), identifying the events that cause anxiety (B), and

progressively exposing the client to more extreme anxieties (E) are all steps in the systematic desensitization process.

Question 19

Ques. Match List-I with List-II.

List-I

- (A) Logotherapy**
- (B) Client-Centered Therapy**
- (C) Gestalt Therapy**
- (D) Rational Emotive Therapy**

List-II

- (I) Freiderick Perls and Laura Perls**
- (II) Victor Frankl**
- (III) Albert Ellis**
- (IV) Carl Rogers**

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

Solution: Victor Frankl created logotherapy, Carl Rogers created client-centered therapy, Frederick and Laura Perls created Gestalt therapy, and Albert Ellis created rational emotive therapy.

Question 20

Ques. Reena and Rabiya love dogs, hence they are likely to form a group due to:

Answer: 2. Similarity

Solution: Social psychology holds that people group together based on commonalities like a love of dogs, which Reena and Rabiya share.

Question 21

Ques. Arrange in correct sequence the stages of group formation given by Tuckman:

- (A) Norming**
- (B) Forming**
- (C) Storming**
- (D) Performing**
- (E) Adjourning**

Answer: 1. (B), (C), (A), (D), (E)

Solution: Tuckman's approach identifies the following phases of group formation:
Forming, Storming, Norming, and Performing
5. Taking a break

Question 22

Ques. Which of the following is NOT a part of Gardner's theory of Multiple Intelligences?

- 1. Musical**
- 2. Componential**
- 3. Interpersonal**
- 4. Intrapersonal**

Answer: 2. Componential

Solution: Musical, interpersonal, and intrapersonal intelligences are all included in Howard Gardner's hypothesis of multiple intelligences. Instead of being a component of Gardner's theory, "componential" is a component of Sternberg's Triarchic Theory of Intelligence.

Question 23

Ques. Why are most Asian cultures characterized as collectivistic?

- 1. The boundary between self and others is relatively fixed.**
- 2. The boundary between self and others is shifting thus at times fusing with the cosmos and at other times fully withdrawn.**
- 3. Clear dichotomies between man and nature.**
- 4. The self and the group exist as two different entities remaining at a distance.**

Answer: 2. The boundary between self and others is shifting thus at times fusing with the cosmos and at other times fully withdrawn.

Solution: Collectivistic cultures emphasize interdependence by having a fluid boundary between the self and others that occasionally blends with the larger surroundings, such as society or the cosmos.

Question 24

Ques. Aarushi was a friendly, outgoing, and relaxed girl who could be described as fat, round, and soft. According to Sheldon's typology, Aarushi falls under which category?

- 1. Ectomorphic**

2. Mesomorphic
3. Phlegmatic
4. Endomorphic

Answer: 4. Endomorphic

Solution: According to William Sheldon's somatotype theory, endomorphs are characterized by roundness, softness, and a relaxed, sociable temperament.

Question 25

Ques. While judging a personality pageant, raters gave high scores to contestants who were already famous because of their presence in popular TV serials or advertisements and tended to give low scores to those who were not so popular. This phenomenon is called:

1. Halo effect
2. Recency effect
3. Primacy effect
4. Rosenthal effect

Answer: 1. Halo effect

Solution: The halo effect happens when one favorable trait—such as celebrity—influences opinions about a person in general, causing bias in ratings.

Question 26

Ques. Who devised the concept of Intelligence Quotient (IQ)?

1. Alfred Binet
2. Theodore Simon
3. William Stern
4. Lewis Terman

Answer: 3. William Stern

Solution: William Stern devised the concept of IQ, which measures intelligence by dividing mental age by chronological age and multiplying by 100.

Question 27

Ques. Match List-I with List-II:

List-I

- (A) Self-esteem
- (B) Self-efficacy
- (C) Social-Self
- (D) Self-concept

List-II

- (I) The extent to which individuals believe that they themselves control their life's outcomes.
- (II) Judgements about our own value or worth.
- (III) The way we perceive ourselves and the ideas we hold about our competencies and attributes.
- (IV) Familial or relational self.

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

Solution:

- (A) Self-esteem: Judgments about our own value or worth (II).
- (B) Self-efficacy: Beliefs about control over life's outcomes (I).
- (C) Social-Self: Familial or relational self (IV).
- (D) Self-concept: How we perceive ourselves, our competencies, and attributes (III).

Question 28

Ques. Which one is NOT a characteristic of crowding experience?

1. Loss in privacy
2. Loss of control over social interaction
3. Negative view of the space around the person
4. Feeling of comfort

Answer: 4. Feeling of comfort

Solution: Instead than evoking a sense of ease, crowding is linked to unpleasant experiences like anxiety and a loss of solitude.

Question 29

Ques. According to Holmes and Rahe, arrange stressful life events in sequence from highest to lowest in terms of their severity:

- (A) Unexpected accident or trauma
- (B) Break-up with a friend
- (C) Illness of a family member
- (D) Death of a close family member
- (E) Change in eating habits

Answer: 1. (D), (A), (C), (B), (E)

Solution: According to Holmes and Rahe's scale, the loss of a close relative is the most stressful life event. Unexpected accidents, illnesses in the family, divorces, and dietary changes are next in line.

Question 30

Ques. Beth, aged 18, has been trying to keep a secret from her family and friends. She is a binge eater. When others are not around, she gorges on cakes, ice cream, and other food so fast that she hardly has time to chew. Once she begins there is no stopping until her stomach aches. After her binge, Beth feels disgusted with herself and makes herself vomit, then takes a double dose of laxative. Her life is totally dominated by her obsession with food. Beth is suffering from which disorder?

1. Anorexia Nervosa
2. Body Dysmorphic Disorder
3. Bulimia Nervosa
4. Conduct disorder

Answer: 3. Bulimia Nervosa

Solution: In bulimia nervosa, binge eating is followed by compensatory behaviors like vomiting or overusing laxatives to avoid gaining weight.

Question 31

Identify the neuro-developmental disorders:

- (A) Autism Spectrum Disorder
- (B) Intellectual Disability
- (C) Specific Learning Disorder
- (D) Hallucinations
- (E) Conduct disorder

Correct Answer: 3. (A), (B) & (C) only

Explanation: Autism Spectrum Disorder, Specific Learning Disorder, and Intellectual Disability are examples of neurodevelopmental disorders. Conduct disorders and hallucinations do not fall within the neurodevelopmental group.

Question 32

Find out the correct statements about alternative therapies:

- (A) Yoga is an ancient Indian technique detailed in the Ashtanga Yoga of Patanjali's Yoga Sutras.
- (B) Alternative therapies are treatment possibilities to the conventional drug treatment or psychotherapy.
- (C) Sudarshan Karma Yoga does not benefit individuals with anxiety and depression but helps substance abuse.
- (D) There are many alternative therapies like cognitive behaviour therapy and rational emotive therapy.
- (E) Vipasana meditation is also known as mindfulness based meditation.

Correct Answer: 3. (A), (B) & (E) only

Explanation: (A), (B), and (E) are true statements. Since Sudarshan Karma Yoga can help with depression and anxiety, (C) is deceptive, and (D) wrongly classifies cognitive behavior therapy as an alternative therapy because it is actually a type of psychotherapy.

Question 33

The concept of 'Balance' in Attitude Change:

- (A) Fritz Heider described this change in the form of P-O-X triangle, which explains relationship between the aspects.
- (B) P is the person whose attitude is being studied. O is another person, X is the topic towards which attitude is studied.
- (C) Attitude changes if there is a state of imbalance between P-O, O-X, P-X attitude.
- (D) Imbalance is found when all three sides are positive.
- (E) Balance is found when all three sides of the P-O-X triangle are negative.

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

Explanation: In regards to Fritz Heider's Balance Theory, statements (A), (B), and (C) are accurate. In this situation, (D) and (E) are inaccurate interpretations of balance and imbalance.

Question 34

When a large audience is asked to clap as loudly as possible, it was observed that the bigger the group size the more the increase in noise, but the amount of noise each participant made was reduced. This phenomenon is called:

1. Social facilitation
2. Social Loafing
3. Social rejection
4. Social participation

Correct Answer: 2. Social Loafing

Explanation: People who work in groups put up less effort than those who work alone, a phenomenon known as social loafing, as evidenced by the fact that each participant makes less noise.

Question 35

Discussed below are elements of triarchic theory:

- (A) The triarchic theory of intelligence was given by Howard Gardner
- (B) According to this theory intelligence is the ability to adapt, to shape and select environment to accomplish one's goals.
- (C) There are three basic types of intelligence: componential, contextual and experiential.
- (D) Componential intelligence may also be called street smartness or business sense.
- (E) Experiential or creative intelligence is involved in using past experiences creatively to solve novel problems.

Correct Answer: 3. (B), (C) and (E) only

Explanation: It was Robert Sternberg, not Howard Gardner, who first put forth the triarchic idea. Aspects of the theory are accurately described by (B), (C), and (E).

Question 36

The Clinical formulation of a client's problem has the following advantages:

- (A) Identification of areas to be targeted for treatment in psychotherapy
- (B) Understanding the status of the client
- (C) Understanding the problems
- (D) To make money
- (E) Choice of techniques for treatment

Correct Answer: 4. (A), (C) & (E) only

Explanation: There are legitimate benefits to clinical formulation in (A), (C), and (E). Since it implies a business motive—which is not a benefit of therapeutic formulation—(D) is improper.

Question 37

Identify the reason for Dhruv's increased alcohol consumption to feel 'high':

1. Withdrawal
2. Tolerance
3. Poor quality of alcohol
4. Fixation

Correct Answer: 2. Tolerance

Explanation: The term "tolerance" describes how the body adjusts to alcohol, needing higher doses to provide the same results.

Question 38

George's symptoms after witnessing a traumatic event are characteristic of:

- 1. Generalized Anxiety Disorder**
- 2. Post-Traumatic Stress Disorder**
- 3. Separation Anxiety Disorder**
- 4. Pre-Traumatic Stress Disorder**

Correct Answer: 2. Post-Traumatic Stress Disorder

Explanation: George exhibits signs of Post-Traumatic Stress Disorder (PTSD), including emotional numbness, flashbacks, and repeated dreams.

Question 39

Children's differing participation in singing can be explained by:

- 1. Social Facilitation**
- 2. Social Loafing**
- 3. Social Inhibition**
- 4. Social Motivation**

Correct Answer: 2. Social Loafing

Explanation: Social loafing is demonstrated by the occurrence where certain kids put out less effort in a group environment.

Question 40

Which one of the following is not a core/basic skill in psychological services?

- 1. Leadership skills**
- 2. Communication skills**
- 3. Psychological testing skills**
- 4. Counselling skills**

Correct Answer: 1. Leadership skills

Explanation: Sanyogita exhibits the beliefs and concepts that make up the cognitive component of attitude by reading and learning new things.

Question 41

Which component of attitude is highlighted when Sanyogita reads about methods from developed countries?

1. Affective
2. Behavioural
3. Cognitive
4. Valance

Correct Answer: 3. Cognitive

Explanation: Sanyogita exhibits the beliefs and concepts that make up the cognitive component of attitude by reading and learning new things.

Question 42

Identify the behavioral component of Sanyogita's attitude towards the environment:

1. Sanyogita took the lead to organize a team of teachers.
2. She avidly read about methods used by developed countries.
3. She felt distressed when people were callous about their environment.
4. Sanyogita's students and children joined her mission.

Correct Answer: 1. Sanyogita took the lead to organize a team of teachers.

Explanation: Actions performed to resolve a problem are reflected in the behavioral component.

Question 43

Identify the component of attitude when Sanyogita feels distressed:

1. Affective
2. Behavioural
3. Cognitive
4. Effective

Correct Answer: 1. Affective

Explanation: Sanyogita's distress is a clear example of the affective component, which deals with feelings and emotions.

Question 44

Identify the process of attitude formation demonstrated in the passage:

1. Learning attitudes by association

2. Learning attitudes through group norms
3. Learning attitudes through modeling
4. Learning attitudes through exposure to information

Correct Answer: 4. Learning attitudes through exposure to information

Explanation: Sanyogita's exposure to knowledge on efficient waste management techniques shapes her mindset.

Question 45

Which factor affects the shaping of attitudes in the early years of life?

1. Reference group
2. Personal experience
3. Media-related influences
4. Family and School environment

Correct Answer: 4. Family and School environment

Explanation: The two main factors influencing how attitudes are formed in early life are family and school.

Question 46

Identify the disorder Major Chandra is suffering from:

1. Conversion Disorder
2. Post-Traumatic Stress Disorder
3. Illness-Anxiety Disorder
4. Generalized Anxiety Disorder

Correct Answer: 2. Post-Traumatic Stress Disorder

Explanation: His nightmares and flashbacks are typical of post-traumatic stress disorder.

Question 47

Which of the following is also a type of Trauma and Stress-Related Disorder?

1. Adjustment Disorders
2. Somatic Symptom Disorder
3. Separation Anxiety Disorder
4. Social Anxiety Disorder

Correct Answer: 1. Adjustment Disorders

Explanation: Trauma and stress-related disorders include adjustment disorders.

Question 48

Pick out the other symptoms related to Post Traumatic Stress Disorder:

1. Paralysis
2. Depressed mood
3. Emotional Numbing
4. Exfoliation

Correct Answer: 3. Emotional Numbing

Explanation: While peeling and paralysis are not linked to PTSD, emotional numbness is a common symptom.

Question 49

Identify the major disorder under which PTSD is categorized:

1. Somatic Symptom and Related Disorders
2. Dissociative Disorders
3. Bipolar and Related Disorders
4. Trauma and Stress Related Disorders

Correct Answer: 4. Trauma and Stress Related Disorders

Explanation: Trauma and Stress Related Disorders is the umbrella term for PTSD.

Question 50

Identify the official manual

which describes the diagnostic criteria for PTSD:

1. Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
2. World Health Organization classification of Mental and Behavioural Disorders
3. International Statistical Classification of Diseases and Related Health Problems
4. American Psychiatric Association classification of Mental Disorders

Correct Answer: 1. Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

Explanation: The diagnostic standards for PTSD and other mental health conditions are described in the DSM-5.