

Code: A-P730113-A

I SEMESTER EXAM - 2023-24

2 x 230

Std.: XI

Sub: Psychology

Marks: 50

Date: 03/11/2023

Roll No.: _____

Time: _____

Q.1 A) Complete the following statements :

(5)

- 1) _____ processes include thinking, memory, emotions etc.
a) Mental b) Cognitive c) Spiritual
- 2) The study of human behaviour at work place is the concern of _____ Psychology.
a) Social b) Industrial c) Experimental
- 3) Ability to monitor our actions and feelings, is called _____.
a) Self-regulation b) Self-awareness c) Self-efficacy
- 4) The rate of development in each stage is _____.
a) Same b) Different c) Slow
- 5) _____ period is also known as the period of identity crisis.
a) Childhood b) Middle age c) Adolescence

B) Match the following pairs.

(5)

A	B
1. Tri-doshas	a. sense of self model worth
2. Patanjali	b. Kapha, Vaat and Pitta
3. Cognitive Psychology	c. Storm and stress
4. Self esteem	d. Ashtanga Yog
5. Adolescence	e. Studies thinking process

C) State whether the following statements are true or false.

(5)

- 1) All the changes in an individual are due to development.
- 2) Psychology is a study of mind.
- 3) The first mental hospital in India was established in Mumbai.
- 4) Dr. Sigmund Freud proposed the concept of unconscious.
- 5) Control is one of the objectives of Psychology.

D) Identify the odd item from the following and give reasons for the same.

(5)

- 1) Zygote, Neonate, Embryo, Foetus.
- 2) Self indulgence, Self awareness, Self efficacy, Self esteem.
- 3) Yam, Niyam, Karya, Aasana, Pratyahar
- 4) Feeling, memory, attention, perception
- 5) Early childhood, Neonate, Foetus, Infancy

Q.2 Explain the following concepts (any 3)

(6)

- 1) Overt Behaviour
- 2) Covert Behaviour
- 3) Identity crisis
- 4) Neonatal stage
- 5) Behaviour

- Q.3 Compare and contrast: (any 2) (4)**
- 1) Prenatal and post natal stages of Development
 - 2) Abnormal psychology and Clinical Psychology
 - 3) Ideal self - Real Self
 - 4) Growth and development
- Q.4 Write short notes in 50-60 words each.(any 2) (4)**
- 1) Self Esteem
 - 2) Gender role
 - 3) Self Efficacy
 - 4) Industrial Psychology
- Q.5 Answer the following questions in around 35-40 words each. (Any 4) (8)**
- 1) Explain characteristics of human development.
 - 2) What are the ways to improve one's self esteem? Give example
 - 3) Describe the problems during adolescence.
 - 4) What is self image?
 - 5) How do we develop a concept of our 'self' as we grow?
 - 6) Why is prenatal period is the most crucial period in development?
- Q.6 Answer the following questions in 150- 200 words. (any 1) (8)**
- 1) Describe any five applied branches of Psychology
 - 2) Explain the theory of Self as proposed by Carl Rogers.
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