

Q.1 A) Complete the following statements.

(5)

- 1) Psychology is a study of _____.
a) Mind b) Behaviour c) Soul
- 2) The branches of Psychology which explore into relationships among different variables and human behaviour are known as _____. Psychology.
a) Theoretical b) Applied c) Common
- 3) According to Carl Rogers, every individual strives for _____.
a) Achievement b) Self-actualization c) Status in society
- 4) The rate of development in each stage is _____.
a) Same b) Different c) Slow
- 5) The period between conception to birth is called _____.
a) Post natal b) Perinatal c) Prenatal

B) Match the following pairs.

(5)

A	B
1. Early childhood	a) A single fertilized cell
2. Adolescence	b) From second week to 2 years after birth
3. Infancy	c) Age of Questioning
4. Zygote	d) Adjusting to the new environment after birth
5. Neonatal period	e) Storm and stress

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

(5)

- 1) Development has specific and continuous pattern.
- 2) Congruence between the Real self and Ideal Self is an indicator of good mental health.
- 3) The first mental hospital in India was established in Mumbai.
- 4) There was no study of mental processes in India till the formal discipline of Psychology was recognized as a science.
- 5) Development proceeds through dependency to independence.

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

(5)

- 1) Walking, dancing, playing, thinking, eating.
- 2) Yam, Niyam, Karya, Aasana, Pratyahar
- 3) Experimental Psychology, Social Psychology, Industrial Psychology, Cognitive Psychology
- 4) Clinical psychology, Industrial Psychology, Sports Psychology, Abnormal Psychology
- 5) Fear of risks, Fear of uncertainty, Self confidence, Impression management

Q.2 Explain the following concepts (Any 3)

(6)

- 1) Self Esteem
- 2) Self Regulation
- 3) Stimulus
- 4) Response
- 5) Behaviour

- Q.3 Compare and contrast: (Any 2) (4)**
- 1) Abnormal psychology and Clinical Psychology
 - 2) Private Self — Objective Self Awareness
 - 3) People with High Self-esteem - People with low Self esteem
- Q.4 Write short notes in 50-60 words each.(Any 2) (4)**
- 1) Clinical Psychology
 - 2) Cognitive Psychology
 - 3) Developmental psychology
 - 4) Gender role
- Q.5 Answer the following questions in around 35-40 words each.(Any 4) (8)**
- 1) What are the ways to improve one's self esteem? Give example.
 - 2) What are the characteristics of individuals with self efficacy? Give examples
 - 3) What are the ways to regulate Self? Give examples
 - 4) Explain characteristics of human development.
 - 5) How do we develop a concept of our 'self as we grow?
- Q.6 Answer the following questions in 150- 200 words.(any 1) (8)**
- 1) Explain any five theoretical branches of Psychology.
 - 2) Explain the Characteristics of Human development.
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