

TH241240MDC

Reg.No.....

FYUG PROGRAMME EXAMINATIONS, NOVEMBER 2024

(2024 Admission Regular)

SEMESTER I – MDC (SOCIOLOGY)

SO1MDC01B24 PSYCHOLOGY FOR EVERYDAY LIVING

TIME: 45 mnts

Maximum Marks: 35

Answer all the 35 questions. Choose the correct option-

Q.No:	QUESTIONS	Ans	CO	LEVEL
1.	What is the primary focus of the study of Psychology? a) Chemical reactions b) Human behaviour c) Historical events d) Mathematical formulas		CO1	U
2.	Choose from the options below what Positive Psychology primarily focuses on: a) Disorders b) Diseases c) Positive emotions and traits d) Negative thoughts		CO2	U
3.	Identify the theorist who proposed the 'triangular theory of love' - a) Sigmund Freud b) B.F. Skinner c) Robert Sternberg d) Abraham Maslow		CO3	U
4.	What is the term used to describe the tendency to frequently experience negative emotions? a) Openness b) Extraversion c) Agreeableness d) Neuroticism		CO1	U
5.	According to Sternberg's triangular theory of love, a relationship with intimacy and passion but no commitment is called: a) Companionate love b) Romantic love c) Infatuation d) Fatuous love		CO3	U
6.	What is the DSM-5 used for in the field of Psychology? a) Diagnose personality traits b) Analyze relationship satisfaction c) Classify and diagnose psychological disorders d) Study group dynamics		CO4	U
7.	Identify which of the following is an example of applying positive psychology in real life? a) Creating conflict with others b) Focusing on building emotional balance c) Analyzing cognitive distortions d) Engaging in psychotherapy		CO2	U
8.	Which among the following is NOT a characteristic of relationship satisfaction?		CO3	An

	a) Communication b) Emotional Intimacy c) Mutual Support d) Avoidance			
9.	What does 'Self-awareness' refer to in Psychology? a) Knowing others' emotions b) Understanding your own thoughts and feelings c) Avoiding self-reflection d) Judging others		CO1	U
10.	Identify which among the following is a feature of abnormality? a) Emotional stability b) Problem-solving c) Psychological well-being d) Deviation from social norms		CO4	U
11.	Identify which of the following is NOT a component of emotion? a) Physical fatigue b) Subjective feelings c) Exercise d) Cognitive schemas		CO1	U
12.	In Sternberg's triangular theory of love, which component is missing in a relationship of infatuation? a) Passion b) Intimacy c) Commitment d) None of the above		CO3	U
13.	Identify which disorder is characterised by excessive fear? a) Anxiety disorder b) Compulsive disorder c) Eating disorder d) Mood disorder		CO4	U
14.	Which of the following is an example of discrimination? a) Feeling anxious about public speaking b) Believing all teenagers are irresponsible c) Refusing to hire someone based on their race d) Developing close relationships		CO3	Ap
15.	Which of the following is a type of therapy used to treat psychological disorders? a) Conflict resolution b) Psychotherapy c) Group dynamics d) Social learning		CO4	U
16.	What does Transactional analysis focus on? a) The unconscious mind b) Behavioural changes through reinforcement c) Communication and relationships d) Cognitive restructuring		CO4	U
17.	Which of the following is a trait associated with positive psychology? a) Gratitude b) Jealousy c) Anger d) Guilt		CO2	U
18.	Which of the following best describes 'Prejudice'? a) Learned behaviour b) Conflict resolution c) Good-natured behaviour d) Form of emotional regulation		CO3	U
19.	Who is the proponent of 'Transactional Analysis' ? a) Maslow b) Sigmund Freud c) Anne Frank d) Eric Berne		CO4	U

20.	What are the three states in Transactional analysis ? a) Parent, Adult and Grandparent b) Adult, Infant and Parent c) Parent, Adult, Child d) Child, Adult, Grandparent		CO4	U
21.	In Psychology, the restriction of food intake leading to extreme weight loss and a distorted body image is called: a) Bulimia b) Anorexia Nervosa c) Schizophrenia d) Bipolar disorder		CO4	U
22.	Identify which factor is NOT considered in life satisfaction theories of happiness? a) Financial status b) Material possessions c) Relationships and community d) Sense of purpose		CO2	U
23.	What role does perception play in human behaviour? a) It has no role in behaviour b) It influences how we interpret and respond to the world c) It is just an emotion d) It is a psychotic disorder		CO1	U
24.	Identify the primary focus of counselling from the following options- a) Diagnosing medical conditions b) Promote emotional and psychological wellbeing c) Providing legal advice d) Teaching psychomotor skills		CO4	U
25.	Choose from the following the method by which psychological disorders can be treated: a) Self-help books b) Psychotherapy and counselling c) Alienating the patient d) Physical exercise		CO4	U
26.	Which of the following best describes mutual support in relationships? a) Competing with each other b) Providing assistance and understanding c) Avoiding conflicts d) Stereotyping behaviours		CO3	U
27.	Indicate from among the following when psychological disorders become serious? a) Make one sad b) Impair an individual's functioning in their personal, social, or work life c) Do not help one to sleep d) Restrict one in creating friends		CO4	U
28.	Which of the following is a positive individual trait according to positive psychology? a) Self-criticism b) Narcissism c) Optimism d) Manipulation		CO2	U

29.	Which is the term used in psychology to describe anything related to thinking, learning, and understanding? a) Emotion b) Behaviour c) Perception d) Cognition		CO1	U
30.	Which of the following best describes the goal of conflict resolution? a) Winning an argument b) Avoiding communication c) Achieving mutual understanding and compromise d) Enhancing emotional distance		CO3	Ap
31.	Which of the following is one of the important goals of Psychology? a) Predict behaviour b) Hurt other people c) Have abnormal thoughts d) Attain Financial success		CO1	U
32.	Which of the following therapies is focused on ego states of a person? a) Psychoanalysis b) Transactional Analysis c) Behavioural Therapy d) Cognitive Therapy		CO4	U
33.	Which of the following is an effective strategy to reduce prejudice in Social Psychology? a) Avoidance of interaction b) Stereotyping c) Increased interpersonal/intergroup relations d) Reinforcement of biases		CO3	Ap
34.	Which of the following factors is NOT associated with interpersonal attraction? a) Physical proximity b) Similarity of values c) Cognitive dissonance d) Physical attractiveness		CO3	An
35.	Identify the means by which self-concept is developed- a) Physical growth b) Self-reflection and interaction with others c) External punishment d) Genetic factors		CO1	U

(35x1=35)

CO: Course Outcomes Level: R – Remember, U – Understand, Ap- Apply, An- Analyze, E- Evaluate, C- Create