

Maharashtra State Board
Psychology
Sample Question Paper - 1
Academic Year: 2024-2025

Note :

1. All the questions are compulsory.
2. Figures to the right indicate full marks.
3. Write answers to each question on a new page.

Q1.

1. (a) Complete the following statements by choosing the appropriate word :

1. (a) 1. Psychology is a _____ science.

1. natural
2. **social**
3. biological

Solution

Psychology is a **social** science.

1. (a) 2. Till 1879, psychology was a branch of _____.

1. physics
2. **philosophy**
3. physiology

Solution

Till 1879, psychology was a branch of **philosophy**.

1. (a) 3. _____ is the father of positive psychology.

1. Carver
2. Masten

3. Seligman

Solution

Seligman is the father of positive psychology.

1. (a) 4. Life _____ indicates a life full of stress and anxiety.

1. below zero

2. at zero

3. above zero

Solution

Life below zero indicates a life full of stress and anxiety.

1. (a) 5. Friends and family are not a substitute for _____.

1. solving problems

2. giving solutions

3. professional help

Solution

Friends and family are not a substitute for professional help.

1. (b) Match the pairs :

Group A		Group B	
(i)	Apathy	(a)	Verbal test
(ii)	Span of attention	(b)	Technology-related mental issues
(iii)	Experimental method	(c)	Negative symptoms of Schizophrenia
(iv)	SHUT	(d)	Non-verbal tests
(v)	Army Alpha Test	(e)	Helps to establish a cause-effect relationship
		(f)	Total number of stimuli that we become aware of in a single glance

Solution

Group A			Answers
(i)	Apathy	(c)	Negative symptoms of Schizophrenia
(ii)	Span of attention	(f)	Total number of stimuli that we become aware of in a single glance
(iii)	Experimental method	(e)	Helps to establish a cause-effect relationship
(iv)	SHUT	(b)	Technology-related mental issues
(v)	Army Alpha Test	(a)	Verbal test

1. (c) Write whether the statements are True or False:

1. (c) 1. Schizophrenia is a serious psychological disorder.

1. True

2. False

Solution

This statement is **True**.

1. (c) 2. Verbal tests are culture-free tests.

1. True

2. False

Solution

This statement is **False**.

1. (c) 3. Most pessimists perceive difficulties as challenges or opportunities.

1. True

2. False

Solution

This statement is **False**.

1. (c) 4. Paper-pencil tests are non-verbal tests of intelligence.

1. True

2. False

Solution

This statement is **True**.

1. (c) 5. Max Wertheimer gave laws of perception.

1. True

2. False

Solution

This statement is **True**.

1. (d) Answer the following questions in ONE sentence only:

1. (d) 1. Answer in one sentence.

When is the person diagnosed with PTSD?

Solution

When the acute stress disorder (ASD) symptoms last for longer than a month with the same intensity, the person is said to have PTSD.

1. (d) 2. Answer in one sentence.

What is psychotherapy?

Solution

Psychotherapy is a systematic effort by mental health professionals to help a person overcome certain psychological disorders.

1. (d) 3. Answer in one sentence.

In which disorder does the person experience sadness and guilt for a long period of time?

Solution

In a depressive disorder the person experiences sadness and guilt for a long period of time.

1. (d) 4. Answer in one sentence.

Name the first school of thought in psychology?

Solution

Structuralism is regarded as the first school of thought in psychology.

1. (d) 5.

Answer in One sentence:

What is perception?

Solution

Interpretation of stimulus is perception.

Q2. Answer the following questions in 25 to 30 words each (Any 5).

2. (a) Explain some of the challenges in establishing psychology as a science.

Explain any two challenges in establishing psychology as a science.

Solution

Many criticisms of psychology as a science have been made on practical, philosophical, and ethical grounds. The challenges in establishing psychology as science are:

1. **It is in a pre-paradigmatic state:** According to American philosopher, Thomas Kuhn, psychology is still in a preparadigmatic state as it has not succeeded in producing a cumulative body of knowledge that has a clear conceptual core.
2. **Issues related to objectivity and validity:** Methods used in psychology such as introspection, surveys, and questionnaires are subjective. Due to this, psychology lacks two criteria of science, i.e., objectivity and validity.
3. **Issues related to predictability and replicability:** In psychology, it is difficult to make exact predictions as people respond differently in different situations. Test results are more varied and hence difficult to replicate.
4. **Objectifying humans:** According to some psychologists, subjecting human behaviour to experimentation amounts to objectifying individuals.

2. (b) Answer the following question in 25 - 30 words.

What are the stigmas attached to mental illness?

Solution

One of the major obstacles to getting help from a mental health professional is the stigma that is attached to mental illness. We fear things that we do not understand. In the same way, our lack of understanding of mental illness makes us fear it. This lack of knowledge and awareness makes us -

1. Blame the individual, i.e., think that mental illness is a personal failing or weakness.
2. Think that mental illness is caused as punishment for our sins.
3. Think that the person is intentionally behaving in an inappropriate way.

2. (c) Explain the following concept in 25 to 30 words:

Span of attention

Write short note on the following in 50 to 60 words:

Span of attention

Solution

We continuously sense many stimuli from our surroundings through our sense organs. However, we do not become aware of all of them at one particular time. We focus and become aware of only a few stimuli from them. Therefore, attention is considered as the selective process.

The definition of attention is as follows:

According to Guildford, "attention is the process of focusing on one or few objects, persons or situations from among many from the field of awareness".

A span of attention can be described as the total number of stimuli that we can become clearly aware of in a single glance. Our span of attention is very limited. For a normal adult, the span of attention varies between 7 to 8 digits or alphabets. This is the reason why digits in postal pin code or vehicle numbers are never more than this limit of 7 to 8 digits. The factors like age, intelligence, practice, experience, habits, etc. may affect the span of attention.

For example, due to practice, the span of attention of a telephone operator or a typist may be greater than that of an ordinary individual.

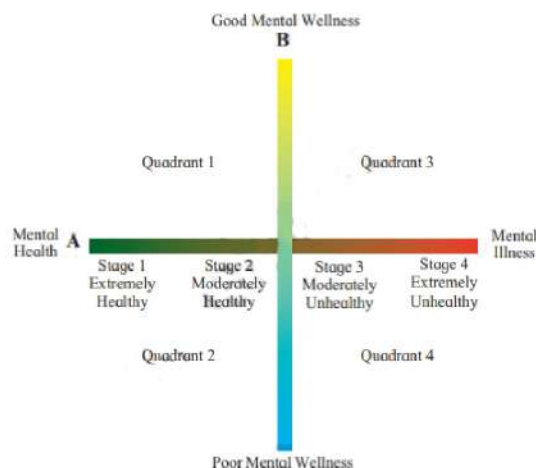
2. (d) Explain illness wellness continuum by John Travis.

Solution

On one end we find people with good mental wellness while at the other end of the continuum we find people with poor mental wellness. Wellness continuum can be better understood using the following diagram which is based on Illness Wellness Continuum Model given by John Travis in 1972.

The horizontal line (A) denotes illness continuum while vertical line (B) denotes wellness continuum. So, we get four compartments or quadrants.

Illness Wellness Continuum given by John Travis



1. **Quadrant 1:** The individual in Quadrant 1 has no mental illness. He experiences happiness and feels confident to face difficulties. This is the ideal state of functioning.
2. **Quadrant 2:** In Quadrant 2 also the individual has no mental illness. But he experiences subjective feeling of grief or unhappiness and sees no goals in life.
3. **Quadrant 3:** Individual belonging to Quadrant 3 is suffering from mental illness. But in spite of illness, he experiences high sense of subjective wellbeing, has good self-esteem and is hopeful.
4. **Quadrant 4:** He has mental illness and at the same time he experiences distress and sees no goal in life. At times personality disintegration is also observed. This is the lowest level of functioning.

2. (e) Explain the learning by the cognitive processes.

Solution

Learning in terms of what you need to do before an upcoming exam, or acquiring new skills like dancing or cycling, but is only a small segment of the vast learning process which encompasses all arrays of life including school learning, learning various skills, learning about places and people and many more.

Thus, learning can be defined as "a relatively permanent change in the behavior that occurs due to experience or practice."

Learning is a complex process. There are many processes of learning. The learning by the cognitive processes is explained as follows:

Just when Skinner and Pavlov were talking about connections and consequences of behavior, Edward Tolman demonstrated that though rats in his experiment were not given any food, they still learned about the different pathways in the maze. That means rats created 'maps' in the mind just for the sake of it. His experiment demonstrated that learning may take place in the 'mind' using 'mental' processes, what we call cognitive processes now.

2. (f) Define extrovert.

Solution

Carl Jung's theory of personality is one of the personality theories based on the type perspective of studying personality. Carl Jung, a Swiss Psychiatrist classified people on the basis of mental characteristics into extroverts as follows:

Extrovert individuals are aroused by external stimulation. They are social, outgoing, mix easily with others and prefer jobs that bring them in contact with others.

2. (g) Explain anger management.

Solution

Anger is a primary natural emotion expressing dislike or displeasure. Anger management is an intervention program designed to keep anger from becoming a habit or an impediment. It allows the person to become aware of and willing to accept responsibility for his or her emotions.

Effective Anger Management begins with you. Controlling anger involves two perspectives:

- a. Managing one's own anger.
- b. Learning to respond effectively to the anger in others.

Q3. Write short notes in 50 to 60 words (Any 4) :

3. (a) Write Short note.

Effective anger management

Solution

Anger is a primary natural emotion expressing dislike or displeasure. Anger management is an intervention program designed to keep anger from becoming a habit or an impediment. It allows the person to become aware of and willing to accept responsibility for his or her emotions.

Effective anger management entails two components:

- a. Managing one's own anger.
- b. Learning to respond effectively to the anger in others.

Relax, Reassess, and Respond are the three R's of anger management:

1. **Relax:** When angry, engage in activities like meditations, music listening, hobbies, social work, etc. Calm your body giving recovery time to manage anger. This stage prepares for response instead of impulsiveness.
2. **Reassess:** Helps person to revisit situation objectively.
It involves:
 - a. Accepting full responsibility for your emotions.
 - b. Empathy for the person who has wronged you can help you control your anger.
 - c. Each is battling his or her emotions. Understanding this allows you to deal with anger more effectively.
 - d. You can control your anger by conducting a reality check on the situation. Before making a decision, evidence is gathered.
3. **Respond:**
It entails the following:
 - a. Getting advice from a family member, an older person, etc.
 - b. Talk to others in a respectful and calm manner.
 - c. To solve the problem, consider other people's perspectives.

- d. to advocate for both your own and other people's rights.
- e. Set boundaries to control and control our rage.
- f. Practice gives you the power to improve your social skills, handle disagreements, accomplish goals, and realise your desires.

3. (b) Write short note on:

Nature of mental wellness

Solution

World Health Organization (WHO) defines mental wellness as, "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

The nature of mental wellness can be explained with the help of the following points:

1. **Emotional aspect:** Emotional aspect of mental wellness comprises the sense of well-being, the feeling of overall happiness, and contentment (i.e. satisfaction)
2. **Psychological aspect:** Psychological aspect of mental wellness includes the sense of being worthy, i.e. having high self-esteem, high self-confidence, and the tendency of self-actualization, the ability to take the right decision, the ability to influence the environment, to satisfy one's needs, and the tendency to contribute towards society or community.
3. **Life philosophy:** The aspect of life philosophy is concerned with having a purpose, clear goals, and a direction in life.

3. (c) Write short notes:

Schachter and Singer's Two Factor theory of emotions

Solution

Many researchers including Schachter and Singer accept that our thoughts (which include our perceptions, memories and interpretations) will also contribute in the experience of emotions. Our physiological arousal will interact with our thinking process and after that we will experience emotions. Newer psychologists also acknowledge the role of specialized brain areas like amygdala in the experience of emotions. Thus, depending on the complexity of various emotions, we prefer to process them differently in our brain.

3. (d) Write short notes on the following:

Importance of Rationality

Solution

Being a science, psychology tries to establish laws that govern human behavior, at the same time it accepts the fact that human behavior is dynamic and complex. Some of our behaviors are commonly seen in others at the same time some of our behaviors are exclusive.

Attaining happiness is man's greatest aim in life. While achieving this aim, every individual feels, thinks and acts exclusively. But while being happy one should see to it that one's emotions, thoughts and acts do not get driven by irrational influences and one should not compromise on social norms, values and ethics for being happy. Here the aspect of rationality comes in picture in psychology.

Stanovich and his colleagues while talking about rationality stated that, "Rationality involves adaptive reasoning, good judgement and good decision making."

Sternberg and his colleagues while talking about intelligence suggested that Practical Intelligence can be defined as "the ability to perform successfully in naturalistic settings in a way that is consistent with one's goal."

Dr. Albert Ellis who proposed Rational Emotive Behavioral Therapy (one of the effective and popular method of intervention in the field of counselling psychology) has given values of rational living. He also says that rational people are psychologically healthy people and they possess certain characteristics.

1. **Understanding Self-Interest and Social-Interest:** 'Safeguard your self-interest and know others interest' is almost like a slogan of Rational Emotive Behavioural Therapy. Rational people understand what is selfpromoting and what helps them to grow and they take responsibility of making those choices but at the same time take care of not violating other person's rights and aid in survival of the society in which they live.
2. **Self Direction:** Rational people assume primary responsibility for their own lives rather than demanding or needing excessive support or nurturance from others.

3. **Tolerance:** Rational people are highly tolerant. Tolerance is the willingness to accept behavior and beliefs of others that are different from one's own. Similarly, rational people accept one's own and others' right to be wrong.
4. **Flexibility:** Rational people are found to be healthy individuals. Rational people tend to be flexible, unbiased in their thoughts and actions.
5. **Self Acceptance and Self Responsibility:** Rational people accept themselves unconditionally rather than rating or proving themselves and also accept responsibility for their own thoughts, beliefs, feelings and behavior.

According to Dr. Albert Ellis, rationality as a personal philosophy helps an individual to attain many goals in life and to be happy. For being happy a person must BE RATIONAL. This concept is explained with the help of the following table :

B(Balance)	Balance between self-interest and interest of others.
E(Estimate)	Estimate the time, efforts, gains and losses.
R(Respect)	Respect oneself and others.
A(Affiliate)	Affiliate with others.
T(Tolerate)	Tolerate oneself and others.
I(Integrate)	Integrate personal wellbeing with social wellbeing.
O(Optimize)	Optimize potential fully.
N(Navigate)	Navigate path of success.
A(Accept)	Accept the limitations and overcome them.
L(Live)	Live life fully.

3. (e) What is meant by thinking?

Solution

Thinking is a mental activity that uses various cognitive elements and processes that involves the manipulation of information, problem-solving, reasoning as well as decision-making.

The core elements of thinking are -

1. **Mental representation** -Mental representation is “the mental imagery of a thing that is not currently physically available to the senses.” Mental representation is a coded internal sensation.
2. **Concepts** - Concept is "an internal representation which the brain uses to denote a certain classes of things in the world". The concepts involve extraction of some 'idea' on the basis of similarities and differences among many sensations.
3. **Schema** - A schema is “an internal representation that organizes knowledge about related concepts and relationships among them”. Schemata influence most of the cognitive processes.
4. **Language** - Language is a system of symbols. Mental representations, concepts and schemata are all better represented by language.

3. (f) Write Short note.

Substance related and addictive disorder

Solution

When someone has an addiction, they are unable to stop using hazardous substances like opium, charas, ganja, heroin, etc. or engaging in addictive behaviours like gambling and gaming. It includes reliance and a lack of self-control when using it. His mental, social, and moral well-being are all impacted by addiction. Additionally impacted are finances and family life.

A long-term user of such a substance runs the risk of overdosing and dying. Withdrawal symptoms happen if he stops using the drug or cuts back, endangering his life.

It is possible to see tremors or loss of control over motions. Excessive use, an inability to cut back, a desire to use the substance again, a decline in social interactions, etc. are all symptoms.

Q4. Write answers to the question based on the following examples (Any 4) :

4. (a) Write answer to the question based on the following example.

Rita experiences alternate phases of extreme sadness at one time and extreme happiness at other times. Name the disorder she is suffering from?

Solution

Bipolar disorder

4. (b) Write answer to the question based on the following example.

Reena does not think that failing in one exam indicates that she is going to be a total failure in her entire life. What does that indicate?

Solution

Optimism

4. (c) Write an answer to the question based on the following example.

Reena recovered from an accident quickly. Which type of resilience did Reena show?

Solution

Physical resilience

4. (d) Write an answer to the question based on the following example.

Sugandha can manage her own and others' emotions perfectly well. Name the intelligence which is responsible for her behaviour?

Solution

Emotional intelligence

4. (e) Write an answer to the question based on the following example.

Ram crossed the red light. The policeman could remember the vehicle number and issued a penalty. Name the aspect of attention.

Solution

Span of attention

4. (f) Write answer to the question based on the following example.

There are five students for the best student selection. Which type of interview would Sunil conduct for selection?

Solution

Structured interview

Q5. Explain the following concepts in 25 to 30 words (Any 5) :

5. (a) Explain the following concept.

Pessimism

Solution

It is the polar opposite of optimism. It is a mental state characterised by hopelessness and the belief that the future is bleak. Pessimists select the worst option or outcome given the circumstances. They have a negative attitude towards challenges and attempt to avoid them. They lack self-esteem and see difficulties as a curse that makes them weak.

5. (b) Explain the following concept.

Thinking

Solution

Information manipulation, problem solving, thinking, and decision-making are all types of mental activity. Private and internal to us, thinking. When we are thinking, we internalise a whole world and perform numerous activities figuratively rather than literally. The four fundamental components of thought are language, mental representation, concepts, and schema.

5. (c) Explain the following concept:

Syndrome

Solution 1

- i. A syndrome refers to a cluster or collection of symptoms and signs that are characteristic of a disease or disorder, e.g., Down's syndrome.
- ii. It is a group of symptoms that consistently occur together and indicate a particular condition.
- iii. A syndrome refers to a set of symptoms that tend to occur together and can be associated with a particular physical or mental disorder.

- iv. In psychological disorders, one of the criteria as suggested by DSM-5 is a clinically significant syndrome.

Solution 2

A set of symptoms that tend to occur together and can be associated with a particular physical or mental disorder. This syndrome is used by psychologists to diagnose disorders.

5. (d) Explain the concept:

Phobia

Solution

- i. The main anxiety disorders include phobic disorders and generalized anxiety disorders.
- ii. The word 'phobia' is derived from the Greek word 'Phobos' which was used to refer to the God of Fear.
- iii. A phobia is an intense, persistent but irrational, and disproportionate fear of a specific object or situation.
- iv. DSM classifies phobias as simple phobias, e.g., Acrophobia, Claustrophobia, etc., and social phobias, e.g., fear of speaking or eating in public. The phobic object e.g., animals or situations e.g., elevators, almost always provide immediate anxiety.

5. (e) Explain the following concept in 25 to 30 words:

Psychological resilience

Solution

- i. Psychological resilience refers to the ability to mentally withstand or adapt to uncertainty, challenges, and adversity.
- ii. People who show psychological resilience develop coping strategies and capabilities that enable them to remain calm and focused during stressful situations and move on without prolonged negative consequences.

5. (f) Explain the following Concept in 25 to 30 words:

Trait

Solution

A trait is a relatively enduring and consistent way of thinking, feeling, and acting. It is some distinctive characteristic of the person that leads him/her to behave in more or less consistent ways across situations and over a period of time. Allport categorised traits as :

1. Cardinal Traits (single, dominant trait)
2. Central Traits (core or basic traits)
3. Secondary Traits

5. (g) Define the following concept:

Social intelligence

Explain the following concept.

Social Intelligence

Solution

E.L. Thorndike proposed the term Social Intelligence. Howard Gardner included 'interpersonal intelligence' in the Multiple Intelligences Theory. According to Karl Albrecht, 'Social intelligence is the ability to get along well with others and to get them to cooperate with oneself.' A continued pattern of nourishing behaviour indicates a high level of social intelligence. Such persons are skilled at interacting with and understanding people around them. They respect and encourage others. They effectively comprehend social dynamics.

Q6. Answer any TWO of the following in 80 to 100 words each with the help of the following points :

6. (a) Explain the process of learning:

1. Learning by classical conditioning
2. Learning by operant conditioning
3. Learning by observation
4. Learning by assimilation and accommodation

Explain the following concept in 25 to 30 words:

Learning

Solution

It is defined as a relatively permanent change in behaviour that occurs due to past experiences or practices.

Several aspects of learning include:

- a. Relatively permanent change in behaviour
- b. This is due to experience or practice
- c. This change in behaviour may be in knowledge; e.g. learning a new formula, etc.
- d. Learning is an inferred process.

Process of Learning:

1. **Learning by Classical Conditioning:** Learning by Classical Conditioning was explained for the first time by Russian physiologist Ivan Pavlov (1928) through his experiment on a dog. He inserted a tube surgically in the dog's salivary gland so that he could measure the amount of salivation. He then presented the sound of the bell and food one after the other several times and measured how much the dog salivated. After several trials, the dog started salivating at the sound of the bell even when the food was not given. Based on his findings Pavlov gave a theory of learning called Classical Conditioning. In our daily life, we learn many things through classical conditioning. For example, when a small child is given an injection, he starts crying due to pain. A small child slowly understands that whenever he visits the doctor, he is given an injection. When he understands the connection between 'doctor' and 'injection' he immediately starts crying as soon as he is taken to the doctor.
2. **Learning by Operant Conditioning:** Learning by Operant Conditioning was explained by an American psychologist Burrhus Frederic Skinner. He performed an experiment in which a rat was put in a special box that contained a lever. If the rat pressed that lever, he was given food. Gradually the rat learnt to press the lever to get food. Here the rat is learning to connect his behaviour of pressing the lever with receiving the food. According to Skinner, certain behaviours may be learnt to gain positive consequences. Similarly, he also demonstrated that certain behaviours may be learnt to avoid negative consequences.

3. **Learning by Cognitive Processes:** Just when Skinner and Pavlov were talking about connections and consequences of behaviour, Edward Tolman demonstrated that though rats in his experiment were not given any food, they still learnt about the different pathways in the maze. That means rats created 'maps' in the mind just for the sake of it. His experiment demonstrated that learning may take place in the 'mind' using 'mental' processes, what we call cognitive processes now.
4. **Learning by assimilation and accommodation:** Jean Piaget explained that we learn many things by assimilation and accommodation. Jean Piaget is of the opinion that on the basis of new experiences or new information, we keep refining the existing concepts that we have. For example, when a child forms a concept of a cow, he/she extracts some general rules or characteristics to form a concept of a cow. But when he encounters a buffalo, he/she notes the differences between the cow and buffalo and forms a separate concept of a buffalo. This process of forming and refining our concepts on the basis of similarities and differences is called learning by assimilation and accommodation.
5. **Learning by observation:** According to Bandura, we learn many things by observing someone's behaviour and later reproducing it. Many of our skills like eating, walking, writing, etc. are learnt by observing others. We observe and imitate not only the movements of the body but also certain ways of thinking, evaluating, judging and decision-making, etc.

6. (b) Answer the following questions with the help of the given points:

Explain the stages of creative thinking.

Points:

1. Preparation
2. Incubation
3. Illumination
4. Verification

Solution

Creative thinking is characterized by the ability to perceive the world in new ways, find hidden patterns, etc. It is a way of looking at problems or situations from a fresh/novel perspective. It involves divergent thinking that focuses on the exploration of ideas and generating many possibilities. It is referred to as "thinking outside of the box." Researchers, poets, designers, and filmmakers always think in a creative way.

The four stages in creative thinking are -

- i. **Preparation** - This involves formulating the problem and gathering information about it. Many tentative solutions are tried out and discarded. No progress seems to be made by the person.
- ii. **Incubation** - If the person does not get the required results, he/she may focus on things unrelated to that problem. The period helps to work out the problem without consciously thinking about it. The incubation period appears to be non-fruitful.
- iii. **Illumination** - After incubation, suddenly the correct solution appears to the person, due to which he/she experiences excitement. It seems that a solution has fallen into place.
- iv. **Verification** - The new solution may need to be evaluated a number of times. In most cases, minor changes will be required but sometimes it may demand a major overhaul of the entire process.
For e.g., A teacher asks the students to think of unusual uses for a bottle.
The students will begin brainstorming.
The students will come up with many uses e.g., to store liquids, to hold plants, etc. But these are not unusual uses. They will give up and focus on something else.

The students will suddenly find novel uses for the bottle e.g., juggling, etc.
The students will verify these solutions with their teacher.

6. (c) Explain the basic emotion:

- a. Happiness
- b. Sadness
- c. Disgust
- d. Surprise

Explain the basic emotions given by Paul Ekman -

Points:

- i. Happiness
- ii. Sadness
- iii. Anger
- iv. Fear

Solution

Emotions can be defined as a combination of bodily arousal, expressive behaviour, thoughts, and feelings. Paul Ekman has suggested six basic emotions.

- a. **Happiness:** It is the most positive emotion that we all experience and it is also associated with satisfaction, contentment, and joy. It is closely associated with psychological well-being, health, and longevity.
- b. **Sadness:** It is characterized by feeling like disappointment, grief, and happiness. Prolonged sadness leads to depression. So certain coping strategies should be used to deal with sadness so that an individual can become more emotionally stable.
- c. **Disgust:** It is a reaction to an unwanted stimulus, such as reading about gang rape in the news. In general, when something tastes or smells bad, disgust is a common response.
- d. **Surprise:** It is connected to a physiological state of reaction following an unanticipated event. Astonishment can be a good thing, a bad thing, or neutral. like when a teacher surprises you with a test or when you unexpectedly run into your best friend from school.
- e. **Anger:** Sameer will experience anger due to the disagreement with his friend. Anger is a very powerful emotion which includes hostility, agitation and frustration. Anger is often displayed through- facial expressions, body language, tone of voice and aggressive behavior. Anger is a two sided sword which can be good as well bad.
- f. **Fear:** Sumi will experience fear as she will be scared to tell her parents that she has failed in her exam. Fear is a powerful emotion which is closely related to

our survival from the evolutionary point of view. Fear is also associated with fight or flight response because fear could indicate a threat.

Q7. Answer any ONE of the following in 180 to 200 words :

7. (a) 1. What is Schizophrenia?

Solution

In 1911, a Swiss psychologist, Paul Eugene Bleuler used the term Schizophrenia for the first time. The term Schizophrenia is made from two terms, Schizein (which means split) and Phren (which means mind). So, the term Schizophrenia means split mind. This disorder is not easily seen among children, but mainly starts in adolescence young adulthood. In comparison to females, it is found more frequently among males. Schizophrenia is a major disorder involving delusions, hallucinations and disintegration of language, thoughts, emotions and behaviour.

7. (a) 2. Describe the major symptoms of Schizophrenia.

Solution

1. **Positive symptoms:** These behaviours are an excess or an addition to the normal thoughts or behaviours of an individual. It includes:
 - a. **Hallucinations:** Hallucination is false perceptions in the absence of a stimulus. It can be auditory, visual, tactile, olfactory, or gustatory or may be related to internal sensations of the body.
 - b. **Delusions:** Delusion occurs when an individual has a belief which is false but he is not ready to change it in spite of clear contrary evidence.
 - c. **Disorganised speech and loosening of association:** A person's talk is unrelated, i.e., he may use useless words or may jump from one point to another which has no connection to the first.
 - d. **Disorganised behaviour (Bizarre movements):** A person behaves in a very strange manner, i.e. doing the same act for hours together, screaming without reason, running here and there without purpose, attacking or biting someone, undressing clothes in public places, etc.
 - e. **Incongruent affect:** Emotions expressed by a person do not match the situation. e.g. he cries on happy occasions and laughs on sad occasions.

2. **Negative symptoms:** Negative symptoms lead to low levels of functioning and so the quality of the life deteriorates. Generally negative symptoms of schizophrenia does not improve much with treatment. They are:
- a. Diminished emotional expression
 - b. Lack of initiative or enthusiasm
 - c. Diminished and reduced speech
 - d. Anhedonia (no experience of deep positive emotions)
 - e. Asocial
 - f. Apathy

Sometimes both positive as well as negative symptoms can be seen in schizophrenia patients. If positive symptoms are seen for one month or longer or if negative symptoms are seen for more than six months, the person is diagnosed having schizophrenia.

7. (b) Explain meaning, importance and types of resilience.

Solution

The process of responding well to adversity, trauma, tragedy, threats, or severe causes of stress, such as family and relationship concerns, serious health conditions, or employment and financial stressors, is known as resilience, according to the American Psychological Association. There are various strategies that people might employ when faced with a challenging circumstance.

They might respond angrily and see themselves as the victims, they might crumble under the weight of negative emotions, making them more susceptible to physical or mental illnesses, or they might just feel irritated about it. They actively work to achieve their objectives rather than passively waiting for things to happen. They overcome these challenges in ways that promote strength and development.

Even in times of emotional distress or sadness, their mental approach enables them to deal with these feelings and recover. They come back even more powerful than before. They are strong, resilient people. Resilience is too important in our daily lives. It enables us to bounce back from setbacks and continue living. People with poor levels of resilience frequently become overwhelmed by difficulties and go through emotional anguish.

They may feel resentful, angry, or anxious about life and lack confidence in their skills. In contrast, people with high levels of resilience bounce back from setbacks and regain their self-assurance to carry on with their lives, retaining their psychological well-being and pleasant feelings.

Resilience can be built using seven key components. These include competence, self-assurance, interpersonal relationships, character a strong sense of self-worth contribution to psychological well-being, effective stress management, readiness to meet life's challenges, and control over the results of his decisions and actions. He also is aware of his capacity to recover.

There are four different types of resilience: community, psychological, emotional, and physical.

1. **Psychological Resilience:** It refers to the ability to mentally withstand or adapt to uncertainty, challenges and diversity. People who show psychological resilience develop coping strategies and capabilities that enable them to remain calm and focused during stressful situations and move on without prolonged negative consequences.
2. **Emotional Resilience:** It refers to the ability to cope emotionally with stress and adversity. A person with emotional resilience is able to control their emotions by making sensible use of both internal and external resources.
3. **Physical Resilience:** It is the body's ability to adapt to challenges, maintain the stamina and strength and recover quickly and efficiently. It's a person's ability to function and recover when faced with illness, accidents or other physical demands.
4. **Community Resilience:** It refers to ability of groups of people to respond to and recover from adverse situations such as natural disasters, acts of violence, economic hardship and other challenges to their community.