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# PSYCHOLOGY

**N-222**

**Chapter wise Reference Book  
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*Based on*

**N.I.O.S. Class – X**  
National Institute of Open Schooling

*By : Kshyama Sagar Meher*



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# PSYCHOLOGY

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***Based on: NATIONAL INSTITUTE OF OPEN SCHOOLING – X***

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### BIFURCATION OF SYLLABUS

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# **Sample Preview of the Solved Sample Question Papers**

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# Solved Sample Paper - 1

Based on NIOS (National Institute of Open Schooling)

## Psychology - X

N-222

Time : 3 Hours ]

[ Maximum Marks : 100

**Note:** (i) This question paper consists of 48 questions in all. (ii) All questions are compulsory. (iii) Marks are given against each question. (iv) **Section A** consists of—(a) Q. No. 1 to 20 – Multiple Choice type Questions (MCQs) carrying 1 mark each. Select and write the most appropriate option out of the four options given in each of these questions. An internal choice has been provided in some of these questions. You have to attempt only one of the given choices in such questions. (b) Q. No. 21 to 32 – Objective type questions. Q. No. 21 to 29 carry 2 marks each (with 2 sub-parts of 1 mark each) and Q. No. 30 to 32 carried 4 marks each (with 4 sub-parts of 1 marks each). Attempt these questions as per the instructions given for each of the questions 21-32. (v) **Section B** consists of—(a) Q. No. 33 to 38 Very Short Answer type questions carrying 2 marks each to be answered in the range of 30 to 50 words. (b) Q. No. 39 to 44 – Short Answer type questions carrying 3 marks each to be answered in the range of 50 to 80 words. (c) Q. No. 45 to 48 – Long Answer type questions carrying 5 marks each to be answered in the range of 80 to 120 words.

### SECTION-A

**Q. No. 1 to 20 are MCQs of 1 mark each.**

**Internal choices have been given wherever necessary.**

**Q. 1. This includes awareness about oneself of an individual.**

- (a) Self-concept (b) Self-esteem  
(c) Self-control (d) Self-efficacy

**Ans. (a) Self-concept.**

**Q. 2. Identify the kind of food we should have during winter season.**

- (a) Light food with less oil  
(b) Food with astringent, acidic  
(c) Fruit, Juice, Rice, Curry and beans  
(d) Sweet and salty

**Ans. (b) Food with astringent, acidic.**

**Q. 3. Identify this extra sensory perception ability, to predict or perceive accurately future events.**

- (a) Clairvoyance (b) Pre-cognition  
(c) Psycho-kinesis (d) Depth perception

**Ans. (b) Pre-cognition.**

**Q. 4. This disorder is characterised by sadness, lack of interest, disturbance in sleep, poor appetite, helplessness etc.**

- (a) Autism (b) Phobia  
(c) Depression (d) Panic disorder

**Ans. (c) Depression.**

**Q. 5. This disorder is characterised by physical symptoms that do not have any identifiable biological causes.**

- (a) Autism (b) Somatoform  
(c) Psychosomatic (d) Depression

**Ans. (b) Somatoform.**

**Q. 6. In an organisation high productivity is an intended objective. This is example of \_\_\_\_\_ process.**

- (a) Environment (b) Transformation  
(c) Input (d) Output

**Ans. (d) Output.**

**Q. 7. Reading, Speaking, Writing and Listening are example of \_\_\_\_\_.**

- (a) Verbal communication  
(b) Non-verbal communication  
(c) Haptics  
(d) Gaze

**Ans. (a) Verbal communication.**

**Q. 8. This is one of the characteristics of concrete operational stage.**

- (a) Symbolic function  
(b) Understanding of logical principles  
(c) Egocentrism  
(d) Concentration

**Ans. (b) Understanding of logical principles.**

**Q. 9. A psychologist wants to study the opinion and attitude of people towards a new product launched in the market. Which psychological tool the psychologist is most likely to use?**

- (a) Survey (c) Case study  
(b) Psychological test (d) Interview

**Ans. (a) Survey.**

**Q. 10. This feature of effective communication ensures minimum misunderstanding of words, phrases, idioms and proverbs.**

- (a) Common frame of reference  
(b) Mutual interest  
(c) Common language  
(d) Common environment

**Ans. (c) Common language.**

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**Q. 11. (i) If mental age is greater than chronological age, then IQ will be**

- (a) 100 (b) above 100  
(c) below 100 (d) below 70

**Ans. (b) above 100.**

**OR**

**(ii) A five year old child's mental age is 5, then his IQ will be**

- (a) 100 (c) below 100  
(b) above 100 (d) below 70

**Ans. (a) 100.**

**Q. 12. (i) In Upanishads the 'Self', the 'Atman' or the 'Consciousness' is considered as the real core of:**

- (a) Intelligence (b) Personality  
(c) Creativity (d) Interest

**Ans. (b) Personality.**

**OR**

**(ii) This is the outermost sheath of Panch koshas.**

- (a) Annamaya Kosha (b) Pranamaya Kosha  
(c) Manomaya Kosha (d) Anandamaya Kosha

**Ans. (a) Annamaya Kosha.**

**Q. 13. (i) Operant conditioning is based on—**

- (a) Observation  
(b) Association  
(c) Reward & Punishment  
(d) Modelling

**Ans. (c) Reward & Punishment.**

**OR**

**(ii) Operant conditioning is also known as—**

- (a) Aversive conditioning  
(b) Instrumental conditioning  
(c) Forward conditioning  
(d) Backward conditioning

**Ans. (b) Instrumental conditioning.**

**Q. 14. (i) This approach talks about psychological processes, unconscious libidinal energy to understand.**

- (a) Biological (b) Psychoanalytic  
(c) Humanistic (d) Behavioural

**Ans. (a) Biological.**

**OR**

**(ii) This approach assumes that a person is an active and self-actualizing agent and has choice for behaviour.**

- (a) Biological (b) Psychoanalytic  
(c) Humanistic (d) Behavioural

**Ans. (c) Humanistic.**

**Q. 15. (i) This is defined as a relatively durable change in behaviour due to experience.**

- (a) Sensation (b) Perception  
(c) Learning (d) Attention

**Ans. (c) Learning.**

**OR**

**(ii) Crawling, standing and walking activities are considered as—**

- (a) Maturation (b) Perception  
(c) Learning (d) Attention

**Ans. (a) Maturation.**

**Q. 16. (i) Identify the gross motor skill.**

- (a) Crawling (b) Grasping  
(c) Pinching (d) Writing

**Ans. (a) Crawling.**

**OR**

**(ii) Identify fine motor skill.**

- (a) Crawling (b) Standing  
(c) Pinching (d) Walking

**Ans. (c) Pinching.**

**Q. 17. (i) Amit often displays negative feelings and attitude about others, then he is displaying the characteristics of \_\_\_\_\_.**

- (a) Mental hygiene (b) Mental ill-health  
(c) Mental wellness (d) Any disorder

**Ans. (b) Mental ill-health.**

**OR**

**(ii) This is a broad term which includes all behavioural problems caused by faulty perception, emotion, thinking and attitude.**

- (a) Mental health (b) Mental hygiene  
(c) Mental well-being (d) Mental illness

**Ans. (a) Mental health.**

**Q. 18. (i) Identify the component/components of an attitude.**

- (a) Thinking (b) Feeling  
(c) Behaving (d) All of the above

**Ans. (d) All of the above.**

**OR**

**(ii) Sunil cares about green environment. When he sees trees being cut, he feels bad. He himself has planted many trees. Which component of attitude towards environment is present here?**

- (a) Thinking (b) Feeling  
(c) Behaving (d) All of the above

**Ans. (d) All of the above.**

**Q. 19. (i) Liking or doing any activity for some reward or money implies**

- (a) Intelligence (b) Ability  
(c) Extrinsic interest (d) Intrinsic interest

**Ans. (c) Extrinsic interest.**

**OR**

**(ii) This refers to the innate capacity to act and helps in the solution of problem.**

- (a) Creativity (b) Ability  
(c) Extrinsic interest (d) Intrinsic interest

**Ans. (a) Creativity.**

**Q. 20. (i) This refers to the sum total of all that a person is aware about self.**

- (a) Self-concept (b) Self-esteem  
(c) Self-efficacy (d) Self-regulation

**Ans. (a) Self-concept.**

**(ii) This refers to the evaluative component of self.**

- (a) Self concept (b) Self-esteem  
(c) Self-efficacy (d) Self-regulation

**Ans. (b) Self-esteem.**

**Q. 21. Identify the disorder (Attempt any two):**

**(i) In this disorder several distinct personality emerge in the same individual a different time.**

**Ans. Dissociative Identity Disorder (DID).**

**(ii) This disorder is characterized by hallucination and delusions.**

**Ans. Schizophrenia.**

**(iii) In this disorder, an individual persistently becomes fearful, apprehensive and anxious without any appropriate reason.**

**Ans. Generalized Anxiety Disorder (GAD).**

# **Sample Preview of The Chapter**

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# PSYCHOLOGY

Based on **NATIONAL INSTITUTE OF OPEN SCHOOLING – X**

## MODULE-I FOUNDATIONS OF PSYCHOLOGY



### An Introduction to Psychology

#### SUMMARY

Psychology can be defined as a systematic and scientific study of mental processes, experiences and behaviours. It covers the aspects of experiences, mental processes and behaviours. Such a study was there during *Vedic* and *Upanishadic* period in ancient India. Later on the schools of Yoga, Vedant, Samkhya, Nyaya, Jainism and Buddhism include mind, mental processes and ways to control mind. In modern time, it was introduced in 1916 when the Department of Psychology was set up at Calcutta University. In the western countries, it was introduced as a discipline in 1879 at the University of Leipzig in Germany.

*Psychology* studies various human experiences including dream, conscious experiences and experiences when the consciousness is changed through meditation or use of drugs. It covers various mental processes such as learning, thinking and remembering. It covers a broad range of behaviours. It may be simple reflexes like smiling, common response patterns like talking to friends, verbal reports about feelings and internal states and complex behaviours like playing music and addressing people.

Psychology studies human beings across the life span and tries to explore mental processes to facilitate achieving a better quality of life.

It covers a wide range of issues on mental and behavioural functioning of a person. With this we understand human nature and deal with various personal and social problems. The study about human beings

begins with the functioning of biological systems especially the nervous system. Psychology studies the functions of various parts of brain which regulate our feelings, emotions and thinking under central nervous system. Hormones and neurotransmitters play an important role in determining our behaviour in autonomic nervous system. Besides, *psychology studies* interaction between a given socio-cultural environment and innate biological, intellectual and social attributes of the child and how healthy development of the child is facilitated.

Under the domain of higher mental processes or cognition within psychology, we study about attention, perception, memory and thinking. We process information with attention and perception. We register, retain and retrieve information by memory. We manipulate and improve the stored information with thinking.

Psychology helps us to understand the processes involved in reaching this high level of accomplishment. An understanding of individual differences facilitates the psychologist to select right person for the right job and to provide guidance and counselling for various matters of personal as well as professional concern. The understanding of individual differences also helps the psychologist to differentiate between normative (customary, accepted) and abnormal (deviant, unusual) behaviours.

*Psychological processes* influence a particular behaviour of an individual. Understanding psycho-



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logical processes is thus important for psychologists to understand human behaviour. The psychological processes are sensation, attention, perception, learning, memory and thinking.

As a field of enquiry, Psychology has grown in many directions in the last a hundred years. A number of specialized fields have developed. These areas are important in our daily life. Some of these fields are Abnormal Psychology, Cognitive Psychology, Clinical and Counselling Psychology, Educational Psychology, Environmental Psychology, Health Psychology and Organizational Psychology.

Some new areas that have emerged are military psychology, sports psychology, aviation psychology, forensic psychology, political psychology, feminist psychology, positive psychology, peace psychology and neuro psychology.

**INTEXT QUESTION 1.1**\_\_\_\_\_

**Q. 1. Fill in the blanks:**

- (a) The word 'psychology' has its origin in two Greek words ..... and .....
- (b) The main unit of investigation in psychology is the individual .....
- (c) Wilhelm Wundt established the first experimental ..... at the University of Leipzig, in Germany.
- (d) Psychology is the study of ....., ..... and .....

**Ans.** 1. Psyche, logos, 2. Human being, 3. Laboratory and 4. Experiences, mental processes, behaviours.

**INTEXT QUESTION 1.2**\_\_\_\_\_

**Q. 1. State whether the following statements are True or False:**

- (a) In learning we acquire new skills through training and experience.
- (b) In sensation stimuli are stored in the brain.
- (c) In thinking we use stored knowledge to solve various tasks.
- (d) In attention we attend to all the stimuli present in the environment.

**Ans.** 1. True, 2. False, 3. True, 4. False

**INTEXT QUESTION 1.3**\_\_\_\_\_

**Q. 1. Describe any two fields of psychology and indicate their applications.**

**Ans.** (i) Cognitive psychology is the branch of psychology that studies mental processes including how people think, perceive, remember and learn. The core focus of cognitive psychology is on how people acquire,

process and store information. There are numerous practical applications for cognitive research, such as improving memory, increasing decision-making accuracy and structuring educational curricula to enhance learning.

(ii) Environmental psychology deals with the interplay between humans and their surroundings. The field defines the term environment broadly, encompassing natural environments, social settings, built environments, learning environments and informational environments. It focuses on the impact of noise, heat, humidity, pollution and crowding on human performance. It studies on the impact of physical environment on psychological health of individuals. Environmental psychology is oriented towards influencing the work of design professionals and thereby improving the human environment.

**TERMINAL QUESTIONS**\_\_\_\_\_

**Q. 1. Define Psychology. With the help of examples explain the different components of this definition.**

**Ans.** Psychology is a systematic and scientific study of mental processes, experiences and behaviours. The followings are the components which collectively define psychology:

**Study of experience:** Psychology deals with various human experiences. It understands the personal world of an individual after analyzing his various experiences. There are experiences of dream, conscious experiences and experiences when the consciousness changes due to the use of psychedelics drugs.

**Study of mental processes:** It deals with various mental processes such as perception, thinking, learning and remembering. These processes are non-physiological and cannot be directly observed. It can be inferred from the behavioural activities of a person. For example, if an individual shows certain activities related to finding solution to a mathematical problem, we say he is thinking.

**Study of behaviour:** It studies a broad range of behaviours ranging from simple reflexes like smiling, talking to friends and complex behaviours like handling computers, playing music and addressing people. When an individual responds to a stimulus in a situation, he shows these behaviours verbally or non-verbally.

**Q. 2. Explain the various Psychological Processes which influence Human Behaviour. Support your answer with relevant examples.**

**Ans.** Various psychological processes which influence human behaviours are sensation, attention, perception, learning, memory and thinking.

- (i) Sensation is our awareness about various stimuli which we encounter in different modalities such as hearing, vision, touch and taste. For example, when somebody touches us we sense that. The person who touches us is the stimuli and the feeling of the touch that we get is the sensation.
- (ii) Attention is focusing on a particular stimulus among many stimuli. For example, suppose you are reading a book and your parents are talking, some children were playing, your focus is on the words that are there in the book and you ignore the other stimuli present in the classroom, such as the talks of your parents and the noise made by the fan.
- (iii) Perception is the processing of information and understand the meaning of the stimuli provided to us. For example, we saw an elephant and we recognize it. It happens because of perception.
- (iv) Learning is acquiring new knowledge and skills through practice and experience. The acquired knowledge and skills further bring a change in our behaviour. It facilitates adjustment in varied settings.
- (v) Memory is the processing of information that we learn and stored in the memory system. It helps us to retrieve the stored information when it is required.
- (vi) Thinking is using stored knowledge to solve various tasks. We connect various objects in our mind and take a logical decision for a given problem. For example, you are solving a mathematical problem. You will think about how to solve it. In the process you will connect to the formula and various factors in the problem.
- (ii) Abnormal psychology deals with psychopathology and abnormal behaviour. It covers a broad range of disorders, from depression to obsession-compulsion to sexual deviation. Counsellors, clinical psychologists and psychotherapists often work directly in this field. It also deals with various categories of psychological disorders which affect the mental health of the individual. It assesses abnormality and suggests problem specific treatment.
- (iii) Educational psychology involves the study of how people learn, including topics such as student outcomes. It involves not just the learning process of early childhood and adolescence, but includes the social, emotional and cognitive processes that are involved in learning throughout the entire lifespan.
- (iv) Organizational psychology applies psychological theories and principles to organizations. It focuses on increasing workplace productivity and related issues such as the physical and mental well being of employees. Organizational psychologists perform a wide variety of tasks, including studying worker attitudes and behaviour, evaluating companies, and conducting leadership training. The overall goal of this field is to study and understand human behaviour in the workplace.

Educational psychology is very interesting. It focuses on the role of various factors which influence learning processes in classroom setting. It focuses on assessing the aptitude, skills and intellectual capacity of the students and evaluating their performance. An educational psychologist helps students to overcome learning difficulties.

### ADDITIONAL IMPORTANT QUESTIONS\_\_\_\_\_

**Q. 3. Describe four different fields of psychology. Which field of psychology interests you the most? Give reasons.**

**Ans.** Four different fields of psychology are discussed below:

- (i) Health psychology is a specialty area that focuses on how biology, psychology, behaviour and social factors influence health and illness. It focuses on promoting health as well as the prevention and treatment of disease and illness. Health psychologists also focus on understanding how people react, cope and recover from illness. Some health psychologists work to improve the health care system and the government's approach to health care policy.

**Q. 1. Discuss the Scope of Psychology.**

**Ans.** Psychology is a systematic and scientific study of mental processes, experiences and behaviours. It signifies the scientific study of the human mind and mental states, and of human behaviour. It seeks to predict and control the behaviours while finding out the causes through observation and reasoning process. The sole purpose of psychology is to know and understand why people behave the way they do. The domain of psychology has emerged as one of the important disciplines while widening its scopes and being applicable to different fields of human endeavours, such as, employment, industries, education, personality development and being one of its popular branches, to the treatment of mental and emotional problems.

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**Q. 2. What is the difference between Sensation and Perception?**

**Ans.** Sensation is our awareness about various stimuli which we face in different modalities such as vision, hearing, touch and taste, whereas perception is the processing of information and making out the meaning of the stimuli available to us. For example, when we touch a piece of wood, we sense that it is hard. It happens because of our sensation. When we saw the piece of wood and recognize it as an object used for making furniture that is perception. The goal of sensation is detection, while the objective of perception is to create useful information of the surroundings. Sensation is the first stage in the functioning of senses to represent stimuli from the environment, whereas perception is a higher brain function about interpreting events and objects in the world.

**Q. 3. What is Attention?**

**Ans.** Attention refers focusing on a particular stimulus among many stimuli available to us. There are numerous sights, sounds and sensations going on around you – the pressure of your feet against the floor, the sight of the street out of a nearby window, the soft warmth of your shirt, the memory of a conversation you had earlier with a friend, but we still focus on just one element of our environment. It happens because of attention. Thus, attention is the taking possession of the mind, in clear and vivid form, of one out of what may seem several simultaneously possible objects or trains of thoughts. It implies withdrawal from some things in order to deal effectively with others.

**Q. 4. What is Learning?**

**Ans.** Learning is often defined as a relatively lasting change in behaviour that is the result of experience. It helps us acquiring new knowledge and skills through experience and practice. The acquired skills bring a change in our behaviour and facilitate our adjustment in varied settings. For example, we learn riding a bicycle and applying skills to solve various mathematical problems.

**Q. 5. What is Memory?**

**Ans.** Memory is the processes that are used to acquire, store, retain and later retrieve information when it is required for use. Writing the answers in the examination after studying for the paper is an example of memory.

**Q. 6. What is Thinking?**

**Ans.** Thinking is using our stored knowledge to solve various tasks. It is logically establishing the relationships among various objects in our mind and

taking rational decision for a given problem. It also means evaluating different events of the environment and accordingly form an opinion.

**Q. 7. Psychology deals with various categories of Psychological Disorders which affect the Mental Health of the individual. Explain.**

**Ans.** Psychology deals with various categories of psychological disorders which affect the mental health of the individual. This branch of psychology is called abnormal psychology. It tries to describe, assess, predict and control those categories of behaviours which are considered as unusual and non-normative. It assesses abnormality in the individual through standardized psycho-diagnostic tools and suggests problem specific treatment.

**Q. 8. What do you understand by Educational Psychology?**

**Ans.** Educational psychology is concerned with learning, schools, teaching psychology, educational issues and student concerns. Educational psychologists often study how students learn or work directly with students, parents, teachers and administrators to improve student outcomes. It involves the study of how people learn, including topics such as student outcomes, the instructional process, individual differences in learning, gifted learners and learning disabilities. It involves not just the learning process of early childhood and adolescence, but includes the social, emotional and cognitive processes that are involved in learning throughout the entire lifespan. The field of educational psychology incorporates a number of other disciplines, including developmental psychology, behavioural psychology and cognitive psychology.

**Q. 9. What is the importance of Forensic Psychology?**

**Ans.** Forensic psychology deals with issues related to psychology and the law. Forensic psychologists perform a wide variety of duties, including providing testimony in court cases, assessing children in suspected child abuse cases, preparing children to give testimony and evaluating the mental competence of criminal suspects. Forensic psychologists definitely play an important role in the criminal justice system. For example, a forensic psychologist might provide mental health services such as assessment, diagnosis and treatment to individuals who have come into contact with the criminal justice system.

**Q. 10. Psychology is a Study of experience. Explain.**

**Ans.** Psychology covers different human experiences. It covers a person's personal world after