

# **CAREERS 360**

## **PRACTICE** **Series**

### **CUET UG – 2025**

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# **Psychology**

# **PYQs**

**(Previous Year Paper With Detailed Solutions)**



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## OTHER USEFUL RESOURCES - 30

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# *a Note for the* **STUDENTS**

**Dear Candidate,**

**T**he keys to success in any entrance exam are perseverance, dedication, and focused effort. These components clear the path to success when combined with an extensive ebook. We at Careers360 firmly stand by this idea, which is why we have created a unique CUET UG Psychology MCQ ebook designed to maximize CUET UG Psychology 2024 preparation. Written and edited by seasoned Psychology specialists with a wealth of knowledge, this ebook with PYQs provides thorough justifications for every multiple-choice question in an understandable format, making it suitable for applicants with varying degrees of Psychological expertise. We are confident that this resource provides enough practice to sufficiently get candidates ready for the test.

In the CUET UG Psychology examination, the syllabus prescribed by the National Testing Agency (NTA) is divided into three sections, Section 1 (Languages I and II), Section 2 (Domain), and Section 3 (General Test). A total of 50 questions are asked in the CUET Psychology examination and the candidate must answer 40 questions. While 5 marks are awarded for each right answer, 1 mark is deducted for each incorrect response. The maximum mark of the CUET UG Psychology examination is 200.

This ebook provides comprehensive solutions to all the previous year's CUET UG Psychology questions. It covers the whole course, from Variation in Psychological Attributes to Developing Psychological Skills. Additionally, it gives candidates insight into the exam pattern and syllabus by adhering to the criteria and syllabus set by the National Testing Agency (NTA) for the CUET UG Psychology 2024 examination.

We are confident that this ebook will prove to be essential during your CUET UG Psychology preparation.

**We hope you have the best possible luck in CUET UG Psychology 2024.**

**Team Careers360**

# ABOUT THE EBOOK

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Using this ebook, the candidate can review the previous year's questions from the following topics.

**Chapter 1: Variation in Psychological Attributes:** This chapter delves into important questions surrounding individual differences in human functioning, assessment of psychological attributes, intelligence and its various aspects, and special abilities like aptitude, creativity, and emotional intelligence are discussed in detail.

**Chapter 2: Self and Personality:** This chapter explores key questions about concepts such as self-esteem, self-efficacy, and self-regulation, major approaches to personality assessment, and assessment methods including self-report measures and projective measures are explored comprehensively.

**Chapter 3: Meeting Life Challenges:** Essential questions related to the nature, types, and sources of stress, effects of stress on psychological functioning and health, coping strategies, and promoting positive well-being are addressed in detail.

**Chapter 4: Psychological Disorders:** Central questions regarding concepts of abnormality, classification of disorders, factors underlying abnormal behaviour, and major psychological disorders such as anxiety, somatic, dissociative, mood, schizophrenic, developmental, and behavioural-substance use-related disorders are explored thoroughly.

**Chapter 5: Therapeutic Approaches:** Fundamental questions about the nature and process of therapy, types of therapies including psychodynamic, humanistic, cognitive, and biomedical, alternative therapies and rehabilitation of the mentally ill are discussed comprehensively.

**Chapter 6: Attitude and Social Cognition:** Key questions about the formation and change of attitudes, social cognition, behaviour in social contexts, strategies for handling prejudice, and promoting pro-social behaviour are explored in detail.

**Chapter 7: Social Influence and Group Processes:** Important questions related to social influence dynamics, group functions, conformity, obedience, compliance, cooperation, competition,

group influence on individual behaviour, intergroup conflicts, and conflict resolution strategies are addressed comprehensively.

**Chapter 8: Psychology and Life:** Essential questions about the application of psychological understanding to social issues, human-environment relationships, environmental effects on behaviour, psychology and social concerns including aggression, discrimination, and television impact are discussed thoroughly.

**Chapter 9: Developing Psychological Skills:** Central questions regarding effective psychological and interpersonal skills such as observation, interviewing, testing, counselling, and communication skills are explored comprehensively.

CAREERS 360

# CUET PSYCHOLOGY QUESTION PAPER AND SOLUTION

## Q1.

According to Freud, which element of personality does not care for moral values, society or other individuals?

- (1) Super ego
- (2) Ego
- (3) Id
- (4) Libido

- A: 1
- B: 2
- C: 3
- D: 4

### Correct Option - C

**Solution** -According to Sigmund Freud's psychoanalytic theory, defines the human personality as being made up of three main parts:

1. the Id
2. the Ego
3. the Superego

So the id is a part of the personality that doesn't care about morality society or other people.

## Q2.

### Match List - I with List - II.

#### List - I

- (A) Self-Efficacy
- (B) Real Self
- (C) Self-Report measure
- (D) Self-Actualization

#### List - II

- (I) Cattell
- (II) Maslow
- (III) Bandura
- (IV) Rogers

Choose the correct answer from the options given below :

- (1) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)
- (2) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)
- (3) (A) - (IV), (B) - (II), (C) - (I), (D) - (III)
- (4) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)

- A: 1
- B: 2
- C: 3
- D: 4

### Correct Option - D

**Solution -**

1. Bandura (1977) coined the term "self-efficacy" and argued that self-efficacy and outcome expectations are essential for initiating and sustaining behaviour.
2. Carl Roger is the originator of the Real Self Theory.
3. Abraham Maslow is credited with popularising the idea of self-actualization.
4. The self-report measure is given by Maslow.

**Q3.**

Street Smartness' is a part of :

- (1) Multiple Intelligence
- (2) Contextual Intelligence
- (3) Experiential Intelligence
- (4) Componential Intelligence

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - B**

**Solution** - Contextual intelligence, also known as street smartness or situational smartness, is the ability to manage the business of day-to-day life. Contextual intelligence is part of Sternberg's Triarchic theory. People who have high levels of contextual intelligence stay practical and grounded in their lives.

**Q4.**

The important ideas proposed by Carl Rogers and Abraham Maslow are :

- (A) People have a tendency to maximise self concept through self actualisation.
- (B) There is a collective unconscious consisting of archetypes
- (C) Behaviour is goal directed and worthwhile people try to express capabilities, potentials and talents to the fullest possible extent.
- (D) An atmosphere of unconditional positive regard must be created in order to ensure enhancement of one's self concept.
- (E) Human beings display a wide range of variations in psychological attributes (and it is possible)

Choose the correct answer from the options given below :

- (1) (A), (B), (D) only
- (2) (B), (C), (E) only
- (3) (A), (D), (E) only
- (4) (A), (C), (D) only

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - D**

**Solution** - According to Rogers, everyone has an ideal self. A person's ideal self is the person they want to be. When the ideal self and the real self are in harmony, the person is happy. When the real self is not in harmony with the ideal self, the person is unhappy. Rogers' fundamental principle is that people tend to maximise their self-concept through self-actualisation.

**Q5.**

The clinical psychologist assessed person B's personality using a test based on less structured stimuli. The test helped to assess his unconscious motives and feelings. Identify the test used by the psychologist.

- (1) Self report measure
- (2) Projective Technique
- (3) Behavioural Analysis
- (4) Psychometric test

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - B**

**Solution** - Projective methods were designed to evaluate implicit motivations and feelings. These methods are based on the idea that an unstructured or less structured stimulus or situation will cause the person to project their feelings, wants, and needs onto that stimulus or situation.

**Q6.**

In \_\_\_\_\_ a person defends against anxiety by adopting behaviours opposite to her/his true feelings.

- (1) Projection
- (2) Reaction formation
- (3) Rationalisation
- (4) Regression

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - B**

**Solution** - In reaction formation, you protect yourself from anxiety by acting in ways that contradict your true feelings. Reaction formation is a way of defending yourself from anxiety. It involves acting in ways that conflict with your true feelings. For example, you may express exaggerated or overly exaggerated attitudes or behaviours.

**Q7.**

\_\_\_\_\_ has been found extremely useful in career guidance, vocational exploration and occupational testing.

- (1) Minnesota Multiphasic Personality Inventory
- (2) Eysenck Personality Questionnaire
- (3) Sixteen Personality factor Questionnaire
- (4) Sentence Completion Test

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - C**

**Solution** - The Sixteen Personality Factor Questionnaire (16PF) can be used by high school students and adults alike. It has proven to be very effective in career counselling, job searching, and testing.

**Q8.**

\_\_\_\_\_ refers to our ability to organise and monitor our own behaviour.

- (1) Self efficacy
- (2) Self esteem
- (3) Self concept
- (4) Self regulation

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - D**

**Solution** - Self-regulation is our capacity to regulate and control our behaviour. Specifically, self-regulation is the conscious effort of the self to modify its states and reactions, such as behaviour, thoughts, urges or appetites, feelings, and task performance.

**Q9.**

A child is going through a tough time and is facing problems in school. He decides to discuss the same with the school counselor so that he can vent out his feelings. Identify the type of coping response in this.

- (1) Avoidance oriented
- (2) Emotion oriented
- (3) Task oriented
- (4) Relaxation

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - D**

**Solution** - The child's coping mechanism in this situation is relaxation-focused coping. Relaxation-focused coping involves using relaxation strategies or activities to reduce stress and feelings of anxiety. This includes things like taking deep breaths, meditating, or seeking help from a counsellor or therapist.

**Q10.**

Social support in the form of assistance involving material aid such as money or goods, is known as support.

- (1) Emotional
- (2) Positive
- (3) Tangible
- (4) Informational

- A: 1
- B: 2
- C: 3

D: 4

**Correct Option - C**

**Solution** - Tangible aid refers to the use of tangible resources, financial aid, or physical goods to assist someone in a challenging situation. Tangible aid involves practical aid that can be seen or measured.

**Q11.**

Radhika wants to do everything perfectly. Everytime this expectation leads to disappointment and stress. Thus, the source of her psychological stress is

- (1) Frustration
- (2) Conflict
- (3) Internal Pressure
- (4) Social Pressure

A: 1

B: 2

C: 3

D: 4

**Correct Option - C**

**Solution** - Internal pressure is what causes Radhika's psychological stress. Internal pressure comes from our beliefs based on expectations that come from inside us. For example, we believe that 'I have to do everything right'. This kind of expectation only leads to disappointment.

**Q12.**

**Match List - I with List - II.**

List - I

List - II

- |                          |   |
|--------------------------|---|
| (A) Emotional effect     | (I) Increased heart rate, constriction of blood vessels |
| (B) Physiological effect | (II) Mood swing, increased psychological tension        |
| (C) Cognitive effect     | (III) Disrupted sleep pattern, increased absenteeism    |
| (D) Behavioural effect   | (IV) Poor concentration, reduced short term memory      |

Choose the correct answer from the options given below :

- (1) (A) - (III), (B) - (II), (C) - (I), (D) - (IV)
- (2) (A) - (IV), (B) - (I), (C) - (III), (D) - (II)
- (3) (A) - (II), (B) - (I), (C) - (IV), (D) - (III)
- (4) (A) - (I), (B) - (IV), (C) - (III), (D) - (II)

A: 1

B: 2

C: 3

D: 4

**Correct Option - C**

**Solution -**

1. Emotional effect: People with stress are more likely to have mood swings and exhibit unpredictable behaviour that can cause them to feel isolated from loved ones.

2. Psychological effect: increased heart rate, constriction of blood vessels.
3. Cognitive effect: poor consonance level, reduced short-term memory capacity.
4. Behavioural effect; disrupted sleep pattern; increased absenteeism.

**Q13.**

Once the datesheet was announced, the students started paying attention and preparing for the examination. They made notes, took tests and attended coaching class neglecting their diet and sleep. As the examination approached students felt draining of bodily resources and falling sick indicates \_\_\_\_ stage of General Adaptations syndrome.

- (1) Exhaustion stage
- (2) Alarm reaction stage
- (3) Resistance stage
- (4) Adjourning stage

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - A**

**Solution** - The exhaustion stage occurs when the body is depleted of resources due to repeated exposure to the stressor(s) or additional stressors. Exhaustion is stage 3 of the general adaptation syndrome (GAS). It's the third and last stage of GAS.

**Q14.**

In which of the following disorders, children may fuss, screen, throw severe tantrums, or make suicidal gestures?

- (1) Obsessive compulsive and related disorder
- (2) Dissociative disorder
- (3) Separation anxiety disorder
- (4) Phobia

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - C**

**Solution** - The correct answer is separation anxiety disorder, which is a disorder in which a child may cry, shout, throw a tantrum, or make suicidal gestures. It is a condition in which an individual is excessively afraid or anxious about separation from a friend or family member.

**Q15.**

Dominating and bullying other without provocation is \_\_\_\_ type of aggression.

- (1) Verbal aggression
- (2) Proactive aggression
- (3) Physical aggression
- (4) Hostile aggression

- A: 1  
B: 2

- C: 3  
D: 4

**Correct Option - B**

**Solution** - Proactive aggression is a form of aggression in which an individual deliberately seeks to control or outmanoeuvre another person or group of people. This type of aggression is typically premeditated and intended to achieve a goal or gain power over another person.

**Q16.**

**Match List - I with List - II.**

List - I	List - II
(A) Alogia	(I) Lack of motivation to do the task
(B) Delusion	(II) Perception without stimuli
(C) Avolition	(III) False Belief
(D) Hallucination	(IV) Poverty of speech

Choose the correct answer from the options given below :

- (1) (A)-(II),(B)-(I),(C)-(III),(D)-(IV)  
 (2) (A) - (IV), (B) - (III), (C) - (I), (D) - (II)  
 (3) (A)-(I),(B)-(II),(C)-(IV),(D)-(III)  
 (4) (A) - (III), (B) - (IV), (C) - (II), (D) - (I)

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - B**

**Solution -**

1. Alogia is derived from the Greek word "alogia," meaning "speechlessness." It is a condition characterised by a lack of speech due to a cognitive impairment that affects language skills.
2. A delusion is a false, fixed belief that cannot be altered in the face of contradictory evidence.
3. Avolition is a term used to describe a marked decline in initiation, drive, and goal orientation.
4. A hallucination is an experience without external stimuli that has the characteristics of a real hallucination.

**Q17.**

Bulimia Nervosa is a/an\_\_\_\_\_

- (1) Depressive disorder  
 (2) Eating disorder  
 (3) Conduct disorder  
 (4) Anxiety disorder

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - B**

**Solution** - Bulimia nervosa is an eating disorder that is characterized by binge eating episodes that are followed by severe bouts of purging, which can be self-induced or caused by exercise, laxatives, or diuretics.

**Q18.**

Manjeet is inattentive, hyperactive and mostly impulsive. He is most likely to be diagnosed with \_\_\_\_\_

- (1) Specific Learning Disorder
- (2) Intellectual Deficiency
- (3) Autism Spectrum disorder
- (4) Attention deficit hyper activity disorder

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - D**

**Solution** - Manjeet is likely to get diagnosed with attention deficit hyperactivity disorder (ADHD). This disorder is characterised by attention deficit disorder (ADHD), hyperactivity disorder (hyperactivity), and impulsivity.

**Q19.**

**Match List - I with List - II.**

List - I

- (A) Positive symptoms of schizophrenia
- (B) Negative symptoms of schizophrenia
- (C) Inappropriate affect
- (D) Psychomotor symptoms of schizophrenia

List - II

- (I) Pathological deficits
- (II) Odd grimaces and gestures
- (III) Bizarre additions
- (IV) Emotion that are unsuited to the situation

Choose the correct answer from the options given below :

- (1) (A) - (I), (B) - (IV), (C) - (III), (D) - (II)
- (2) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)
- (3) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)
- (4) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - C**

**Solution -**

1. A positive symptom of schizophrenia includes hallucinations, deafening delusions, and bizarre or chaotic behaviour.
2. The negative signs of schizophrenia include the following: Pathological deficit Lack of response to treatment Low quality of life Functional outcome
3. An inappropriate effect means motions that are unsuited to situations.
4. Psychrometer symptoms of schizophrenia mean old grimaces and gestures.

**Q20.**

Rajini uses yoga and meditation to focus her attention. This is a form of therapy.

- (1) Electro convulsive
- (2) Humanistic existential
- (3) Cognitive
- (4) Alternative

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - D**

**Solution** - Rajini is using yoga and meditation to focus her attention, which means she is using an alternative therapy. In this answer, we will look at why this practice is considered an alternative therapy.

**Q21.**

The chief benefit of humanistic therapy is which is the process of gaining increasing understanding of oneself and one's aspirations, emotions and motives.

- (1) Emotional insight
- (2) Instituting adaptive behaviours
- (3) Cognitive restructuring
- (4) Personal Growth

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - D**

**Solution** - Personal growth, or the process of learning more about oneself and one's goals, feelings, and motivations, is the main advantage of humanistic thinking. At this stage of psychological development, people attempt to reach their full potential and try to represent their best form.

**Q22.**

Which of the following is not an ethical standard in Psychotherapy?

- (1) Informed consent needs to be taken
- (2) Help to be provided by mindfulness based meditation
- (3) Confidentiality of the client should be maintained
- (4) Respect for human rights and dignity

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - B****Solution -**

- For clients to make well-informed choices, therapists must give them important details about the therapy process.
- Therapists are required to maintain the privacy of any information disclosed by their clients.

- Therapists have to treat their patients fairly, with regard to their rights and dignity.
- Mindfulness-based meditation does not by itself constitute an ethical standard.

**Q23.**

When using the cognitive behaviour therapy, we follow some methods given below. Which one of the following is not used in this therapy?

- (A) Addressing the childhood traumas on the client
- (B) Addressing the biological aspects through relaxation
- (C) Addressing the psychological aspects through behaviour therapy
- (D) Addressing the social aspects through environmental changes.

Choose the correct answer from the options given below :

- (1) (A), (C), (D)
- (2) (A), (B), (C), (D)
- (3) (B), (C), (D)
- (4) (A), (B), (D)

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - D**

**Solution** - Cognitive behavioural therapy (CBT) concentrates primarily on recognising and altering destructive behaviours and negative thought patterns that underlie psychological suffering. Hence addressing the psychological aspects through behaviour therapy is one of the most common methods used in this.

**Q24.**

An alcoholic is given a mild electric shock and asked to smell the alcohol. Repeatedly pairing the smell of alcohol with the pain of the shock leads to giving up of alcohol by the person. Identify the behavioural technique being used here.

- (1) Negative reinforcement
- (2) Token economy
- (3) Aversive conditioning
- (4) Modeling

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - C**

**Solution** - In this instance, each time the alcoholic smells alcohol, they receive a small electric jolt. A sort of behavioural therapy called aversive conditioning tries to decrease undesirable behaviour by associating it with an unpleasant experience. The undesirable behaviour (drinking alcohol) with the unpleasant stimuli (shock), will help the person to not have alcohol in future.

**Q25.**

Out of the following statements, identify the statement that holds true for Albert Ellist Rational Emotive therapy.

- (A) The client is taught to recognise the bodily process and the emotions that are blocked out from awareness thus increasing self awareness and self acceptance
- (B) Unwanted behaviour can be reduced and wanted behaviour can be increased simultaneously through differential reinforcement
- (C) The first step in RET is the (ABC) antecedent belief consequence analysis.
- (D) In the process of RET, the irrational beliefs are refuted by the therapist through a process of non-directive questioning.

Choose the correct answer from the options given below :

- (1) (C) and (D) only
- (2) (A) and (B) only
- (3) (B) and (D) only
- (4) (C) and (B) only

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - A**

**Solution** - Rational Emotive Therapy was developed by Albert Ellis (RET).

- The antecedent belief-consequence (ABC) analysis is the first stage in the RET process. These beliefs are thought-characterised.
- Through a method of non-directive questioning, the therapist challenges the illogical beliefs in the RET process. The questions are not directive or forceful; rather, they are polite.

**Q26.**

Sherif's summer camp experiment was conducted in 4 phases. Arrange in correct sequence the phases given below :

- (A) Intergroup competition
- (B) Friendship formation
- (C) Intergroup cooperation
- (D) Ingroup formation

Choose the correct answer from the options given below :

- (1) (C), (A), (B), (D)
- (2) (B), (D), (A), (C)
- (3) (A), (B), (C), (D)
- (4) (D), (A), (B), (C)

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - B**

**Solution** - The correct sequence of phases in Sherif's summer camp experiment is:

1. Friendship formation

2. Ingroup formation
3. Intergroup competition
4. Intergroup cooperation

**Q27.**

\_\_\_\_\_ refers to togetherness, binding, or mutual attraction among group members.

- (1) Group think
- (2) Status
- (3) Cohesiveness
- (4) Roles

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - C**

**Solution** - In the setting of the dynamics of groups, cohesiveness is the degree of cooperation, harmony, and attractiveness between members of a group. It shows how devoted the group members are to the objectives and activities of the organisation and how much they feel a sense of community with one another.

**Q28.**

Manish gives something free to Rajat saying that it is for promotion of the product. Soon afterwards he asks Rajat to buy a product sold by his company. This technique of compliance is known as

- (1) Foot in the door technique
- (2) The deadline technique
- (3) The door in the face technique
- (4) No refusal technique

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - A**

**Solution** - This strategy is based on the premise that if someone grants the first modest request, they will be more inclined to comply with subsequent requests that are more substantial because they will feel more obligated to follow through on their actions. A person using the foot-in-the-door technique begins by making a modest request that is simple to grant. A bigger, more important request is made once the person accepts the first one.

**Q29.**

**Match List - I with List - II.**

List - I

- (A) Secondary group
- (B) In-group
- (C) Primary group
- (D) Formal group

List - II

- (I) 'We' feeling, supposed to be similar are viewed favourably
- (II) Pre existing formation, boundaries are less permeable
- (III) Functions are explicitly stated, based on specific rates
- (IV) Joins by choice, easy to leave

Choose the correct answer from the options given below :

- (1) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)  
 (2) (A) - (II), (B) - (I), (C) - (IV), (D) - (III)  
 (3) (A) - (III), (B) - (II), (C) - (I), (D) - (IV)  
 (4) (A) - (I), (B) - (IV), (C) - (III), (D) - (II)

- A: 1  
 B: 2  
 C: 3  
 D: 4

**Correct Option - A**

**Solution -**

- Secondary group: Groups whose members have chosen to join, frequently for a particular objective.
- In-group: Groups in which members feel a sense of approval and belonging.
- Primary group: Fully connected groups distinguished by enduring contact, and deep connection to one another.
- Formal group: Groups created for particular tasks or duties inside an organisation that have clear roles.

**Q30.**

Which one of the following is not associated with the stages of group formation?

- (1) Forming  
 (2) Alarming  
 (3) Storming  
 (4) Performing

- A: 1  
 B: 2  
 C: 3  
 D: 4

**Correct Option - B**

**Solution** -The four phases of the establishment of a group are:

1. Forming - The initial phase of formation during which participants introduce themselves.
2. Storming - When members stake out positions and question group rules, rivalry and conflict ensue.
3. Norming - settling disputes and creating norms and group cohesion.
4. Performing - Group members collaborate to accomplish objectives.

**Q31.**

To understand interpersonal physical distance as given by Edward Hall, align the following from the least to the maximum distance.

- (A) Personal distance  
 (B) Public distance  
 (C) Social distance  
 (D) Intimate distance

Choose the correct answer from the options given below :

- (1) (B), (C), (A), (D)  
 (2) (C), (B), (A), (D)

- (3) (A) (C) (D) (B)  
 (4) (D), (A), (C), (B)

- A: 1  
 B: 2  
 C: 3  
 D: 4

**Correct Option - D**

**Solution** - Interpersonal physical distance as given by Edward Hall is sequenced from least to maximum distance as -

1. Intimate distance
2. Personal distance
3. Social distance
4. Public distance

**Q32.**

The experience of crowding has the following features :

- (A) Increase in privacy  
 (B) Feeling of loss of control over social interactions  
 (C) Feeling of discomfort  
 (D) Negative view of the space around the person  
 (E) Increase in motivation

Choose the correct answer from the options given below :

- (1) (A), (B), (D) only  
 (2) (B), (C), (D) only  
 (3) (C), (D), (E) only  
 (4) (A), (C), (E) only

- A: 1  
 B: 2  
 C: 3  
 D: 4

**Correct Option - B**

**Solution** - There is a lack of personal space in crowding.

1. People feel that they are not able to interact properly with anyone in this situation.
2. Crowding can also be the reason for a lot of physical disturbance.
3. People fail to maintain a positive mindset in the situation of crowding.

**Q33.**

**Match List - I with List - II.**

List - I

- (A) Body language  
 (B) Paraphrase  
 (C) Reception  
 (D) Authenticity

List - II

- (I) Repeat or summarise in one's own words  
 (II) Behavioural expressions are consistent with what one values  
 (III) Non verbal actions  
 (IV) The initial step in the listening process

Choose the correct answer from the options given below :

- (1) (A) - (I), (B) - (III), (C) - (II), (D) - (IV)

- (2) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)  
 (3) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)  
 (4) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)

- A: 1  
 B: 2  
 C: 3  
 D: 4

**Correct Option - C**

- **Solution -**
- Body language is a representation of emotions and messages through unspoken actions.
- Modifying or describing facts in one's terms to assure understanding is known as paraphrasing.
- Receiving is the first stage of hearing, during which one takes in and pays attention to external audio sounds.
- Behaving in a way that is consistent with one's feelings, principles, and thoughts is known as authenticity.

**Q34.**

J.P. Guilford classified the structure-of-intellect model into\_\_\_\_\_

- (1) Cognition, Memory and Perception  
 (2) Operations, Memory and Perception  
 (3) Operations, Contents and Products  
 (4) Operations, Contents and Memory

- A: 1  
 B: 2  
 C: 3  
 D: 4

**Correct Option - C**

**Solution -** The Structure of the Intellect concept was divided into three main elements by J.P. Guilford:

- Operations: The various mental processes that go into cognition.
- Contents: The various kinds of data that are incorporated into thought processes.
- Products: The different ways that knowledge might be presented after creative processes.

**Q35.**

According to the PASS model, allows us to think of possible courses of action, implement them to reach the target, and evaluate their effectiveness.

- (1) Planning  
 (2) Arousal  
 (3) Simultaneous processing  
 (4) Successive processing

- A: 1  
 B: 2  
 C: 3  
 D: 4

**Correct Option - A**

**Solution** - Planning begins as soon as the information is handled and analysed. The Planning component of the PASS model (Planning, Attention, Simultaneous, and Successive) enables us to formulate courses of action and carry them out to achieve the goal.

**Q36.**

Persons high on\_\_\_\_\_ intelligence have finer sensibilities regarding their identity, human existence and meaning of life.

- (1) Interpersonal
- (2) Intrapersonal
- (3) Spatial
- (4) Linguistic

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - B**

**Solution** - To have intrapersonal intelligence is to be able to comprehend, one's feelings, wants, and motives. Intrapersonally intelligent people are skilled in self-analysis, contemplation, and recognising their advantages and disadvantages. They successfully navigate their life and interpersonal relationships by using their awareness.

**Q37.**

Atul is able to monitor his own and others emotions, discriminate amongst them and he uses this information to guide his thinking and actions. He exhibits

- (1) High Intelligence Quotient
- (2) High Intelligence Quotient and Emotional Quotient
- (3) High Emotional Intelligence
- (4) High Emotional Intelligence but low Intelligence Quotient

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - C**

**Solution** - Atul appears to possess a high degree of emotional intelligence based on his capacity to recognise and categorise emotions in both himself and others, as well as to use this knowledge to inform his decisions and behaviour. The term "emotional intelligence" describes the capacity to identify, comprehend, and regulate one's feelings as well as those of others.

**Q38.**

\_\_\_\_\_ involves employing systematic, organized and objective procedures to record behavioural phenomena occurring naturally in real time.

- (1) Psychological test
- (2) Self Report
- (3) Observation
- (4) Case study

- A: 1

- B: 2
- C: 3
- D: 4

**Correct Option - C**

**Solution** - Using structured, systematic, and precise techniques, observation captures cognitive events as they happen in natural settings. Through direct tracking and recording of the conduct, activities, or occurrences that are relevant as they occur in their natural setting, free from manipulation or intervention, this method enables scholars or observers to collect information.

**Q39.**

The IQ range for individuals with moderate intellectual deficiency is :

- (1) 55 to 70
- (2) 35 to 50
- (3) 90 to 110
- (4) 20 to 35

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - B**

**Solution** - People with moderate intellectual disabilities usually have an IQ between 35 and 50. This range is defined by notable impairments in cognitive functioning and flexible conduct, that may affect a person's capacity to carry out routine work and engage in a variety of endeavours on their own.

**Q40.**

The instinctual life force that energises the id is called :

- (1) Ego
- (2) Libido
- (3) Superego
- (4) Defence mechanisms

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - B**

**Solution** - Following the theory of Freud, the id is the unconscious, primal aspect of psychology that seeks out instant satisfaction for basic needs and desires. The energy connected to living impulses, such as the need for enjoyment and survival, is called libido.

**Q41.**

**Read the passage given below to answer.**

In our day-to day life, we assign certain causes or reasons to a person's behaviour. This process is called attribution. Broadly, causes of a person are attributed to internal and external factors. Internal factors are related to situation. With reference to success and failure, Weiner has classified causes into internal/external and stable/unstable factors. In general, people attribute success to internal factors

such as their ability and hard work. However, failure is attributed to external factors such as task difficulty and bad luck. Ability/fate and hard-work/task-difficulty are considered as stable and unstable factors respectively. Stable factors refer to those causes that do not change with time. It has been observed that people have a tendency to give greater weightage to internal factors than external one. This phenomenon is called the fundamental attribution error. This tendency is stronger in some cultures than in others. Research suggests that Indians tend to make more external attributions than Americans do.

**Match List - I with List - II.**

List - I (Characteristics)	List - II (Causal factors)
(A) Task characteristics	(I) Internal-stable
(B) Hard work	(II) External-stable
(C) Fate	(III) Unstable-Internal
(D) Ability	(IV) Unstable-External

Choose the correct answer from the options given below :

- (1) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)
- (2) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)
- (3) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)
- (4) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - B**

**Solution** - The correct match for the characteristic and casual factors is -

- (1) Task characteristics - Stable external factors
- (2) Hard work - Unstable external factors
- (3) Fate - Unstable internal factors
- (4) Ability - Internal stable factors.

**Q42.**

**Read the passage given below to answer.**

In our day-to day life, we assign certain causes or reasons to a person's behaviour. This process is called attribution. Broadly, causes of a person are attributed to internal and external factors. Internal factors are related to situation. With reference to success and failure, Weiner has classified causes into internal/external and stable/unstable factors. In general, people attribute success to internal factors such as their ability and hard work. However, failure is attributed to external factors such as task difficulty and bad luck. Ability/fate and hard-work/task-difficulty are considered as stable and unstable factors respectively. Stable factors refer to those causes that do not change with time. It has been observed that people have a tendency to give greater weightage to internal factors than external one. This phenomenon is called the fundamental attribution error. This tendency is stronger in some cultures than in others. Research suggests that Indians tend to make more external attributions than Americans do.

As per Weiner, if person A gives greater weightage to internal factors, then which one of the following will hold true for A?

- (1) The task characteristic

- (2) A's intelligence
- (3) A's luck
- (4) Pleasant weather conditions

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - B**

**Solution** - Weiner's Attribution Theory states that if person A places more importance on internal causes, they are more likely to believe that their intelligence is the reason behind their accomplishments and that their incapacity or lack of effort is the reason behind their failures.

**Q43.**

**Read the passage given below to answer.**

In our day-to day life, we assign certain causes or reasons to a person's behaviour. This process is called attribution. Broadly, causes of a person are attributed to internal and external factors. Internal factors are related to situation. With reference to success and failure, Weiner has classified causes into internal/external and stable/unstable factors. In general, people attribute success to internal factors such as their ability and hard work. However, failure is attributed to external factors such as task difficulty and bad luck. Ability/fate and hard-work/task-difficulty are considered as stable and unstable factors respectively. Stable factors refer to those causes that do not change with time. It has been observed that people have a tendency to give greater weightage to internal factors than external one. This phenomenon is called the fundamental attribution error. This tendency is stronger in some cultures than in others. Research suggests that Indians tend to make more external attributions than Americans do.

People generally attribute failure to :

- (1) Personality
- (2) Disposition
- (3) External factors
- (4) Internal factors

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - C**

**Solution** - This is a well-researched phenomenon in psychology that refers to the tendency to attribute failure to external rather than internal sources. This bias is the propensity for people to blame circumstances outside their control for the reasons behind their inadequacies or failures.

**Q44.**

**Read the passage given below to answer.**

In our day-to day life, we assign certain causes or reasons to a person's behaviour. This process is called attribution. Broadly, causes of a person are attributed to internal and external factors. Internal factors are related to situation. With reference to success and failure, Weiner has classified causes into internal/external and stable/unstable factors. In general, people attribute success to internal factors such as their ability and hard work. However, failure is attributed to external factors such as task

difficulty and bad luck. Ability/fate and hard-work/task-difficulty are considered as stable and unstable factors respectively. Stable factors refer to those causes that do not change with time. It has been observed that people have a tendency to give greater weightage to internal factors than external one. This phenomenon is called the fundamental attribution error. This tendency is stronger in some cultures than in others. Research suggests that Indians tend to make more external attributions than Americans do.

Fundamental attribution error is known as a tendency to give greater weightage to :

- (1) external factors than internal factors
- (2) stable factors than unstable factors
- (3) internal factors then external factors
- (4) unstable factors than stable factors

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option - C**

**Solution -** As per the observations based on fundamental attribution error, there is a tendency among people to give more weightage to internal factors than external factors. The emphasis is more on the self while explaining the nature and behaviour of others.

**Q45.**

**Read the passage given below to answer.**

In our day-to day life, we assign certain causes or reasons to a person's behaviour. This process is called attribution. Broadly, causes of a person are attributed to internal and external factors. Internal factors are related to situation. With reference to success and failure, Weiner has classified causes into internal/external and stable/unstable factors. In general, people attribute success to internal factors such as their ability and hard work. However, failure is attributed to external factors such as task difficulty and bad luck. Ability/fate and hard-work/task-difficulty are considered as stable and unstable factors respectively. Stable factors refer to those causes that do not change with time. It has been observed that people have a tendency to give greater weightage to internal factors than external one. This phenomenon is called the fundamental attribution error. This tendency is stronger in some cultures than in others. Research suggests that Indians tend to make more external attributions than Americans do.

Weiner is famous for his work on :

- (1) Attraction
- (2) Aptitude
- (3) Attribution
- (4) Affection

- A: 1  
B: 2  
C: 3  
D: 4

**Correct Option – C**

**Solution** - Famed for his research on attribution theory, Bernard Weiner examines how people give reasons for their actions as well as those of others. The key idea of this theory is how people assign different causes to their successes and failures.

**Q46.**

**Read the passage given below to answer.**

A person's thinking or behaviour is classified as abnormal if it violates social norms. Norms are expected behaviour in a group. Every culture has certain standards for accepting behaviour as per socially acceptable norms. For example - child marriage was a norm about hundred years ago. Those who did not marry their girl child like everyone else were considered to be breaking the norm. The most obvious problem with defining abnormality using social norms is that there is no universal agreement over social norms. Another definition of abnormality states that a person is considered abnormal if he/she is unable to perform the behaviours necessary for day-to-day living eg. self care, holding a job, managing everyday tasks. We must understand that mental health issues are prevalent in all cultures as there is ignorance and fear about psychological disorders. It is believed that these 'A person's thinking or behaviour is classified as abnormal if it isolates social norms'. This statement refers to the concept of \_\_\_\_\_ in Abnormal Psychology.

- (1) Deviance
- (2) Distress
- (3) Dysfunction
- (4) Danger

A: 1

B: 2

C: 3

D: 4

**Correct Option - A**

**Solution** - The statement refers to the term deviance in the context of abnormal psychology. This is used to describe a person's thinking or behaviour that is considered deviant because it deviates from the social norms or social expectations of a society or culture.

**Q47.**

**Read the passage given below to answer.**

A person's thinking or behaviour is classified as abnormal if it violates social norms. Norms are expected behaviour in a group. Every culture has certain standards for accepting behaviour as per socially acceptable norms. For example - child marriage was a norm about hundred years ago. Those who did not marry their girl child like everyone else were considered to be breaking the norm. The most obvious problem with defining abnormality using social norms is that there is no universal agreement over social norms. Another definition of abnormality states that a person is considered abnormal if he/she is unable to perform the behaviours necessary for day-to-day living eg. self care, holding a job, managing everyday tasks. We must understand that mental health issues are prevalent in all cultures as there is ignorance and fear about psychological disorders. It is believed that these

Norms of societies grow from its history, values, institutions, habits, skills, technology, art etc. These are together referred as its

- (1) Community
- (2) Social norms
- (3) Culture
- (4) Rules

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - A**

**Solution** - The social norms of a society come from its past, its values, its institutions, its habits, its skills, its technology, its art, etc. Together, these social norms are known as its community. Social norms are the social rules that define what is considered acceptable behaviour in a society. These social rules are created and maintained by the community.

**Q48.**

**Read the passage given below to answer.**

A person's thinking or behaviour is classified as abnormal if it violates social norms. Norms are expected behaviour in a group. Every culture has certain standards for accepting behaviour as per socially acceptable norms. For example - child marriage was a norm about hundred years ago. Those who did not marry their girl child like everyone else were considered to be breaking the norm. The most obvious problem with defining abnormality using social norms is that there is no universal agreement over social norms. Another definition of abnormality states that a person is considered abnormal if he/she is unable to perform the behaviours necessary for day-to-day living eg. self care, holding a job, managing everyday tasks. We must understand that mental health issues are prevalent in all cultures as there is ignorance and fear about psychological disorders. It is believed that these

'It is believed that psychological disorders are something to be ashamed of'. This is because of a stigma attached to mental illness.

- (1) Deviance
- (2) Danger
- (3) Distress
- (4) Stigma

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - D**

**Solution** - Psychological disorders are often thought of as something to be embarrassed about because of the stigma that comes with mental illness. Because of the stigma associated with mental illness, many people are afraid to seek help from a doctor or psychologist.

**Q49.**

**Read the passage given below to answer.**

A person's thinking or behaviour is classified as abnormal if it violates social norms. Norms are expected behaviour in a group. Every culture has certain standards for accepting behaviour as per socially acceptable norms. For example - child marriage was a norm about hundred years ago. Those who did not marry their girl child like everyone else were considered to be breaking the norm. The most obvious problem with defining abnormality using social norms is that there is no universal agreement over social norms. Another definition of abnormality states that a person is considered abnormal if he/she is unable to perform the behaviours necessary for day-to-day living eg. self care, holding a job, managing everyday tasks. We must understand that mental health issues are prevalent in all cultures as there is ignorance and fear about psychological disorders. It is believed that these

'A person is considered to be abnormal if he/she is unable to perform the behaviours necessary for day to day living'. This explains abnormality due to

- (1) Deviance
- (2) Distress
- (3) Dysfunction
- (4) Danger

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - C**

**Solution** - A person is considered abnormal if he or she is unable to perform the behaviours necessary for day-to-day living. This explains the abnormality due to a dysfunctional disorder.

**Q50.**

**Read the passage given below to answer.**

A person's thinking or behaviour is classified as abnormal if it violates social norms. Norms are expected behaviour in a group. Every culture has certain standards for accepting behaviour as per socially acceptable norms. For example - child marriage was a norm about hundred years ago. Those who did not marry their girl child like everyone else were considered to be breaking the norm. The most obvious problem with defining abnormality using social norms is that there is no universal agreement over social norms. Another definition of abnormality states that a person is considered abnormal if he/she is unable to perform the behaviours necessary for day-to-day living eg. self care, holding a job, managing everyday tasks. We must understand that mental health issues are prevalent in all cultures as there is ignorance and fear about psychological disorders. It is believed that these

The best criterion for determining the normality of behaviour is that it :

- (1) follows the norms of a society
- (2) fosters overall wellbeing
- (3) is not distressing
- (4) is not dangerous

- A: 1
- B: 2
- C: 3
- D: 4

**Correct Option - C**

**Solution** - Intrapersonally, normality refers to a behaviour that is normal for that individual when it is the most normal behaviour for that individual. It refers to an individual's behaviour that is the most normal in society. It is not distressing.

# THANK YOU

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**W**e would like to sincerely thank and appreciate every single candidate for using this ebook to help in their CUET UG Psychology exam preparation. We sincerely hope you have found this information to be very resourceful. We are strongly confident that you can ace the exam, and we hope our ebook has made the preparation seamless for you. Remember that learning is an ongoing process, and we strongly advise you to never lose your curiosity. If you need any additional assistance, don't hesitate to get in touch with us.

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