

Psychology (SS2019)

Date: December 18, 2024

Course Instructor(s):

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Final-term Exam

Total Time: 1 Hr

Total Marks: 33

Total Questions: 2

Obtained Marks:

Roll No

Section

Student Signature

INSTRUCTIONS: Solve the Objective part on this page and use the answer sheet to attempt the Subjective part of the paper. Overwritten answers in Objective type will be marked zero.

Attempt all the questions!

OBJECTIVE TYPE

[CLO 1,2]

Question 1:

A) Match Column A with Column B and write the correct alphabet answer in Column C. [Marks:10 CLO-1]

Column A	Column B	Column C
1. Alzheimer	A) Inkblot -	DH ✓
2. Central Route	B) Semantics -	I ✓
3. H. Ebbinghaus	C) Conformity -	D ✓
4. Projective test	D) Memory span -	A ✓
5. Solomon Asch	E) Spontaneous recovery -	C ✓
6. Albert Bandura	F) Social Cognitive Theory -	F ✓
7. BAI, MMPI, CPI	G) Self-report inventory with a series of questions -	G ✓
8. Tool of thought	H) Sings: Memory deficit and cognitive impairment -	B ✓
9. Abnormal behavior	I) Focuses on logical content, leading to lasting change -	J ✓
10. Classical conditioning	J) Causes people to experience distress and hinders them from functioning in their daily lives -	E ✓

B) Fill in the blanks

[Marks:8 CLO-1]

- Equity theory was proposed by Stacey Adams ✓
- Psychology ✓ is the scientific study of behavior and mental processes.
- Terminal Buttons ✓ are small knobs that secrete chemicals called neurotransmitters
- According to Carl Rogers, Unconditional love ✓ from parents tends to foster an accurate self-concept that is congruent with reality.
- Another common barrier to successful problem solving, identified by Gestalt psychologists is Fixed Mindset ✓: the tendency to perceive an item only in terms of its most common use.
- Cognitive Dissonance ✓ Theory denotes an imbalance between what we believe in and what we do.
- Foot-in-the-door ✓ technique involves getting people to agree to a small request to increase the chances that they'll agree to a larger request later
- Case study, archival research, survey method, experimental method are the examples of Research Techniques ✓ in Psychology.

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[Marks: 5]

CLO-1)

C) Encircle the answer as True or False

1. Conditional love from parents fosters congruence.
2. Procedural memory is also known as declarative memory
3. Serotonin is not responsible for addictive behaviors such as extended screen time
4. Student's need to secure good grade in exam comes under self-actualization need by Maslow
5. Heuristic is a strategy that guarantees the problem e.g. formulas, Instructions.

T (B)
T (B)
T (F)
T (F)
T (F)

Assuming this means solution.

Question 2. Read the following cases carefully. Label and define the perspectives of psychology in each case. Also write the rationale in each case.

[Marks:10 CLO-1,2]

Case 1: One day, students of the grade-5 were assessed by using IQ and EQ scales. Students were segregated in different sections on the basis of their intelligence level.

Case 2: One of the students in the same class showed aggression in class. When he was sent to the counselor, she assessed that he had unconscious conflicts and childhood traumas that led to aggressive behavior.

Case 3: One of the female students in the class was assessed to be diabetic in nature. This condition was inherited from her father. Her teacher had to keep a check on her eating habits in school so that a sugar balance is maintained in her body.

Case 4: The students of grade 4 showed good behavior for one week and their teacher rewarded them with a party. Children were asked to do their homework on time and stay in their seats during the lecture. They behaved accordingly and were treated specially by their teacher.

Case 5: A student from grade 5 was reported to the counselor for showing abusive behavior in the class. The counselor started to assess the positive side by checking his academic performance along with his whole personality in school as well as his home rather than focusing on a single personality trait.

Case1 perspective Name <i>Cognitive</i> ✓	Definition The study of "Higher" ^{thought} mental processes and cognition (Weiten, 2010).	Rationale IQ and EQ are assessed via measuring intelligence, which is studied in Cognitive Psychology.
Case 2 perspective <i>Psychodynamic / Psychoanalytical</i> ✓	Definition Freud's theory states that the mind is divided into conscious, subconscious and unconscious. Unconscious stores trauma and unacceptable desires.	Rationale Childhood trauma and unconscious conflicts belong to psychodynamic domain.
Case 3 perspective <i>Biological / Health</i> ✓	Definition The study of low correlation between physical ailments and psychological conditions.	Rationale The condition was hereditary in nature, so a responsible person is required to monitor physical and mental health.
Case 4 perspective <i>Behavioral</i> ✓	Definition Study of observable phenomenon like behaviour w.r.t mental processes; Dominantly learning processes.	Rationale Operant conditioning is used; positive reinforcement in the form of party has helped instill obedience.
Case 5 perspective <i>Gestalt</i> ✗	Definition Believes that personality and should be studied as a whole rather than dividing into parts.	Rationale The term "whole is better than it's parts" was coined by Gestalt, and is used in this context.

Subjective Part**Question 3. Give short answers to the following questions****[Marks:31 CLO-1,2,3]**I. Make a motivational cycle with the help of an example. **[Marks:4 CLO-1]**II. Explain Diathesis Stress Model with the help of diagram. **[Marks:4 CLO-2]**III. Explain Victor Vroom's Expectancy Theory of Motivation. **[Marks:5 CLO-2]**IV. Define the term Nervous System and make a detailed flow chart of entire NS. **[Marks:1+3 CLO-1,2]**V. Make Freudian Iceberg of awareness (consciousness) and briefly define its divisions. **[Marks:3 CLO-1]**VI. Who developed the theory of classical conditioning? Illustrate the process of classical conditioning with a flowchart and example. **[Marks: 1+4 CLO-1,2]***Ivan Pavlov*VII. Define survey method and explain the process/ steps of a survey by elaborating your semester survey project. **[Marks:2+4 CLO-1,2,3]****Question 4. Case Study: Sylvia's Mental Health Condition****[Marks:12 CLO: 1,4]**

Read the following passage carefully and write the correct answer followed by its **rationale** on the answer sheet.

Sylvia was first diagnosed with a mental disorder at the age of 17. Since her diagnosis, she has experienced several episodes and has been in and out of various psychiatric facilities. Over the years, Sylvia has struggled to maintain a stable job, often losing employment after short periods. During her severe episodes, Sylvia's personal hygiene deteriorates significantly. She rarely showers, wears clothes that neither fit nor match, and applies makeup in a disorganized manner. Additionally, she frequently spills food on herself. Moreover, without ever being met Sylvia believes that Zayn Malik, the famous singer, wants to marry her, sometimes visits her, and sings for her. She also believes that she dictated the Harry Potter series to J.K. Rowling and is destined to win the Nobel Prize for Medicine. This has led to emotional distress and confusion in her daily interactions. Despite these challenges, Sylvia is still able to occasionally interact with family members. However, her emotional responses are often inappropriate for the situation. During episodes of emotional turmoil, Sylvia exhibits a lack of or inappropriate emotional response to events or conversations.

Q1. Based on the information provided, which mental disorder do you think Sylvia is suffering from?

- ☒ a. Schizophrenia b. Bipolar Disorder c. Major Depressive Disorder
d. Borderline Personality Disorder e. None of these

Q2. Sylvia believes that she and the singer Zayn Malik shares a special bond. What type of mental symptom(s) does this illustrate?

- a. Hallucination ☒ b. Delusion c. Compulsion d. Phobia e. None of these

Q3. Sylvia's belief that she dictated the Harry Potter series to J.K. Rowling and is destined to win the Nobel Prize for Medicine is an example of

- a. Logical reasoning ☒ b. Grandiose delusion c. Visual hallucination d. Paranoia e. None

Q4. What does Sylvia's poor hygiene and mismatched wearing of clothes suggest about her condition during the episodes of disorder?

- a. Cognitive dissonance b. Emotional distress ☒ c. Deterioration of adaptive behavior
d. Loss of interest in appearance e. None of these

Q5. Sylvia's inappropriate emotional responses are an example of which type of emotional symptom?

- a. Blunt affect b. Inappropriate affect ☒ c. Emotional lability d. Emotional detachment e. None

Q6. Sylvia experiences emotional distress and confusion in her interactions. Which of the following might best explain these emotional difficulties?

- a. Lack of social skills ☒ b. Inability to process emotions appropriately c. Cognitive impairment

d. Hallucinations and delusions affecting her perception of reality

e. None of these

Question 5. Following is the case scenario of 3 friends. Read it carefully and write the correct answer followed by its rationale on the answer sheet. [Marks:12 CLO: 1,4]

Layla, Zooni, and Sofia are best friends who are passionate about their studies and career goals. Layla's father runs business of medical appliances, and she wants to opt profession of a doctor. On the other hand, Zooni is the daughter of a surgeon and is passionate about becoming a software engineer. Sofia eagerly wants to become an artist and wishes to go abroad for higher studies and her father is a university teacher by profession with a limited monthly salary. Among all 3, Sofia has been qualifying scholarships throughout her primary and elementary education levels. Zooni got a survey project as mandatory requirement of an elective subject in her degree program, in which she is assigned to develop a questionnaire based on 25 items on the given topic. She doesn't have much interest in these types of projects but since it's mandatory requirement to pass that course so she invited Layla and Sofia to discuss this project at her place. Layla proposed the idea of buying readily available questionnaire from the internet whereas, Sofia came up with multiple ideas to generate the items for questionnaire such as 1) Brainstorming about the topic among all group members, 2) giving a read to past available literature, articles, researches from internet, 3) discussion about the topic with teacher, parents, and friends. Zooni opted for Layla's suggestion and got it checked by the course instructor. The instructor rejected the questionnaire as it was a plagiarized material for the given task and advised Zooni "if you'll work hard and follow the guidelines provided by the course instructor, results will be certain, target-oriented and will assist completing your task more efficiently, and vice versa". Zooni listened her teacher carefully and assured to complete the task as per teacher's guidelines. The instructor concluded the conversation with the following lines, "Acquire knowledge as Knowledge is Power!"

1. Layla's advice to Zooni is an example of _____ thinking

- a. Abstract b. Divergent ☒ c. Convergent d. Intelligent e. Both A & D

2. Sofia's advice to Zooni is an example of _____ thinking

- ☒ a. Abstract b. Inductive c. Deductive d. Divergent e. Convergent

3. Course instructor's guidance to Zooni is used as _____ in problem solving?

- a. Semantics b. Phonology ☒ c. Algorithm d. Heuristic e. None of these

4. The phenomenon of course instructor's concluding remarks to Zooni is known as _____ in problem solving

- a. Conflict b. Phonology c. Algorithm ☒ d. Heuristic e. All of these

5. Which of the following individuals has more creativity in her thinking process?

- a. Layla b. Zooni ☒ c. Sofia d. Course instructor e. All of these

6. Convergent and divergent thinking use _____ and _____ reasoning respectively

- a. Abstract b. Inductive, deductive ☒ c. deductive, Inductive d. Approach, avoidance e. Both B & C

Give long answer to the following question

[Marks:12 CLO:1,3,4]

Question 6. Define Social Psychology. How attitudes and prejudice are formed, can we change or eradicate them? Support your answer by examples from Pakistani society. [Marks:2+7+3]