

Psychology-328
Sample Question Paper

Time: 3 Hours

Max Marks: 100

Note:

- i. This question paper consists of 41 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 12-** 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. 13 to 25-** Objective type questions. Q.No. 13 to 19 carry 02 marks each (with 2 sub- parts of 1 mark each) and Q.No 20-25 carries 04 marks (with 4 sub-parts of 1 mark each). Attempt these questions as per the instructions given for each of the questions 13-25.

v. **Section B** consists of:

a. **Q.No. 26 to 31** - Very Short questions carrying 02 marks each to be answered in the range of 30 to 50 words.

b. **Q.No. 32 to 37** - Short Answer type questions carrying 03 marks each to be answered in the range of 50 to 80 words.

c. **Q.No. 38 to 41** - Long Answer type questions carrying 05 marks each to be answered in the range of 80 to 120 words.

vi. Attempt all the questions either from Optional Module A or Optional Module B in all sections.

SECTION A		Marks
1 A.	<p>Which of the following statements is correct with reference to perception ? Select the term which is responsible for illusions resulting from misinterpretation of sensory information.</p> <p>(a) Misperception (b) Proximity (c) Similarity (d) None of the above</p> <p>Or</p>	1
1 B.	<p>Which of the following is a type of depth cue used by the brain to perceive depth in the absence of binocular vision (using both eyes)?</p> <p>a.) Convergence b.) Retinal disparity c.) Linear perspective d.) Accommodation</p>	
2A.	<p>Feature of our perception that helps us in segregating and organizing the world to avoid confusion.</p> <p>(a) Figure-ground (b) Background (c) Visual (d) None of the above</p> <p>Or</p>	1
2B.	<p>Which virtual reality (VR) principle involves creating a perception of depth by displaying slightly different images to each eye?</p> <p>a.) Figure-ground perception b.) Binocular disparity c.) Depth constancy d.) Color vision</p>	

3.	<p>Which of the following options are correct with reference to learning as a psychological process? Child begins to acquire verbal skills as s/he grows. Verbal skills are generally acquired through _____</p> <p>(a) Repeating (b) Recalling (c) Recognizing (d) All of the above</p>	1
4A.	<p>In operant conditioning, what term refers to a consequence that increases the likelihood of a behavior being repeated?</p> <p>a) Punishment b) Extinction c) Reinforcement d) Generalization</p> <p>Or</p>	1
4B.	<p>Yash loves music. He tends to enjoy musical instruments, listening and practicing music for hours. Here we can say that you are _____</p> <p>a) Extrinsically motivated b) Intrinsically motivated c) Driven d) Instinctually motivated</p>	

5A.	<p>With reference to the developmental processes, which of the following is correct? You are trying to explore _____ domain if you are dealing with studies that show how human beings think, learn and form concepts?</p> <p>(a) Cognitive development (b) Emotional development (c) Social development (d) Moral development</p>	1
5B	<p>or</p> <p>At which stage of cognitive development children are able to differentiate themselves from the environment?</p> <p>(a) Sensory motor (b) Preoperational (c) Concrete operations (d) Formal operations</p>	
6.	<p>Pankaj is an individual who always shows a need to be taken care of and is not able to show any decision making skill. This is a case of</p> <p>(a) Obsessive-compulsive disorder (b) Mood disorder (c) Somatoform disorder (d) Personality disorder</p>	1

7.	<p>Shaan is 8 years old and starts to cry whenever his demands are not. What would you suggest in order to reduce his tantrums?</p> <p>(a) Rewards (b) Fulfill all his wishes (c) ECT (d) Selective reinforcement</p>	1
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8.	<p>Choose the correct option You are trying to assess traits of your best friend directly by observing your friend. Name the approach you are using to assess personality.</p> <p>(a) Rating scale approach (b) Psychoanalytic approach (c) Humanistic approach (d) Personality inventory approach</p>	1
9.	<p>Sheena experiences a severe headache every morning before going to school. She doesn't like to go to school. If you are a counselor, which approach you are going to use in order to help her.</p> <p>a) Behavioral approach (b) Psychoanalytic approach (c) Trait approach (d) Personality inventory approach</p>	1

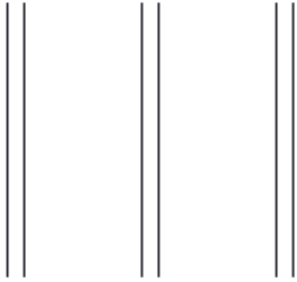
<p>10A .</p> <p>10B.</p> <p>11.</p>	<p>Relating to the for psychological disorders, identify the following therapeutic approaches In this approach, the person is asked to construct a series of scenes or events which gradually lead the person to face the object/situation which causes the fear. This is _____</p> <p>(a) Flooding (b) Meditation (c) Systematic desensitization (d) Humanistic psychotherapy</p> <p>or</p> <p>Identify the therapy in which the individual is forced to face the situation causing fear or anxiety. (a) Flooding therapy (b) Implosion therapy (c) Systematic desensitization (d) Psychoanalysis</p> <p>Dr Kishore is a therapist. She emphasizes the importance of understanding and changing irrational thoughts and beliefs to alleviate emotional distress and behavioral problems. She gives _____</p> <p>a) Humanistic therapy b) Behavioral therapy c) Cognitive therapy d) Psychodynamic therapy</p>	<p>1</p> <p>1</p>
<p>12A (opti onal mod ule)</p>	<p>Choose the correct options for the following statement Ram is not satisfied with his current job. Select the factor/s which may not be responsible for his dissatisfaction.</p> <p>(a) Cooperation and attitude of the staff members (b) Physical working conditions and rewards (c) Personality Traits (d) Interesting job profile</p>	<p>1</p>
<p>12B</p>	<p>Being a teacher which characteristic/s will you prefer while selecting play equipment for play center?</p> <p>(a) Strong, multi-use, child-safe, flexible, proportionate and quantitative (b) Use and throw, strong, child-safe, rigid, expensive and repairable (c) Multi-use, child-safe, use and throw, proportionate and expensive (d) Child-safe, rigid, economic, strong, expensive and repairable</p>	

13.

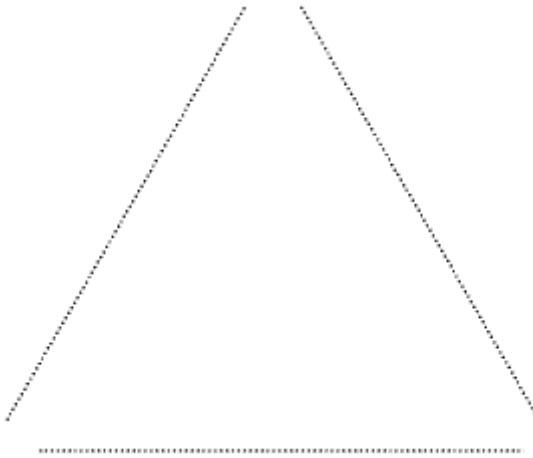
Attempt *any two* of the following sub parts :

State the laws /principles of perception applicable in the following questions.

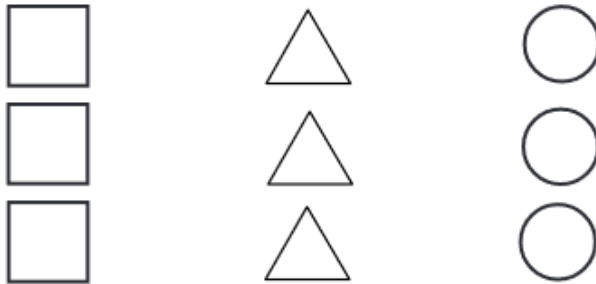
i. In the following picture, you can observe three groups of two vertical lines.



ii. In the following picture, you can see a triangle despite the fact that its sides are incomplete.



iii. In the following picture, you can see three squares, three triangles, and three circles in columns are grouped together.



iv. When you see a building (A) partially blocks building (B), the building (B) blocked is perceived farther away than the building (A) blocking it. This is because_____.

2

14.	<p>Answer the following statement with respect to the developmental domains of an individual.</p> <p>i. Recent study is focusing on how children respond to the social world, how they adapt and cooperate in a group. Which domain the study is trying to cover?</p> <p>ii. A study is trying to deal with how ethics or ethical norms, values development in a child. Which domain the study is trying to cover?</p>	2										
15.	<p>Answer the following question</p> <p>i. Define the concept of morality of constraint</p> <p>ii. Mention the stages of moral development as given by Kohlberg.</p> <p>iii. Give any two examples of prosocial behavior.</p> <p>iv. _____ refers to a stable sense of who a person is and what one's values and ideals are.</p>	2										
16.	<p>Answer the following question</p> <p>i. Suggest any one application of systematic desensitization.</p> <p>ii. Give a real life example of how you can use the cognitive approach to deal with superstitious beliefs.</p>	2										
17 A (optional module)	<p>Answer the following question</p> <p>i. Tina is 30 years old and works as an officer in a bank. She has gained 3 years of work experience. As per the stages of vocational development she is at _____ stage</p> <p>ii. What do you understand by the term In-service training?</p>	2										
17 B	<p>i. Sanjay's parents direct him what to do and what not to do and no explanations are offered. Which type of discipline his parents are using?</p> <p>ii. Mentions any two benefits of parental involvement in a play center.</p>	2										
18. A (optional module)	<p>Match the following abilities and suited vocational choices for them:</p> <table border="1" data-bbox="268 1626 1361 1986"> <thead> <tr> <th data-bbox="268 1626 839 1697">Ability and personality characteristics</th> <th data-bbox="839 1626 1361 1697">Vocational Choice</th> </tr> </thead> <tbody> <tr> <td data-bbox="268 1697 839 1765">1. Investigative</td> <td data-bbox="839 1697 1361 1765">a. Sales person</td> </tr> <tr> <td data-bbox="268 1765 839 1832">2. Conventional</td> <td data-bbox="839 1765 1361 1832">b. Property dealer</td> </tr> <tr> <td data-bbox="268 1832 839 1899">3. Enterprising</td> <td data-bbox="839 1832 1361 1899">c. Religious teacher</td> </tr> <tr> <td data-bbox="268 1899 839 1986">4. Social</td> <td data-bbox="839 1899 1361 1986">d. Scientist</td> </tr> </tbody> </table>	Ability and personality characteristics	Vocational Choice	1. Investigative	a. Sales person	2. Conventional	b. Property dealer	3. Enterprising	c. Religious teacher	4. Social	d. Scientist	2
Ability and personality characteristics	Vocational Choice											
1. Investigative	a. Sales person											
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3. Enterprising	c. Religious teacher											
4. Social	d. Scientist											

18B.	<p>i. In your opinion which parenting discipline is best and why ?</p> <p>ii. You are required to make equipment in the play center. Give an example to show any two characteristics of its construction?</p>	
19 A (optional module)	<p>Answer the following question</p> <p>i. Mention the job for which realistic persons are not suitable.</p> <p>ii. State two most relevant factors affecting job satisfaction.</p>	2
19 B	<p>i. What is the minimum qualification required in order to become a play center teacher ?</p> <p>ii. State the responsibilities of a teacher in the play center towards the children</p>	

20	<p>i. If the object is nearer, the angle of convergence will be large and as the object goes further away the angle of convergence will_____</p> <p>ii. _____ is the law of perceptual organization will you apply to perceive the simplest organization that fits the stimulus pattern.</p> <p>iii. Mention two factors that influence our perception</p> <p>iv. Monocular cues, binocular cues and non visual cues help us in _____perception.</p>	4
21.	<p>Answer any four the following question with reference to basic psychological processes:</p> <p>i. According to you, when you sit to study which factor will determine whether there will be effective learning of material to be learnt?</p> <p>ii. Need for food, water, and rest are the examples of _____</p> <p>iii. Illustrate the factors which are associated with value power.</p> <p>iv. Hina is having severe pain in her tooth and the pain is gradually increasing. She is scared to go to a dentist as well. She is experiencing _____ conflict.</p> <p>v. If you score good marks in your senior secondary course and are offered admission to two equally attractive courses of study for higher education, you will experience which type of conflict_____</p> <p>vi. Give two examples to explain socio-psychogenic motives .</p>	4
22	<p>i. Mention any two factors which influence the process of learning</p> <p>ii. In the case of classical conditioning, a dog taught to salivate when a bell is rung also salivates when the buzzer is rung. In this case _____ has happened</p> <p>iii. Innate biological force which predisposes the organism to act in a certain way. These are referred to as _____</p> <p>iv. Give an example explaining genetic limits to learning.</p>	4

23	<p>Identify the correct phenomenon stated in the following. Attempt any four</p> <p>i. Shyaam learns the rules of addition and subtraction. When he goes to the market he finds it easier to count the change and check the balance when he makes purchases from the market. This means _____ transfer of learning has happened.</p> <p>ii. Raju gets rewarded by his parents with chocolates for every good grade he obtains in school. Which reinforcement Raju is receiving?</p> <p>iii. Priya holds beliefs about her competence to undertake some task and such beliefs influence the level of her performance. Such beliefs are known as _____</p> <p>iv. Megha is able to develop the abilities to classify objects in terms of their characteristics or common properties. Which type of learning is this?</p> <p>v. In the context of education, which type of learning involves associating a conditioned response with a neutral stimulus, such as associating a bell ringing with the start of class?</p> <p>vi. Money is an example of _____ reinforce.</p>	4
24.	<p>i. A person is looking for a psychotherapist. She comes across a therapist who believes that people are fundamentally good and seek growth and work towards better ways of living. The therapist is following _____ approach.</p> <p>ii. Identify the category of mental disorder in which a person is preoccupied with one or more sets of ideas.</p> <p>iii. In the context of clinical psychology, which psychological disorder is characterized by persistent, irrational fears and avoidance behaviors, such as a fear of flying or heights?</p> <p>iv. In a school setting, a student avoids speaking in class, participating in group activities, and making eye contact with peers due to an intense fear of negative evaluation. What disorder might this be indicative of?</p>	4

25.	<p>Attempt any four of the following :</p> <p>i. According to you, what factors influence impression formation ?</p> <p>ii. What do you understand by the term Foreign hull ?</p> <p>iii. List any two initiative which you will take in order to save the environment</p> <p>iv. On what principles are behavior modification approaches based on ?</p> <p>v. Three approaches based on behavior therapy are _____, _____ and _____</p> <p>vi. The aim of medical model of psychotherapy is _____</p>	4
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Section B		
26	Explain the psychological perspective on adulthood with reference to Levinson's model.	2
27	What is adolescence? List key physical changes that happen in adolescence.	2
28	Explain Self Instructional Training (SIT) in terms of yourself.	2
29	Define environmental psychology. List various components of human-environment interaction.	2
30	Why do you like long term relationships?	2
31	What do you understand about problems of adjustment in old age?	2
32	<p>A. Discuss cells as the basic unit of life.</p> <p>Or</p> <p>B. With the help of diagrams explain the structure of a neuron.</p>	3
33	<p>A. Illustrate with example, the cognitive changes that take place due to the process of ageing.</p> <p>Or</p> <p>B. Explain the ways to express emotions by adolescents?</p>	3
34	Using examples from your surroundings relate genetic characteristics transmitted from parents to their children.	3
35	<p>A. Define basic aspects of emotion.</p> <p>Or</p> <p>B. Explain Cannon-Bard theory of emotion experience. Give an example to emotion and physiology</p>	3
36	There is a need to develop effective mechanisms for protecting the environment. Mention three future threats to the environment? Also suggest three steps you will prefer to deal with these threats?	3
37 A(<i>optional module</i>)	Physical exercises and nutrition promotes wellbeing, discuss?	3
37. B	Explain three methods which you feel are more appropriate for parental involvement in a play center?	3

38.	<p>A. Describe strategies which you feel are more appropriate to cope up with problems for older people.</p> <p style="text-align: center;">Or</p> <p>B. Discuss some contemporary issues faced by adolescents along with the possible solutions.</p>	5
39.	<p>A. Development of morality occurs through stages. Compare levels of moral reasoning by Jean Piaget and Kohlberg?</p> <p style="text-align: center;">Or</p> <p>B. Discuss the relevance of self in a life span perspective</p>	5
40.	With the help of relevant examples, explain the role of different factors which influence interpersonal attraction.	5
41 <i>A(optional module)</i>	Suresh is aspiring to head his company. He is very motivated and hard Working. Though he is unable to rest and always feels that he is short of time. Classify the different reactions that Suresh may show for stress.	5
41 B	What principles you will consider while planning programmes for children under the age of five?	5

**Psychology-328
Marking Scheme**

Q.No.	EXPECTED VALUE POINTS FOR EACH STEP	Distrib ution of Marks	Total Marks
1	A. a.) Misperceptions	1x1	1
	B. c.) Linear perspective		
2	A. (a) Figure-ground	1x1	1
	B. b.) Binocular disparity		
3.	(d) All of the above	1x1	1
4.	A. c) Reinforcement	1x1	1
	B. b) Intrinsically motivated		
5.	A.(a) Cognitive development	1x1	1
	B. (c) Concrete operations		
6	(d) Personality disorder	1x1	1
7	(d) Selective reinforcement	1x1	1
8	(a) Rating scale approach	1x1	1
9.	(b) Psychoanalytic approach	1x1	1
10.	A. (c) Systematic desensitization	1x1	1
	B.(a) Flooding therapy		
11	c) Cognitive therapy	1x1	1
12A.	(d) Interesting job profile	1x1	1
12B.	a) Strong, multi-use, child-safe, flexible, proportionate and quantitative	1x1	1
13.	Any two to be attempted : i. Law of proximity ii. Law of closure iii. Law of similarity iv. interposition	1 x 2	2
14.	i. Social development ii. Moral development	1 x 2	2

15	<i>Any two</i> parts are to be attempted (1 mark each) : i. It refers to children's conformity to social rules. ii. Pre-conventional, conventional and post conventional level. iii. Helping blind person to cross the road, feeding the poor (any other relevant example) iv. Identity		1 x 2	2										
16.	i. To deal with phobias (any other relevant example) ii. by making the person realize that there is no link between two events (any relevant e.g.- cat and negative event)		1 x 2	2										
17 A.	i. establishment ii. It refers to the education and training which a person receives after entering the occupation.		1 x 2	2										
17 B.	i. Authoritarian discipline ii. reduction of financial burden, teachers to conduct more meaningful and individualized play activities through parental help, and parents to learn and become better equipped to accomplish their role effectively. (<i>any two</i>)		1 x 2	2										
18 A.	<table border="1"> <thead> <tr> <th>Ability and personality characteristics</th> <th>Vocational Choice</th> </tr> </thead> <tbody> <tr> <td>5. Investigative</td> <td>e. Scientist</td> </tr> <tr> <td>6. Conventional</td> <td>f. Sales person</td> </tr> <tr> <td>7. Enterprising</td> <td>g. Property dealer</td> </tr> <tr> <td>8. Social</td> <td>h. Religious teacher</td> </tr> </tbody> </table>	Ability and personality characteristics	Vocational Choice	5. Investigative	e. Scientist	6. Conventional	f. Sales person	7. Enterprising	g. Property dealer	8. Social	h. Religious teacher		½ x 4	2
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5. Investigative	e. Scientist													
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7. Enterprising	g. Property dealer													
8. Social	h. Religious teacher													
18 B.	i. Democratic discipline is most beneficial for the child because it allows freedom of expression. ii. Splinter free wood, sturdy hardware, Dependable (always works), Cost effective and economic, repairable (<i>any two</i>)		1 x 2	2										
19 A.	i. artist, writer, musician, politician, property dealer, stock broker, business man (any other profession except mechanic, engineer, electrician, crane operator, tool designer). ii. Rewards, physical working conditions and cooperation, personality traits, status and seniority, life satisfaction (any two).		1x2	2										

19 B.	<p>i. Vocational course or diploma course in play center management or in pre-school organization.</p> <p>ii. Meet the needs of children, respect them, enjoy working and being with them, help them to build good self-image (<i>any two</i>)</p>	1 x2	2
20.	<p>i. decreases</p> <p>ii. Pragnanz</p> <p>iii. context and set-effects, needs and motives, social and cultural factors</p> <p>iv. depth</p>	1x4	4
21.	<p>Any four are to be attempted:</p> <p>i. Learner's attitude</p> <p>ii. Primary needs</p> <p>iii. social status, prestige, control, dominance (<i>any two</i>)</p> <p>iv. Avoidance – avoidance</p> <p>v. Approach –Approach</p> <p>vi. power, affiliation</p>	1x4	4
22.	<p>i. meaningfulness of content, feedback, whole and part learning, reinforcement, interest and attitude</p> <p>ii. generalization</p> <p>iii. instincts</p> <p>iv. preparedness to learning</p>	1x4	4
23.	<p>Any four are to be attempted (1 mark each):</p> <p>i. Positive</p> <p>ii. positive reinforcement</p> <p>iii. Self efficacy</p> <p>iv. concept learning</p> <p>v. classical conditioning</p> <p>vi. Secondary</p>	1x4	4
24.	<p>i. humanistic</p> <p>ii. anxiety</p> <p>iii. phobia</p> <p>iv. social anxiety</p>	1x4	4
25.	<p>Any four are to be attempted (1 mark each):</p> <p>i. Trust/admiration, first impressions given more weight age, judgments about behaviors</p> <p>ii. Physical environment that doesn't influence behavior directly.</p> <p>iii. Using public transport, planting trees (any other relevant e.g.)</p> <p>iv. Through conditioning (operant & classical)</p> <p>v. systematic desensitization, flooding, implosion therapy</p> <p>vi. Examine the role of genetics and imbalances in neurotransmitters causing disorder.</p>	1x4	4

Section B			
26.	<p>Levinson's stages include:</p> <ul style="list-style-type: none"> ● Leaving the family (20-24) ● Getting into the adult world (early 20s to 27-29) ● Settling down (early 30s to early 40s) ● Becoming one's own man (35-39) ● The midlife transition (early 40s) ● Restabilization and the beginning of middle adulthood (middle40s) 	1/3X 6	2
27.	<p>The stage of adolescence helps in the transition from childhood to adulthood. It starts from about twelve years of age and continues through eighteen years.</p> <p>Physical changes like:</p> <ul style="list-style-type: none"> ● Hormonal changes ● Changes in body size and proportions ● Muscle fat makeup and other internal changes ● Sexual maturation 	1 1/4 X4	2
28.	<p>Self Instructional Training (SIT) is one of the methods of self control. It emphasizes the importance of self-talk. This kind of instruction focuses on the development of major skill areas emphasizing "self-talking" responses.</p>	2	2
29.	<p>The study of reciprocal relationships between psychological processes and physical environments, both natural and manmade is known as environmental psychology.</p> <p>Components of human-environment interaction:</p> <ul style="list-style-type: none"> ● Physical environment ● Socio-cultural ● Environment orientation ● Environment behavior ● Product behavior 	1 1/5 x 5	2
30.	<ul style="list-style-type: none"> ● Long term relationships provide psychological and emotional support to the individual. ● Long term relationships demonstrate stability and contentment. ● It also provides support to the individual in rough or hard times of life. <p>(Any other relevant point, any two)</p>	1x2	2

31.	<ul style="list-style-type: none"> ● Problems of adjustment in old age are - ● Lesser activity level and increased free time ● Poor image problems ● Life may get duller/ no excitement ● Economical problems - loss of job due to retirement/health issues ● Loss of self-esteem and self-worth ● Fear to a great extent to the dying process ● Memory loss ● Depressive mood <p>(Any other relevant point)</p>	$\frac{1}{2}$ X4	2
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<p>32.</p>	<p>A. Our body is made up of cells. As the brick is the smallest unit in a building so is a cell - the small unit in a human body. All cells contain a fluid called cytoplasm and a nucleus, and are enclosed in a cell membrane. Operations within the cells and the coordination among various cells make life possible. The life of all the living beings is, therefore, based upon the working of the cells.</p> <p>Each living being whether it be a plant, animal or human being is made up of these small units, called cells.</p> <p>Or</p> <p>B. Neurons make up half of the volume of the brain. There are three main structures of a neuron. They are:</p> <p>(1) The soma, or the cell body, is the largest part of the neuron. It receives impulses from other neurons and contains the nucleus.</p> <p>(2) The dendrites are the branches that extend from the cell body and spread out in complex ways. The neurons receive much of their input through dendrites via synaptic connection from other neurons.</p> <p>(3) The axon is a long fibre that leads away from the cell body.</p> <div data-bbox="319 1120 1093 1534" data-label="Diagram"> </div> <p>(if soma, dendrite and axon are marked give 1.5 marks)</p>	<p>3</p> <p>3</p> <p>$\frac{1}{2} \times 3$ (1.5)</p> <p>$\frac{1}{2} \times 3$ (1.5)</p>	<p>3</p> <p>3</p>
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<p>35.</p>	<p>A. Basic aspects of emotions are:-</p> <p>i. Cognitive aspect: It involves thoughts, beliefs and expectations that are involved when we experience emotions. For example - your friend may find a novel rich in descriptions of people and places whereas you may find it unrealistic.</p> <p>ii. Physiological aspect: It involves physiological activation. When you experience emotions such as fear or anger, you experience an increase in pulse rate, blood pressure and respiration. You may also perspire.</p> <p>iii. Behavioral aspect: It includes various forms of emotional expressions. If you observe your father or mother during anger and happiness you will notice that facial expressions, bodily postures and tone of voice vary with anger, joy and other emotions.</p> <p>Or</p> <p>B. According to Cannon and Bard theory when we face an event we feel physiological changes and perception of emotion together.</p> <div data-bbox="320 1055 1035 1375" data-label="Diagram"> <pre> graph LR Event[Event] --> Arousal[Arousal & Physiological Changes] Event --> Experience[Emotional Experience] </pre> </div>	<p>1x3</p>	<p>3</p>
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38.	<p>A. Strategies to cope up with problems for older people -</p> <ol style="list-style-type: none"> 1) Eat a healthy diet. 2) Include physical activity in your daily routine. 3) Manage stress 4) Get enough sleep 5) Get adequate amounts of calcium and vitamin 6) Avoid substance abuse 7) Schedule regular checkups 8) Stay mentally active 9) Develop an attitude of flexibility 10) Greater use of information 11) Problem solving strategies rather than withdrawing or isolating. 12) Increase self-confidence, self-reliance, self-esteem 13) Develop healthy attitude 14) Learn and maintain effective coping skills 15) Explore new ways of coping with problems. 16) Involvement in grand parenting <p>(Any other relevant point)</p> <p>Or</p> <p>B. Adolescence is a period of changes the experiences of adolescents are products of both biological and social factors. The biological changes are universal. The social expectations from children about the way of behaving, developing new interpersonal relationships often give rise to moments of uncertainty and self doubt.</p> <p>Contemporary issues faced by adolescents :</p> <ul style="list-style-type: none"> ● Substance Abuse: Dependence on alcohol and hard drugs to deal with daily stresses reduces their responsible decision making skills. To avoid this problem proper guidance and creating a conducive environment to channelize energy. ● Sexually Transmitted Disease: Teenagers are in greatest danger of getting affected by STD. They are the ones who engage in irresponsible sexual behavior. The adolescents should be provided proper sex education in an effective manner. ● Teenage Pregnancy: Becoming a responsible parent is a challenging and stressful experience. It is especially difficult for adolescents. Child rearing imposes lasting hardships on both the mother and the child. <p>(Any other relevant points)</p>	<p>½ x5</p> <p>2</p> <p>3</p>	<p>5</p> <p>21</p>
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40.	<p>Factors that influence the interpersonal attraction are –</p> <ol style="list-style-type: none"> 1. Physical Attractiveness 2. Similarity and Complementarity 3. Familiarity and Propinquity 4. Reciprocal Liking 5. Affect refers to the feelings and emotions which vary in intensity and direction. 6. Need for Affiliation 7. Enduring Relationships. <p>(Explain any five of them)</p>	1x5	5
41A.	<p>In the above example, changes (physical and mental) can be seen which are caused by stress. The reactions to stress can be classified into the following categories</p> <ol style="list-style-type: none"> 1. Physiological reactions - Rapid heartbeat and pulse Muscles becoming tense, Dryness of the throat or mouth, Trembling, Nausea etc. 2. Affective reactions Anxiety, Depression, Anger, Frustration, hopelessness and irritability. 3. Cognitive reactions - Poor concentration, Inability to learn anything new, Forgetting, Unable to take proper decision, Confusion, Negative thought 4. Behavioral reactions - Crying, Talking incoherently, Irrelevant speech, Hitting, Over eating, Substance abuse 5. Psychological reactions Sadness, Moodiness, Grief or Depression, Mood Swing, Vivid or distressing dreams. Guilt Feeling, Helpless or Hopeless. <p>(Any other relevant point with explanation)</p>	1X5	5

41B.	<p>Principles to be considered while planning programmes for children under five. Consideration of the Needs of Children</p> <ul style="list-style-type: none"> ● Plan age appropriate activities ● Introduce the activity at an appropriate time. ● The programme should be flexible to serve the needs of children ● The programme planned should be meaningful and help the children to learn habits, concepts and values. ● The programme should provide first hand and concrete experiences. Associate old experiences with new ones ● Allow time for rest and sleep. <p>The Programme should have Variety</p> <ul style="list-style-type: none"> ● The activities can be of different kinds. ● The programmes should include both the individual as well as group activities ● Maintain a balance between free play and guided activity. ● The programme should alternate between active play and quiet play. <p>Overall Planning</p> <ul style="list-style-type: none"> ● The programmes should be planned according to certain specific themes ● Consider the facilities available in the center. ● Plan the programme in advance and make necessary arrangements. <p>(Any other relevant point with explanation)</p>	3/5 x5	5
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