

## Question Bank for Psychology Part I

### Chapter No.1.

#### Introduction to Psychology

##### Short Questions:

1. What was the first ever definition of Psychology?  
The first ever definition of psychology was the 'study of soul'.
2. Define Psychology.  
Psychology is the study of mental processes (cognitive processes) and behavior.
3. Who was the founder of Behaviorism?  
John Broadus Watson was the founder of behaviorism.
4. Define Psychology as the science of Consciousness.  
William James proposed that psychology must be considered the science of consciousness. **Consciousness** refers to your individual awareness of your unique thoughts, memories, feelings, sensations, and environment. Your **conscious** experiences are constantly shifting and changing.
5. What are the different goals of Psychology?  
The goals of psychology are description, explanation, prediction and modification of behavior.
6. Briefly explain Industrial Psychology.  
Industrial Psychology is a scientific study of employees, workplaces, organizations and organizational behavior. Industrial psychology is also known as work psychology, organizational psychology or I-O psychology. An Industrial psychologist contributes by improving the workplaces, satisfaction and motivation levels of the employees, and helping the overall productivity of the organization.
7. What are the responsibilities of Criminal Psychologists?  
A criminal psychologist is a professional that studies the behaviors and thoughts of criminals. A large part of what a criminal psychologist does is studying why people commit crimes. However, they may also be asked to assess criminals in order to evaluate the risk of recidivism (how likely the person is to re-offend in the future) or make educated guesses about the actions that a criminal may have taken after committing a crime.
8. What is the difference between a Clinical and Educational Psychologist?  
A clinical psychologist is a mental health professional with highly specialized training in the diagnosis and psychological treatment of mental, behavioral and emotional illnesses while Educational psychologists study children of all ages and how they learn. While investigating how children process emotional, social and cognitive stimuli, they make assessments based on the child's reactions to stimuli. They use this analysis to identify learning, social and behavioral issues that impede children's learning.

##### Extensive Questions:

1. Explain the Goals of Psychology with the help of examples.
2. Define Psychology. Explain its different branches.

### Chapter No.2

#### Research Methods

##### Short Questions:

1. Define Research.  
Research is a systematic way of exploring and investigating topic of interests. It involves series of scientific steps that enable and unbiased discovery of new facts.
2. What is the difference between Basic and Applied Research?

Basic research is done to purely explore a new topic applied research on the other hand is done to find possible solutions to practical problems.

3. What is an independent variable?  
Independent variable is the variable in an experimental research that is manipulated (altered) by the experimenter to see its effects on the dependent variable.
4. What is a dependent variable?  
A dependent variable is the variable in an experimental research that is not manipulated by the experimenter.
5. What is a hypothesis?  
A hypothesis is a statement based on observation that is still to be tested.
6. What is the difference between a Control group and Experimental group?  
In the control group the independent variable is not manipulated while in the experimental group the independent variable is manipulated.
7. What is a controlled observation?  
Controlled observation is a type of observational study where the conditions are contrived by the researcher.
8. What is the Clinical Method of Research?  
The clinical method of research is primarily used in researches conducted in the field of clinical psychology.
9. What is an observational method of Research?  
Naturalistic **observation** is an **observational method** that involves **observing** people's behavior in the environment in which it typically occurs, without intervening it.
10. What is the role of observation in Psychological Research?  
Observational methods in psychological research entail the observation and description of a subject's behavior. Researchers utilizing the observational method can exert varying amounts of control over the environment in which the observation takes place. This makes observational research a sort of middle ground between the highly controlled method of experimental design and the less structured approach of conducting interviews.

#### Extensive Questions:

1. Explain the Experimental Method of Research in detail.
2. What is the Observational Method of Research? Explain its types.

### Chapter No.3

#### The Nervous System

##### Short Questions:

1. What is the basic unit of the Nervous System?  
Neuron, a cell specialized for transmitting information within the human body, is the basic unit of the nervous system.
2. What is the role of Nervous system in behavior?  
The nervous system involves the brain that is responsible for information processing and then acting upon it. All the overt behavior comes through very carefully crafted biological processes in the nervous system.
3. How the Nervous System is organized?  
The Nervous system is divided into the central and peripheral systems. The CNS comprises of brain and spinal cord. The PNS is the network of nerves outside the brain and spinal cord. PNS is further divided into somatic and autonomic nervous system.

4. What comprises of the Central Nervous System?  
The nervous system comprises of brain and spinal cord.
5. What are the functions of the lobes of the brain?  
There are four lobes of the brain. The frontal lobe is responsible for thinking, planning, and all other cognitive processes, temporal lobe is involved in processing of auditory information; parietal lobe is involved in processing sensory information. The occipital lobe is involved in processing of visual information.
6. What is the role of Autonomic Nervous System?  
The autonomic nervous system is responsible for body's involuntary functions.
7. What is the difference between sensory and motor neuron?  
Sensory neurons receive information from outside the body and send it to the brain, whereas the motor neurons receive information from the brain and take those commands to the muscles of the body, preparing for action.
8. What is the role of Pituitary Glands?  
The Pituitary Gland is the master gland and produces Growth Hormone responsible for growth of human body.
9. What is a synapse?  
A synapse is a microscopic space between the terminal buttons of one neuron and dendrites of another neuron. This space is very important for neurotransmission.
10. What are the functions of cerebellum?  
Cerebellum is a part of brain that is responsible of body movement, posture and balance.

#### **Extensive Questions:**

1. Write a detailed note on the Peripheral Nervous System.
2. What is the basic unit of the Nervous System? Explain with the help of a diagram.
3. Write a note on the Endocrine System.
4. Explain the different parts of the brain and their functions.

#### **Chapter No. 4**

#### **Sensation and Perception**

#### **Short Questions:**

1. What is the difference between sensation and perception?  
Sensation is receiving information through sensory organs and perception is organizing and interpretation of that information.
2. What is the role of retina?  
Retina is the innermost layer of the eye that includes cones and rods. These cells receive light and convert it into neural impulses to be sent to the brain via the optic nerve.
3. What is attention?  
Attention is the behavioral and cognitive process of selectively concentrating on a discrete aspect of information, whether deemed subjective or objective, while ignoring other perceivable information.
4. Define Illusion.  
An illusion is an inaccurate perception of a stimulus.
5. Define Perceptual Constancy.

The phenomenon in which an object or its properties (e.g., size, shape, color) appear unchanged despite variations in the stimulus itself or in the external conditions of observation, such as object orientation or level of illumination

6. What is retinal disparity?

The slight difference between the right and left retinal images. When both eyes focus on an object, the different position of the eyes produces a disparity of visual angle, and a slightly different image is received by each retina. This is called retinal disparity.

7. Define Depth Perception?

Depth perception is the ability to gauge distance between yourself and the objects that you see. It also involves the ability to see things in three dimensions.

8. Explain any two binocular cues.

There are two main binocular cues that help us to judge distance:

- **Disparity** – each eye see a slightly different image because they are about 6 cm apart (on average). Your brain puts the two images it receives together into a single three-dimensional image.
- **Convergence** – when looking at a close-up object, your eyes angle inwards towards each other (you become slightly cross-eyed). The extra effort used by the muscles on the outside of each eye gives a clue to the brain about how far away the object is.

**Extensive Questions:**

1. Explain the structure of the eye with the help of a diagram
2. Explain the structure of the ear with the help of a diagram
3. Explain the Gestalt laws of Perception with the help of examples.
4. Define Attention. Explain the factors that affect attention.

**Chapter No.5**

**Learning and Memory**

**Short Question:**

1. Define Learning.

**Learning** is the alteration of behavior as a result of individual experience.

2. Who proposed the principles of Learning?

E.L Thorndike proposed the principles of learning.

3. What is the law of effect?

The law of effect principle developed by Edward Thorndike suggested that responses closely followed by satisfaction will become firmly attached to the situation and, therefore, more likely to reoccur when the situation is repeated. Conversely, if the situation is followed by discomfort, the connections to the situation will become weaker, and the behavior of response is less likely to occur when the situation is repeated.

4. Who was the founder of observational leaning?

Albert Bandura was the founder of Observational learning.

5. Define Classical Conditioning.

It's a type of learning in which an initially neutral stimulus—the conditioned stimulus (CS)—when paired with a stimulus that elicits a reflex response—the unconditioned stimulus (US)—results in a learned, or conditioned, response (CR) when the CS is presented.

6. What is Operant Conditioning?

Operant conditioning (sometimes referred to as instrumental conditioning) is a method of learning that occurs through rewards and punishments for behavior. Through operant conditioning, an association is made between a behavior and a consequence for that behavior.

7. Define Memory.

Memory is the faculty of the brain by which data or information is encoded, stored, and retrieved when needed. It is the retention of information over time for the purpose of influencing future action.

8. What is forgetting?

Forgetting or disremembering is the apparent loss or modification of information already encoded and stored in an individual's long-term memory. It is a spontaneous or gradual process in which old memories are unable to be recalled from memory storage.

9. Write any two causes of forgetting.

**Lapse of Time:**

With the passage of time what is learned or experienced is forgotten. This is a passive decay. The memory traces formed in the brain gets faded and becomes weaker with the passage of time.

**Interference:**

One type of learning interference with the learning of another type is called theory of interference.

**Extensive Questions:**

1. Define Memory. Explain its types.
2. What is forgetting? Explain its different causes.
3. Define Classical Conditioning. Explain its Principles.
4. Define Operant Conditioning. Explain its Principles.

**Chapter No. 6.**

**Motivational Behavior**

**Short Questions:**

1. Define Motive.  
A motive is generally defined as a state of physiological or psychological arousal which influences how we behave. For example, a physiological arousal, such as hunger or thirst, motivates us to eat or get something to drink.
2. Define Motivation.  
Motivation involves the biological, emotional, social, and cognitive forces that activate behavior. In everyday usage, the term motivation is frequently used to describe *why* a person does something.
3. What are primary motives?  
Primary Motives are physiological/biological needs that are crucial for a person's survival. E.g. food, water and air.
4. What are secondary motives?  
Secondary motives are psychological needs that are learned and acquired over time and also vary person to person. Examples include motive of achievement, motive of affiliation and motive of power.
5. What is the difference between intrinsic and extrinsic motivation?

Intrinsic motivation involves doing something because it's personally rewarding to you. Extrinsic motivation involves doing something because you want to earn a reward or avoid punishment.

**Extensive Questions:**

1. Define Motive. Explain its types.

**Chapter No. 7.**

**Personality**

**Short Questions:**

1. Define Personality.  
Personality is made up of the characteristic patterns of thoughts, feelings, and behaviors that make a person unique.
2. What are Personality traits?  
A distinguishing quality or characteristic, typically one belonging to a person.
3. What are the Jung's Personality types?  
Extraversion: **Extraversion** (also spelled as extroversion) is the state of primarily obtaining gratification from outside oneself. Extraverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. Extraverts are energized and thrive off being around other people.  
Introversion: **Introversion** is a basic personality style characterized by a preference for subdued and solitary experiences.
4. What are the projective Tests of Personality?  
In psychology, a projective test is a personality test designed to let a person respond to ambiguous stimuli, presumably revealing hidden emotions and internal conflicts projected by the person into the test.
5. What are the objective tests of personality?  
An objective test is a psychological test that measures an individual's characteristics in a way that isn't influenced by the examiner's own beliefs; in this way, they are said to be independent of rater bias. They usually involve the administration of a bank of questions that are marked and compared against standardized scoring mechanisms
6. What stands for MMPI?  
Minnesota Multiphasic Personality Inventory.
7. Write two ways of grooming personality.
  1. Self-Awareness: One must know his/her own strengths and weaknesses in order to further work on them.
  2. Role models: Not just be inspired by people but also adopt effective behaviors from them

**Extensive Questions:**

1. Define Personality. Explain the types of personality proposed by Carl Jung.
2. What are the different projective tests to assess personality? Explain in detail.

**Chapter No.8.**

**Emotional Behavior**

**Short Questions:**

1. Define Emotion.  
Emotion is a mental state associated with the nervous system<sup>[1][2][3]</sup> brought on by chemical changes variously associated with thoughts, feelings, behavioral responses, and a degree of pleasure or displeasure.

2. Name the basic emotions that humans universally experience.  
In the 20th century, Paul Ekman identified six **basic emotions** (anger, disgust, fear, happiness, sadness, and surprise)
  
3. What are life skills?  
Life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. This concept is also termed as psychosocial competency.

**Extensive Questions:**

1. Define Emotions. Explain the role of Autonomic Nervous system in emotional processing.
2. Define Emotion. Explain the Carl-Lange Theory of Emotion.
3. Define and Discuss Life skills.

**Chapter No.9.**

**Cognition and Intelligence**

**Short Questions:**

1. Define Intelligence.  
**Intelligence** includes the ability to benefit from past experience, act purposefully, solve problems, and adapt to new situations.
2. What is Cognition?  
Cognition is "the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses".<sup>[1]</sup> It encompasses many aspects of intellectual functions and processes such as attention, the formation of knowledge, memory and working memory, judgment and evaluation, reasoning and "computation", problem solving and decision making, comprehension and production of language.
3. What is the difference between the **g** and the **s** factor of Intelligence?  
General intelligence, also known as g factor, refers to the existence of a broad mental capacity that influences performance on cognitive ability measures. Charles Spearman first described the existence of general intelligence in 1904 whereas an s-factor score represents a person's ability within one particular area. Put all the s-factors together, and you get the g-factor. Commonly measured s-factors of intelligence include memory, attention and concentration, verbal comprehension, vocabulary, spatial skills, and abstract reasoning.
4. What is Problems Solving?  
Problem solving is the act of defining a problem; determining the cause of the problem; identifying, prioritizing, and selecting alternatives for a solution; and implementing a solution.
5. Define Brain Storming.  
It is a group problem-solving technique that involves the spontaneous contribution of ideas from all members of the group conducted several **brainstorming** sessions also the mulling over of ideas by one or more individuals in an attempt to devise or find a solution to a problem
6. What is the difference between army alpha and army beta tests?  
The Alpha test was a written exam given to the literate and tested things like the ability to follow directions, arithmetic, and analogies. The Beta test was given to the illiterate and used pictures and symbols to test things like identification of patterns and picture completion.

**Extensive Questions:**

1. Define Problem Solving. Explain different methods to solve problems.

2. What is language development? Explain its stages.