

## Question Bank for Psychology Part II

### Chapter No. 1.

#### Developmental Psychology

##### Short Question:

1. Define Developmental Psychology?  
Developmental psychology is the scientific study of how and why human beings change over the course of their life. Originally concerned with infants and children, the field has expanded to include adolescence, adult development, aging, and the entire lifespan.
2. Define Development.  
Development means all the qualitative changes that occur throughout the life span of an individual.
3. What is the difference between growth and development?  
Growth is the progressive increase in the size of a child or parts of a child. Development is progressive acquisition of various skills (abilities) such as head support, speaking, learning, expressing the feelings and relating with other people.
4. What is maturation?  
The sequential unfolding of genetically governed behavior is called maturation.
5. Define Cognitive Development.  
Cognitive development means how children think, explore and figure things out. It is the development of knowledge, skills, problem solving and dispositions, which help children to think about and understand the world around them. Brain development is part of cognitive development.
6. What is Object Permanence?  
Object permanence is the understanding that objects continue to exist even when they cannot be perceived.
7. Define Egocentrism.  
Egocentrism is the inability to differentiate between self and other. More specifically, it is the inability to untangle subjective schemas from objective reality and an inability to accurately assume or understand any perspective other than one's own.
8. Define Abstract Thinking.  
Abstract thinking is the ability to think about things that are not actually present. People who think in an abstract way look at the broader significance of ideas and information rather than the concrete details. Abstract thinkers are interested in the deeper meaning of things and the bigger picture.

##### Extensive Questions:

1. What is Cognitive Development? Explain the different stages of Cognitive Development.
2. Define Psychosocial Development. Explain the eight stages proposed by him.
3. What is Moral Development? Explain the stages of moral development.

### Chapter No.2

#### Health Psychology

##### Short Question:

1. What is health?  
The word "health" refers to a state of complete emotional and physical well-being. Healthcare exists to help people maintain this optimal state of health. Health can be defined as physical, mental, and social wellbeing, and as a resource for living a full life.

2. What is health psychology?  
**Health psychology** is the study of **psychological** and behavioral processes in **health**, illness, and healthcare. It is concerned with understanding how **psychological**, behavioral, and cultural factors contribute to physical **health** and illness. **Psychological** factors can affect **health** directly.
3. Define Adjustment.  
Adjustment is the behavioral process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments.
4. Define Stress.  
Stress is your body's way of responding to any kind of demand or threat. When you sense danger—whether it's real or imagined—the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction or the "stress response."
5. What is approach-approach conflict?  
Conflict whereby one must choose between two desirable or attractive goals. Example: An example of an approach-approach conflict would be where you have to decide between two appealing destinations for your vacation, for example, Mexico vs. the Caribbean.
6. Define Anxiety Disorders.  
**Anxiety disorders** are a group of mental **disorders** characterized by significant feelings of **anxiety** and fear. **Anxiety** is a worry about future events, and fear is a reaction to current events. These feelings may cause physical **symptoms**, such as a fast heart rate and shakiness.
7. Define Eating Disorders.  
**Eating disorders** are illnesses in which the people experience severe disturbances in their eating behaviors and related thoughts and emotions
8. Define Schizophrenia.  
**Schizophrenia** is a mental illness characterized by abnormal behavior, strange speech, and a decreased ability to understand reality. Other symptoms may include false beliefs, unclear or confused thinking, hearing voices that do not exist, reduced social engagement and emotional expression, and lack of motivation.

#### Extensive Questions:

1. Define Stress. Explain the different sources of stress.
2. Define Anxiety Disorders. Explain the different types of anxiety disorders.
3. Define Eating Disorders. Explain Anorexia Nervosa.

### Chapter No. 3

#### Social Psychology.

##### Short Questions:

1. Define Social Psychology.  
Social psychology is the scientific study of how people's thoughts, feelings, and behaviors are influenced by the actual, imagined or implied presence of others. In this definition, scientific refers to the empirical investigation using the scientific method.
2. What is Socialization?  
Socialization is the process of internalizing the norms and ideologies of society. Socialization encompasses both learning and teaching and is thus "the means by which social and cultural continuity are attained.
3. What is the role of family in the process of socialization?  
The family is the most important agent of socialization. The family has been viewed as the major vehicle for socialization. Parents provide physical and social conditions in which children learn social skills

4. What is the role of educational institution in the process of socialization?  
An educational institution is a very important social and the means by which individual acquires social norms and values (values of achievement, civic ideals, solidarity and group loyalty etc) beyond those which are available for learning in the family and other groups.
5. Define Antisocial Behavior.  
**Antisocial behaviors** are disruptive acts characterized by covert and overt hostility and intentional aggression toward others
6. Define Drug Addiction.  
Drug addiction is a psychological and physical inability to stop consuming a chemical, drug, activity, or substance, even though it is causing psychological and physical harm.
7. What is the difference between sedatives and stimulants?  
Sedative are substances that suppress the activity of the central nervous system, stimulant are substances that enhance the activity of the central nervous system.
8. Define an Attitude.  
A predisposition or a tendency to respond positively or negatively towards a certain idea, object, person, or situation. Attitude influences an individual's choice of action, and responses to challenges, incentives, and rewards
9. Write the names of four different scales that are used to measure attitudes.  
Likert Scale  
Thurstone Scale  
Osgood Method  
Bogardus Scale.
10. What is the role of media in the process of socialization?  
Mass media is one of the most significant agents of socialization that help people in their formation of beliefs and norms. The power of mass media had allowed it to penetrate the lives of more people and therefore influence how they act and think.

**Extensive Questions:**

1. Define Socialization. Explain its different elements.
2. Define antisocial behavior. Explain the different characteristics of antisocial personality.
3. Define Attitudes. Explain the ABC model of attitudes.

**Chapter No. 4.**

**Guidance and Counseling.**

**Short Questions:**

1. Define Counseling.  
Counseling is a collaborative effort between the counselor and client. Professional counselors help clients identify goals and potential solutions to problems which cause emotional turmoil; seek to improve communication and coping skills; strengthen self-esteem; and promote behavior change and optimal mental health.
2. What is the difference between educational and vocational guidance?  
Educational guidance is a process of assisting the individual student to reach optimum educational development. It is a sort of guidance that is only rendered to the student community whereas Vocational guidance is assistance in choosing a career or profession or in making employment or training decisions. An example of vocational guidance is a meeting with a consultant who helps people figure out what a good job would be for them based on their skills and qualifications.
3. What is Psychoanalysis?

**Psychoanalysis** is defined as a set of psychological theories and therapeutic techniques that have their origin in the work and theories of Sigmund Freud. The core idea at the center of **psychoanalysis** is the belief that all people possess unconscious thoughts, feelings, desires, and memories.

4. Define Rogerian Therapy.

Rogerian therapy, created by Carl Rogers, is a therapeutic technique in which the client takes an active, autonomous role in therapy sessions. It is based on the idea that the client knows what is best, and that the therapist's role is to facilitate an environment in which the client can bring about positive change.

5. What is Superego?

The part of a person's mind that acts as a self-critical conscience, reflecting social standards learned from parents and teachers.

6. What is Rational Emotive Behavioral Therapy?

Rational emotive behavior therapy, also known as REBT, is a type of cognitive-behavioral therapy developed by psychologist Albert Ellis. REBT is focused on helping clients change irrational beliefs.

**Extensive Questions:**

1. Define Guidance. Explain its principles
2. Define Psychoanalysis. Explain the different therapeutic techniques of Psychoanalysis.
3. Define REBT. Explain the ABC model proposed by Albert Ellis.
4. Define Guidance. Discuss the types of guidance