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PSYCHOLOGY (Test Code : 589)

Name of Candidate	<u>M N HARENDHIRA PRASAD</u>	Registration No.	<u>7165</u>
Schedule		Module	
Place	<u>RAJINDER NAGAR</u>	Time	<u>2:00 PM</u>
Date		Date	<u>7/11/2014</u>
Classroom	☐	Distance Learning	☐
		Classroom & Distance Learning	☐

INDEX TABLE

Q. No.	Maximum Marks	Marks Obtained
1.(a)	10	
1.(b)	10	
1.(c)	10	
1.(d)	10	
1.(e)	10	
2.(a)	15	
2.(b)	20	
2.(c)	15	
3.(a)	15	
3.(b)	20	
3.(c)	15	
4.(a)	20	
4.(b)	15	
4.(c)	15	
5.(a)	25	
5.(b)	25	

Maximum Marks : 250

/250

Remarks:

Signature of Examiner

EVALUATION INDICATORS

1. Alignment Competence
2. Context Competence
3. Content Competence
4. Language Competence
5. Introduction Competence
6. Structure - Presentation Competence
7. Conclusion Competence

INSTRUCTIONS

1. Do furnish the appropriate details in the answer sheet (viz. Name, ID Number and Test Code).
2. Candidates should attempt answer to the part/sub-part of a question strictly within the pre-defined space. Any attempt outside the pre-defined space shall not be evaluated.
3. The candidate need not write anything in his/her answer that derogates the dignity of an individual or an organization.
4. Candidates should attempt all questions strictly in accordance with the instruction given under each question.
5. The candidate should respect the instructions, given by the invigilator.

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Overall Macro comments / feedback / suggestions on Answer Booklet:

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5.

All The Best

1. (a) What do you understand by the notion of "fulfilling oneself and doing the best one is capable of doing"? 10

Fulfilling oneself and doing best one is capable of:

This notion refers to the humanistic approach to psychology forwarded by Rogers and Maslow. It took a phenomenological view of man and assessed him for the first time from his perspective.

Rogers believed that every human being has the innate tendency to be good. Let alone, they strive to be a "fully functional person" whose characters are

- i) organismic trusting
- ii) openness to experience
- iii) existential living.

Abraham Maslow also believed that man has a strong desire for self-actualization. They strive for peak experiences in which they feel like they are one with the world.

Thus fulfilling oneself refers to becoming fully functional and self actualized and striving to reach their fullest potential.

1. (b) How would you define psychological dependency on drugs?

10

Dependency on Drugs:-

There are two types of dependency on drugs namely

- i) Physical dependency
- ii) Psychological dependency.

While physical dependency involves, change in level of pleasure & pleasure gained to a higher threshold

and more and more drug is needed to
give the same high. psychological dependency
is associated with newer issues.

Psychological dependency results in
withdrawal symptoms. By stopping the
drug the individual experiences
symptoms like irritability, depression,
aggressive behavior etc.

It may also result in
suicidal tendencies for the individual.

Psychological dependency results in
sense of helplessness and powerlessness
and the individual experience mental
trauma.

It can be overcome by cognitive
therapies or using drugs like
methadone.

1. (c) Discuss in short client-centered approaches towards drug rehabilitation.

10

client-centered therapy:

Client centered therapy was proposed by Carl Rogers. According to Rogers, maladjustment results from the incongruence between the real self and the ideal self, and every individual strives to become a fully functional person.

Rogers' therapy is based on the central tenet that, human beings are the best to handle their very own problems. Hence he proposed a therapy that is

- a) Non-directive - the therapist is just a passive facilitator.
- b) Unconditional Positive Regard - reinforcement w/o contingent on specific actions.

- c) empathy - looking issues from clients perspective
- d) Relatedness

Rogers used the S-sort technique to identify specific characteristics of the client, that are representative of them. In this way Rogers' approach is significant different from dissected approach of Ellis' RET Therapy.

1. (d) Write a short note on mindfulness-based cognitive therapy.

10

Mindfulness based Cognitive Therapy:-

Mindfulness refers to the focus of the complete attention to the self. In this approach self becomes the center of attention and through this we start deeply probing our inner thoughts and external behaviors.

There are several mindfulness approaches. Meditation is one of the mindfulness approach in which we can focus all attention efforts towards oneself.

In this therapy we can overcome several, depression related thoughts, disregard anxiety provoking stimuli, overcome stimulus overload and the stress associated with it.

Mindfulness based Cognitive approaches are widely used in therapeutic interventions for phobias, post-traumatic stress disorders, obsessive compulsive disorders and bipolar disorders. The biggest advantage is that can be practiced by the client himself.

1. (e) Outline the potential causes of generalized anxiety disorder.

10

Generalized Anxiety Disorders (GAD):

Anxiety refers to the increased level of arousal accompanied by generalized feeling of fear or apprehension. GAD refers to a 'free-floating' anxiety not specific to any object or event.

Symptoms:- i) Increased heart rate ii) profuse sweating iii) feeling of loss of control iv) higher blood pressure v) fear of heart attacks etc.

Causes:-

- i) Psychoanalytic view: According to this view GAD results from failure of defense mechanisms such as displacement and denial.
- ii) Behavioral view: Stimulus generalization results in generalized fear across all things which is outcome of faulty association.

between neutral stimuli and free parking stimuli.

Socio cultural view: childhood abuses and avoidant parenting results in GAD according to this view.

Biological view: Higher levels of Gamma Amino Butyric Acid (GABA) results in heightened anxiety according to this view.

2. (a) Discuss the nature vs. nurture debate over the development of anti-social personality disorder. Critically examine the role of psychotherapy in its treatment. 15

Anti social Personality Disorder:-

Personality disorders are the result of maladaptive personal traits that results in significant distress to the individual and the others related to him.

Anti-social personality disorder is characterized by absence of 'conscience'.

The person has little regard for others' feelings and emotions. They also show little remorse for their actions. Two defining characteristics are

- a) Impulsivity
- b) Immediate gratification.

Example: Character played by Anthony Hopkins in movie "Silence of the Lambs".

The symptoms are attributed to both natural ~~and~~ biological and social factors.

Natural factors:-

- i) Executive functions: Study on antisocial personalities have shown complete failure of executive functions namely i) concept formation ii) abstraction etc.
- ii) Arousal: They have higher threshold for arousal and hence they show little fear or remorse for their acts.
- iii) There is greater correlation in twin studies of subjects with this disorder.

Nurture / environmental factors:

- i) Parenting style: Cold, avoid and abusive parenting results in antisocial disorders.
- ii) economic factor: People grown in poor, less stimulating environment with delinquent peers and poverty are more likely to be anti-social.

Anti-social personality disorder is the outcome of both nature and nurture factors and can be addressed by targeting both of these factors.

2. (b) What do you understand by the positive capacity of people to cope with stress and adversity? Elucidate the role of community and religion in fostering psychological resilience among children. 20

Stress and adversity:

stress and adversity affects the individual negatively and prevent him from functioning to his fullest potential. Certain individuals show heightened level of resilience to stress and adversity, despite several odds.

The positive coping capacity of

the people is called "Resilience". Resilience is the outcome of several factors, such as

- a) Hardiness - which involves feeling of
 - 1) Confidence to overcome problems
 - 2) Control over their life
 - 3) Commitment to their goals
- b) Locus of control which is internal
- c) adopting the right coping style i) Problem or ii) emotion focused.
- d) seeking social support.
- e) High on creativity.
- f) See problems as opportunity.
- g) High self esteem + self efficacy.
- h) High on achievement motivation.

Role of Community and Religion:-

Community and Religion plays a bigger role in fostering psychological resilience. Their biggest contribution is "Social Support".

When individuals have social support they can seek help and overcome their distress.

In addition, religion gives a goal for the individual to strive to, which is "peak experience".

Thirdly religion and community helps in attribution of failures. By attributing failure to fate and past life we can relieve the burden on ourselves.

Bhajans and satsangs helps focus our attention and forget our realworld problems. It can act as a form of therapy. Certain religions advocate meditation practices. In certain religions we can confess our sins and overcome our stress.

Thus religion and community play a major role in overcoming stress and adversity and build resilience among children.

2. (c) How does individual psychology explain creative self? Explain the role of fictional finalism in shaping one's unique style of life. 15

Individual Psychology is the conception of Alfred Adler. According to Adler every individual experiences feeling of inferiority. He tries to overcome inferiority complex by indulging in unique behavior. He quotes the example of 3 children who visit zoo. While one child spit on the lion in the cage, the other started crying and the third hid behind his mom.

Adler explains creative self as the individual's own conception of himself. The creative self is the outcome of individual's effort to overcome inferiority complex. He adopts a unique pattern of behavior that strives to achieve superiority. This forms the creative self.

style of life:

Each individual based on his assessment of his capabilities pattern their life to achieve superiority in pursuits. This specific patterns of behavior is called style of life.

Fictional finalism refers to the assessment of one's abilities to cope with challenges and overcome inferiority. Since this is a subjective assessment it is termed fictional and is believed by the individual to be unchangeable.

Based on fictional finalism, the person adopts a way of life that helps him overcome inferiority and achieve mastery of all his life pursuits.

3. (a) Discuss the relevance of client centered approach, resting completely upon a basic trust in the organism. 15

Client centered Approach:-

Client centered Approach was developed by Carl Rogers. According to Rogers every individual strives to function as a fully functioning person. A fully functioning person shows the following major characteristics.

- i) Existential living - living here and now, in the present.
- ii) Organismic Trusting - believe one's own ideas and thoughts, and are influenced less by the environment.

iii) Openness to experience

Rogers has given 19 principles for the client-centered approach central to that is organismic trusting.

According to Carl Rogers, organismic trusting involves belief in the individual's own judgements. Let alone human beings make the choice that is appropriate to them.

Research support: Carl Rogers demonstrated that, a child left alone chose the most healthy of the foods it was offered.

So Rogers believe that human beings are capable of solving their own problems. The therapist need to play a passive facilitating role which involves

- a) Unconditional positive regard
- b) empathy
- c) Relatedness.

By valuing the individual's own judgement client-centered approach follows a non-direction approach to therapeutic intervention.

3. (b) Can acknowledging someone's emotions and making him aware of basic complexes in itself be sufficient for a successful treatment? Discuss with the help of relevant examples. 20

Cognitive Therapies:-

Cognitive therapies in general are centered on the basic assumption that human distress is the outcome of deep depression related irrational beliefs. These therapies believe that by acknowledging their emotions and emphasizing the basic contradictions, their problems can be overcome. There are two basic approaches:

- i) Ellis- Rational Emotional Therapy.
- ii) Beck's cognitive Therapy.

While the former believes that it's sufficient to show contradictions and confronting them and replacing irrational with rational ideas, the latter takes a non-confrontational approach.

Example:-1 Ellis RET.

In this therapy, the therapist will empathise with the client's emotions and tries to find the "Activating Beliefs" that cause the maladaptive behavior.

e.g) The client will be undergoing depression and feel "he is fit for nothing".

The therapist probes the client by asking questions on his past successes and show that he indeed has achieved many things in life.

By rational confrontation, the client changes his outlook about life and forms new positive beliefs.

Example 2: Beck's Cognitive Therapy

In this approach the "negative cognitive triad" is believed to be the activating element of distress.

The therapist takes a non-confrontational approach by showing positive regard to the individual and facilitate his to relate the problem to the primitive thinking which cause negative, automatic, regressive thoughts.

Thus acknowledging emotions and showing underlying contradictions will help overcome disorder.

3. (c) Elucidate interpersonal approach towards stereotypes formation. What would be the behaviorists' explanation to this? 15

4. (a) "Sublimation is the unwitting substitution of a partial satisfaction with social approval." Elaborate with the help of suitable examples. 20

Psychoanalytic view of Personality
was proposed by Sigmund Freud. According
to Freud there are 3 levels of
consciousness namely,

- i) Conscious
- ii) Pre-conscious and
- iii) Unconscious

Unconscious comprises of large part of our
thoughts, which are distressing and are
mostly repressed because they are anxiety provoking.

Freud views personality as a collection of 3 components namely

ID - which works on pleasure principle, energized by life instincts (eros)

Ego - which works on reality principle

Super Ego - which works on morality principle.

When the conflict between ID and Super Ego breaches the unconscious, human beings indulge in defense mechanisms activated by Ego. The commonly used ones are

- i) Displacement
- ii) Rationalization
- iii) Reaction formation
- iv) Distortion
- v) Denial
- vi) Sublimation
- vii) Projection

In Sublimation, the individual overcomes

SD urges by indulging in socially acceptable activities.

Example: If a person has greater sexual urges, which he cannot display, tries to overcome this through sublimation.

By using this defense mechanism he'll ~~be~~ indulge in activities like anti-gay rallies or AIDS awareness campaigns.

By involving in activities that has limited relation to sex urges, he tries to gain social approval as well as sense of satisfaction.

4. (b) What are the guiding principles behind the movement of deinstitutionalization? 15

Deinstitutionalization started in the middle of the 19th century when the ideas of enlightenment and scientific development changed the outlook of mental disorders.

All mental disorders prior to that were believed to be the outcome of evil forces. The growth of science broke the myth and the community health movement overcome the problems of these asylums.

The major guiding principles are
i) Disorders are the cause of biological and psychosocial factors.

- ii) Recovery is best possible with the involvement of the community, including the families.
- iii) Treatment can be given in a more conducive setting directed by the individual himself.
- iv) Milieu therapy, which involves prior agreement on expectations between the patient and the hospital staff is more successful.
- v) Scientific advances and success in treating disorders using medication also paved the way for deinstitutionalization.

4. (c) Discuss the role of cultural differences in the interpretation of projective tests. 15

Projective Tests:

Projective Tests involve the use of unstructured stimuli to elicit responses and predict the personality characteristics using interpretation. The major projective tests are

- i) Rorschach ink blot test
- ii) Thematic Apperception Test
- iii) Draw a man Test
- iv) Rosenzweig FP Test.
- v) Picture drawing and sentence completion tests.

Cultural factors:

All these tests use unstructured stimuli. The response interpretation depends largely on the therapist who administers the test.

There are scope for cultural biases in interpretation.

For example in TAT, the interpretation of the picture will be different in different cultures. In individual cultures, the emotions can be attributed to personality factors and in collectivist cultures like India and Japan, the past, present and future events can be explained in terms of the situation and not the person.

Moreover certain emotions are unique to specific culture. Crying in public is not accepted in some cultures, while in others it's ok to cry.

It's essential that projective tests are rightly interpreted and culture neutral elements are used across the tests.

5. (a) "The passage of time alone, without therapeutic intervention, often results in psycho-social healing." Elaborate this criticism of psychotherapy with suitable examples. 25

Time and Psychosocial healing :-

The argument that the passage of time will result in psychosocial healing is very true. There are many reasons to this belief that time is the biggest healer. They are

i) Chronic & Acute disorders:

Several disorders like Acute stress disorder are short lived. They don't need elaborate therapies. With passage of time, they can be overcome.

ii) Role of Community in Psycho-social healing:

A distressed individual is better served in his own environment.

Due to presence of social support, he can gain back his regular functional life.

Depression & related Disorders:

Most of the depression related problems are momentary. When the individual experiences success in coping, he can overcome them without therapies.

Time and changing environment:

With passage of time, the environment that caused distress changes. (e.g) The parenting style can improve or the economic factors might improve or he can get rid of delinquent peers.

Stress and conversion disorders:-

Stress is one of the major causes of disorders. Most of the stress is environmental, little to do with the individual. When the environment changes the stressors will automatically disappear. Hence therapies are of little use.

Role of Therapies:-

We can't draw a conclusion that therapies are of no use at all. In chronic disorders like schizophrenia, therapies play a huge role in rehabilitating the individual. While time serves as a cure to some disorders it's not always the case. Right therapeutic interventions are essential at times to lead a healthy life.

5. (b) How would you define domestic violence? Suggest ways for psychological well being and coping mechanisms for women who have experienced domestic violence.

25

Domestic violence:-

Domestic violence is termed as the use of physical, mental or sexual abuse or threat of abuse by spouse or kinslip. Domestic violence is defined in a large scope in Domestic violence Act, 2005.

The biggest problem faced by Indian women is domestic violence caused by dowry and drug abuse. It results in lot of suicides and mental disorders.

Major Problems faced by women:-

The major problems faced by women are

- i) physical injuries

- ii) Post-traumatic stress Disorder
- iii) low self-esteem
- iv) feeling of helplessness and powerlessness.
- v) fatalistic attitude
- vi) lowered self-efficacy.

Hampering factors:-

The hindering factors that prevent women from acting against violence

- are
- i) financial dependency on men
 - ii) low position in Indian society
 - iii) fear of necessity when made to lead a life alone

Psychological Interventions for WLL being:-

For victims of domestic violence the biggest problem is overcoming the

mental trauma. PTSD and related stressful thoughts can be overcome by cognitive behavioral therapy.

ii) self efficacy and self esteem can be improved by

i) Enactive mastery - helping them practice their jobs repeatedly.

ii) vicarious modeling - showing successful women victims

iii) encouragement/arousal

iii) By giving occupational therapy, we can help them overcome depressive thoughts as well as learn a vocation. This helps in financial independence.

iv) Providing achievement-motivation training.

v) Using family therapy for cooperating families.

vi) Teaching problem focussed & emotional focussed coping

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