

SOLVED PAST PAPER OF PSYCHOLOGY

2015

Long Questions

Q:-1 What “psychology” is? Psychology has its deep roots in the discipline of philosophy and physiology. Comments?

A: The scientific study of the human mind and its functions, especially those affecting behaviour in a given context and the mental characteristics or attitude of a person or group.
the science of human and animal behavior.

the sum or characteristics of the mental states and processes of a person or class of persons, or of the mental states and processes involved in a field of activity:

Psychology is the science of the mind and behavior. The word "psychology" comes from the Greek word psyche meaning "breath, spirit, soul", and the Greek word logia meaning the study of something.

According to Medilexicon's medical dictionary, psychology is "The profession (clinical psychology), scholarly discipline (academic psychology), and science (research psychology) concerned with the behavior of humans and animals, and related mental and physiologic processes." Although psychology may also include the study of the mind and behavior of animals, in this article psychology refers to humans.

Psychology is the scientific study of the mind and behavior. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes.

Psychology is really a very new science, with most advances happening over the past 150 years or so. However, its origins can be traced back to ancient Greece, 400 – 500 years BC. The emphasis was a philosophical one, with great thinkers such as Socrates influencing Plato, who in turn influenced Aristotle.

Psychology is the study of the mind and behavior. Research in psychology seeks to understand and explain how people think, act, and feel.

Psychologists strive to learn more about the many factors that can impact thought and behavior, ranging from biological influences to social pressures.

Applications for psychology include mental health treatment, performance enhancement, self-help, ergonomics, and many other areas affecting health and daily life. It is difficult to capture everything that psychology encompasses in just a brief definition, but topics such as development, personality, thoughts, feelings, emotions, motivations, and social behaviors represent just a portion of what psychology seeks to understand, predict, and explain.

Early Roots of Psychology:

The field of psychology emerged as a scientific discipline in the 19th century, but its roots go back to ancient philosophy.

Many cultures throughout history have speculated on the nature of the mind, heart, soul, spirit, and brain. Philosophical interest in behavior and the mind dates back to the ancient civilizations of Egypt, Greece, China, and India. Psychology was largely a branch of philosophy until the mid-1800s, when it

developed as an independent and scientific discipline in Germany and the United States. These philosophical roots played a large role in the development of the field.

From approximately 600 to 300 BC, Greek philosophers explored a wide range of topics relating to what we now consider psychology. Socrates and his followers, Plato and Aristotle, wrote about such topics as pleasure, pain, knowledge, motivation, and rationality. They theorized about whether human traits are innate or the product of experience, which continues to be a topic of debate in psychology today. They also considered the origins of mental illness, with both Socrates and Plato focusing on psychological forces as the root of such illnesses.

Physiological psychology is a subdivision of behavioral neuroscience (biological **psychology**) that studies the neural mechanisms of perception and behavior through direct manipulation of the brains of nonhuman animal subjects in controlled experiments. Physiological psychology is the study of the physiological basis of how we think, connecting the physical operation of the brain with what we actually say and do. It is thus concerned with brain cells, brain structures and components, brain chemistry, and how all this leads to speech and action. It is also, of course, important to understand how we take in information from our five senses. The branch of psychology concerned with the study and correlation of physiological and psychological events.

Explanation:

Physiology is a branch of biology that looks at how organisms function. This covers all kinds of things from how their organs work together to how each individual cell makes a difference. Physiology covers both physical and chemical processes and is often studied alongside anatomy (the arrangement of the body).

Psychology is also a study to do with the body, but this time it focuses on one specific area. The brain, or more accurately the mind. In psychology, you would learn about how the mind works and how this then translates to the behaviors you observe.

In psychology, you would learn about how the brain works and how it affects a person's behavior. All areas of cognition, memory, emotion and other mental functions would be looked at - from the perspective of the mind.

Q2: Write a detailed note on the different “School of thoughts” in psychology?

A: Here are the major schools of thought in psychology:

- ☐ Structuralism. The belief that there is a connection between sensation and emotion and behavior.
- ☐ Functionalism. The idea that the human brain is much like a computer, designed to carry out specific functions.
- ☐ Psychoanalysis.
- ☐ Behaviorism.
- ☐ Humanism.
- ☐ Cognitivism.

(School of Thoughts)

The following are some of the major schools of thought that have influenced our knowledge and understanding of psychology:

Structuralism and Functionalism:

Structuralism is widely regarded as the first school of thought in psychology. This outlook focused on breaking down mental processes into the most basic components. Major thinkers associated with structuralism include Wilhelm Wundt and Edward Titchener. The focus of structuralism was on

reducing mental processes down into their most basic elements. The structuralisms used techniques such as introspection to analyze the inner processes of the human mind.

Functionalism formed as a reaction to the theories of the structuralism school of thought and was heavily influenced by the work of William James.

Unlike some of the other well-known schools of thought in psychology, functionalism is not associated with a single dominant theorist. Instead, there are some different functionalist thinkers associated with this outlook including John Dewey, James Rowland Angell, and Harvey Carr.

Author David Hothersall notes, however, that some historians even question whether functionalism should be considered a formal school of psychology at all given its lack of a central leader or formalized set of ideas.

Instead of focusing on the mental processes themselves, functionalist thinkers were instead interested in the role that these processes play.

Gestalt psychology:

Gestalt psychology is a school of psychology based upon the idea that we experience things as unified wholes. This approach to psychology began in Germany and Austria during the late 19th century in response to the molecular approach of structuralism. Instead of breaking down thoughts and behavior to their smallest elements, the gestalt psychologists believed that you must look at the whole of experience. According to the Gestalt thinkers, the whole is greater than the sum of its parts.

Behaviorism:

Behaviorism became a dominant school of thought during the 1950s. It was based upon the work of thinkers such as:

John B. Watson

Ivan Pavlov

B. F. Skinner

Behaviorism suggests that all behavior can be explained by environmental causes rather than by internal forces. Behaviorism is focused on *observable behavior*. Theories of learning including classical conditioning and operant conditioning were the focus of a great deal of research.

The behavioral school of psychology had a significant influence on the course of psychology, and many of the ideas and techniques that emerged from this school of thought are still widely used today. Behavioral training, token economies, aversion therapy and other techniques are frequently used in psychotherapy and behavior modification programs.

Psychoanalysis: Psychoanalysis is a school of psychology founded by Sigmund Freud. This school of thought emphasized the influence of the unconscious mind on behavior.

Freud believed that the human mind was composed of three elements: the id, the ego, and the superego. The id consists of primal urges while the ego is the component of personality charged with dealing with reality. The superego is the part of personality that holds all of the ideals and values we internalize from our parents and culture. Freud believed that the interaction of these three elements was what led to all of the complex human behaviors.

Freud's school of thought was enormously influential, but also generated considerable debate. This controversy existed not only in his time, but also in modern discussions of Freud's theories. Other major psychoanalytic thinkers include:

Anna Freud

Carl Jung

Erik Erikson

Humanistic Psychology:

Humanistic psychology developed as a response to psychoanalysis and behaviorism. Humanistic psychology instead focused on individual free will, personal growth and the concept

of self-actualization. While early schools of thought were primarily centered on abnormal human behavior, humanistic psychology differed considerably in its emphasis on helping people achieve and fulfill their potential.

Major humanist thinkers include:

Abraham Maslow

Carl Rogers

Humanistic psychology remains quite popular today and has had a significant influence on other areas of psychology including positive psychology. This particular branch of psychology is centered on helping people living happier, more fulfilling lives.

Cognitive Psychology:

Cognitive psychology is the school of psychology that studies mental processes including how people think, perceive, remember and learn. As part of the larger field of cognitive science, this branch of psychology is related to other disciplines including neuroscience, philosophy, and linguistics.

Cognitive psychology began to emerge during the 1950s, partly as a response to behaviorism. Critics of behaviorism noted that it failed to account for how internal processes impacted behavior. This period is sometimes referred to as the "cognitive revolution" as a wealth of research on topics such as information processing, language, memory, and perception began to emerge.

One of the most influential theories of this school of thought was the stages of cognitive development theory proposed by Jean Piaget.

OR

(In Direct and Short Form)

While people have always been fascinated by human behavior, it wasn't until the late 19th century that psychology began to be considered an actual science. Wilhelm Wundt established the first psychology lab in Germany. He believed in a school of thought called structuralism-believing that certain structures in the mind caused behavior. Over the course of psychology's history, different schools of thought have competed for prominence. Here are the major schools of thought in psychology:

Structuralism:

The belief that there is a connection between sensation and emotion and behavior.

Functionalism:

The idea that the human brain is much like a computer, designed to carry out specific functions.

Psychoanalysis:

Created by Sigmund Freud, this school of thought believes in the rigorous probing of an individual's personal problems, motives, goals and attitudes as a way to heal the mind.

Behaviorism:

Proponents of this theory essentially hold that all human behavior is learned from one's surrounding context and environment.

Humanism:

This much more recent school of thought came as a reaction to behaviorism and Psychoanalysis, and emphasizes the importance of values, intentions, and meaning in the individual. The concept of the "self" is a central focus for most humanistic psychologists.

Cognitivism:

This branch of psychology believes that psychology should be concerned with a person's internal representations of the world and with the internal or functional organization of the mind.

As psychology moved away from its philosophical roots, psychologists began to employ more and more scientific methods to study human behavior. Today, researchers employ a variety of scientific

methods, including experiments, correlation studies, longitudinal studies, and others to test, explain, and predict behavior.

Q3: Define “Memory”, its stages and different types like Sensory Memory, STM and LTM in detail?

A: Stages of Memory: Sensory, Short-Term, and Long-Term Memory

Sensory Memory

Sensory memory is the shortest-term element of memory. It is the ability to retain impressions of sensory information after the original stimuli have ended. It acts as a kind of **buffer** for stimuli received through the **five senses** of sight, hearing, smell, taste and touch, which are retained accurately, but very briefly. For example, the ability to look at something and remember what it looked like with just a second of observation is an example of sensory memory.

Short Term Memory:

Short-term memory acts as a kind of “scratch-pad” for temporary recall of the information which is being processed at any point in time, and has been referred to as “the brain’s Post-it note”. It can be thought of as the ability to remember and process information at the same time. It holds a small amount of information (typically around 7 items or even less) in mind in an active, readily-available state for a short period of time (typically from 10 to 15 seconds, or sometimes up to a minute).

Short-term memories can become long-term memory through the process of consolidation, involving rehearsal and meaningful association.

Long Term Memory

Long-term memory is, obviously enough, intended for storage of information over a long period of time. Despite our everyday impressions of **forgetting**, it seems likely that long-term memory actually decays very little over time, and can store a seemingly **unlimited** amount of information **almost indefinitely**. Indeed, there is some debate as to whether we actually ever “forget” anything at all, or whether it just becomes increasingly difficult to access or retrieve certain items from memory.

Long-term memory is often divided into two further main types: **explicit** (or **declarative**) memory and **implicit** (or **procedural**) memory.

Declarative memory:

(“Knowing what”) is memory of facts and events, and refers to those memories that can be **consciously** recalled (or “declared”). It is sometimes called **explicit memory**, since it consists of information that is explicitly stored and retrieved, although it is more properly a subset of explicit memory. Declarative memory can be further sub-divided into episodic memory and semantic memory.

Procedural memory:

(“knowing how”) is the **unconscious** memory of skills and how to do things, particularly the use of objects or movements of the body, such as tying a shoelace, playing a guitar or riding a bike. These memories are typically acquired through repetition and practice, and are composed of automatic sensor motor behaviors that are so deeply embedded that we are no longer aware of them. Once learned, these “body memories” allow us to carry out ordinary motor actions more or less automatically. Procedural memory is sometimes referred to as **implicit memory**, because previous experiences aid in the performance of a task without explicit and conscious awareness of these previous experiences, although it is more properly a subset of implicit memory.

Short Questions

Q4: Differentiate between Psychiatrist, Psychologist and psychoanalyst?

A: The Psychiatrist:

A psychiatrist is a physician who deals with mentally ill patients. Psychiatrists are MDs, so they can prescribe medication. As a result, they usually deal with clinical issues such as schizophrenia and manic-depression whose treatments tend to require medication.

The Psychologist:

Psychologists, unlike psychiatrists, are not MDs, and they tend to deal more with emotional issues than with clinical issues. For example, a person experiencing low self-esteem would visit a psychologist rather than a psychiatrist because they do not have anything physically wrong with them; they just need to talk things out. A person with schizophrenia would visit a psychiatrist because they would need medication to correct the chemical imbalance in their brain.

The Psychoanalyst:

Psychoanalysts follow Freud's theories that painful childhood memories contained in the subconscious are the cause of mental illness. Psychoanalysts are like psychologists in that they usually deal with emotional issues and do not prescribe medication. However, their approach is different from that of conventional psychologists. Psychoanalysis is a method of searching through a person's subconscious memories for the source of their current difficulties, rather than focusing on conscious memories. Psychoanalysts also tend to meet much more often with their clients. Rather than meeting only once a week (as is common with psychologists), they usually prefer to meet as often as three to five times a week.

Q2: Write a detailed note on the psychodynamics theories of Sigmund Freud ?

A: Many psychologists have proposed theories that try to explain the origins of personality. One highly influential set of theories stems from the work of Austrian neurologist **Sigmund Freud**, who first proposed the theory of psychoanalysis. Collectively, these theories are known as **psychodynamic theories**. Although many different psychodynamic theories exist, they all emphasize unconscious motives and desires, as well as the importance of childhood experiences in shaping personality.

Sigmund Freud's Theory of Psychoanalysis:

In the late 1800s and early 1900s, Freud developed a technique that he called **psychoanalysis** and used it to treat mental disorders. He formed his theory of psychoanalysis by observing his patients. According to psychoanalytic theory, personalities arise because of attempts to resolve conflicts between unconscious sexual and aggressive impulses and societal demands to restrain these impulses.

***** Lengthy ***** but 5 marks*****

Q3: Define Sleep Walking-Insomnia as sleep disorder?

A: Sleep disorders are a group of syndromes characterized by disturbance in the patient's amount of sleep, quality or timing of sleep, or in behaviors or physiological conditions associated with sleep. There are about 70 different sleep disorders.

Sleepwalking, formally known as somnambulism, is a sleep disorder that originates during deep sleep and results in walking or performing other complex behaviors while asleep. It is much more common in children than adults and is more likely to occur if a person is sleep deprived. Because a sleepwalker typically remains in deep sleep throughout the episode, he or she may be difficult to awaken and will probably not remember the sleepwalking incident.

Sleepwalking usually involves more than just walking during sleep; it is a series of complex behaviors that are carried out while sleeping, the most obvious of which is walking. Symptoms of sleepwalking

disorder range from simply sitting up in bed and looking around, to walking around the room or house, to leaving the house and even driving long distances. It is a common misconception that a sleepwalker should not be awakened. In fact, it can be quite dangerous not to wake a sleepwalker.

Q4: Give an overview of different branches of Psychology ?

A: There are a number of unique and distinctive branches of psychology. Each branch looks at questions and problems from a different perspective. While each branch has its own focus on psychological problems or concerns, all areas share a common goal of studying and explaining human thought and behavior. The following are some of the major branches of psychology within the field today.

Abnormal Psychology:

Today the life is complex. The individual is facing a lot of competition and experiencing frustrations and conflicts. Constant pressures in life are leading to psychological abnormalities. Abnormal psychology deals with various kinds of mental disorders, their symptoms and causes.

Behavioral Psychology:

This area of psychology is devoted to the study of observable behaviors and how learning takes place via conditioning processes. Important behavioral concepts include classical conditioning, which involves learning through associations, and operant conditioning, which involves learning as a result of consequences.

Biopsychology: This branch of psychology focuses on how biological influences, specifically the brain and nervous system, influence the human mind and behavior. Bio psychologists often study how brain injury and illness impact normal psychological functioning. This area of psychology also often involves using imaging tools such as MRI and PET scans to look at the brain to determine which areas are activated when particular tasks are performed.

Cognitive Psychology: Cognitive Psychology deals with the mental processes like thoughts, memory and problem solving. It basically deals with the perception and problem solving capability of the brain. It is a discipline within psychology that investigates the internal mental processes of thought such as visual processing, memory, problem solving, and language.

Comparative Psychology:

(Animal Psychology) studies the behavior and mental processes of humans in comparison with that of animals on the basis of genetic and evolution. Comparative psychology is the branch of psychology concerned with the study of animal behavior. The study of animal behavior can lead to a deeper and broader understanding of human psychology. This area has its roots in the work of researchers such as Charles Darwin and Georges Romans and has grown into a highly multidisciplinary subject. Psychologists often contribute to this field, as do biologists, anthropologists, ecologists, geneticists, and many others.

Cross-Cultural Psychology:

The International Association of Cross-Cultural Psychology (IACCP) was established in 1972, This area of psychology is devoted to studying both similarities and differences in cultures all over the world. Some aspects of human behavior are universal while others are unique to a culture. By studying these things, professionals are able to better understand how human behavior is influenced by the culture at large.

Developmental Psychology:

(Genetic Psychology) studies the various aspects of growth and development from prenatal to old age. Human life passes through various stages of development from conception to old age. This branch explains the growth and development of various processes in relation to behavior. Developmental psychology focuses on how people change and grow throughout the entire lifespan. Developmental psychology is the scientific study of progressive psychological changes that occur in human beings as they age. Originally concerned with infants and children, the field has expanded to include adolescence and more recently, adult development, and aging.

Educational Psychology:

Educational psychology is the branch of psychology concerned with schools, teaching psychology, educational issues and student concerns. Educational psychologists often study how students learn or work directly with students, parents, teachers, and administrators to improve student outcomes. They might study how different variables influence individual student outcomes. They also study topics such as learning disabilities, giftedness, the instructional process, and individual differences. Educational psychology departments in many universities provide training to educators, school psychologists, and other educational professionals. Applied research in this field focuses on how to improve teaching, solve learning problems, and measure learning ability and progress. Other concerns of educational psychology include cognitive development, the dynamics of pupil behavior, and the psychological.

Experimental Psychology:

It is the scientific investigation of the different aspects of behavior, sensation, perception, learning, emotion, motivation, and other psychological processes. Experimental psychologists work to understand the underlying causes of behavior by studying humans and animals. Animals are studied within and outside laboratory settings for a variety of reasons. A researcher may wish to learn more about a particular species, to study how different species are interrelated, to investigate the evolutionary significance of certain behaviors.

Forensic Psychology:

Forensic psychologists often work within the judicial system in such diverse areas as determining an inmate's readiness for parole; evaluation of rehabilitation programs; criminal competency; tort liability and damages; eyewitness testimony and evidence; jury selection; and police training. Forensic psychology may also be employed in other areas of jurisprudence, including patent and trades.

Child Psychology:

It is a study of behavior from birth to early adolescence. Patterns of growth and development and environmental influences on the child are considered. Childhood extends from 2 to 12 years. This is a crucial period in the life. Future life depends upon development during childhood. Growth and development will be rapid during this stage. Child psychology deals with these aspects.