

**MODEL ANSWERS**

**PSYCHOLOGICAL FOUNDATIONS OF EDUCATION**

**SESSION 2013, 09/05/13**

**A1.**

**Section-A**

**Answers of the Objectives**

- i. *Obsessive Compulsive neurosis /anxiety neurosis/hysterical neurosis/phobic neurosis/depressive neurosis.(any one)*
- ii. *Psychotic disorder/paranoid disorder*
- iii. *Role confusion, Erik Ericson*
- iv. *Gordon Allport*
- v. *Canada*
- vi. *Five/5*
- vii. *Leopold Bellack*
- viii. *K.A. Menninger*
- ix. *Defense mechanism*
- x. *Sociometry*
- xi. *Fear of height/phobic neurosis/neurotic disorder*

## **Section-B**

**The descriptive questions should deal with the main points given as under:**

### ***A2. Dollard & Miller's theory***

**Childhood experience:** *is crucial in development; child is helpless, unable to manipulate environment, has no choice but to experience all the things coming his way; More critical as child cannot express feelings through language and unable to think and reason about future consequences.*

**Learning dilemma:** *is a situation where already known responses or behaviours no longer produce any reinforcement; leads to trying responses that are more distant on the hierarchy of responses or are altogether new; Helps in developing new forms of adaptive behavior.*

**Reasoning:** *helps in differentiating between two responses .i.e., instrumental and cue producing responses; Helps in generalization of two or more cue situations as having same label; helps in substituting internal responses for overt acts, minimizes trial and error; promotes anticipatory responses- planning for future actions- thinking about future consequences before actual performance and choosing the most feasible path.*

**Language:** *enables labeling of cue producing situations, enables to develop, recognize and respond to verbal cues; verbal symbols act as medium of reasoning; influenced by social context, strength of verbal cues is related to socio-cultural context—people act accordingly;*

*language brings out the repressed feelings-- hence important in solving conflicts, anxiety and mental disorders etc.*

### ***A3. Personality assessment techniques:***

*Personality derived from the Latin word persona meaning a mask.*

*“Personality is a dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment”.*

### **Personality assessment techniques**

*Projective: (definition & main types) TAT, Rorschach, CAT, WAT, SCT etc.*

*Subjective: (definition & main types) Case-history, Autobiography/ biography and interview.*

*Objective:(definition & main types) Self reporting inventory, miniature life situation test, Rating scale.*

### **Rorschach:**

*The credit for devising Rorschach test goes to Herman Rorschach a Swiss psychologist, this test comes under the projective technique, the test consists of 10 cards of which five are black and white, two are red and black and rest three are fully coloured. These blots are totally unstructured which are shown to the subject and he is asked to structure them/tell about them the way he likes. In doing so he unconsciously projects his own desires, hopes, fears, repressed wishes etc and thus reveals his inner self through which one can assess his personality.*

- Administration of the test (elaborate)
- Scoring, analysis and interpretation of the test is done on the basis of location, contents, originality and determinants (elaborate)

#### A4. Defense mechanism

##### **Defense Mechanism:**

*“Involuntary or unconscious measures adopted by an individual to protect himself against the painful effect associated with some highly disagreeable situation, physical or mental, of frequent occurrence.”*

*Some common mechanisms are as follows:*

*Rationalization, Projection, Repression, Escapism, Fantasy, Displacement, Regression, Compensation, Sublimation and Reaction formation etc.(brief description)*

**Rationalization:** *it is one of the most commonly used defense, primarily to save one’s “self- esteem”. An individual invents excuses for his failure rather than plainly admitting incompetency. It helps him to justify his behavior. What is just does not need justification. Only that which is ‘unjust’ is ‘justified’ by an individual. It softens the disappointment connected with unattainable goals. Example: sour grapes or any other (elaborate).*

#### A5. Difference between anxiety and stress

**Stress:** *word refers to a force exerted on a system that deforms or alters the structure of that system when our capacity to deal with a problematic situation is inadequate we feel tense and experience stress.*

- *Stress is a feeling of strain or pressure.*
- *Stress causing agent is called stressor.*
- *Stress can be of two types depending on the experience it provides, i.e., positive-the eustress and the negative-the distress.*

**Anxiety:** *anxiety is a part of human condition and is always lurking in the background, regardless of environmental factors.*

*Anxiety is a way that our body may react to stress when it is unable to cope.*

*It can create a feeling of dread, tension, worry or fear and is often accompanied by physical symptoms such as dizziness, tremors, sweating, nausea irritability, difficulty concentrating, shortness of breath, difficulty sleeping etc. A little anxiety can be a good thing but too much of anxiety can interfere with our daily life and become a big problem.*

### **Differences**

- *Stress is the cause, anxiety is the reaction.*
- *Stress can be controlled; anxiety cannot be controlled.*
- *Stress happens in the cortex part of the brain; anxiety happens in the limbic part of the brain.*
- *Stress and anxiety are often experienced in different parts of the body.*
- *Stress is physical while anxiety is emotional.*
- *Stress is choice-based; anxiety is not.*
- *Stress is about coping; anxiety is about survival.*

### **Factors related to anxiety:**

*Anxiety may be caused by environmental factors, medical factors, or a combination of these. It is most commonly triggered by the stress in our*

*lives. Usually anxiety is a response to outside forces, but it is also possible that we make ourselves anxious with "negative self-talk".*

*Two most common factors responsible for inducing anxiety are given as under:*

**Environmental factors:**

- *Trauma from events such as abuse, victimization, or the death of a loved one.*
- *Stress in a personal relationship or friendship.*
- *Stress at work.*
- *Stress from school/college.*
- *Stress about finances and money.*
- *Stress from a natural disaster.*
- *Lack of oxygen in high altitude areas.*

**Medical factors:**

- *Stress from a serious medical illness.*
- *Side effects of medication.*
- *Symptoms of a medical illness.*
- *Anxiety is also associated with medical factors such as anemia, asthma, infections, and several heart conditions.*

**A6. Mental disorders**

*“Mental disorders represent certain types of abnormalities, malfunctioning or deficiency in the behavior or personality of an individual resulted from his maladjustment with the self and the environment”*



**Psycho-somatic disorder**/ psycho-physical: characterized by physical symptoms those are caused by emotional factors and involve a single organ system usually under autonomic nervous system innervations. The physiological changes involved are those that normally accompany certain emotional states but in these disorders the changes are more intense and sustained.

Common Psycho-somatic disorder:

- Cardiovascular disorder
- Respiratory disorders
- Genitourinary disorders etc.

Explanation of any one mental disorder in detail

#### A7. Group dynamics

**Group**: collection of two or more interdependent individuals who usually feel, think and act together.

**Dynamics**: is derived from a Greek word meaning force. Hence group dynamics stands for the forces operating in a group.

**Definition**: “group dynamics implies an interactive psychological relationship in which members of a group develop a common perception based on feeling and emotions. The inter-simulative relationships may be described by the term group dynamics” C.V.Good

**Interpersonal relationship**:

Basically it shows our attitude towards others.

**Importance of group dynamics in building interpersonal relationship**:

- *Helps in developing respect among the group members.*
  - *In dealing with the heterogeneous group.*
  - *In listening and analyzing each other.*
  - *Understanding what is at stake.*
  - *In framing a common goal.*
  - *Develops the sense of oneness/we-feeling.*
  - *Develops empathy.*
  - *Develops psychological relationship.*
  - *Inculcates feeling of coordination, cooperation, flexibility, recognition of individual worth etc.*
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