

QP CODE: 24900219



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
FIRST SEMESTER MGU-UGP (HONOURS) REGULAR
EXAMINATION NOVEMBER 2024

First Semester

Discipline Specific Core Course - MG1DSCPSY100 - PSYCHOLOGY FOR
PERSONAL GROWTH

(2024 ADMISSION ONWARDS)

Duration: 2 Hours

Maximum Marks: 70

**Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I),
Appreciation (Ap), and Skill (S)**

*Students should attempt atleast one question from each course outcome to enhance their overall
outcome attainability.*

[Learning Domain][CO No(s)]

Part A

Multiple Choice Questions

Answer all questions

Each question carries one mark

- 1 Self confidence is understood as [U] [1]
- a) A strong belief in one's abilities and judgment b) The ability to rely solely on others for support
- c) An inflated view of oneself without basis d) A constant fear of making decisions
- 2 During a coma, which of the following responses might a person exhibit? [A] [1]
- a) Intentional motor movements b) Involuntary reflexive actions
- c) Awareness of pain sensations d) Complete awareness of their environment
- 3 How does the cognitive neuroscience approach enhance our understanding of consciousness? [U] [2]

- a) By exploring the interpretation of dreams b) By investigating behavioral indicators of awareness
- c) By analyzing brain activity linked to conscious experiences d) By studying the impact of early developmental experiences
- 4 Which of the following is a strategy for managing negative emotions? [K] [6]
- a) Rumination b) Reflection
- c) Suppression d) Regression
- 5 Which psychological competency enhances interpersonal relationships? [K] [3]
- a) Empathy b) Assertiveness
- c) Conflict resolution d) Active listening
- 6 Which strategy is effective in managing stress? [U] [4]
- a) Denial b) Avoidance
- c) Mindfulness d) Rumination
- 7 According to George Herbert Mead's Theory of Self-Development, which concept is central to the formation of the self? [K] [3]
- a) The influence of biological factors on behavior b) The interaction with others through social processes
- c) The innate characteristics of an individual d) The role of economic status in personality formation
- 8 Which metacognitive strategy involves setting specific goals before beginning a task? [U] [1]
- a) Planning b) Summarizing
- c) Reciting d) Reviewing
- 9 According to Alfred Adler, how do early experiences affect adults? [U] [2]
- a) They have no effect on self-confidence. b) Positive experiences always lead to high self-esteem.
- c) Negative experiences, like bullying, can lower self-confidence later in life. d) They only influence academic performance.

- 10 What is the primary purpose of the Personality Assessment Inventory (PAI)? [An] [1]
- a) To measure cognitive intelligence b) To assess personality traits and psychopathology
- c) To evaluate career interests d) To gauge emotional intelligence

(10 × 1 = 10)

Part B

Short Answer Type Questions
Answer any 5 out of 7 questions
Each question carries 2 marks

- 11 Describe the components of self-esteem? [U] [1]
- 12 Compare and contrast the global self-esteem and domain-specific self-esteem? [An] [1]
- 13 How will you apply growth mindset theory of self confidence? [A] [1]
- 14 Explain the factors that can lead to an altered state of consciousness? [U] [2]
- 15 Explain manifest and latent content of dreams [U] [4]
- 16 What is meant by SMART goals framework? [K] [3]
- 17 Evaluate the limitations of using distraction as a strategy for managing difficult emotions. [E] [6]

(5 × 2 = 10)

Part C

Short Essay Type Questions
Answer any 4 out of 6 questions
Each question carries 5 marks

- 18 Explain the outcomes of positive self-esteem. [U] [3]
- 19 How can emotional intelligence be applied to enhance teamwork and collaboration? Provide two examples. [A] [5]
- 20 Discuss the importance of cultural sensitivity in emotional intelligence. [U] [2]
- 21 Analyze the role of empathy in emotional maturity? [An] [4]
- 22 Examine the impact of sleep deprivation on NREM and REM sleep and its health consequences. [A] [4]

- 23 Appraise different cognitive skills that can influence a person's emotional state and decision-making. [E] [5]

(4 × 5 = 20)

Part D

Essay Type Questions

Answer any 2 out of 3 questions

Each question carries 15 marks

- 24 Explain the application of JoHaris window and SWOT analysis in analysing the personality dynamism. [U] [2]
- 25 What is self control? Describe the elements of self control. [U] [3]
- 26 How do different types of social support influence emotional regulation, and what psychological mechanisms contribute to its effectiveness? Illustrate your answer with examples. [A] [1]

(2 × 15 = 30)

END OF THE QUESTION PAPER
