

Reg. No.:



Name:

University of Kerala

W7491

First Semester FYUGP Degree Examination, December 2025

Discipline Specific Core Course

PSYCHOLOGY

UK1DSCPSY100 - FOUNDATIONS AND METHODS OF PSYCHOLOGY

Academic Level: 100-199

2025-Admission

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

**Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark
Each.Answer all questions**

Qn No.	Question	CL	CO
1	Which essential skill enables a psychologist to accurately understand and respond to a client's feelings and experiences? Options : A)Empathy B)Memorisation C)Speed reading D)Calculation	RE	4
2	Psychoanalysis focuses on: Options : A)Behaviour B)Unconscious mind and childhood experiences C)Cognition D)Humanistic growth	RE	1
3	Which Guna is associated with purity and balance? Options : A)Tamas B)Rajas C)Sattva D)Jnana	UN	1
4	Why is confidentiality important in psychological practice? Options : A)To increase income B)To protect the client's privacy C)To promote publicity D)To avoid research	UN	4
5	Which of the following is considered a method in Structuralism? Options : A)Free Association B) Reinforcement C)Conditioning D)Introspection	UN	1
6	The term independent variable refers to	UN	2

Qn No.	Question	CL	CO
	Options : A)The variable that is measured in an experiment B)The variable that is kept constant across conditions C)The variable that the researcher manipulates D)The variable that changes as a result of the dependent variable		

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	What is meant by “holistic perception” in Gestalt psychology?	UN	1
8	Explain the importance of defining a research problem.	UN	4
9	A personal description by a mentalist states, ‘You have strengths, but you also worry about whether you are doing enough in life,’ and a person feels it describes them perfectly. Which psychological concept explains this? Explain briefly.	AP	1
10	A student has severe anxiety affecting daily life. Which branch of psychology can diagnose and treat this condition? Explain briefly.	AP	1

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	A) Apply the steps of the scientific method to design a study investigating the effect of social media use on adolescents’ emotional well-being. OR B) Demonstrate how you would obtain informed consent and address deception in an experiment that tests participants’ willingness to help a stranger in an emergency situation.	AP	3, 4
12	A) Compare behaviourism, psychoanalysis, humanistic psychology, and cognitive psychology with respect to how they would each explain behaviour. OR B) Analyze the importance of essential skills in psychological practices.	AN	2, 4
13	A)	EV	3, 1

Qn No.	Question	CL	CO
	Evaluate the significance of the Socio-cultural perspective in understanding behaviour in multicultural societies. Provide evidence-based examples. OR B) Evaluate the major specialties in psychology by comparing their focus areas and practical applications		
14	A) Create a study to examine how academic stress affects students' sleep quality. Using the steps of scientific investigation, explain how you would design and conduct this study OR B) Design a brief psychological research study on primary school student's playtime behaviour, using any suitable research method. Describe the steps you would follow and justify the method.	CR	2, 5