

13. Psychology

Bachelor Level (3 year)/ III Year/Humanities, 2068

Full Marks: 75

Psychology (314)

Time: 3 hrs.

Psy.314 Industrial & Organizational Psychology

Attempt any TWO questions from Group A and SIX from Group B.

Group "A"

2x15=30

1. What are the causes and solutions of organizational behavioural problems faced by industrial personnel?
2. What do you mean by personnel selection? State its procedures.
3. Examine critically the importance of personnel training in organizational setting.

Group "B"

6x7.5=45

4. "Motivation plays a prominent role in enhancing performance." Discuss.
5. Describe Trait theory and explain how does it work to develop personality.
6. Why does the cross-cultural communication important for development of industry in multicultural setting?
7. What are the differences between job analysis sine job evaluation?
8. What is work stress? Explain its causes and consequences.
9. How do you identify humans problems, faced in the organization? Explain the importance of physical conditions of work place.
10. Write short notes on:
 - a. Contingency theory
 - b. Emotional intelligence

Bachelor Level (3 year)/III Year/Humanities

Full Marks: 75

Psychology (315)

Time: 3 hrs.

Psy.315 Abnormal Psychology

Attempt any TWO questions from Group A and SIX from Group B.

Group "A"

2x15=30

1. Identify major types of clinical 'disorders and describe their behavioural symptoms.
2. Compare and contrast the 'treatment procedures of behaviour therapy and client central therapy.
3. What do you mean by developmental disorder? Describe its causes and symptoms.

Group "B"

6x7.5=45

4. Evaluate biological approach to study psychopathology.
5. How do you understand depersonalized disorder? State its symptoms.
6. How do you assess phobic reaction?
7. Do you think behaviour therapy, works effectively to manage autistic child? Justify your answer.
8. How do you differentiate neurosis and psenosis disorders?
9. Explain recent development in abnormal psychology.
10. How does DSM-IV classify the psychological disorder? Describe each classification respectively.

11. Write short notes on any TWO:
- Bipolar disorders
 - Hypochondriasis
 - Phobia
 - Cognitive behaviour therapy

Bachelor Level (3 year)/III Year/Humanities

Full Marks: 75

Psychology (316) Functional Paper

Time: 3 hrs.

Psy.316 'A' Military Psychology

Attempt any "RIND questions from Group A and SIX from Group B.

Group "A"

2X.15=30

- Describe rite specific role and scope of military psychology in armed forces.
- Define research method and compare between survey and psychometric method.
- What do you understand by morale in armed forces? Describe the ways to increase high morale in armed forces.

Group "B"

6x7.5=45

- Explain briefly the use of camouflage in war.
- What is rumour? Explain the psychological basis of rumour.
- Explain the role of leader's in maintaining the morale in the group?
- Describe briefly the sexual problems of soldiers.
- Describe briefly the use of propaganda during WWI and II.
- Explain the general technique of brainwashing.
- Describe the ways to reduce chronic situational stress.
- Propaganda is regarded more deadly than atom bomb as war technique and an instrument of peace more effective than United Nation. Discuss.

316'B Adjustment & Counselling

Attempt any TWO questions from Group A and SIX from Group B.

Group "A"

2x15=30

- What is counselling? Explain client centered approach of counselling
- What is adjustment? Describe different types of adjustment mechanisms.
- Define dynamic of human behaviour and explain stress as a cause of behaviour problem.

Group "B"

6x7.5=45

- Explain the causes and consequences of frustration and conflict.
- What is adjustment disorder? Explain briefly about the common life stressor.
- Why rapport building is essential in counselling? Discuss.
- What is personality test? Explain its significance in mental health problem.
- What are the different areas of counselling? Explain briefly.
- Why parent child relationship is important for healthy personality development of a child?
- How does a counsellor collect diagnostic information's of the client?
- Write short notes on:
 - REBT
 - Counselling environment

316 'C' Adolescent Psychology

Attempt any TWO questions from Group A and SIX from Group B.

Group "A"

2x15=30

1. Explain adolescence period from different theoretical point of view.
2. Adolescence is a transition period. Justify the statement.
3. Explain Erik-son's theory of identity.

Group "B"

6x7.5=45

4. A host of psychological and physiological changes accompanies on an adolescent's pubertal development. Explain..
5. Explain Piaget's theory of cognitive development.
6. How does social contexts influence on adolescent's identity development? Explain.
7. What is gender? Describe gender issue in the context of Nepal.
8. Sex education is important in school. Explain.
9. Elucidate Damon's view of moral development.
10. Describe the measures for promoting health of adolescent on different levels.
11. Write short notes on:
 - a. Depression
 - b. Developmental issues

Tribhuvan University, 2069

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group 'A'

5x8=40

1. Critically analyse paper-pencil tests in selecting job candidates.
2. Define industrial and organizational psychology. Show the importance of I/O psychology in organizational productivity.
3. "Effective leadership depends on the interaction of the traits and behaviour of the leaders." Elaborate.
4. What is performance appraisal? Explain graphic rating techniques of performance appraisal.
5. What is work stress? Explain the causes of work stress.
6. How can a manager apply expectancy theory in motivating employees? Illustrate with examples.

Group "B"

4x5=20

7. Explain the importance of personnel training for personnel development.
8. Compare between transactional and transformational leadership.
9. What is job satisfaction? Explain its components.
10. "Informal communication is an effective communication system." Discuss.
11. Explain the effects of the physical working condition on productivity.
12. State the relationship between quality of work life and life satisfaction.
13. What is the relationship between motivation and performance?
14. What is job involvement?
15. Write short notes on:
 - a. Emotional intelligence
 - b. Path goal theory

Tribhuvan University, 2069

Attempt any FIVE questions from Group "A" and ALL from Group B & C.

Group 'A'

5x8=40

1. What do you understand by abnormality? Discuss the social stigma regarding mental health issues in Nepalese context.
2. Describe maladaptive behaviour and its cause.
3. Describe the psychosocial explanation of psychopathology.
4. Discuss the clinical features of panic attacks and explain its causal factors.
5. Discuss the principle of exposure therapy and explain its effectiveness in obsessive-compulsive disorder.
6. What do you understand by mental retardation? Discuss its causes.

Group B

4x5=20

7. Explain the characteristics of cyclothymic disorder.
8. Explain the causes of schizophrenia.
9. Describe the more recent development in psychotherapy.
10. Describe the effective treatment for learning disability.

Group "C"

5x3=15

11. Write the medical complications of eating disorder.
12. What are socio-culture factors that affect unipolar?
13. What are the consequences of ADHD?
14. What are the treatment measures of phobic reaction?
15. What are the diagnostic criteria for Anxiety disorder?

Tribhuvan University, 2069

Attempt any FIVE questions from Group "A" and ALL from Group B & C

Group "A"

5x8=40

1. Describe the role of military psychology in war and peace time.
2. Explain camouflage and describe the principles and rules of camouflage.
3. Explain the importance of motivation during combat and non-combat situation.
4. Define learning and make the difference between Pavlovian conditioning and Skinner's operant conditioning theory.
5. Explain the role of a leader in maintaining high morale in the group.
6. Describe the role of propaganda during Second World War.

Group "B"

4x5=20

7. Explain the scope of military psychology.
8. Briefly explain sensation process.
9. Explain the importance of understanding the sexual drive problems of soldiers.
10. Explain the factors that influence learning process.

Group "C"

5x3=15

11. What is meant by timing of propaganda?
12. What are the differences between brainwashing and mind change? Write down the major characteristics of learning.
13. What are the differences between illusion and perception?
14. What do you understand by controlled killing?

316 'B' - Adjustment & Counseling

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C"

Group "A"

5x8=40

1. Explain what socio-cultural factors cause maladjusted behaviour.
2. Describe the techniques counsellors use to collect information of the clients.
3. "Stress causes different psychological disturbances in an individual." Justify this statement.
4. Explain how person-centred techniques of counselling approaches to counselling process.
5. "Understanding adolescent problems facilitates the counselling process." Discuss.
6. Explain motivation as a cause in problematic behaviour.

Group "B"

4x5=20

7. What ethical and legal issues a counsellor should follow in counselling?
8. 'Counselling is an art.' Discuss this statement in the light of qualities of an effective counsellor.
9. How can individual and group counselling differs in the style of counselling?
10. "Counsellor should be aware of problem related to old age." Justify this statement.

Group "C"

5x3=15

11. How is health psychology related to counselling psychology?
12. State the role of office atmosphere in counselling.
13. How can rapport building be the back bone of counselling?
14. Define directive counselling.
15. State the nature of modelling counselling.

316 'C' Adolescent Psychology

Attempt any FIVE questions from Group "A" and from Group B & C

Group "A"

5x8=40

1. Explain the concepts and characteristics of adolescent development.
2. Explain the Piaget's theory of adolescent development.
3. Explain the biological and socio-emotional process of adolescent development.
4. Explain Bandura's theory of adolescent development.
5. Explain early childhood and late childhood period of development.
6. Explain gender identity and gender role adoption in adolescents in Nepal.

Group "B"

4x5=20

7. Discuss how can culture influence the development of self identity.
8. Describe Kohlberg's view of moral development.
9. Describe the risk of sexually transmitted disease during adolescent.
10. Describe about Freud's theory of adolescent development.

Group "C"

5x3=15

11. Write short notes about peer relation in adolescent period.
12. Highlight the problems of sex education in Nepal.
13. Write about physical changes during adolescents.
14. Importance of sibling relationship.
15. Adjustment problems in adolescents.

Tribhuvan University, 2070

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group "A"

5×8=40

1. Trace the history of military psychology beginning from World War I.
2. Define perception and the processes by which we are able to construct the subjective world.
3. Describe the types of motivation and their importance in understanding human behaviour.
4. Describe the process and technique of brainwashing.
5. Describe the conditions that lead to high morale in the military organisation.
6. Describe the characteristics and types of war propaganda.

Group "B"

4×5=20

7. Explain briefly the Use of psychology in military training.
8. Explain briefly the role of camouflage in animal kingdom.
9. Write down the characteristics of motivation.
10. Explain the psychological basis of rumour.

Group "C"

5×3=15

11. What do you understand by war rumour?
12. What is meant by high morale in armed forces?
13. What is frustration and coping behaviour?
14. What do you understand by motivation in armed services?
15. Point out the major criteria of scientific method.

316 'B' Adjustment & Counselling

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group "A"

5×8=40

1. Explain the role of psychological factors in causing maladaptive behaviour.
2. Why should a counsellor be knowledgeable of the problems related to the physical hazards of childhood?
3. As a counsellor what measures would you suggest to your client to manage stress on an individual basis?
4. Explain how behaviouristic techniques approaches a client to solve maladjusted symptoms.
5. "The conflicts of modern life are increasing day by day." Justify misstatement.
6. What causes a person to be frustrated? Discuss the sources of frustration.

Group "B"

4×5=20

7. Explain different types of conflicts with a diagram.
8. Describe personality characteristics of the counsellor.
9. How is directive counselling techniques approaches a client?
10. How can task oriented stressor causes adjustment disorder?

Group "C"

5×3=15

11. State goals of psychology.
12. What is over protection?

13. State the role of eye contact in counselling.
14. What is licensing - certification in counselling.
15. Define group counselling.

316 'C' Adolescent Psychology

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group "A"

5×8=40

1. Explain historical perspective of adolescent period and discuss it Nepalese concept.
2. Explain how culture influences development of self identify. Discuss it in Nepalese context.
3. Explain Bronfenbrenner's theory of development.
4. Explain the social and health problems in adolescent period.
5. Explain Erikson's theory of adolescent development.
6. Explain the biological and cultural factors of sexuality.

Group "B"

4×5=20

7. Describe Freud's theory personality development.
8. Describe about stress coping strategies of adolescence.
9. Describe the basic process of moral development of adolescence.
10. Describe the risk of sexually transmitted disease during adolescence.

Group "C"

5×3=15

11. Write short notes gender identity.
12. Adolescence depression.
13. Peer relationship.
14. Characteristics of early childhood.
15. Sex education.

Tribhuvan University, 2070

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group "A"

1. Explain the historical conception about abnormal behaviour.
2. Explain the role of genetic factors in abnormal behaviour.
3. Describe the causes and symptoms of panic disorder.
4. Autism is a developmental disorder in children. Illustrate its symptoms and causes.
5. Explain the role of neurophysical factor in-development of psychopathology.
6. Describe the causes, symptoms and treatment of bulimia nervosa.

Group "B"

4×5=20

7. Explain the mental retardation associated with organic causes.
8. Explain the psycho-social factors in causing drug dependent.
9. Describe the clinical picture of conversion hysteria.
10. Explain the cognitive - behavioural treatment of persons with alcohol related problem.

Group "C"

5×3=15

11. What is Hallucinogen effect?

12. Write the major characteristics of hypochondriasis?
13. What is social phobia?
14. Explain the causes of OCD.
15. Point out the multi-axial approach in classifying psychopathology.

Tribhuvan University, 2070

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group "A" 5×8=40

1. Compare and contrast intelligence tests and 4 aptitude tests in recruiting employees.
2. Explain the challenges of industrial and organisational psychology, in the context of changing technology and skills.
3. "Managers can become leaders but leaders cannot become good managers." Comment and discuss.
4. Critically analyse critical incidence technique as one of the effective job analysis techniques.
5. Define work stress. Illustrate the consequences of work stress in the organisation.
6. "Equity theory is suitable for motivating all level of employees." Discuss.

Group "B" 4×5=20

7. Evaluate on-the-job and off-the-job training.
8. "Personality tests assist in predicting employees behaviour." Comment.
9. Show the relationship between work involvement and organisational commitment.
10. Explain various types of communication. Show their effectiveness in an organisation.

Group "C" 5×3=15

11. Explain the effects of illumination on employees' behaviour.
12. Point out the consequences of job turnover.
13. What is emotional intelligence? Explain its components.
14. What is the check list method of performance appraisal?
15. Write short notes:
 - a. Trait theory
 - b. Cross-cultural communication

Tribhuvan University, 2071

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group "A" 5×8=40

1. Explain in detail the selection procedures of public service commission of Nepal.
2. Explain the importance of knowledge of I/O psychology in the manager's work life.
3. "Leaders are born not made." Elaborate.
4. Compare and contrast employee comparison method and critical incidence

method.

5. "Work stress leads to low satisfaction." Examine and suggest the techniques of reducing work stress in the workplace.
6. Illustrate the practical application of goal setting theory in motivating employees.

Group "B"

4×5=20

7. Explain various methods of training.
8. "IQ gets you hired and E.Q. gets you promoted." Comment.
9. Define work attitudes. Explain the methods for measuring it.
10. What is cross-cultural communication? Show its importance in modern time.

Group "C"

5×3=15

11. Explain the effect of noise on employees' health.
12. What are the causes of absenteeism in the work place?
13. What is the predictive value of aptitude tests in recruiting employees?
14. Differentiate job analysis and job evaluation.
15. Write short notes:
 - a. Need theory
 - b. Grapevine

Tribhuvan University, 2071

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group "A"

5×8=40

1. Explain biopsychosocial approach in understanding abnormal behaviour.
2. Describe any therapeutic approach in the treatment of schizophrenia.
3. Discuss the vocational and social skill trainings for mentally retarded people.
4. What is ADHD? Describe the diagnostic criteria for ADHD. (Attention Deficit/Hyperactivity Disorder)
5. What do you understand by hypochondriasis? Explain the symptoms and causes according to DSM IV.
6. Discuss the causes and treatment of bipolar disorder.

Group "B"

4×5=20

7. Explain the behavioural characteristics of autistic children.
8. Describe the symptoms of generalized anxiety disorder.
9. What is panic disorder? Describe its causes and symptoms.
10. "Depersonalization is a feeling of being detached." Discuss.

Group "C"

5×3=15

11. What do you understand by Dementia Praecox?
12. Explain the causes of OCD.
13. Explain the importance of family therapy.
14. Explain the characteristics of DSM - IV subtypes of schizophrenia.
15. Explain the characteristics of Bulimia.

Tribhuvan University, 2071

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C"

Group "A"

5×8=40

1. What is camouflage? Describe the rules and principles of camouflage.
2. Describe types of motivation. Explain the relationship of motivation with soldiers' identity.
3. What is the role of propaganda in war time? Explain with reference to the World Wars.
4. Describe brainwashing? Explain the role of learning theories in the applications of brainwashing techniques.
5. Explain the role of a leader in maintaining high morale in the armed force.
6. How the soldiers react to post-traumatic stress? Explain the ways to reduce post-traumatic stress disorder.

Group "B"

4×5=20

7. Define military psychology and describe its uses in military training.
8. Describe mental health problems in the armed force.
9. Explain briefly the principles of perceptual organisation.
10. Explain the importance of psychometric method in armed force.

Group "C"

5×3=15

11. State the determinants of high morale.
12. Illustrate the role of social aspects of rumour in war.
13. What are the types of propaganda?
14. What factors influence learning in armed force?
15. Differentiate perception from illusion.

316 'B' Adjustment & Counselling

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C"

Group "A"

5×8=40

1. Explain how biological factors causes maladjustive behaviour.
2. How do environmental factors causes stress?
3. "Counselling under go different stages while going through the process." Discuss.
4. Explain how psychoanalytic techniques of counselling approaches a client to solve maladjusted symptoms?
5. "Understanding gerontological problems facilitates handling the old age." Justify this statement.
6. Describe how emotional deprivation causes problematic behaviour.

Group "B"

4×5=20

7. Describe the goals of counselling.
8. Describe family counselling.
9. State why 'case history' is the basic method in collecting information of the clients.
10. How aversion techniques help in counselling?

Group "C"

5×3=15

11. What are the psychological hazards of the childhood?

12. How is clinical psychology related with counselling psychology ?
13. State the role of personal space in counselling.
14. Define pressures as a stressor in counselling.
15. Define rational emotional behaviour therapy.

316 'C' Adolescent Psychology

Attempt any FIVE questions from Group "A" and All from Group "B" & "C".

Group "A" 5×8=40

1. Explain the role of heredity and environment in the development of adolescence.
2. Explain Freud's theory of adolescent development.
3. Explain the role of family and gender in development of self and identity.
4. Explain Kohlberg's theory of moral development.
5. Why do adolescents face adjustment problems in health ? Explain.
6. Explain the characteristics and development tasks of adolescence period.

Group "B" 4×5=20

7. Describe problems and importance of sex education in the context of Nepal.
8. "Alcohol consumption among teenagers is a harmful habit." Explain.
9. Describe complexities of adolescence development.
10. Describe the methods to reduce family problems.

Group "C" 5×3=15

11. Write about adolescent suicide.
12. What is life course theory of Glenn Elder ?
13. Define gender role.
14. Define substance abuse.
15. List down problems of sex education.

Tribhuvan University, 2072

Attempt any FIVE questions from Group "A" and All from Group "B" & "C"

Group "A" 5×8=40

1. Critically analyze the importance of emotional intelligence in selecting job candidates.
2. Explain and comment on checklist and graphic techniques of performance appraisal.
3. How can an employer enhance work motivation and performance of employees by applying the reinforcement theory of motivation ? Explain with examples.
4. What is personnel training ? Explain the personnel training methods.
5. Compare and contrast trait theories of leadership with behaviour theories of leadership.
6. Critically analyze consequence of work stress.

Group "B" 4×5=20

7. What is biographical test ? Describe its uses in personnel selection.
8. Explain employees comparison techniques of job analysis.
9. Express your opinion about the relevancy of need theories in maintaining

motivation of employees in organizational settings.

10. Physical conditions of the work place influence productivity of employees. Explain how.

Group "C"

5×3=15

11. What are the characteristics of charismatic leaders ?
12. Illustrate grapevine communication.
13. What is job turnover ?
14. Illustrate the importance of personality tests in personnel selection.
15. Write short notes on :
a. Public service commission in Nepal
b. Absenteeism

Tribhuvan University, 2072

Attempt any FIVE questions from Group "A" and All from Group "B" & "C"

Group "A"

5×8=40

1. Describe and discuss psychodynamic explanation of psychopathology.
2. What is classification of maladaptive behaviour ? What are the advantages and disadvantages of classification ?
3. Describe the causes and symptoms of anxiety disorder. How is it different from generalized anxiety disorder ?
4. Critically analyze the theoretical explanation of substance related disorders.
5. Examine critically the differences between normality and pathology.
6. Compare and contrast dyslexia and speech disorder in terms of causes and symptoms.

Group "B"

4×5=20

7. Explain the causes and symptoms of panic disorder.
8. What is somatization disorder ? Can it be treated ? Describe.
9. Describe the clinical picture of schizophrenia.
10. What is learning disability ? What are its causes ?

Group "C"

5×3=15

11. What are the physical risks of taking LSD ?
12. State mood disorder.
13. Differentiate amnesia from fugue.
14. In what ways, anorexia nervosa differs from bulimia nervosa ?
15. State the forms of treatments that are available for ADHD.

Tribhuvan University, 2072

Attempt any FIVE questions from Group "A" and All from Group "B" & "C"

1. Describe the scope of military psychology and its uses military training.
2. What is motivation in armed force? Explain the role of motivation during combat and non-combat situation.
3. Describe psychological basis of propaganda. How propugunda can be made successful in wartime?
4. Define learning. Explain similarities and differences between classical conditioning learning and Operant conditioning learning.

- Morale can be developed and raised in armed force? Explain how
- Describe soldiers' reaction to chronic 'situational stress? How can it be reduced?

Group "B"

4×5=20

- What is clinical method? Illustrate its importance in armed force. Describe the brain washing process.
- Describe the processes involved in perception.
- Describe timing and interpretation of propaganda.
- Describe the conditions leading to low morale in the armed force.

Group "C"

5×3=15

- State the rules of camouflage.
- Describe characteristics of rumour.
- What do you understand by motivation in armed force?
- What is three Ds/mind change?
- Illustrate military training and controlled killing?

316 'B' Adjustment & Counseling

Attempt any FIVE questions from Group "A" and All from Group "B" & "C"

Group "A"

5×8=40

- Describe different areas of counselling.
- Explain causes of mal-adjustive behaviour.
- Discuss how psychological tests facilitate in counselling process?
- Describe the factors that a counsellor should maintain in order to be an effective counsellor.
- "Understanding the problems of childhood facilitates counselling children". Justify this statement.
- Explain how REBT counselling technique approaches a client?

Group "B"

4×5=20

- Differentiate between individual and group counselling.
- "An effective counsellor should be knowledgeable about ethical and legal issues". Justify this statement.
- State the role interview plays in counselling process.
- "Stress leads to psychological consequences" highlight this statement.

Group "C"

5×3=15

- State the usefulness of interest tests in collecting information of a client?
- State the nature of modelling techniques.
- Highlight the benefits of rapport building in counselling process.
- Introduce directive therapy.
- What are the qualities of an effective counsellor?

316 'C' Adolescent Psychology

Attempt any FIVE questions from Group "A" and ALL from Group "B" & "C".

Group "A"

5×8=40

- What cultural factors play role in adolescence to develop self-identity in Nepalese context?
- Describe the Asian and Nepalese concept of adolescent development.

3. Describe different contextual factors of adolescent development.
4. How observational theory of Bandura describes adolescent development,
5. Describe the major stresses of adolescence.
6. What techniques would you suggest to promote health of adolescents in individual, familial, and social levels?

Group "B"

4×5=20

7. State how gender identity emerges in adolescence.
8. What programs would you suggest to reduce adolescence problems
9. How would you address gender differences of adolescence in Nepalese context?
10. What are the current statuses of to-days adolescence?

Group "C"

5×3=15

11. Highlight the nature nurture issues of adolescent development.
12. Introduce gender stereotype.
13. What is self-identity?
14. Define gender role adoption.
15. Briefly state basic processes of moral development.