

PARUL UNIVERSITY
FACULTY OF ARTS
B.Arts Winter 2017-18 Examination

Semester: 3

Date: 22/12/2017

Subject code: 15105232

Time: 10:30 am to 1:00 pm

Subject Name: Interpersonal Psychology

Total Marks: 60

Instructions:

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumption wherever necessary.
4. Start new question on new page.

Q.1 Do as directed**(A) Multiple choice questions****(08)**

- 1 Stress management is about learning.
 - a. How to avoid pressure of life
 - b. How to develop skill that would enhance our body's adjustment whenever we subjected to the pressure of life.
 - c. Both A and B are true
 - d. None of the above
- 2 Which of the following are the basic sources of stress?
 - a. The environment
 - b. Social stressor
 - c. Physiological
 - d. All of the above
- 3 Example of environment stressors are
 - a. Weather
 - b. Traffic
 - c. Financial problem
 - d. Only A and B
- 4 When is your 'I' most likely to strongly emerge
 - a. At the beginning of an important job interview
 - b. When explaining to your professor why you won't be in next class
 - c. When enjoying some time hanging out with your friend and talking what comes in your mind.
 - d. While on a blind date arrange by your friend
- 5 According to Mead, which of the following are the sources of self?
 - a. Language
 - b. Thought
 - c. God
 - d. Genetic information
- 6 Mead believed that meaning, language and _____ were tightly interconnected
 - a. Ethics
 - b. Choice
 - c. Culture
 - d. Thought
- 7 The main feature of Sullivan 's personality theory is its emphasis on
 - a. Middle age
 - b. Self fulfilment
 - c. Interpersonal relation
 - d. A collective unconscious
- 8 Key concepts of Sullivan's theory are interpersonal relations and
 - a. Defence
 - b. Aggression
 - c. Anxiety
 - d. Conscious drive
- 9 Sullivan indentified two principle kinds of tensions:
 - a. Needs and anxiety
 - b. Tenderness and toughness
 - c. phototoxic and parataxis.
 - d. None of the above
- 10 To Sullivan, the most basic interpersonal need is.
 - a. Love
 - b. Tenderness
 - c. Self-actualization
 - d. Acceptance
- 11 In Sullivan 's theory , malevolence is
 - a. the feeling of living among friends
 - b. The dynamism of evil and hatred
 - c. a conjunctive dynamism.
 - d. All of the above
- 12 Which of the following is an isolating dynamism?
 - a. Safety
 - b. Lust
 - c. Intimacy
 - d. The self-system
- 13 The self-system
 - a. Regulates and evaluates behaviour
 - b. Is an anti-anxiety system.
 - c. Evolves from the malevolent transformation
 - d. Develop during late adolescence

- 14 In what he called the play stage of socialization, George Herbert Mead asserted that people mentally assume the perspectives of others, thereby enabling them to respond from that imagined viewpoint. This process is referred to as
- Role taking
 - The generalized other
 - The significant other
 - Impression management
- 15 Who was the first to describe the “fight and flight response “
- Walter B. Cannon
 - Sigmund Freud
 - Atkinson Potter
 - Mrunal Sengupta
- 16 Following are the characteristics of positive stress
- It improves performance
 - It feels exciting
 - It motivates
 - All the above

(B) Answer the following :

(07)

- Define conflict.
- Define stress.
- List 5 stress busters.
- Mead’s work focus on the way in which the self is developed. (TRUE/FALSE)
- Coercion includes punishment, law and state (TRUE/FALSE)
- Define communication
- Aspirations that are part of identity are shaped by available opportunities (TRUE/FALSE)

Q.2 Answer the following

(12)

- How to create self awareness? Discuss the characteristics of individual with high and low self esteem?
 - Given introduction to psychology in detail?
 - Describe the 4 major sources of self-efficacy?
- OR**
- Describe the Sources of stress in detail?

Q.3 Answer the following :

(15)

- Describe in detail the components of interpersonal skills?
 - Discuss the type of stressors and integral sources of stress with example?
 - Explain the theory by George Herbert Mead and the agents of socialization in detail?
- OR**
- How can we apply the social skills model to interpersonal communication?

Q.4 Answer the following :

(18)

- Explain the theory of Harry Stack Sullivan in detail?
 - Explain the stress relieving techniques?
 - Discuss the levels of conflicts and strategies to resolve conflict?
- OR**
- Explain the propositions involved in the definition of interpersonal communication?