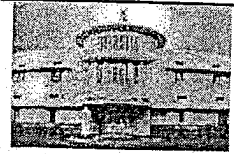


TEST 2 (11)

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ANSWER SHEET

Name of Candidate

Rajeshwari B.

Test Code

MLV6

Subject

Psychology

Registration No.

Test - 2

EVALUATION INDICATORS

1. Alignment Competence
2. Context Competence
3. Content Competence
4. Language Competence
5. Introduction Competence
6. Structure – Presentation Competence
7. Conclusion Competence

INDEX TABLE

Q.No.	Page No.	Maximum Marks	Marks Obtained
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

Total Marks Obtained

Remarks :

Signature of Examiner

INSTRUCTIONS:

1. Do furnish the appropriate details in the answer sheet (viz. Name, ID Number and Test Code)
2. The Candidate should fill the index table, especially for him/her.
3. In the left margin, she/he should write only question number and in the right margin, nothing should be written.
4. The page number should be coded by the candidate himself and the range of page number related to the answer of the question should be used to complete the index table.
5. All Parts of the questions should be written at one place.
6. No Supplementary sheet shall be provided by the management. So the candidate is advised to accommodate required information within the space provided.
7. The candidate need not write anything in his/her answer that derogates the dignity of an individual or an organization.
8. The candidate should respect the instructions, given by the invigilator.
9. The Examinee has to submit the answer sheet to the invigilator after completion of examination. However, he/she is allowed to take away the question paper.

5b) write short notes on Primary Secondary and Tertiary prevention programme.

prevention is better than cure is the philosophy followed in primary prevention. It includes variety of strategies aimed at reducing the possibility of disorders and fostering good health.

The results of epidemiological studies is used to identify the target group. i.e the groups that have greater vulnerability for a disorder. For ex. it has been found that divorced people and elderly people living alone are at high risk for delusional disorders. Factors affecting vulnerability includes Risk factors and protective factors. Risk factors are those which contribute to disorders while protective factors are those which foster well being. Strategies include

(a) Biological measures of prevention.

It includes genetic counselling, prenatal care, post natal care, it also looks into lifestyle that foster both physical & mental well-being and prevent mental disorders.

(b) psychosocial measures.

proper socialisation in a rich environment fosters psychosocial health.

Also person should acquire an accurate frame of reference, if perception of the world is far from reality, it will lead to mental disorders. PP measures should include interventions for correct socialisation.

PP looks into problems of crisis during whole lifespan. For ex parenthood marriage, career choices, Geriatric care.

(c) Socio-cultural measures

It has been observed that Juvenile delinquents belong to low socio-economic status groups. In the case of schizophrenia persons are genetically predisposed for maladaptive behaviour & precipitating factors are provided by social conditions. PP entails removal of above risk factors through

(i) intervention for high risk groups.

(ii) intervention for adolescents.

- educational programmes.

- family based programmes.

- peer group influence programmes.

(iii) modelling & awareness through mass media.

Secondary prevention: (SP)

It emphasizes early detection & prompt treatment of disorders. It is based on the philosophy early detection makes

treatment easier. It includes short term crisis therapy & telephone hot line & nowadays ~~internet~~ internet. It includes debriefing sessions harm reduction approaches

Tertiary prevention (T.P)
its efforts are aimed at reducing the long term impact of a disorder. It includes.

i) providing therapeutic climate in mental hospitals and (ii) after care.

TP looks at the hospital as a therapeutic community. This approach is called ~~milieu~~ milieu therapy.

After care reduces the number relapses

(ii) Halfway homes: These are the health facilities managed by community where patients stay for a while after leaving hospital. Here community and family play proactive roles to teach social skills for readjustment to community

Relapse prevention training and follow-up sessions are also conducted.

5 (c)

what are the factors responsible for identity politics.

Organisational power enables an employee to influence the decision making process. politics refers to all activities undertaken by the employee to gain power. The factors responsible for identity politics include.

(a) Increasing indispensability.

This can be done by increasing centrality or increasing expert knowledge.

(b) Mentoring.

By developing good rapport with a powerful manager, it is possible to rise up the organisational ladder with him.

(c) Coalitions.

I support you on an issue of interest of yours in turn you support me on an issue of interest of mine.

(d) Manipulating the decision making process.

The manager can bring in an outside expert who subscribes to his view.

(e) Devious tactics: It includes divide & rule, Backstabbing, preventing the opposing faction from attending key meetings.

8(a) what are the personality Dynamics behind terrorist motivation ?

The Neo Freudian theories contribute to personality Dynamics of terrorist motivation. The essence of Neo-Freudian explanations is that narcissistic wounds at an early age splits the self into two parts.

- (a) A grandiose 'me' and.
- (b) A hated & devalued not me.

The second self is projected onto specific outside targets, which are blamed & hence become scapegoats.

A modification to this thesis was made by post. He identified 2 types of inner dynamics. "Nationalist-separatist" terrorist are loyal to their parents, who reject the govt, they carry out terror mission to take revenge from the govt which wounded their parents. "Anarchic ideologues" are disloyal to their parents, who are identified with the state.

Another explanation was given by Adorno. Due to punitive child rearing practices and authoritarian parenting style children develop a rigid personality when they grow up. They consciously love & respect their parents but unconsciously are hostile to them. They project the unconscious hostility as hatred towards weaker sections. Hence they are intolerant to ambiguity and show excessive conformity and submission to authority.

8 (a) Some like it bad. Explain causal factors behind affective relationship with fictional characters, negatively portrayed by Media.

Psychodynamic theorists believe that identification with negatively portrayed fictional characters has a cathartic effect on the viewer, enabling her to discharge her "thanatos" instinctive energy by acting out vicariously. Media is an outlet for these innate impulses developed by modern society.

Personality variables of the viewer also make them identify with the characters.

Some complain that media violence glamorizes aggression and makes it an attractive behavioural choice.

Another explanation is given by excitation transfer theory of Zillman. This explanation is based on Schachter and Singer's 2 factor theory of emotion. This theory states that when any stimuli leads to physiological arousal we assign a cognitive label to the arousal depending on the various situational & personal factors.

Cognitive factors:

Exemplification theory:

It states that media images and information act as exemplars. Exemplars are instances that together lead to formation of concepts and ultimately mental models. Hence prosocial information or antisocial information depicted in media influence mental models, which in turn influence decision making and decision made in real-life situations affect beh

Priming theory:

Priming is a process in which one stimulus is linked to another.

Cultivation theory:

It states that world views are cultivated by media over many years. Due to this perpetual cultivation, some permanent schemas develop in individuals which take them away from reality. For example if more violence is depicted in TV than normality. This is continuously depicted in media day after the other. Ultimately it gets cultivated into a permanent schema and the viewer starts believing that violence is too frequent.

7 (b)

Discuss the psychological effects of inadequate housing and crowding.
Crowding is defined as a psychological state emanating from the felt lack of space. It is an subjective experience. The consequences of crowding are manifested at 3 levels. Individual, interpersonal societal

Consequences of Crowding.

Personal	Interpersonal	Societal.
Stresses Health status Aggression Anxiety. withdrawal	Competition Interpersonal attraction Helping.	participation in social activities.

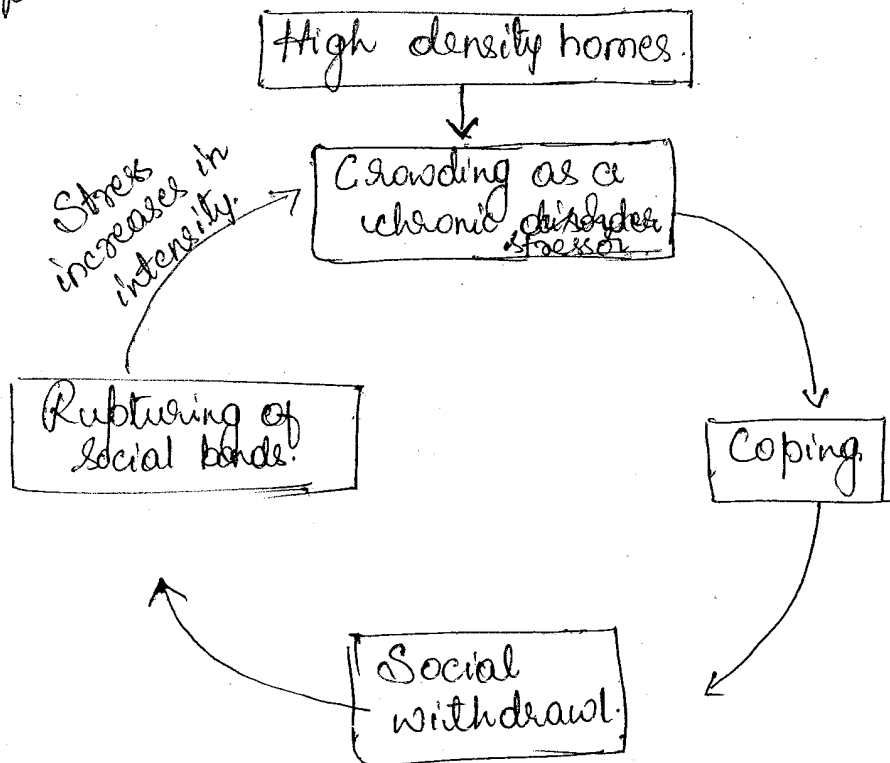
Health status:
As a stressor, crowding elicits overarousal of sympathetic nervous system of the Autonomic nervous system. Hence it has effects on health similar to that of other stressors. Crowding may cause physiological changes like increased blood pressure and changes in cardiovascular system.

Aggression and anxiety:
Crowding induces negative feelings in the individual, which may manifest.

in the form of aggression. Another possible factor responsible for aggression is competition. competition over scarce resources leads to frustration and frustration leads to aggression. Anxiety is another emotional response to stressful situation.

(iii) Social withdrawal :

is a coping strategy to escape the stresses of crowding. Those who share a small house with many family members may experience crowding chronically. To cope with the chronic stress some people withdraw from social support.



(iv) Task performance :

Many empirical studies conducted in recent times have demonstrated that crowding impedes task performance and inhibits the realisation of optimum potential of the individual.

(v) Competition :

When the amt of resources available to each individual is less, the competition increases. Competition itself leads to other undesirable consequences like frustration, anxiety etc.

(vi) Helping behaviour :

A very peculiar effect of high crowding situation is bystander apathy. This is because diffusion of responsibility in crowd. Every person thinks that he/she is less responsible to help the person because of the presence of so many others.

(vii) Deindividuation :

In crowd persons lose their individuality and uncritically follow group norms that may emerge in crowds.

When the individuals in a crowd do not know each other, this anonymity perhaps reduces restraint and the individual may lose her individuality and. Once this happens, she follows the norms that may evolve in the crowd. When an individual loses her individuality and becomes disinhibited, she may indulge in many antisocial actions like participate in a mob, vandalise public property without any reason etc.

(viii) Interpersonal attraction :

Long term density confinement has been correlated with low attraction. For ex. Baron & Bell conducted an experiment in a hostel where three students were accommodated in a double room. The researchers compared these students with other students who lived & each in double rooms. They found that former students were less satisfied with their room-mates and were less co-operative than the latter group of students.

6 (b)

Domestic violence is an high stress causing event. Coping strategies include assessment of symptoms of trauma that family members and Counsellors can identify. Some of these are.

- (i) Victims get frightening dreams at night
- (ii) They develop an intense fear of some places. For ex. a victim of rape may develop a fear of travelling alone or of lonely dark places.
- (iii) Detection of existence of PTSD

Secondary prevention

Immediate crisis assistance is given to victims of violence, it will help the victim to cope with the shock and traumatic images. Debriefing exercises are conducted by the experienced psychologist or through telephone hotline.

The victim should prevent the recalling of experience again & again.

Rehabilitation :

The best way to deal with a traumatic event is to talk about it with family members.

Besides this family members must ensure that the victim doesnot get exposed to events that remind her of

the violent event.

Therapeutic interventions like yoga and meditation have been found to be effective in dealing with PTSD. Meditation relaxes the body and proves effective in dealing with emotional reactions.

Counselling plays an important role. Because the victim usually avoids talking on the subject. The counsellor shows compassion and empathy to establish trust with the client. When the counsellor states that ^{what} the client goes through is natural, it increases the confidence of the client. She opens up and pours out her grief in the counselling sessions. This helps in cathartic release.

The technique of imagery used by the psychologists also helps. The concept is to condition the ~~imagery~~ images of violent act with relaxation.

Cognitive restructuring of false beliefs like I could not help it, I am powerless I can't do anything about it helps the client to make a realistic appraisal of the violent event.

Role of Social Agencies, is extremely important. They provide counselling to victims of violence in strict privacy. 'Swachetan' this NGO provides therapeutic assistance to victims of rape and sexual assault in strict privacy. Owing to the privacy clause many women who have suppressed their trauma for years have come forward to discuss their problems.

Another service popular in USA and now being picked up by some NGOs in India is to provide sexual assault online hotline. This is a form of cyber therapy that uses a secure and anonymous instant messaging type format to establish communication between victims and trained crisis support volunteers.

Medicine Sans Frontiers (MSF) is an international agency with an active presence in India also. MSF provides relief to victims of violent incidences like terrorist attack, bomb blast, war etc.

6(a) How is social change taking place on information highways? Discuss the impact of information technology.

Information technology has changed almost every aspect of our lives. Private, social, cultural economic and political because they deal with very essence of human society i.e. communication between people. They have revolutionised the way the people communicate. With increased communication piercing geographical barriers the world is soon becoming a "global village". Today owing to mass media common cultural characteristics are found on national and even global level. A handy mobile phone is one's window to a huge network of people places & information. Virtual reality is an attempt to make the web world as real as the real world. All new fashion trends start from TV and movies. New & old ideologies are propagated through T.V. Violence, love, hatred and other emotions are learnt by the viewer through media. Media fosters stereotypes.

The revolution in IT has had definite impacts on human psyche.

1. IT and human needs.

IT provides immense opportunities for individuals to fulfil their needs across the need structure both intrinsic drives & social needs. Emotional gratification is obtained from IT because it is a channel for cathartic release. Therapists often believe that expressing oneself is one of the best ways to control anxiety. In a way blogs & discussion forums are therapeutic in nature.

* The need for affiliation is also fulfilled through these sites, like Orkut, facebook

* Anonymity on the WWW mitigates your inferiority complexes and fulfills your power needs, thus boosting your self-esteem

* WWW can fulfil your knowledge needs aesthetic needs and cognitive needs.

* WWW gives an opportunity for creative expression for showcasing your art and for participating in contests cutting across geographical boundaries.

Second life:

is a 3D internet based virtual world that allows users to create alter egos and interact with each other. It is a parallel life with complete ecosystem.

The self in virtual world has no moral liability, less inhibitions and is not restricted by ego superego.

But we should also bear in mind schizophrenia and other disorders are due to split mind. When faced with a problem in real life we must face it & resolve the problem. Instead if we withdraw to the virtual world we are not resolving the real problem. And we know that problem focussed coping is better than social withdrawal coping style.

3. I.T & Organisation :

Face to face communication has decreased. The informal group breaks. When there is no social group in the work place the individual feels alienated.

Teleconferencing. Two executives sitting in their respective offices say in Bangalore & Boston can communicate to each other.

Telecommuting: It refers to working from locations outside the office using I.T.

The results have showed that the home office has +ve impact on both work life & personal life of employees, in comparison to other work venues.

Disorder of addiction

Interpersonal relations hamper because of anonymity, deindividuation making one's behaviour more self centred and less socially regulated than usual. (B) Digital divide associated with exclusion.

5 (d) Evaluate the status of military psychology in India.

The psychological effects of stresses are multidimensional. The role of military psychologists is to recognise the psychological vital signs in military domain, using various psychological assessment tools, design and implement various intervention programmes, provide counselling to soldiers who are in need of it and to rehabilitate retired and handicapped soldiers who usually show strong signs of depression & anxiety.

At the time of selection MMPI - 2, pencil-paper test and intelligence are used to decrease the risk of selecting a candidate with psychological vulnerability that would make him unsuitable for the job.

Training & its effectiveness are evaluated based on psychological principles. Counselling helps to detect the disorders and provide immediate counselling before the condition aggravates.

7(a) Are there any differences between achieving styles in men and women?
Critically Evaluate

Indian women does not stand alone. Her identity is completely defined by her relationship with others. According to Kakkar 1st she is a daughter to her parents, wife to her husband and she is a mother to her son. Even today Sita is the egoideal for women. Mens role as a provider of the family is both socially accepted and valued. Hence men in India don't face any psychological problems. However the woman who works out is kind of a deviant - she faces problems in

- performing her role in the household
- exploring professional excellence. and
- dealing with workplace sexual discrimination

This results in three kinds of problems

- role conflict
- fear of success
- Discrimination

Other factors like no role model, glass ceiling effect, male biased stereotypes and self fulfilling prophecies all these make her have low achievement motivation than men.