

3A00143 - S.Y.B.A. (Sem. III) (Choice Base) /79420 - Psychology of Adjustment Part II.

Date :25-03-2019

Time :02:30 pm - 05:30 pm

Q. P.Code :54124

[Time: Three Hours]

[Marks:100]

- N.B: 1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. All questions carry equal marks.**

Q. 1 Attempt any two of the following:

a) In what way can accepting and acting on criticism, help us to learn from criticism? (10)

Personal criticism is for growth by putting the energy it arouses to work rather than against us; thus using it as opportunity to learn about ourselves and put the needed changes into action.

b) What is social change? Explain how technology is changing the way we communicate and live. (10)

Increase in diverse population across the globe, the expansion of population has resulted in concerns over poverty, unemployment and health of our environment

c) What is self-concept? Distinguish between self-image, ideal-image and social self as parts of the self. (10)

An idea of the self-constructed from the beliefs one holds about oneself and the responses of others. The four main types of selves are Body image- how we perceive and feel about our body; self image- the self we see ourselves; ideal self- the way we like to be; social self- the way we feel others see us

Q. 2 Attempt any two of the following:

a) Discuss in detail, the 3 stages of decision making in seeking medical care. (10)

More than half of those who start medical treatment do not complete the treatment. The various reasons include dissatisfaction with the physician, not understanding the nature of their or the doctors instructions and beliefs and fears about the side effects or prescribed medication.

b) Discuss how the immune system, personality, lifestyle choices and environmental issues influence the mind-body relationship.(10)

The growing acceptance of mind-body unity suggests that social and psychological factors may play a significant role in almost any physical ailment. The immune system, personality, lifestyle choices, and environmental issues interact to influence the relationship between health, mind, and body.

c) What is wellness? How does sleep, diet, social support and physical fitness promote wellness? (10)

Keeping physically fit usually involves following a personalized exercise program especially suited to our interests and needs. Having a strong social support system network can promote health and wellness for those willing to accept help of others

Q. 3 Attempt any two of the following:

a) What is learned optimism? Discuss the benefits & risks of learned optimism. (10)

A way to achieve optimal perceived control is through learned optimism which is interpreting life events in a reasonably accurate way that enhances our perceived control and adapts responses to events. One can learn to be optimistic by being the best possible self that is thinking about the self in an imaginary future in which everything has turned out in the most possible way.

b) What are emotions? Describe in detail the specific emotions of Jealousy and Happiness.(10)

Physiological arousal; subjective feelings; cognition; processes; behavioural reactions. Happiness is a state of well-being that encompasses living a good life; that is, with a sense of meaning and deep satisfaction.

c) Discuss the process of decision making and suggest ways to make better decisions (10)

Some ways include better judgment, the balance sheet procedure(list of various advantages and disadvantages of each course of action) , clarifying our objectives, accepting reasonable results, and making the best of poor decision. Or repeatedly reaffirm our choice to change by abandoning perfectionism, accepting an occasional failure and continuing our commitment to personal growth

Q. 4 Attempt any two of the following:

a) Discuss the concept of Love with reference to Sternberg's Triangular Theory of Love.(10)

According to triangular theory of love intimacy; passion; and commitment comprise the core elements of love; different combinations of these elements results in a different types of love.

b) Discuss the changing institution of Marriage and explain how it differs from Cohabitation.(10)

Couples who live together before marriage may enjoy greater intimacy than other dating couple; the fact that marriage after cohabitation are not likely to last

c) Explain how gender stereotypes and media affect sexuality.(10)

Magazines and TVs ads and movies shower us with images of human body that for most people are unattainable. As a result of media exposure there is an increase in women's desire to be thin and men's need for masculinity. Media portrayals of the gender; obesity stigma; ideal body and real body images

Q. 5 Attempt any two of the following:

a) Discuss the impact of Continuity and Change on our developing self and describe the three phase cycle by which we experience personal growth (10)

The subjective experience of growth involves a 3 phase cycle: the acknowledgement of change within us or our environment; a sense of dissonance or dissatisfaction within, which in turn leads; reorganizing our experience in some way, such as adopting a new attitude toward ourselves or others. Jealousy-aggression, anxiety, doubt.

b) What is the difference between body image and the ideal body? Discuss with reference to the influence of media on body image (10)

The four main types of selves are Body image- how we perceive and feel about our body; self image- the self we see ourselves; ideal self- the way we like to be; social self- the way we feel others see us

c) Discuss the concept of Personal Motivation, focusing on (i) types of personal goals and

(ii) Intrinsic & Extrinsic Motivation (10)

Motivated people set personal goals and then strive to achieve them. There are several types of personal goals like long range goals, medium range goals, mini goals and micro goals. One should start with short goals and then precede further toe medium and long. If one goal is achieved then new should be set.

d) Explain the various bacterial and viral sexually transmitted infections. (10)

Bacterial STIs such as chlamydia, gonorrhea and syphilis are curable if caught earlier enough have little or no long term consequences for the infected; Viral STIs such as genital herpes and HIV have no cure and the person continues to be contagious throughout their lifetime.

