

MCQs on Chapter 1: What is Psychology?

1. The term 'psychology' is derived from which two Greek words?
 - A) Soma and Logos
 - B) Psyche and Graphein
 - C) Psyche and Logos
 - D) Pneuma and Logos
2. What do the Greek words 'psyche' and 'logos' mean, respectively, in the context of the historical definition of psychology?
 - A) Body and Study
 - B) Mind and Writing
 - C) Soul/Mind and Science/Study of a subject
 - D) Breath and Logic
3. Modern psychology has established itself as a scientific discipline that deals with processes underlying human:
 - A) Soul and spirit
 - B) Experience and behaviour
 - C) Thoughts and emotions only
 - D) Unconscious desires
4. Psychology is formally defined as a science which studies:
 - A) Physical processes, experiences, and behaviour.
 - B) Mental processes, experiences, and behaviour in different contexts.
 - C) Conscious thoughts and observable actions.
 - D) Brain activities and unconscious desires.
5. Which of the following is NOT one of the three terms used in the formal definition of psychology?
 - A) Mental processes
 - B) Experience
 - C) Soul
 - D) Behaviour
6. Mental processes refer to:
 - A) Directly observable physical actions.
 - B) Internal activities of our minds like thinking, problem-solving, and remembering.
 - C) Brain activities that are identical to the mind.
 - D) External stimuli that trigger responses.
7. Are brain activities and mental processes identical?
 - A) Yes, they are exactly the same.
 - B) No, they are interdependent but not identical.
 - C) Brain activities cause mental processes, but mental processes don't influence brain activities.
 - D) Mental processes occur independently of brain activities.

8. Experiences are described as subjective in nature, meaning:
 - A) They can be directly observed by anyone.
 - B) Only the experiencing person can be aware or conscious of them.
 - C) They are always positive and pleasant.
 - D) They are always negative and painful.
9. What influences the nature of experiences?
 - A) Only internal conditions.
 - B) Only external conditions.
 - C) A complex set of internal and external conditions.
 - D) Primarily genetic factors.
10. Behaviours are defined as:
 - A) Only overt actions that can be seen.
 - B) Only internal thoughts and feelings.
 - C) Responses or reactions we make or activities we engage in.
 - D) Purely automatic reflexes.
11. Which type of behaviour can be outwardly seen or sensed by an observer?
 - A) Covert behaviour
 - B) Mental processes
 - C) Overt behaviour
 - D) Experiences
12. An example of a covert behaviour is:
 - A) Running from a tiger.
 - B) Your heart pounding during an examination.
 - C) Talking to a friend.
 - D) Blinking in response to a hurled object.
13. All behaviours, whether overt or covert, are associated with or triggered by some:
 - A) Unconscious desire.
 - B) Stimulus in the environment or internal changes.
 - C) Fixed genetic programming.
 - D) Only external rewards.
14. For many decades, the 'mind' remained a taboo in psychology primarily because:
 - A) It was too complex to study.
 - B) It could not be defined in concrete behavioural terms or its location could not be indicated.
 - C) Neuroscientists had not yet studied it.
 - D) Philosophers had already fully explained it.
15. The return of the term "mind" to psychology is partly attributed to which scientists?
 - A) Pavlov and Watson
 - B) Wundt and James
 - C) Sperry and Penrose
 - D) Freud and Maslow
16. Which of the following statements about the mind and brain is accurate according to the text?

- A) Mind and brain are identical.
 - B) Mind can exist without the brain.
 - C) Mind cannot exist without the brain, but mind is a separate entity.
 - D) Brain activities are independent of mental processes.
17. The case of an athlete feeling a "phantom arm" after an amputation suggests:
- A) The brain can regenerate lost limbs.
 - B) The mind's experience can be separate from the physical body.
 - C) All amputees experience phantom limbs.
 - D) This is a purely physical phenomenon.
18. The emerging discipline that emphasizes the role played by the mind in strengthening the immune system is called:
- A) Neuropsychology
 - B) Psychoneuroimmunology
 - C) Health Psychology
 - D) Biological Psychology
19. Ornish's studies showed that positive visualization techniques could:
- A) Cure all mental illnesses.
 - B) Bring about significant physical changes in bodily processes, such as reducing artery blockage.
 - C) Replace medical treatment entirely.
 - D) Only help with mild stress.
20. Mental imagery has been used to cure various kinds of:
- A) Viral infections.
 - B) Genetic disorders.
 - C) Phobias (irrational fears).
 - D) Broken bones.
21. Common sense explanations of human behaviour are often based on:
- A) Scientific experiments.
 - B) Hindsight, explaining things after they have happened.
 - C) Predictive patterns.
 - D) Objective data analysis.
22. Which of the following proverbs illustrates the hindsight bias of common sense?
- A) "Early to bed, early to rise."
 - B) "A stitch in time saves nine."
 - C) "Out of sight, out of mind" and "Distance makes the heart grow fonder."
 - D) "Look before you leap."
23. Psychology as a science aims to:
- A) Only explain behaviour after it occurs.
 - B) Look for patterns of behaviour which can be predicted.
 - C) Rely solely on subjective experiences.
 - D) Confirm common sense beliefs.
24. Dweck's study (1975) on children's persistence when faced with difficult problems found that:

- A) Giving only easy problems always increased confidence and persistence.
 - B) Children who experienced both success and failure, and were taught to attribute failure to lack of effort, persisted more.
 - C) Children who always succeeded gave up less often.
 - D) Common sense advice was always correct.
25. What did Dweck tell the group of students who faced difficult problems and failed?
- A) That they were not intelligent enough.
 - B) That their failure was due to lack of effort.
 - C) That they should avoid difficult problems in the future.
 - D) That they should switch to easier subjects.
26. Which of the following common sense notions has been proven untrue by empirical psychological studies?
- A) Men are more intelligent than women.
 - B) Women cause more accidents than men.
 - C) Performing before a large audience always makes you perform worse.
 - D) All of the above.
27. If you have practiced well, performing before a large audience may actually:
- A) Always lead to worse performance due to anxiety.
 - B) Improve your performance.
 - C) Have no effect on your performance.
 - D) Make you forget everything you practiced.
28. Psychologists differ from astrologers, tantriks, and palm readers because they:
- A) Use intuition to understand human behaviour.
 - B) Systematically examine propositions based on data to develop principles.
 - C) Only study the future.
 - D) Rely on anecdotal evidence.
29. The formal beginning of modern psychology is traced back to:
- A) 1900 with Freud's psychoanalysis.
 - B) 1890 with William James' Principles of Psychology.
 - C) 1879 when Wilhelm Wundt established the first experimental laboratory.
 - D) The early 20th century with behaviourism.
30. Wilhelm Wundt established the first psychology laboratory in:
- A) Cambridge, Massachusetts.
 - B) Vienna, Austria.
 - C) Leipzig, Germany.
 - D) Paris, France.
31. Wundt's approach, which aimed to analyze the structure of the mind through introspection, was called:
- A) Functionalism
 - B) Structuralism
 - C) Behaviourism
 - D) Gestalt Psychology

32. What was the main criticism against introspection as a method in psychology?
- A) It was too scientific.
 - B) The reports could not be verified by outside observers.
 - C) It focused too much on observable behaviour.
 - D) It was only suitable for studying animals.
33. Who developed the functionalist approach to the study of the human mind?
- A) Wilhelm Wundt
 - B) William James
 - C) John Watson
 - D) Sigmund Freud
34. Functionalism focused on:
- A) Analyzing the basic elements of consciousness.
 - B) What the mind does and how behaviour functions to help people adapt to their environment.
 - C) Unconscious desires.
 - D) Observable behaviour only.
35. Gestalt psychology, emerging as a reaction to structuralism, emphasized that:
- A) Experience is a collection of individual sensations.
 - B) Our perceptual experience is more than the sum of the components of perception; it is holistic.
 - C) Only observable behaviour should be studied.
 - D) Unconscious processes drive perception.
36. Who rejected the ideas of mind and consciousness as subject matters of psychology around 1910, emphasizing observable and verifiable behaviour?
- A) Sigmund Freud
 - B) Carl Rogers
 - C) John Watson
 - D) Abraham Maslow
37. B.F. Skinner was a prominent psychologist associated with the development of:
- A) Psychoanalysis.
 - B) Humanistic psychology.
 - C) Behaviourism.
 - D) Cognitive psychology.
38. Sigmund Freud's psychoanalysis viewed human behaviour as primarily driven by:
- A) Observable stimuli and responses.
 - B) Conscious decision-making.
 - C) Unconscious desires and conflicts.
 - D) The striving for self-actualization.
39. Carl Rogers and Abraham Maslow were key figures in which psychological perspective?
- A) Behaviourism
 - B) Psychoanalysis
 - C) Humanistic perspective
 - D) Cognitive perspective

40. The cognitive perspective focuses on:
- A) Unconscious motivations.
 - B) Observable behaviour.
 - C) Mental processes involved in knowing, like thinking, perceiving, and remembering.
 - D) The overall holistic experience.
41. The view that human beings actively construct their minds through exploration of the physical and social world is called:
- A) Functionalism
 - B) Behaviourism
 - C) Constructivism
 - D) Psychoanalysis
42. According to Vygotsky, the human mind develops through:
- A) Purely individual exploration.
 - B) Biological maturation alone.
 - C) Social and cultural processes through joint interaction between adults and children.
 - D) Unconscious conflict resolution.
43. The first psychology laboratory was established in Leipzig, Germany in what year?
- A) 1890
 - B) 1900
 - C) 1879
 - D) 1912
44. When was the first Psychology Department established at Calcutta University?
- A) 1905
 - B) 1915
 - C) 1916
 - D) 1924
45. The modern era of Indian psychology began in the Department of Philosophy at which university?
- A) Mysore University
 - B) Patna University
 - C) Delhi University
 - D) Calcutta University
46. Who established the Indian Psychoanalytical Association in 1922?
- A) Dr. N.N. Sengupta
 - B) Professor G. Bose
 - C) Durganand Sinha
 - D) Wilhelm Wundt
47. According to Durganand Sinha (1986), what characterized the first phase of modern psychology in India (till independence)?
- A) Indigenisation and culturally relevant frameworks.
 - B) Expansion into different branches and linking Western psychology to the Indian context.
 - C) Emphasis on experimental, psychoanalytic, and psychological testing research, reflecting

Western developments.

D) Problem-oriented research addressing Indian societal issues.

48. Which phase of Indian psychology, according to Durganand Sinha, involved attempts to create an "Indian identity" by linking Western psychology to the Indian context?
- A) First phase (till independence)
 - B) Second phase (till 1960s)
 - C) Third phase (post-1960s)
 - D) Fourth phase (late 1970s onwards)
49. The phase of "indigenisation" in Indian psychology, which stressed developing understanding based on culturally and socially relevant frameworks, started during:
- A) The 1920s.
 - B) The 1950s.
 - C) The late 1970s.
 - D) The 2000s.
50. Which branch of psychology investigates mental processes like attention, perception, memory, reasoning, and problem-solving?
- A) Biological Psychology
 - B) Developmental Psychology
 - C) Cognitive Psychology
 - D) Social Psychology
51. Neuropsychology, a field related to biological psychology, studies the role of:
- A) Environmental factors in behaviour.
 - B) Culture in understanding emotion.
 - C) Neurotransmitters and brain areas in mental functions.
 - D) Social interactions on individual behaviour.
52. What is the primary concern of developmental psychologists?
- A) To understand unconscious conflicts.
 - B) How people become what they are by studying changes across the lifespan.
 - C) To improve work conditions in industries.
 - D) To treat psychological disorders.
53. Which branch of psychology explores how people are affected by their social environments and how they think about and influence others?
- A) Environmental Psychology
 - B) Health Psychology
 - C) Social Psychology
 - D) Clinical Psychology
54. Cross-cultural and Cultural Psychology assumes that human behaviour is also a product of:
- A) Purely biological potential.
 - B) Individual introspection.
 - C) Culture, and should be studied in its socio-cultural context.
 - D) Unconscious desires from childhood.
55. Environmental Psychology studies the interaction of physical factors like temperature, pollution, and natural disasters on:

- A) Economic decisions.
 - B) Human behaviour.
 - C) Political ideologies.
 - D) Artistic expression.
56. The branch of psychology that focuses on the role of psychological factors in the development, prevention, and treatment of illness is:
- A) Counselling Psychology.
 - B) Health Psychology.
 - C) Clinical Psychology.
 - D) Biological Psychology.
57. What is a key distinction between a clinical psychologist and a psychiatrist?
- A) Clinical psychologists have a medical degree, while psychiatrists have a psychology degree.
 - B) Clinical psychologists focus on research, while psychiatrists focus on therapy.
 - C) Psychiatrists can prescribe medications and give electroshock treatments, whereas clinical psychologists cannot.
 - D) Clinical psychologists only work with children, while psychiatrists work with adults.
58. Which field of psychology deals with workplace behaviour, including employee training and improving work conditions?
- A) Educational Psychology
 - B) Sports Psychology
 - C) Industrial/Organisational Psychology
 - D) Forensic Psychology
59. Educational psychologists primarily help to:
- A) Diagnose and treat severe mental illnesses.
 - B) Develop instructional methods and materials for educational and work settings.
 - C) Conduct therapy for marital problems.
 - D) Improve athletic performance.
60. Which emerging branch of psychology applies psychological principles to improve sports performance by enhancing motivation?
- A) Military Psychology
 - B) Forensic Psychology
 - C) Sports Psychology
 - D) Aviation Psychology
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Answer Key

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| 1. C | 31. B |
| 2. C | 32. B |
| 3. B | 33. B |
| 4. B | 34. B |
| 5. C | 35. B |
| 6. B | 36. C |
| 7. B | 37. C |
| 8. B | 38. C |
| 9. C | 39. C |
| 10. C | 40. C |
| 11. C | 41. C |
| 12. B | 42. C |
| 13. B | 43. C |
| 14. B | 44. C |
| 15. C | 45. D |
| 16. C | 46. B |
| 17. B | 47. C |
| 18. B | 48. B |
| 19. B | 49. C |
| 20. C | 50. C |
| 21. B | 51. C |
| 22. C | 52. B |
| 23. B | 53. C |
| 24. B | 54. C |
| 25. B | 55. B |
| 26. D | 56. B |
| 27. B | 57. C |
| 28. B | 58. C |
| 29. C | 59. B |
| 30. C | 60. C |