

**Chapter-1 | What Is Psychology****Worksheet-2****Multiple Choice Questions**

1. **Which school of psychology revolted against Psychoanalysis and Behaviourism?**
(a) Gestalt psychology (b) Cognitive psychology
(c) Humanistic psychology (d) Behaviourism
2. **Which school emphasizes growth and inner potential?**
(a) Functionalism (b) Humanistic
(c) Behaviourism (d) Psychoanalysis
3. **Who is considered the founder of Psychoanalysis?**
(a) William James (b) Sigmund Freud
(c) John Watson (d) Wilhelm Wundt
4. **Which school focuses on observable behaviour only?**
(a) Behaviourism (b) Gestalt
(c) Humanistic (d) Structuralism
5. **All mental activities like thinking, remembering are part of ____.**
(a) Motivation (b) Emotion
(c) Cognition (d) Decision-making
6. **Psychology is considered a hybrid of which sciences?**
(a) Natural and social sciences (b) Humanities and natural
(c) Biology and Chemistry (d) Arts and Science
7. **Which psychologist is associated with behaviourism?**
(a) Piaget (b) Vygotsky
(c) John Watson (d) Freud
8. **In which year was the first psychology lab established?**
(a) 1890 (b) 1879
(c) 1850 (d) 1905
9. **Which branch of psychology studies life-span development?**
(a) Social psychology (b) Evolutionary psychology
(c) Developmental psychology (d) Forensic psychology

10. Psychology helps in understanding both _____ and _____ behaviour.

- (a) Active, Passive
- (c) Overt, Covert

- (b) Physical, Mental
- (d) Logical, Emotional

Fill in the blanks :

- 11. _____ psychology focuses on physical, psychological, and social changes across life stages.
- 12. Behaviour refers to any observable and measurable _____.

True / False

- 13. Wilhelm Wundt established the first psychological lab.
- 14. Psychology as a natural science uses controlled experiments.

Very Short Type Questions

- 15. Define behaviour.
- 16. Name one application of environmental psychology.

Short Type Questions

- 17. Is there any difference between mind and brain? Explain briefly.
- 18. What is meant by applied psychology?

Essay Type Questions

- 19. Explain the difference between a psychologist and a psychiatrist.
- 20. Discuss the relationship between the mind and behaviour.

HOTS

- 21. **Assertion (A):** Psychology is considered both a natural and social science.

Reason (R): It studies human beings influenced by biology and culture.

- a) Both A and R are true and R is the correct explanation
- b) Both A and R are true but R is not the correct explanation
- c) A is true, R is false
- d) A is false, R is true

JINENDER SONI
Founder, MISSION GYAN

Chapter-1 | What is Psychology

Worksheet-2
Answer & Solution

1. (c) Humanistic psychology emerged as a response to psychoanalysis and behaviorism, emphasizing free will and self-growth.
2. (b) Humanistic psychologists believe individuals strive for personal growth and self-actualization.
3. (b) Freud founded psychoanalysis and explored unconscious motives and early childhood influences.
4. (a) Behaviourism focuses strictly on observable behavior, rejecting introspection or the study of consciousness.
5. (c) Thinking, perception, and memory are all cognitive functions.
6. (a) Psychology uses methods of natural sciences (like experiments) but also studies social and cultural influences.
7. (c) John Watson is considered the father of behaviorism, which studies observable actions.
8. (b) The first psychology laboratory was established by Wilhelm Wundt in 1879.
9. (c) This branch studies physical, emotional, and cognitive development across the lifespan. Psychology studies both visible (overt) and hidden (covert) behaviors like thoughts and emotions.
10. (c) Psychology studies both visible (overt) and hidden (covert) behaviors like thoughts and emotions.
11. **Developmental**
Developmental psychology studies human changes from infancy to old age.
12. **action/response**
Behavior involves any measurable or observable action or response.
13. **True**
Wilhelm Wundt established the first psychology lab, legitimizing psychology as a scientific discipline.
14. **True**
Psychology as a natural science often uses experiments with control and variables.
15. Behavior includes any action that can be observed or measured, such as speaking, running, or even internal reactions like fear.
16. Environmental psychology is used in designing eco-friendly buildings or urban spaces to influence behavior toward environmental conservation.
17. Yes. The brain is the physical organ in the body, while the mind refers to the set of cognitive faculties including consciousness, perception, and memory. The brain enables the mind's activities.

18. Applied psychology uses psychological theories and principles to solve practical problems in fields like education, health, business, and criminal justice.
19. A psychologist studies mental processes and behavior and provides therapy to treat emotional and behavioral problems. They hold degrees like M.A. or M.Phil in Psychology. A psychiatrist is a medical doctor (M.D.) who can prescribe medication and diagnose mental disorders such as schizophrenia or bipolar disorder. While psychologists focus more on therapy and assessment, psychiatrists often manage treatment through pharmacological methods.
20. The mind is the source of thoughts, emotions, and consciousness, while behavior is the expression of these mental activities. For example, a person feeling anxious (mind) might bite their nails (behavior). Studying the relationship between them helps psychologists understand how internal experiences influence external actions and vice versa. Mental processes such as perception, memory, and motivation directly shape behavior, making this relationship central to psychology.
21. **a) Both A and R are true and R is the correct explanation**
Psychology straddles natural and social sciences because it uses experimental methods and also studies social interactions and cultural contexts.

100% FREE!
Video COURSES | QUIZ | PDF | TEST SERIES
Download Mission Gyan App