

**JINENDER SONI**  
Founder, MISSION GYAN**Chapter-1 | What Is Psychology****Worksheet-1****Multiple Choice Questions**

1. \_\_\_\_\_ is the study of how psychological and behavioural tendencies are rooted in and embodied in culture.  
(a) Cultural psychology (b) Sociology  
(c) Applied psychology (d) Evolutionary psychology
2. Which school of psychology studied the structure of conscious experiences by introspection?  
(a) Structuralism (b) Functionalism  
(c) Psychoanalysis (d) Behaviourism
3. Which school of psychology focused on mental processes?  
(a) Cognition (b) Memorization  
(c) Consciousness (d) Decision making
4. Which school focused on human perception?  
(a) Gestalt psychology (b) Humanistic psychology  
(c) Psychoanalysis (d) Constructivism
5. What term denotes the maximum and efficient use of long-term memory capacity?  
(a) Structuralism (b) Cognitive economy  
(c) Chunking (d) Gestalt
6. Which school focuses on unconscious mind and childhood experiences?  
(a) Humanistic (b) Behaviourism  
(c) Psychoanalysis (d) Structuralism
7. Which branch of psychology studies psychological structure from an evolutionary perspective?  
(a) Applied (b) Positive  
(c) Cultural (d) Evolutionary
8. Which psychologist established the first psychological lab in 1879?  
(a) Wilhelm Wundt (b) William James  
(c) Sigmund Freud (d) John Watson
9. Who proposed that children construct their minds actively?  
(a) Vygotsky (b) Piaget  
(c) Freud (d) Watson

**10. Which branch helps in solving criminal problems?**

- (a) Clinical psychology
- (b) Forensic psychology
- (c) Health psychology
- (d) School psychology

**Fill in the blanks :**

11. \_\_\_\_\_ is the scientific study of behavior and mental processes in relation to brain activity and nervous system.
12. Psychology is defined as the science of \_\_\_\_\_ and \_\_\_\_\_.

**True / False**

13. Introspection is used by structuralism to analyze mental processes.
14. Behaviourism supports the study of consciousness through subjective analysis.

**Very Short Type Questions**

15. Define cognition.
16. What is introspective method?

**Short Type Questions**

17. What is school psychology?
18. Differentiate between a counsellor and a clinical psychologist.

**Essay Type Questions**

19. Define Psychology and explain its fields/scope.
20. Explain the subject-matter and application of psychology in everyday life.

**HOTS**

21. **Assertion (A):** Some of us think very highly of ourselves and reject feedback that contradicts our opinion.  
**Reason (R):** We need to have a positive and balanced understanding of ourselves.
- a) Both A and R are true and R is the correct explanation of A
  - 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



## Chapter-1 | What is Psychology

Worksheet-1  
Answer & SolutionJINENDER SONI  
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1. (a) Cultural psychology studies how psychological and behavioral tendencies are deeply embedded in cultural practices and values.
2. (a) Structuralism, pioneered by Wilhelm Wundt, used introspection to analyze the basic elements of consciousness.
3. (a) Cognition refers to all mental processes like thinking, memory, problem-solving, and attention.
4. (a) Gestalt psychology focuses on human perception and how people integrate and organize visual information into wholes.
5. (c) Chunking is a memory strategy involving grouping information to improve long-term memory efficiency.
6. (c) Psychoanalysis, introduced by Freud, emphasizes the unconscious mind and the influence of childhood experiences.
7. (d) Evolutionary psychology explores how evolutionary processes influence human behavior and mental functions.
8. (a) Wilhelm Wundt established the first psychology laboratory in 1879 in Leipzig, Germany, marking the beginning of psychology as a science.
9. (b) Jean Piaget proposed the theory of cognitive development, suggesting children actively construct knowledge through interaction.
10. (d) Forensic psychology applies psychological principles in legal and criminal justice systems to understand criminal behavior.
11. **Neuropsychology-** Neuropsychology examines the relationship between brain activity and mental processes like perception and decision-making.
12. **Behaviour, mental processes-** Behaviour, mental processes Psychology is the science of both observable behavior and internal mental processes.
13. **True**  
Structuralism did rely on introspection to study consciousness.
14. **False**  
Behaviourism rejected introspection and focused only on observable and measurable behaviors.
15. Cognition refers to mental activities such as thinking, reasoning, memory, perception, and problem-solving that help us acquire and process knowledge.
16. It is a method of self-observation where individuals examine their own thoughts and feelings to understand the structure of mental processes.
17. School psychology is a branch that supports students' learning and emotional well-being by addressing academic, social, and behavioral problems using psychological techniques.

18. A counsellor assists individuals with day-to-day emotional and relationship issues. A clinical psychologist, on the other hand, diagnoses and treats more severe mental disorders like depression, anxiety, or schizophrenia, often using therapy and psychological testing.

19. Psychology is the scientific study of behavior and mental processes. It aims to understand individuals and groups by establishing general principles and researching specific cases.

The scope of psychology includes:

- **Clinical psychology:** Deals with diagnosis and treatment of mental illnesses.
- **Developmental psychology:** Studies growth across the life span.
- **Educational psychology:** Applies psychological concepts to learning and teaching.
- **Industrial/Organizational psychology:**

Focuses on workplace behavior.

- **Social psychology:** Examines how people are influenced by social interactions.

20. The subject matter of psychology includes behavior, mental processes, emotions, motivation, and personality. Psychology is applied in many areas:

- At school, it helps improve teaching techniques and student learning.
- In workplaces, it improves productivity and communication.
- In personal life, it helps us manage stress, relationships, and emotions.
- In healthcare, psychological interventions support mental health and rehabilitation.

21. a) Both A and R are true and R is the correct explanation of A

People tend to reject feedback that challenges their self-perception. A balanced self-understanding helps them accept constructive feedback.

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