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Multiple Choice Questions

1. **Intrinsic motivation refers to:**
 - (a) The desire to accomplish difficult tasks
 - (b) The desire to work for others' benefit
 - (c) The desire to be in charge and influence others
 - (d) The desire to perform activities because they are inherently rewarding
2. _____ **refers to the internal state that activates and directs behaviour towards a goal.**
 - (a) Emotion
 - (b) Motive
 - (c) Conflict
 - (d) Drive
3. **The second stage in the motivational cycle is:**
 - (a) Response
 - (b) Drive
 - (c) Goal-directed behaviour
 - (d) Goal achievement
4. **Which of the following is a biological motive?**
 - (a) Curiosity
 - (b) Need for affiliation
 - (c) Hunger
 - (d) Need for power
5. **The theory stating that frustration leads to aggression was proposed by:**
 - (a) Abraham Maslow
 - (b) Sigmund Freud
 - (c) Dollard and Miller
 - (d) William James
6. **Which of the following is not considered a primary emotion?**
 - (a) Joy
 - (b) Fear
 - (c) Guilt
 - (d) Anger
7. **Which brain structure plays a central role in processing fear?**
 - (a) Hippocampus
 - (b) Amygdala
 - (c) Hypothalamus
 - (d) Thalamus
8. **According to the Cannon-Bard theory, emotions and physiological responses:**
 - (a) Occur sequentially, with emotion first
 - (b) Occur sequentially, with arousal first
 - (c) Occur simultaneously but independently
 - (d) Do not occur in relation to each other
9. **The two-factor theory of emotion emphasizes the importance of:**
 - (a) Only physiological arousal
 - (b) Only cognitive appraisal

(c) Both arousal and cognitive labeling (d) Neither arousal nor cognition

10. **Which theory of emotion suggests that physiological arousal occurs first, followed by the conscious experience of emotion?**

(a) Cannon-Bard theory

(b) James-Lange theory

(c) Schachter-Singer theory

(d) Lazarus theory

Fill in the blanks :

11. _____ is the term used for behaviour directed towards achieving a specific goal.

12. _____ motives are learned through interaction with the environment.

True / False

13. Drive is an internal state of tension that energises behaviour

14. Emotional expressions are not influenced by culture

Very Short Type Questions

15. Define a need.

16. What is self-actualisation?

Short Type Questions

17. Differentiate between trait anxiety and state anxiety.

18. What are the biological bases of hunger and thirst?

Essay Type Questions

19. Explain the motivational cycle with an example.

20. Distinguish between achievement, affiliation, and power motives.

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21. **Assertion (A):** Hunger and thirst are examples of social motives.

Reason (R): These are influenced by interpersonal relationships.

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

**Chapter- 8 | Motivation and Emotion****Worksheet-1**
Answer & Solution

1. **(d)** The desire to perform activities because they are inherently rewarding
2. **(b)**
Motive
3. **(d)**
Goal achievement
4. **(c)**
Hunger
5. **(c)**
Dollard and Miller
6. **(c)**
Primary emotions are universal and biologically based, such as joy, fear, anger, and surprise. Guilt is considered a secondary emotion, arising from a combination of primary emotions and social influences.
7. **(b)**
The amygdala is crucial for detecting and responding to threats, making it central to fear processing.
8. **(c)**
The Cannon-Bard theory states that emotional experience and physiological arousal happen at the same time but are controlled by separate brain mechanisms.
9. **(c)**
The Schachter-Singer two-factor theory asserts that emotions are the result of both physiological arousal and the cognitive labeling of that arousal.
10. **(b)**
The James-Lange theory proposes that physiological arousal comes first, and the brain interprets this arousal as a specific emotion.
11. Goal-directed behavior
12. Social or psychosocial
13. True
14. False
15. A need is a state of deficiency that creates an imbalance in the body or mind, leading to goal-directed behaviour to satisfy it.

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16. Self-actualisation is the process of realising one's full potential and becoming the best version of oneself, as described in Maslow's hierarchy of needs.

17. Trait anxiety is a stable personality characteristic, meaning a person is generally anxious in most situations.

- State anxiety is temporary and triggered by specific situations or events.

18. Hunger is regulated by the hypothalamus in the brain and influenced by blood sugar levels, stomach contractions, and hormones like insulin.

- Thirst is also managed by the hypothalamus, triggered by dehydration, and monitored by water-salt balance in the body.

19. The motivational cycle includes the following stages:

1. Need or Drive: A deficiency or imbalance is felt (e.g., hunger)

2. Drive State: This energises behaviour (e.g., feeling hungry)

3. Goal-directed behaviour: The individual acts to meet the need (e.g., searching for food)

4. Goal Achievement: The need is satisfied (eating the food)

5. Homeostasis: Balance is restored until the cycle begins again

6.

- Achievement motive: Desire to accomplish difficult tasks, set high goals, and seek feedback.

- Affiliation motive: Desire to form social bonds and be accepted by others.

- Power motive: Desire to control, influence, and direct others.

Each of these motives drives different behaviours in social and academic settings.

20. Negative emotions like anger, sadness, fear, and anxiety can:

- Disrupt relationships
- Affect decision-making
- Harm physical and mental health

Ways to Manage Them:

- Self-awareness: Recognising the emotion
- Cognitive restructuring: Changing negative thoughts
- Relaxation techniques: Deep breathing, meditation
- Problem-solving: Tackling the root cause
- Seeking support: Talking to trusted people or professionals

By managing negative emotions, individuals can build resilience and foster mental well-being.

21. d) A is false, R is true

Hunger and thirst are biological motives, not social motives.