

CHAPTER-1 | What is Psychology?

QUIZ-01

1. Which of the following psychologists established the first experimental psychology laboratory in 1879?
- A. William James B. John Watson
C. Wilhelm Wundt D. Sigmund Freud (C)

Explanation: Wilhelm Wundt established the first experimental psychology laboratory in Leipzig, Germany in 1879.

2. Psychology is formally defined as the science which studies:
- A. Only behavior
B. Only mental processes
C. Only experiences
D. Mental processes, experiences and behavior (D)

Explanation: Psychology studies mental processes, experiences, and behaviour in different contexts.

3. Introspection was a method mainly used by which school of psychology?
- A. Behaviourism B. Structuralism
C. Functionalism D. Gestalt psychology (B)

Explanation: Structuralism used introspection to analyse the structure of the mind.

4. Behaviourism as a school of thought was founded by:
- A. Ivan Pavlov B. Sigmund Freud
C. John Watson D. Carl Rogers (C)

Explanation: John Watson founded behaviourism, focusing on observable behaviour rather than mind or consciousness.

5. Which perspective in psychology emphasised free will and human potential?
- A. Behaviourism B. Psychoanalysis
C. Humanistic psychology D. Structuralism (C)

Explanation: Humanistic psychology, led by Carl Rogers and Abraham Maslow, emphasised free will and human potential.

6. Which branch of psychology studies the interaction between physical factors like temperature and human behaviour?

A. Developmental psychology
B. Environmental psychology
C. Clinical psychology
D. Educational psychology (B)

Explanation: Environmental psychology studies how physical factors such as temperature, humidity, and pollution affect behaviour.

7. Who developed the functionalist approach in psychology?

A. Wilhelm Wundt B. William James
C. John Watson D. B.F. Skinner (B)

Explanation: William James developed functionalism, focusing on what the mind does and how behaviour helps adaptation.

8. Which branch of psychology deals with causes and treatment of psychological disorders?

A. Developmental psychology
B. Cognitive psychology
C. Clinical psychology
D. Environmental psychology (C)

Explanation: Clinical psychology focuses on causes, treatment, and prevention of psychological disorders.

9. Who among the following rejected the concept of mind and consciousness in psychology?

A. Sigmund Freud B. William James
C. John Watson D. Carl Rogers (C)

Explanation: John Watson rejected mind and consciousness, focusing only on observable behaviour.

10. The cognitive approach in psychology mainly studies:

A. Stimulus-response behavior
B. Unconscious desires
C. Thought processes like thinking and problem solving
D. Emotional conflicts (C)

Explanation: The cognitive approach focuses on processes like thinking, perception, memory, and problem solving.