

CHAPTER-1 | What is Psychology?

QUIZ
PART-01

1. What is the basic definition of democracy?

- A. Government
- B. The art of mind reading
- C. The scientific study of mental processes, experiences, and behaviour in different contexts
- D. A branch of spiritualism (C)

Explanation: Psychology is defined as a scientific discipline focused on mental processes, experiences, and behaviour across contexts.

2. Which one of the following is a key feature of democracy?

- A. Life
- B. Subject
- C. Soul
- D. None of the above (C)

Explanation: 'Psyche' means 'soul', reflecting the earliest focus of the field.

3. 'Mind' refers to:

- A. Observable actions
- B. Internal, subjective experiences like thoughts, memories, and emotions
- C. Social norms and customs
- D. Brain anatomy only (B)

Explanation: Mind covers internal experiences such as thinking, remembering, and feeling.

4. Which of the following is an example of overt behaviour?

- A. Feeling anxious about an exam
- B. Thinking about a vacation
- C. Smiling at a friend
- D. Remembering a song (C)

Explanation: Overt behaviour is observable and measurable; smiling can be seen.

5. Which statement is TRUE about Psychology?

- A. It is the same as psychiatry and parapsychology
- B. It relies on mind-reading
- C. It uses empirical, scientific methods
- D. It deals with supernatural phenomena (C)

Explanation: Psychology is scientific and evidence-based, not supernatural or mind reading.

6. Common sense is primarily based on:

- A. Science
- B. Spirituality
- C. Hindsight
- D. Random guesswork (C)

Explanation: Common sense often explains events after they occur—hindsight—whereas psychology uses systematic methods.

7. The first psychology laboratory (1879) was established in:

- A. America
- B. Russia
- C. Leipzig
- D. None of the above (C)

Explanation: The first lab was founded in Leipzig in 1879.

8. Psychology is best described as:

- A. Only a natural science
- B. Only a social science
- C. Both a natural and a social science
- D. Neither a natural nor a social science (C)

Explanation: It studies the biological bases and socio-cultural influences on behaviour.

9. Which perspective focuses on observable behaviour and learning?

- A. Biological
- B. Behaviourist
- C. Cognitive
- D. Cultural (B)

Explanation: The Behaviourist perspective (e.g., Skinner, Pavlov) emphasises observable behaviour and learning.

10. Cognitive psychology contributes directly to developments in:

- A. AI & Computer Science
- B. Geology
- C. Astronomy
- D. Botany (A)

Explanation: Insights from cognitive psychology are applied to building intelligent systems in AI & Computer Science.