

## CHAPTER-1 | What is Psychology?

QUIZ  
PART-03

1. In which year and place was the first psychology laboratory established?
- A. 1890, Vienna (Austria)
  - B. 1879, Leipzig (Germany)
  - C. 1905, Paris (France)
  - D. 1860, London (UK)
- (B)

**Explanation :** Wilhelm Wundt set up the first psychology lab in Leipzig, Germany in 1879, marking psychology's formal beginning as a science.

2. Which school is considered the oldest and used introspection to analyze the structure of the mind?
- A. Functionalism
  - B. Gestalt psychology
  - C. Structuralism
  - D. Behaviorism
- (C)

**Explanation :** Structuralism is identified as the oldest school; it analyzed conscious experience into basic elements using introspection.

3. Which description best captures the focus of functionalism?
- A. Breaking consciousness into elemental parts
  - B. Understanding how consciousness helps an organism adapt to its environment
  - C. Interpreting behavior as driven by unconscious conflicts
  - D. Emphasizing only observable behavior and reinforcement
- (B)

**Explanation :** Functionalism, proposed by William James, emphasized what the mind does—the adaptive functions of consciousness—rather than its structure.

4. Behaviorism defines psychology primarily as the study of:
- A. Inner spiritual experiences
  - B. Unconscious motives
  - C. Behavior in terms of stimuli and responses
  - D. Cultural rules and norms
- (C)

**Explanation :** John B. Watson's behaviorism centers on observable, verifiable responses to environmental stimuli and is closely tied to the study of learning.

5. Gestalt psychology primarily emphasizes:
- A. Reduction of experience into sensations
  - B. Perceptual organization and the idea that the whole is more than the sum of parts
  - C. Reinforcement-driven behavior
  - D. Unconscious conflict resolution
- (B)

**Explanation :** Gestalt psychology (Wertheimer, Köhler, Koffka) focuses on how we organize perceptual experience into meaningful wholes.

6. Psychoanalysis explains human behavior chiefly as a manifestation of:
- A. Conscious, rational choices
  - B. Unconscious desires and conflicts
  - C. Learned habits only
  - D. Social conformity
- (B)

**Explanation :** Sigmund Freud's psychoanalysis views behavior as dynamically shaped by unconscious drives and conflicts, informing approaches to treating psychological disorders.

7. Which pair is correctly associated with the humanistic perspective?
- A. Rogers and Maslow
  - B. Freud and Jung
  - C. Wundt and Titchener
  - D. Watson and Skinner
- (A)

**Explanation :** Carl Rogers and Abraham Maslow advanced the humanistic view, emphasizing free will, growth, goals, and a tendency toward self-actualization.

8. The humanistic perspective highlights that human activities are chiefly:
- A. Random and instinctive
  - B. Mechanistic and reflexive
  - C. Goal-oriented with an innate drive toward self-actualization
  - D. Determined solely by unconscious forces
- (C)

**Explanation :** Humanistic psychology stresses purposeful, goal-directed behaviour and an inborn tendency to realize one's potential.