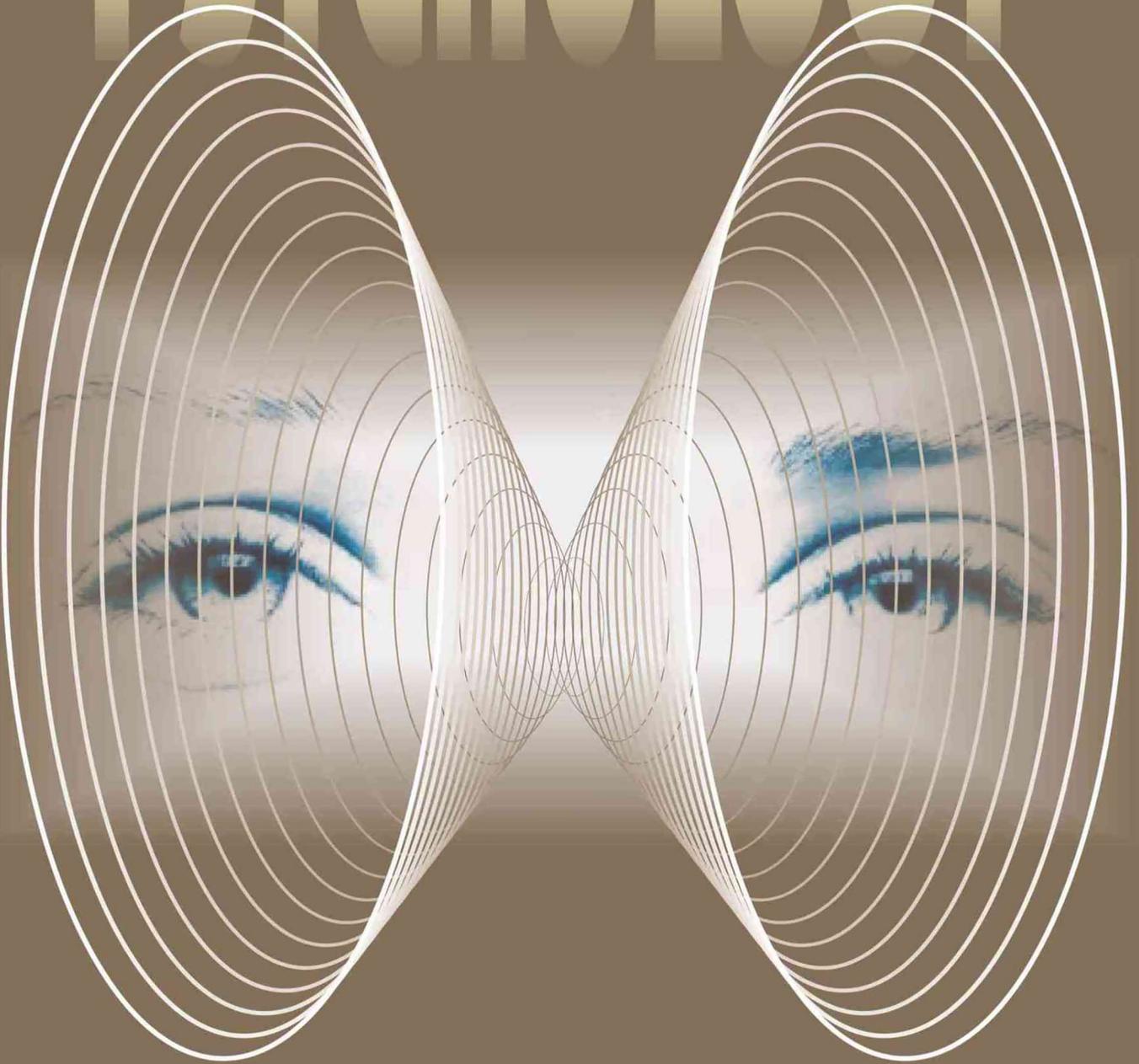




**COSMOS
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PSYCHOLOGY



For Civil Services Preliminary Exam.

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Self Review

PSYCHOLOGY

Strictly According to the Revised Syllabus

For

Civil Services (Preliminary) Examination

By
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Doctorate, Five Masterates,
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PREFACE

This edition of the book has been prepared **strictly in accordance with the revised syllabus for the Civil Services Examination** announced by the Union Public Service Commission in 2002. While the existing topics have been thoroughly revised and up-dated, the new topics incorporated in this volume have been dealt with at length so that the candidates preparing for the Civil Services Examination get all relevant material at one place. For the benefit of the examinees Question Papers for the past five years, along with their answers have been incorporated in this volume. It is hoped that the present volume shall be found very useful by the candidates offering Psychology as an optional paper for the Preliminary Examination.

We are grateful to our esteemed readers who sent numerous valuable suggestions for the revision of the book. We have immensely benefited for these suggestions and hope that in future also the readers shall continue to send their values suggestions, which shall be gratefully acknowledged and made use of for the improvement of next edition.

We are also grateful to M/s Cosmos Bookhive (P) Ltd. for the pains taken for bringing out this edition with remarkable speed.

Authors

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General Introduction

Concept and Definition of Psychology

Nature and Scope, Branches, Application of Psychology to Society and Social Problems

Concept and Definition

‘Know thyself’, ‘Man is the captain of his own ship of life’ are the couple of famous sayings of the philosophers, Since time, we know of history men had been keen in knowing about himself and also wanted to understand others. This aspect of psychology has a very long history, though the concept of this subject, and its name came up later, Psychology is a scientific branch of study is of recent origin, though as a subject to understand human nature is very old.

We are almost daily called up to pass comments upon the behaviour of others, and predict their actions. Others also don’t stop commenting upon our nature, behaviour, conduct and actions. These activities are the subject matter of psychology, though psychology, much more and it has been scientifically studied, the study has grown and psychology itself has several branches.

We now quote the words of an authority. It was pointed out that, “Man has been interested always in knowing about himself and understanding others. That is why it is said that though psychology as a scientific branch of study is of recent origin, as a subject to understand human nature is as old as that of human history. As a matter of fact, everyone of us at sometime or the other try to infer, predict

or comment on the behaviour of a colleague or a relative, when we assume that we know psychology.”

Etiological Meaning

The term ‘psychology’ has been derived from Greek language and this term has two parts. This term, ‘psychology’ consists of two words namely ‘psycho’ and ‘logos’. ‘Psycho’ refers to the ‘soul’ and the word ‘logos’ means the study of soul. The time passed on and the meaning of psychology, became broader and it was referred to as the study of mind. Currently it is defined as a scientific discipline that study the behaviour of man and other objects having life.

Synopsis for Quick Answering of M.C.Q.’s.

It has been pointed out that:

(1) The word behaviour, refers to the activities of the organism that can either be observed by another person or by a study of such activities by using certain instruments or tools. Most of the verbs such as eating, climbing, crying etc. refers to behavioural elements that can be observed and described as they occur. Besides they may be studied under experimental conditions as in the case of reaction time studying or image learning studies.

(2) Psychology has been defined in various ways. Perhaps the simplest yet most accurate definition is that provided by Miller (1966): “The science of mental life”. Mental life refers to three phenomena: behaviours, thoughts and emotions. Today, most psychologists would agree that psychology involves all three.

(3) The notion that psychology is a science is perhaps rather more controversial. A science involves the systematic collection of data under controlled conditions, so that theory and practice can be based on verifiable evidence rather than the psychologist's intuition. The aims are to describe and predict behaviours, thoughts and emotions. Not everyone agrees that it is appropriate to study behaviours, thoughts and emotions in a scientific manner. Some argue that human behaviour is too complex for that, and that people's behaviour changes in important ways when they are being observed or experimented upon. Nevertheless, most psychologists do favour a scientific approach. As a result, most courses and training in psychology place considerable emphasis on practical classes and the statistical analysis of data somewhat to the surprise of some students.

SUB DIVISIONS OF PSYCHOLOGY

Modern psychology can be split into several sub-disciplines, each with its own distinctive focus:

(1) Psychological psychology concerns the relationship between mind and body. For example, physiological psychologists might investigate the electrical activity in the brain associated with particular behaviours, thoughts and emotions. Or they might be interested in the bodily changes associated with feeling stressed at work.

(2) Cognitive psychology focuses on our cognitive functioning, i.e., our thought processes. This includes topics like how well we remember information under various conditions, and how we weigh up information when making decisions.

(3) Developmental psychology concerns the ways in which people grow and change psychologically. This includes issues like how and when children become able to understand particular concepts, and how children learn language. Also, developmental psychology is beginning to pay more attention to change and growth throughout adult life.

(4) Social psychology concerns how our behaviours, thoughts and emotions affect, and are

affected by other people. Typical topics include how groups of people make decisions, and the extent to which a person's attitude towards particular groups of people influence his or her behaviour towards them.

(5) Personality psychology focuses on people's characteristic tendency to behave, think and feel in certain ways. It is concerned with issues like exactly how people differ from each other psychologically, and how those differences can be measured. It also increasingly recognizes that situations as well as personality influence a person's behaviour, thoughts and emotions. Hence some attention is also paid to defining how situations differ from each other psychologically.

WORK PHYSIOLOGICAL PSYCHOLOGY

(A) Work psychology is defined in terms of its context of application. It is not in itself one of the sub-disciplines of psychology defined above. Instead, work psychologists use concepts, theories and techniques derived from all of those sub-disciplines. The same is true of psychologists working in other applied contexts such as education and health.

(B) It would be dishonest to pretend that psychology is a well-integrated discipline with generally accepted principles. Underlying each sub-discipline are several competing and quite different concepts of the person. These are most apparent in personality psychology not surprisingly, because personality psychology is concerned with the essence of human individuality. These competing conceptions of humanity will now briefly be examined because, of course, they underlie work psychology. The interested reader can find much fuller coverage of each in texts such as Mischel (1986) and Pervin (1984).

THE PSYCHOANALYTIC APPROACH: THIS IS BECOMING POPULAR AGAIN

It is Sigmund Freud (1856-1939) who is probably the best-known psychologist who ever lived. He developed a completely new approach to

human nature, which has had a great influence on many areas of pure and applied social science, literature and the arts. Perhaps in reaction to the stilled Viennese society in which he spent much of his life, Freud proposed that our psychological functioning is governed by instinctive forces, many of which exert their effect outside our consciousness. He developed his ideas in a series of famous published works.

Freud identified three facts of the psyche :

(1) *The id*. This is the source of instinctual energy. Prominent among those instincts are sex and aggression. The id operates on the pleasure principle : it wants gratification and it wants it now. It has no inhibitions, and cannot distinguish between reality and fantasy.

(2) *The ego*. This seeks to channel the id impulses so that they are expressed in socially acceptable ways at socially acceptable times. It operates on the reality principle : it can tolerate delay, and it can distinguish between reality and fantasy. But it cannot eliminate or block the id impulses - only steer them in certain directions.

(3) *The superego*. This is the conscience - the source of morality. It develops during childhood and represents the internalized standards of the child's parents. It defines ideal standards and operates on the principle of perfection.

According to Freud, these parts of the psyche are in inevitable and perpetual conflict. Much of the conflict is unconscious. Indeed, Freud's concept of the psyche has often been likened to an iceberg - two-thirds underwater (unconscious) and one-third above water (conscious). When conflicts get out of hand we experience anxiety, though often we cannot say why we feel anxious. Anxiety can arise from :

- * fear that our id impulses will be uncontrollable;
- * feelings of guilt about our behaviour or desires; and
- * realistic fear about what is going to happen to us.

Perfection, Denial and Rejection Formation

Because anxiety is unpleasant, people try to avoid it. One way to do this is to distort reality and push unwelcome facts out of consciousness. Freud proposed a number of defence mechanisms which accomplish this. They include :

(1) *Projection*. We see in other people what we don't like in ourselves. It is easier to cope with righteous indignation about somebody else's faults than to come to terms with our own.

(2) *Denial*. We pretend things aren't as they really are.

(3) *Reaction formation*. We deal with an unacceptable impulse by expressing its opposite. Thus, for example, anti-pornography campaigners may be expressing indirectly their own sexual impulses!

It may be further noted :

(A) Defence mechanisms require energy, and therefore detract from a person's capacity to live a full life. When asked what a psychologically healthy person should be able to do, Freud replied "love and work" (not necessarily at the same time, presumably!). Even many people who have little time for his general approach regard this as a valid point.

(B) For Freud, the key to understanding a person is to uncover unconscious conflicts, most of which have their origins in childhood and are very difficult to change. They are revealed most clearly when the persons' guard is down, e.g., in dreams or in apparently accidental slips of the tongue ("Freudian slips") where the person expresses what they really feel. Freud believed that virtually no behaviour is truly accidental, but that people can rarely account for it accurately. If correct, this would make a mockery of current work psychology, much of which is based on self-reports (e.g., questionnaires), which are taken more or less at face value by the psychologist.

(C) Some psychologists who initially followed Freud subsequently broke away, though they remained within the psychoanalytic school of

thought. Their biggest quarrels with Freud were that the drives he proposed were too few and too simple and that the ego was more powerful than he gave it credit for. They tended to place greater emphasis than Freud on social behaviour, and believed that strivings for ideals reflect something more noble than rationalization of instincts. Adler (1927), for example, focused on self-respect, and Fromm (1947) concentrated on a person's tendency to grow and develop.

Problems of Psychology

Synopsis — Problems are of broader concern like what child rearing methods produce happy and effective adults? How can mental illness be prevented? What can be done to eliminate race prejudice? What family and social conditions contribute to alienation, aggression, and crime? Psychology also affect our lives through its influence on laws and public policy. Law concerning: discrimination, capital punishment, pornography, sexual behaviour and the conditions under which a person may be held legally responsible for his actions are influenced by psychological theories of human nature.

An introductory course in psychology should give one a better understanding of why people behave as they do and should provide insight into our own attitudes and reactions. It should also help us to evaluate the many claims made in the name of psychology. Headlines like the following appear everyday in the newspapers.

- (A) Anxiety controlled by self-regulation of brain waves.
- (B) Psychologist devises sure-fire method for curing impotency.
- (C) Violent crimes related to defective genes.
- (D) Proof of mental telepathy found.
- (E) Homosexuality linked to hormonal levels.
- (F) Experience in early infancy determine adult intelligence.
- (G) Emotional stability and family size closely related.

How can you judge the validity of such claims?

What psychological facts have been firmly established and by being familiar with the kind of evidence necessary to give credence a new "discovery". This book reviews the current state of knowledge in psychology.

Subject Matter of Psychology

A person's behaviour covering a wide range of activities are observed by human psychology. These include what are called thought process of motivation and emotion, learning, prejudices, perception, attitudes, intelligence, thinking, personality and groups and all parts of behavioural studies. These forms part of the subject matter of psychology, thus -

(1) Psychology is defined as follows : It is the Science of human and animal behaviour. It includes the application of this science to human problems.

(2) As the definition indicates, psychology has an applied side, knack for doing things or a skill for doing things which is acquired by study, the part of the application of knowledge to practical problems is an art.

(3) Psychological studies is not the only branch of knowledge which studies human and animal behaviour. Sociology, Political Science, History, Geography, Economics, Anthropology and Biology also study the various aspects of behaviour and together with Psychology, comprise the group of knowledge areas known as the Behavioural Science. There are several biological Science, for example, Neurobiology, Pharmacology, Zoology, Physiology that provide an insight to the study of behaviour.

(4) The process of awareness indicate "consciousness" and the events that altar awareness.

(5) Perception and sensation through which we come to understand the world in which we live.

(6) The role of Heredity, Maturation. Its study in developmental behaviour.

(7) The muscles and glands that cooperate with the nervous system. The function and structure of nervous system including the C.N.S. and the P.N.S.

(8) Perception of form colour and depth, illusion and the like which enable us to understand and cope with the environment.

(9) Learned and unlearned drives that impel action or inaction including frustration and conflict of motives, etc., related with motivation.

(10) “The bodily conditions with which we identify feelings that effect every thing we do are concerned with emotion.”

(11) Community Psychology is broad field in which psychological knowledge is brought to bear upon social problems and the attempts of people to adapt to their work and living groups.

(12) Social psychologist study the way in which individuals are affected by other persons. Applied aspect of social psychology include the development of and perfection techniques for measuring attitudes and opinions.

(13) The clinical method focusses on the study of an individual’s behaviour. The main value of clinical method is that its use may suggest fruitful ideas which can be investigated more vigorously using experimental or systematic observation methods.

(14) Today, except for modern versions of behaviourism and psychoanalysis, the old school of psychology name disappeared. Various perspective, or points of view about what is important in understanding mental life, and behaviour characterize the present scene. Among these perspectives are the behavioural, cognitive, biological humanistic, psychoanalytical social and developmental.

Further it may be note as under :

The Fields of Psychology: Currently psychology is not only interested in understanding behaviour but also understanding the behaviour of people in different situations and contexts and also in applying the general psychological principles in different fields of human endeavour. In short, psychology, apart from being a descriptive science, has attained the status of being an applied one. The different branches of psychology are :

(1) Clinical psychology, (2) Counselling

psychology, (3) Experimental psychology, (4) Industrial psychology, (5) Educational psychology, (6) Social psychology, (7) Psychometrics, (8) Developmental psychology, (9) Community psychology.

Methods Used in the Study of Psychology:

Since we have defined psychology as a science, the aim of the study should be to discover new and verifiable data. For the purpose of collecting data in a scientifically usable form, psychology makes use of a number of methods. The different methods used in the study of psychology are: (1) Experimental method, and (2) Clinical method.

Having defined psychology, considered its scope and the methods to study behaviour, it is but proper that we should discuss some of the important systems of psychology that have contributed to the present state of psychology. The important systems of psychology are: (1) Structuralism— it describes the mental structure; (2) Functionalism— the objective of this trend was to study both the what for and what of the mental processes; (3) Behaviourism—emphasised the need for objective study forming the basis for the study and understanding of human behaviour; (4) Gestalt psychology—word Gestalt means configuration or form; and (5) Psychoanalysis—according to this system, the nature of the unconscious material may be made conscious and the patient helped to remember them with the accompanying affective components of the original experiences, which would help individual to recover.

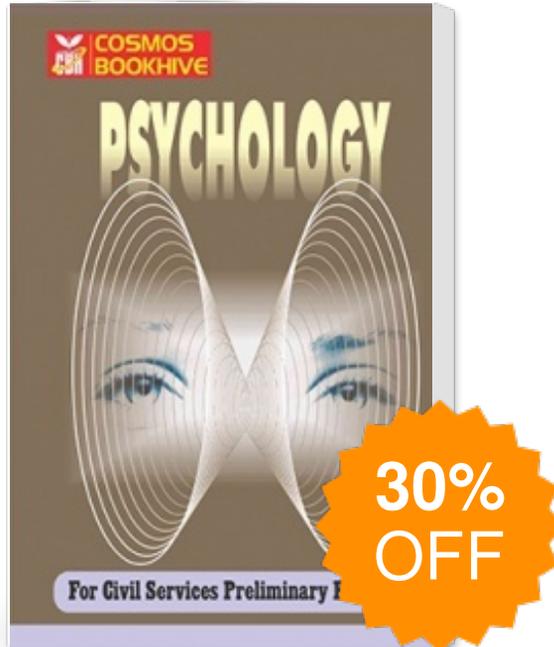
From the above discussions, it will be obvious that there are theoretical differences existing among psychologists. All the theories however, focus our attention to the facts and principles of modern psychology.

Important Schools

(1) Principles of Gestalt Psychology

Gestalt psychology belongs to the family of cognitive learning theories which give importance to cognition (perception) in learning. The Gestalt psychologists developed a new theory of learning which is popularly known as learning by insight.

Psychology For Civil Services Preliminary Exam



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