

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
ACADEMIC YEAR 2022/2023 – SEMESTER I



BSC HONS IN PSYCHOLOGY  
PLU- 3301 INTRODUCTION TO PSYCHOLOGY- LEVEL 3  
CONTINUOUS ASSESSMENT TEST – NBT I  
DURATION: 01 ½ HOURS

DATE: 16<sup>th</sup> December 2022

TIME: 9.00a.m. – 10.30am

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**IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES**

- This question paper consists of 09 pages with TWO sections
- Section 1: 20 Multiple Choice Questions - (40 Marks)
- Section 2: 12 Short Answer Questions - (60 Marks)
- Write your INDEX NO in the space provided.
- Multiple Choice Questions (Section 1): Indicate answers in the ANSWER SHEET provided by placing a cross (X) in INK in the relevant cage (answers in pencil will NOT be marked)
- Short Answer Questions (Section 2): Write the answer within the space provided.
- Do NOT remove any page/part of this question paper from the examination hall.
- Do NOT keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination.

### SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

- 1.1 Which of the following are the suitable answers for the statement given below?  
“Psychology is the scientific study of .....and .....”
- a mental health, mental illness
  - b mental states, mental process
  - c behaviour, mental process
  - d behaviour, mental illness
- 1.2 What was the first school of thought in psychology?
- a Psychodynamic
  - b Structuralism
  - c Functionalism
  - d Behaviourism
- 1.3 Which one of the following philosophers believed that children were born into the world with the minds like "blank slates" and that their experiences determined what kind of adults they would become?
- a Wilhelm Wouldnt
  - b Aristotle
  - c William James
  - d John Locke
- 1.4 Which one of the following theorists was most closely associated with the structuralist school of psychology?
- a Edward B. Titchener
  - b William James
  - c Rene Descartes
  - d John B. Watson
- 1.5 Which of the following school of psychology attempts to understand why animals and humans have developed the psychological aspects that they currently possess?
- a Structuralism
  - b Functionalism
  - c Socio-cultural
  - d Behaviourism

- 1.6 Which branch of psychology holds that it is impossible to examine the mind objectively?
- a functionalism
  - b humanism
  - c behaviorism
  - d socialism
- 1.7 Which of the following Greek philosophers believed that knowledge is acquired through learning and experience?
- a Aristotle
  - b Plato
  - c Archimedes
  - d Descartes
- 1.8 Who is the author of the book "Principles of Psychology"?
- a Charles Darwin
  - b Sigmund Freud
  - c Wilhelm Wundt
  - d William James
- 1.9 J.B. Watson, the founder, and father of behaviouristic school of psychology defined 'Psychology' as the science of \_\_\_\_\_. Which one of the following is the correct answer?
- a behaviour
  - b soul
  - c mind
  - d consciousness
- 1.10 Clinical psychology deals with the practical aspect of \_\_\_\_\_. Which one of the following is the correct answer?
- a Abnormal Psychology
  - b Experimental Psychology
  - c Educational Psychology
  - d Child Psychology

- 1.11 Abnormal Psychology is concerned with \_\_\_\_\_. Which one of the following is the correct answer?
- a developmental stages of individual
  - b diagnosis of abnormal behaviour
  - c treatment of abnormal behaviour
  - d abnormal behaviour and its causes
- 1.12 Which one of the following theorists proposed that mind and body were two separate entities and interact with each other?
- a Paul Broca
  - b Aristotle
  - c Rene Descartes
  - d Plato
- 1.13 Psychology in the workplace is the subject matter of \_\_\_\_\_. Which one of the following is the correct answer?
- a Social Psychology
  - b Industrial and Organisational Psychology
  - c Abnormal Psychology
  - d Developmental Psychology
- 1.14 Which of the following perspectives of psychology emphasizes the overt behaviour of the individual?
- a Behaviouristic Perspective
  - b Developmental Perspective
  - c Psychoanalytic Perspective
  - d Humanistic Perspective
- 1.15 Which one of the following theorists is considered as the pioneer in Cognitive Psychology?
- a Kohlberg
  - b Chomsky
  - c Jean Piaget
  - d Kohler
- 1.16 Which one of the following is the oldest method for the study of behavior?
- a Observation
  - b Introspection
  - c Standardized tests
  - d Intelligence test

- 1.17 Which one of the following approaches tries to analyse human behaviour in terms of stimulus-response units acquired through the process of learning, mainly through instrumental conditioning?
- a Cognitive Approach
  - b Psychodynamic Approach
  - c Behaviouristic Approach
  - d Existential Approach
- 1.18 Cognitive development deal with the development of..... Which one of the following is the correct answer?
- a Brain
  - b Emotions
  - c Body Parts
  - d Moral
- 1.19 'Behaviour can be influenced by social and cultural factor.' Which one of the following perspectives of psychology emphasizes it?
- a Developmental Perspective
  - b Biological Perspective
  - c Socio-cultural Perspective
  - d Humanistic Perspective
- 1.20 A systematic study of facts according to a reliable and correct method of study is called as \_\_\_\_\_. Which one of the following is the correct answer?
- a Scientific Study
  - b Social Technique
  - c Biological Study
  - d Methodology

INDEX NO: .....

## ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
1.1				
1.2				
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## SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory

2.1 Briefly explain the three main goals of scientific research. (5marks)

2.2 How are functionalism and structuralism different? (5marks)

2.3 What is Hawthorn Effect? (5marks)

2.4 What is consciousness? Explain with an example. (5marks)

2.5 Why do we study Counselling Psychology? (5marks)

2.6 Briefly describe the biopsychosocial model of health and illness. (5marks)

2.7 Describe how clinical psychology became a profession in brief. (5marks)

2.8 Define developmental Psychology. (5marks)

2.9 Briefly explain different areas of Forensic Psychology. (5marks)

2.10 Briefly explain the role of motivation in Sport and Exercise Psychology. (5marks)



2.11 Briefly describe the role of professional organizations in promoting the field of health psychology. (5marks)

2.12 Briefly explain the difference between Industrial and Occupational Psychology. (5marks)

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-----END OF QUESTION PAPER-----

