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Based on

N.I.O.S. Class – X
National Institute of Open Schooling

By :
Kshyama Sagar Meher



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Based on: **NATIONAL INSTITUTE OF OPEN SCHOOLING - X**

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**Sample Preview
of the
Solved
Sample Question
Papers**

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Solved Sample Paper - 1

Based on NIOS (National Institute of Open Schooling)

Psychology - X

Time : 3 Hours

Maximum Marks : 100

- Note :** (i) All questions are compulsory.
(ii) Marks for each question is indicated against it.
(iii) For multiple choice questions, choose the correct answer among the four choices given as A, B, C and D write it in your answer book.
(iv) Questions 7-12 are short answer questions type I. Answer to these questions should not exceed 25 words each.
(v) Questions 13-25 are short answer questions type II. Answer of these questions should not exceed 80 words each.
(vi) Questions 26-30 are long answer questions. Answer to these questions should not exceed 150 words each.

SECTION-A

Q. 1. What is a closed ended form of questionnaire?

- (a) Where there are limited alternatives and only one can be chose.
(b) Where the individual is free to give his own response.
(c) Where there is face-to-face interaction.
(d) Where one's experiences are not analyzed.

Ans. (a) Where there are limited alternatives and only one can be chose.

Q. 2. Young children learn to be aggressive by watching adults behaving in that behaviour. Which kind of learning is taking place?

- (a) Operant Conditioning
(b) Observational Learning
(c) Classical Conditioning
(d) Concept Learning

Ans. (a) Operant Conditioning.

Q. 3. Which of the following statement is incorrect?

- (a) During *Brahmacharya* emphasis is on discipline and simple living.
(b) During *Grihastha* emphasis is on raising and maintaining a family.
(c) During *Vanaprastha* emphasis is on sharing responsibilities with younger people.
(d) During *Sanyasa* emphasis is on attachment for worldly objects.

Ans. (d) During *Sanyasa* emphasis is on attachment for worldly objects.

Q. 4. The Greek philosopher __ believed that knowledge is acquired through experience and learning.

- (a) Archimedes
(b) Rousseau
(c) Plato
(d) Aristotle

Ans. (d) Aristotle.

Q. 5. __ is to nature as __ is to nurture.

- (a) Plato, Aristotle
(b) Aristotle, Plato
(c) Pliny, Archimedes
(d) Stavros, Pliny

Ans. (a) Plato, Aristotle.

Q. 6. __ is the belief that the mind is fundamentally different from the body.

- (a) Mindism
(b) Dualism
(c) Centralism
(d) Specialism

Ans. (b) Dualism.

Q. 7. Discuss briefly any two positive influences of media on us.

Ans. Ref.: See Chapter-14, Page No. 87, Q. No. 5. (Terminal Questions).

Q. 8. What does the field of Clinical and Counselling Psychology deal with?

Ans. Ref.: See Chapter-1, Page No. 5, Q. No. 14 and Q. No. 15.

Q. 9. What is the role of genotype and phenotype on development?

Ans. Ref.: See Chapter-9, Page No. 55, Q. No. 2(a).

Also Add: Genotype refers to the actual genetic material or a person's genetic heritage while phenotype refers to the individual's physical and behavioural characteristics which are determined by both genetic and environmental factors.

Q. 10. Mention any two effects of noise pollution on behaviour.

Ans. Ref.: See Chapter-23, Page No. 142, Q. No. 4 (Additional Important Questions).

Q. 11. Mention the functioning of an authoritarian style of leadership and participative style of leadership.

Ans. Ref.: See Chapter-22, Page No. 137, Q. No. 14 and Q. No. 16.

Q. 12. What are the two aspects of Yoga?

Ans. Yoga shapes our life. It makes our life enjoyable. It is relevant to all domains of our life. It awakens our creativity and enriches our relationships with others. Yoga helps us succeed in our life. It helps us in our self-development when we strive towards the goal with a positive attitude.

Q. 13. Discuss briefly the difference between humanistic approach and Psychoanalytical processes.

Ans. Psychoanalytic Approach: Sigmund Freud was the founder of psychoanalysis and the psychodynamic approach to psychology. He emphasized the influence of the unconscious mind on behaviour. He studied mind in terms of hierarchical arrangements of experiences in the form of different layers of consciousness. Freud analysed dreams, slips of the tongue, neuroses, psychoses, work of art, and rituals to understand the nature and quality of unconscious. He assumed that unconscious motivation triggers most of human behaviours.

Humanistic Approach: It focuses on individual's potential and stresses the importance of growth and self-actualization. The fundamental belief of humanistic psychology is that people are innately good and that mental and social problems result from deviations from this natural tendency. It deals with conscious experiences of the present situation, role of interpersonal experiences across the course of life and people's capacity to grow toward psychological maturity. Carl Rogers is considered as the father of humanistic approach. He assumes that a person is an active and self-actualizing agent and has a choice in deciding his behaviour.

We need so many approaches to understand human behaviour because each of these perspectives has different way of looking at human mental processes. These approaches have been used by different psychologists as they find shortcomings in each other's perspective. For example, humanistic psychology started as a reaction to psycho-analysis and behaviourism. Psycho-analysis was focused on understanding the unconscious motivations that drive behaviour while behaviourism studied the conditioning processes that produce behaviour. Humanist thinkers felt that both psychoanalysis and

behaviourism were too pessimistic, either focusing on the most tragic of emotions or failing to take into account the role of personal choice.

Q. 14. Discuss the steps required for making a good career choice.

Ans. Ref.: See Chapter-21, Page No. 128, Q. No. 1 (Intext Questions 21.4) and Page No. 129, Q. No. 1 (Terminal Questions).

Q. 15. Discuss any four behaviours to sustain good health as given in ayurveda.

Ans. According to Ayurveda, four aspects of lifestyle can ensure good health in us. These are right food (*Ahara*), right thinking (*Vichara*), right recreation (*Vihara*) and right routine (*Achara*).

Right food includes green vegetables, fresh fruits and milk which provide enough of vitamins, minerals, iron, antioxidants and fibers. Our daily intake of food should have a balanced proportion of each category of food. Vegetarian food is always better than non-vegetarian food.

In routine, an individual will have three kinds of activities – taking food and performing activities according to the season. Food and activities should be as per the features of seasons. In the winter and autumn, we should eat sweet and salty food in larger quantity including vegetable soup, milk products, ghee, rice and oily food. In the summer, we should eat light food with little oil and plenty of fluids including fruit juice, curd, rice curry and beans. In the rainy season, we should eat food with astringent, acidic, salty and sweet. In spring, we should eat light food with little oil.

There should be day routine (*Dincharya*) and night routine (*Ratricharya*). We should get up early in the morning before sunrise. We should first drink water. It helps in smooth excretion of body waste. After cleaning of teeth and excretion of faeces, we should massage our body before taking bath.

Recreation includes physical exercise such as morning walk. It makes the body light and strong, increases the appetite, improves the immunity, resistance power of the body and capability to work. Daily exercise also controls health problems such as heart disease and diabetes. Regular exercise delays the ageing process and prevents impotence. It purifies blood and help in maintaining good health.

Right kind of thinking leads to sound and positive mental health. An individual with right thinking will have ability to take criticism, understanding, self-satisfaction and self-control. They do not have greed or lust, attachment, jealousy, fear, anger, guilt and worry. Such people maintain good friendships and earn respect from everybody. These people will have sound, healthy and happy life.

Q. 16. Explain briefly stages of cognitive development during the Pre-operational stage?

Ans. The pre-operational stage covers 2-7 years, while the concrete operational stage is between 7 and 11 years. During the pre-operational stage, the child creates mental images of objects and stores

Sample Preview of The Chapter

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PSYCHOLOGY

Based on NATIONAL INSTITUTE OF OPEN SCHOOLING – X

MODULE-I FOUNDATIONS OF PSYCHOLOGY



An Introduction to Psychology

SUMMARY

Psychology can be defined as a systematic and scientific study of mental processes, experiences and behaviours. It covers the aspects of experiences, mental processes and behaviours. Such a study was there during *Vedic* and *Upanishadic* period in ancient India. Later on the schools of Yoga, Vedant, Samkhya, Nyaya, Jainism and Buddhism include mind, mental processes and ways to control mind. In modern time, it was introduced in 1916 when the Department of Psychology was set up at Calcutta University. In the western countries, it was introduced as a discipline in 1879 at the University of Leipzig in Germany.

Psychology studies various human experiences including dream, conscious experiences and experiences when the consciousness is changed through meditation or use of drugs. It covers various mental processes such as learning, thinking and remembering. It covers a broad range of behaviours. It may be simple reflexes like smiling, common response patterns like talking to friends, verbal reports about feelings and internal states and complex behaviours like playing music and addressing people.

Psychology studies human beings across the life span and tries to explore mental processes to facilitate achieving a better quality of life.

It covers a wide range of issues on mental and behavioural functioning of a person. With this we understand human nature and deal with various personal and social problems. The study about human beings

begins with the functioning of biological systems especially the nervous system. Psychology studies the functions of various parts of brain which regulate our feelings, emotions and thinking under central nervous system. Hormones and neurotransmitters play an important role in determining our behaviour in autonomic nervous system. Besides, *psychology studies* interaction between a given socio-cultural environment and innate biological, intellectual and social attributes of the child and how healthy development of the child is facilitated.

Under the domain of higher mental processes or cognition within psychology, we study about attention, perception, memory and thinking. We process information with attention and perception. We register, retain and retrieve information by memory. We manipulate and improve the stored information with thinking.

Psychology helps us to understand the processes involved in reaching this high level of accomplishment. An understanding of individual differences facilitates the psychologist to select right person for the right job and to provide guidance and counselling for various matters of personal as well as professional concern. The understanding of individual differences also helps the psychologist to differentiate between normative (customary, accepted) and abnormal (deviant, unusual) behaviours.

Psychological processes influence a particular behaviour of an individual. Understanding psycho-

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logical processes is thus important for psychologists to understand human behaviour. The psychological processes are sensation, attention, perception, learning, memory and thinking.

As a field of enquiry, Psychology has grown in many directions in the last a hundred years. A number of specialized fields have developed. These areas are important in our daily life. Some of these fields are Abnormal Psychology, Cognitive Psychology, Clinical and Counselling Psychology, Educational Psychology, Environmental Psychology, Health Psychology and Organizational Psychology.

Some new areas that have emerged are military psychology, sports psychology, aviation psychology, forensic psychology, political psychology, feminist psychology, positive psychology, peace psychology and neuro psychology.

INTEXT QUESTION 1.1 _____

Q. 1. Fill in the blanks:

- (a) The word 'psychology' has its origin in two Greek words and
- (b) The main unit of investigation in psychology is the individual
- (c) Wilhelm Wundt established the first experimental at the University of Leipzig, in Germany.
- (d) Psychology is the study of, and

Ans. 1. Psyche, logos, 2. Human being, 3. Laboratory and 4. Experiences, mental processes, behaviours.

INTEXT QUESTION 1.2 _____

Q. 1. State whether the following statements are True or False:

- (a) In learning we acquire new skills through training and experience.
- (b) In sensation stimuli are stored in the brain.
- (c) In thinking we use stored knowledge to solve various tasks.
- (d) In attention we attend to all the stimuli present in the environment.

Ans. 1. True, 2. False, 3. True, 4. False

INTEXT QUESTION 1.3 _____

Q. 1. Describe any two fields of psychology and indicate their applications.

Ans. (i) Cognitive psychology is the branch of psychology that studies mental processes including how people think, perceive, remember and learn. The core focus of cognitive psychology is on how people acquire,

process and store information. There are numerous practical applications for cognitive research, such as improving memory, increasing decision-making accuracy and structuring educational curricula to enhance learning.

(ii) Environmental psychology deals with the interplay between humans and their surroundings. The field defines the term environment broadly, encompassing natural environments, social settings, built environments, learning environments and informational environments. It focuses on the impact of noise, heat, humidity, pollution and crowding on human performance. It studies on the impact of physical environment on psychological health of individuals. Environmental psychology is oriented towards influencing the work of design professionals and thereby improving the human environment.

TERMINAL QUESTIONS _____

Q. 1. Define Psychology. With the help of examples explain the different components of this definition.

Ans. Psychology is a systematic and scientific study of mental processes, experiences and behaviours. The followings are the components which collectively define psychology:

Study of experience: Psychology deals with various human experiences. It understands the personal world of an individual after analyzing his various experiences. There are experiences of dream, conscious experiences and experiences when the consciousness changes due to the use of psychedulic drugs.

Study of mental processes: It deals with various mental processes such as perception, thinking, learning and remembering. These processes are non-physiological and cannot be directly observed. It can be inferred from the behavioural activities of a person. For example, if an individual shows certain activities related to finding solution to a mathematical problem, we say he is thinking.

Study of behaviour: It studies a broad range of behaviours ranging from simple reflexes like smiling, talking to friends and complex behaviours like handling computers, playing music and addressing people. When an individual responds to a stimulus in a situation, he shows these behaviours verbally or non-verbally.

Q. 2. Explain the various Psychological Processes which influence Human Behaviour. Support your answer with relevant examples.

Ans. Various psychological processes which influence human behaviours are sensation, attention, perception, learning, memory and thinking.

- (i) Sensation is our awareness about various stimuli which we encounter in different modalities such as hearing, vision, touch and taste. For example, when somebody touches us we sense that. The person who touches us is the stimuli and the feeling of the touch that we get is the sensation.
 - (ii) Attention is focusing on a particular stimulus among many stimuli. For example, suppose you are reading a book and your parents are talking, some children were playing, your focus is on the words that are there in the book and you ignore the other stimuli present in the classroom, such as the talks of your parents and the noise made by the fan.
 - (iii) Perception is the processing of information and understand the meaning of the stimuli provided to us. For example, we saw an elephant and we recognize it. It happens because of perception.
 - (iv) Learning is acquiring new knowledge and skills through practice and experience. The acquired knowledge and skills further bring a change in our behaviour. It facilitates adjustment in varied settings.
 - (v) Memory is the processing of information that we learn and stored in the memory system. It helps us to retrieve the stored information when it is required.
 - (vi) Thinking is using stored knowledge to solve various tasks. We connect various objects in our mind and take a logical decision for a given problem. For example, you are solving a mathematical problem. You will think about how to solve it. In the process you will connect to the formula and various factors in the problem.
- (ii) Abnormal psychology deals with psychopathology and abnormal behaviour. It covers a broad range of disorders, from depression to obsession-compulsion to sexual deviation. Counsellors, clinical psychologists and psychotherapists often work directly in this field. It also deals with various categories of psychological disorders which affect the mental health of the individual. It assesses abnormality and suggests problem specific treatment.
 - (iii) Educational psychology involves the study of how people learn, including topics such as student outcomes. It involves not just the learning process of early childhood and adolescence, but includes the social, emotional and cognitive processes that are involved in learning throughout the entire lifespan.
 - (iv) Organizational psychology applies psychological theories and principles to organizations. It focuses on increasing workplace productivity and related issues such as the physical and mental well being of employees. Organizational psychologists perform a wide variety of tasks, including studying worker attitudes and behaviour, evaluating companies, and conducting leadership training. The overall goal of this field is to study and understand human behaviour in the workplace.

Educational psychology is very interesting. It focuses on the role of various factors which influence learning processes in classroom setting. It focuses on assessing the aptitude, skills and intellectual capacity of the students and evaluating their performance. An educational psychologist helps students to overcome learning difficulties.

ADDITIONAL IMPORTANT QUESTIONS_____

Q. 1. Discuss the Scope of Psychology.

Ans. Psychology is a systematic and scientific study of mental processes, experiences and behaviours. It signifies the scientific study of the human mind and mental states, and of human behaviour. It seeks to predict and control the behaviours while finding out the causes through observation and reasoning process. The sole purpose of psychology is to know and understand why people behave the way they do. The domain of psychology has emerged as one of the important disciplines while widening its scopes and being applicable to different fields of human endeavours, such as, employment, industries, education, personality development and being one of its popular branches, to the treatment of mental and emotional problems.

Q. 3. Describe four different fields of psychology. Which field of psychology interests you the most? Give reasons.

Ans. Four different fields of psychology are discussed below:

- (i) Health psychology is a specialty area that focuses on how biology, psychology, behaviour and social factors influence health and illness. It focuses on promoting health as well as the prevention and treatment of disease and illness. Health psychologists also focus on understanding how people react, cope and recover from illness. Some health psychologists work to improve the health care system and the government's approach to health care policy.

Q. 2. What is the difference between Sensation and Perception?

Ans. Sensation is our awareness about various stimuli which we face in different modalities such as vision, hearing, touch and taste, whereas perception is the processing of information and making out the meaning of the stimuli available to us. For example, when we touch a piece of wood, we sense that it is hard. It happens because of our sensation. When we saw the piece of wood and recognize it as an object used for making furniture that us perception. The goal of sensation is detection, while the objective of perception is to create useful information of the surroundings. Sensation is the first stage in the functioning of senses to represent stimuli from the environment, whereas perception is a higher brain function about interpreting events and objects in the world.

Q. 3. What is Attention?

Ans. Attention refers focusing on a particular stimulus among many stimuli available to us. There are numerous sights, sounds and sensations going on around you – the pressure of your feet against the floor, the sight of the street out of a nearby window, the soft warmth of your shirt, the memory of a conversation you had earlier with a friend, but we still focus on just one element of our environment. It happens because of attention. Thus, attention is the taking possession of the mind, in clear and vivid form, of one out of what may seem several simultaneously possible objects or trains of thoughts. It implies withdrawal from some things in order to deal effectively with others.

Q. 4. What is Learning?

Ans. Learning is often defined as a relatively lasting change in behaviour that is the result of experience. It helps us acquiring new knowledge and skills through experience and practice. The acquired skills bring a change in our behaviour and facilitate our adjustment in varied settings. For example, we learn riding a bicycle and applying skills to solve various mathematical problems.

Q. 5. What is Memory?

Ans. Memory is the processes that are used to acquire, store, retain and later retrieve information when it is required for use. Writing the answers in the examination after studying for the paper is an example of memory.

Q. 6. What is Thinking?

Ans. Thinking is using our stored knowledge to solve various tasks. It is logically establishing the relationships among various objects in our mind and

taking rational decision for a given problem. It also means evaluating different events of the environment and accordingly form an opinion.

Q. 7. Psychology deals with various categories of Psychological Disorders which affect the Mental Health of the individual. Explain.

Ans. Psychology deals with various categories of psychological disorders which affect the mental health of the individual. This branch of psychology is called abnormal psychology. It tries to describe, assess, predict and control those categories of behaviours which are considered as unusual and non-normative. It assesses abnormality in the individual through standardized psycho-diagnostic tools and suggests problem specific treatment.

Q. 8. What do you understand by Educational Psychology?

Ans. Educational psychology is concerned with learning, schools, teaching psychology, educational issues and student concerns. Educational psychologists often study how students learn or work directly with students, parents, teachers and administrators to improve student outcomes. It involves the study of how people learn, including topics such as student outcomes, the instructional process, individual differences in learning, gifted learners and learning disabilities. It involves not just the learning process of early childhood and adolescence, but includes the social, emotional and cognitive processes that are involved in learning throughout the entire lifespan. The field of educational psychology incorporates a number of other disciplines, including developmental psychology, behavioural psychology and cognitive psychology.

Q. 9. What is the importance of Forensic Psychology?

Ans. Forensic psychology deals with issues related to psychology and the law. Forensic psychologists perform a wide variety of duties, including providing testimony in court cases, assessing children in suspected child abuse cases, preparing children to give testimony and evaluating the mental competence of criminal suspects. Forensic psychologists definitely play an important role in the criminal justice system. For example, a forensic psychologist might provide mental health services such as assessment, diagnosis and treatment to individuals who have come into contact with the criminal justice system.

Q. 10. Psychology is a Study of experience. Explain.

Ans. Psychology covers different human experiences. It covers a person's personal world after