

Delhi Public School, Jammu

Assignment – Class 11

Subject: Psychology

Topic: What is Psychology? (Lesson No. 1)

1. Psychology is defined as:

- a) Study of mind
- b) Study of behaviour and mental processes
- c) Study of dreams
- d) Study of brain only

2. The term "Psychology" is derived from which language?

- a) Latin
- b) Greek
- c) Sanskrit
- d) French

3. Who is known as the father of modern psychology?

- a) Sigmund Freud
- b) B.F. Skinner
- c) Wilhelm Wundt
- d) William James

4. Which of the following is NOT a goal of psychology?

- a) Describe
- b) Predict
- c) Prescribe
- d) Control

5. Introspection as a method was mainly used by:

- a) Structuralists

b) Functionalists

c) Behaviourists

d) Humanists

II. Short Answer Type Questions

Q6. Define psychology and explain any two of its goals.

Q7. Differentiate between Structuralism and Functionalism.

III. Long Answer Type Questions

Q8. Explain the various fields of psychology and how they are applied in real life.

Q9. Discuss the historical evolution of psychology from philosophy to a modern science.

Q10. Case Study Based Question . Read the case and answer the questions that follow:

A student, Riya, often gets anxious before exams and finds it difficult to sleep or eat properly. She visits a psychologist to talk about her anxiety issues.

a. Which field of psychology does this case relate to?

b. What methods can the psychologist use to help Riya?

c. What does this case tell you about the practical relevance of psychology?

Q11. Psychology is both a natural and social science. Justify this statement with two suitable reasons.