Sheth NKTT college Thane

Unit 1: lifespan development and Physical and cognitive development in Adolescence Sr no Question Option A Option B Option C Option D A group of people born around same time in same Relatives Friends cohort newborn place called as 1 A specific time during development when a Developm sensitive specific critical particular event has its ental period period period greatest consequences called period 2 as refers to traits, transform abilities, capacities that are Nurture Nature Heritance ation inherited from ones parents 3 This gradual change of behaviour occurs in distinct stages with each stage brings Discontin change about behaviour Intermitta continuou gradual uous which is qualitatively nt change s change change chage different from earlier behaviour stage known 4 as Continuous change is Qualitativ Quantitati permanen Both 5 in nature ve е This hormone plays an important role in the start of androgen leptin estrogen septin 6 puberty is the area which is not fully developed in adolescence and it allows cerebral cerebral prefrontal temporal people to think , evaluate hemispher cortex cortex cortex and make complex e judgements in uniquely 7 human way.

SYBA sem III Development psychology MCQ by Prof. Sachin Sutar

8	Formal operational stage at which people develop the ability to think	concretely	alternativ ely	abstractly	unitedly
9	Adolescent egocentrism is a state of	caring for others	helping others	develop friends mututally	viewing the world as focussed on oneself.
10	These are fictitious observers who pay as much as attention to adolescent behaviour than do themselves called as	silent observers	naturalisti c observers	personal fables	imaginary audience
11	involves the body's physical makeup , including brain , nervous system , muscles and senses, need for food , drink and sleep	social developm ent	physical developm ent	cognitive develope mnt	personalit y develope mtn
12	cohort effects is an example of	age graded influences	sociocultu ral graded influences	nonnorma tive life events	history graded influences
13	involves the ways that growth and change in intellectual capabilities influence a persons behaviour	social developm ent	physical developm ent	cognitive developm ent	personalit y developm ent
14	In, development is gradual with achievement at one level building on those of previous levels.	Intermitta nt change	continuou s change	Discontinu ous chage	-
15	refers to environemenal influences that shape behaviour	Nature	Heritance	Nurture	transform ation
16	Discontinuous change is in nature	Qualitativ e	Quantitati ve	Both	permanen t
17	are visible signs of sexual maturity that do not directly involve sex organs	secondary sex characteri stics	primary sex characteri stics	tertiary sex characteri stics	non visual sex characteri stics

	is a period during which sexual organs mature	adolescen ce	puberty	early adulthood	middle adulthood
18	which sexual organs mature	Le		auuitiioou	auuitiioou
19	sensitive period occurs when	organisms are susceptibl e to cerain stimuli in their environm ent but their absence does not always produce irreversibl e conseque nces	children are resistant to any kind of discipline by their parents	new learning is prevented by older learning	bonding between the child and parent first takes place
20	personal fables refers to	whatever happens to them is unique , exception al , and shared by no one else	pattern of change occuring over several generatio ns	their interest in music and imagine performin g in front of others	their interest in music and imagine performin g
	is a stage between childhood and adulthood	infancy	adolescen ce	late adulthood	neonatal period
22	cohort effects is an example of	age graded influences	sociocultu ral graded influences	nonnorma tive life events	history graded influences
23	involves the ways that growth and change in intellectual capabilities influence a persons behaviour	social developm ent	physical developm ent	cognitive developm ent	personalit y developm ent
24	In, development is gradual with achievement at one level building on those of previous levels.	Intermitta nt change	continuou s change	Discontinu ous chage	gradual change

25	refers to environemenal influences that shape behaviour	Nature	Heritance	Nurture	transform ation
26	Discontinuous change is in nature	Qualitativ e	Quantitati ve	Both	permanen t
27	are visible signs of sexual maturity that do not directly involve sex organs	secondary sex characteri stics	sex	tertiary sex characteri stics	non visual sex characteri stics
28	is a period during which sexual organs mature	adolescen ce	puberty	early adulthood	middle adulthood
29	sensitive period occurs when	organisms are susceptibl e to cerain stimuli in their environm ent but their absence does not always produce irreversibl e conseque nces	children are resistant to any kind of discipline by their parents	new learning is prevented by older learning	bonding between the child and parent first takes place
30	personal fables refers to	whatever happens to them is unique , exception al , and shared by no one else	pattern of change occuring over several generatio ns	their interest in music and imagine performin g in front of others	their interest in music and imagine performin g
	is a stage between childhood and adulthood	infancy	adolescen ce	late adulthood	neonatal period

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32	involves the ways in which individuals interactions with others and their social relationships grow, change, and remain stable over the course of life	social developm ent	physical developm ent	cognitive develope mnt	personalit y developm ent
33	influences are biologial and environment influences associated with a particular historical moment	age graded influences		nonnorma tive life events	history graded influences
34	are biological and environemental influcneces that are similar for individuals in particular age group regardless of place and time	age graded influences	sociocultu ral graded influences	nonnorma tive life events	history graded influences
35	involving ways that the enduring characteristics that differentiate one person from another change over the lifespan	social developm ent	physical developm ent	cognitive develope mnt	personalit y developm ent
36	are those characteristics asssociated with development of organs and structures of the body that directly relate to reproduction	secondary sex characteri stics	primary sex characteri stics	tertiary sex characteri stics	non visual sex characteri stics

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		presence			
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			ah il dua u		
		ental	children		
		stimuli	are		bonding
		necessary	resistant		between
		for	to any	new	the child
		developm	kind of	learning is	and
	A critical period is a stage in	ent to	discipline	prevented	parent
	development occurs	proceed	by their	by older	first takes
37	when	normally	parents	learning	place
	is a hormone play			Achetylch	
38	important role in puberty	GABA	septin	oline	Leptin
	the onset of menstruation	spermach		menapaus	adolescen
39	period is called as	e	menarche	e .	ce
	The 'imaginary audience' refers to: is body weight that is more than 20 percent above average weight	the imaginary companio n phenome non continuing into adolescen ce obesity	music and imagine performin	belief that their behaviour is primary focus of others attention and concerns Anorexia nervosa	an imaginary story of an adolescen t's own life, containing fantasies Bulimia nervosa
	Unit 2: Social and Persona	ality develo	pment in Ac	lolescence	
Sr no	Question	Option A	Option B	Option C	Option D
	as per Ericksons view				
	is the period	identity vs	inductor		gonorativi
	during which teenagers seek	identity	industry	trust vs	generativi
	to determine what is unique	confusion	VS	mistrust	ty vs
	and distinctive about	stage	inferiority		stagnation
1	themselves.				

			1	1	
2	is a period during which adolescents take time off from the upcoming repsonsibilities of adulthood and explore various roles and possibilities	psychologi cal equilibriu m	psycholog ical moratoriu m	identitiy foreclosur e	identity achievem ent
3	James marcia suggest that identity can be seen in these two characteristics, whether they are present or absent.	crisis, commitm ent	trust , mistrust	initiative, guilt	intimacy , isolation
4	is a period in which adoescents neither explore nor commit to considering various alternatives.	identity foreclosur e	identity achievem ent	identity diffusion	moratoriu m
5	are groups of 2 to 12 people whose members have frequent social interaction with each other	peer group	reference group	clique	crowds
6	sex segregation in which boys interat primarily wih boys and girls interact primarily with girls termed as	sex cleavage	sex differentia tion	gender identitiy	gender associatio n
7	are children who receive relatively little attention from their peers in the from of either positive or negative reactions	controvers ial adolescen ts	rejected adolescen ts	neglected adolescen ts	
8	adolescent deliquents who know and subscribe to the norms of the society & failry normal psychologically termed as	undersoci alized deliquents	socialized deliquent s	juvenile deliquents	non socialized deliquents
9	in which individuals binges on large quantities of food , followed by purges of the food through vomitting or the use of laxatives	slenderne ss	Anorexia nervosa	Bulimia nervosa	body dysmorphi c disorder

10	Attitudes to sexual matters generally in Western societies	have become more permissiv e over the last 50 years	have become more restrictive over the last 50 years	despite minor variations, have not basically changed over the last 50 years	have changed for men but not for women
11	as per piagetian approach of cognitive developmentis the stage at which people develop the ability to think more abstractly	concrete operation al stage	post formal thought	propositio nal thought	formal operation al stage
12	is a state of self absorption in which the world is viewed as focussed on oneself	Adolescen ts ego	adolescen ts egocentris m	Adolescen ts Id	Adolescen ts superego
13	the onset of first ejaculation is called as	spermach e	menarche	menapaus e	adolescen ce
14	as per Ericksons view identity vs identity confusion stage involves	discovery of ways to initiate actions	developm ent of sense of competen ce	awarenes s of uniquenes s of self and knowledg e of roles	sense of contributi on to continuity of life.
15	Psychological moratorium is a period during which adolescents	take time off from their responsibi lities and explore various roles ,its possibiliti es	developm ent of sense of comepten ce	discovery of ways to initiate action	developm ent of loving and sexual relationshi p
	adolescents identitiy development categories given by	erik erikson	william james	james Marcia	carl roger

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17	is a stage in which adolescents have explored various identity alternative to some degree but have not yet committed themselves	identity foreclosur e	identity achievem ent	identity diffusion	moratoriu m
18	are groups of people with whom one compares oneself	peer group	reference group	social groups	crowds
19	children who are actively disliked and their peers react to them in negative manner	controvers ial adolescen ts	rejected adolescen ts	neglected adolescen ts	popular adolescen ts
20	adolescent deliquents who are raised with little disclipline or with harsh uncaring parental supervision are called as	undersoci alized deliquent s		juvenile deliquents	non socialized deliquents
21	late maturing girls tend to have	have low social status, less emotional problem	high social status , more emotional problems	more popular	sought for potential dates
22	Early maturing boys tend to	be at a disadvant age socially, low self concept	be at an advantage socially, positive self concept	be not addicted to bad habits	be non popular
23	is the knowledge that people have about their own thinking processes and their ability to monitor their cognition	cognitive dissonanc e	metamem ory	metaanaly sis	metacogni tion
24	an infection spread through sexual contact termed as 	sexually transmiite d infection	sexual transmissi on	sexual infection	sexually transmitte d virus infection
25	in which individuals refuse to eat while denying their behaviour and appearance which become skeletal	slenderne ss	Anorexia nervosa	Bulimia nervosa	body dysmorphi c disorder

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	as per Erickson identity vs				
	identity confusion stage start	6 to 12	adolescen	early	8 to 12
26	from age of	years	ce	adulthood	years
	Mahesh entered into				
	adolescence . His dad told				
	him to join his family shop				
	business. Mahesh taken	psychologi	psycholog		
	admssion to photography	cal	ical	identitiy	identity
	course . This showcase	equilibriu	moratoriu	-	achievem
27	example of	m	m	e	ent
	As per James Marcia there			C	
	are categories of				
	adolescents identity				
20	development.	four	five	three	six
28		iuui	IIVE	unee	217
	is the status of				
	adolescents who prematurely				
	commit to an identity	identity	identity		
	without adequately exploring	foreclosur		identity	moratoriu
29	alternatives.	e	ent	diffusion	m
	identity vs identity confusion				
	stage stated instages	James	alfred	Eric	Victor
30	of development	Marcia	adler	Erikson	Vroom
	adolescents identity				
	development categories	erik	william	james	
31	given by	erikson	james	Marcia	carl roger
	are larger groups				
	composed of individulals who				
	share particular				
	characteristics but may not	peer	reference	social	
32	interact with one another	group	group	groups	crowds
		controver	<u> </u>		
	children who are liked by	sial	rejected	neglected	popular
	some peers and disliked by	adolescen	adolescen	adolescen	adolescen
33	others termed as	ts	ts	ts	ts
	the influence of one's peers				
	to conform to ones behavior			social	
	and attitudes termed	peer	reference	groups	
2/	as	-	pressure		crowds
54		pressure	pressure	pressure	crowus
	several decades ago				
	premarital sex was				
	considered permissable for				
	males but not for females	single	double	triple	two
1 25	termed as	standard	standard	standard	standard

				1	1
36	Early maturing girls tend to	sought after more as potential dates, popular,hi gh self concept	get married later	low self concept	break more social norms when mixing with an older peer group
37	Late maturing boys tend	be more popular	be at an advantage socially, positive self concept	married early	less attractive, low self concept,
Sr no	Unit 3: Physial and cognitiv				
1	produce biological or psychological dependence in users leading to increasingly powerful craving for them	Option A addictive drugs	Option B non addictive drugs	Option C medicinal drugs	Option D stimulant drugs
2	are biological and environemental influences that are similar for individuals in particular age group regardless of place and time	-		tive life	history graded influences
3	Sexual attraction and behaviour oriented to members of their own sex	homosexu al	heterosex ual	bisexual	transexual s
4	the natural physical decline brought about by increasing age termed as	early adulthood	senescenc e	middle adulthood	late adulthood
5	in early adulthood leads to prevent thinning of bones termed as osteroporosis later in life.	irregular exercise	once in a week exercise	regular exercise	less exercise

6	is the physical and emotional response to events that threaten or challenge us	panic attack	disbility	anxiety	stress
7	is an effort to control , reduce or learn to tolerate the threats that lead to stress	panic attack	coping	anxiety	meditatio n
8	involves unconscious strategies that distort or deny the true nature of the situation	Problem focused coping	emotion focused coping	defensive coping	coping
9	According to Schaie is the first stage of cognitive development encompassing all childhood and adolescence in which main developemental task is to acquire information	achieving stage	executive stage	acquisitiv e stage	reintegati vestage
10	is the fifth and last stage of schaie's stages of development	Reintegrat ve stage	achieving stage	executive stage	acquisitive stage
11	IN sterneberg theory of intelligencecompone nt include the degree of success people demonstrate in facing the demands of their everyday real world environements.	contextua I	componen tial	experienti al	environm ental
12	is learned primarily by observing others and modelling their behaviour	contextual	componen tial	emotional intellience	practical intelligenc e
13	means a deep divide between parents and children in attitudes, value , aspirations and worldviews.	generatio n next	generatio n gap	new generatio n	old generatio n
14	sexual attraction and behaviour directed toward opposite sex termed as	homosexu al	heterosex ual	bisexual	transexual s

15	any pregnancy from a girl who is 10 to 19 years of age termed as	woman pregnancy	teenage pregnancy	adolescen ce pregnancy	early pregnancy
16	regular exercise in early adulthood leads to prevent thinning of bones termed as later in life.	osteogene sis	rickets	osteomala cia	osteoporo sis
17	is a condition that substantially limits major life activity such as walking or vision .	disability	mental disability	stress	anxiety
18	is the assessment of ones coping abilities and resources are adequate to overcome the harm, threat, or challenge posed by potential stressor.	secondary appraisal	tertiary appraisal	primary appraisal	positive appraisal
19	which involves conscious regulation of emotion	Problem focused coping	emotion focused coping	defensive coping	coping
20	is the ability to withstand , overcome and actually thrive following profounding adversity	hardiness	coping	coscientio usness	resilience
21	invovles the attainmet of long term goals regarding careers , family and societal contributions	achieving stage	executive stage	acquisitive stage	reintegati vestage
22	is the fourth stage of schaie stages of development	achieving stage	executive stage	acquisitive stage	reintegati vestage
23	sterneberg theory of intelligence include components	two	four	five	three
24	IN sterneberg theory of intelligencecompone nt include the mental components involve in analysing data used in solving problems i.e select and use formulas , problem solving strategies etc	contextual	compone ntial	experienti al	environm ental

		1	1		
25	intelligence involve set of skills that underlie the accurate assesmsent, evaluation , expression and regulation of emotions	contextual	componen tial	practical	emotional
26	means combination of responses or ideas in novel ways	creativity	metacogni tion	metamem ory	thinking
27	in india dropout ratio at various levels of education for girls is muchthan that of boys	dissimilar	lower	higher	similar
28	HPV stands for	Human papilloma virus	Human preventive virus	human precipited virus	human preventive virology
29	sexual attraction toward people of both sexes termed as	homosexu al	heterosex ual	bisexual	transexual s
30	the study of the relationship among the brain , immune system and psychological factors called as	neuropsyc hology	Psychone uroimmun ology	Neurology	brain mapping
31	is the assessment of an event to determine whether its imlications are positive, negative, neutral	secondary appraisal	tertiary appraisal	primary appraisal	positive appraisal
	in which attempt to manage a stressful problem or situaton by directly changing the situation to make it less	Problem focused	emotion focused	defensive	
	stressful is personality characteristic associated with lower rate of stress related illness	coping hardiness	coping coping	coping conscienti ousness	coping resilience
34	feel that they are trapped in thebody of other gender so seeks the sex change operation.	homosexu al	heterosex ual	bisexual	transexual s

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	involve concerns related to middle adulthood of their personal situations of protecting and nourishing their spouses , families and careers Triarchic theory of intelligence given by	achieving stage william James	responsibl e stage stephen robbins	acquisitive stage robert sternberg	reintegrati ve stage alfred Binet
30		James	robbins	sternberg	ыпес
37	In sternberg theory of intelligencecompone nt include the relationship between intellience , people prior experience and their ability to cope up with new situation	contextual		experienti al	environm ental
38	it includes loneliness , anxiety , withdrawal and depression relating to college expereince suffered by first year college students	First year adjustme nt reaction	first year acomodati on reaction	adjustime nt reaction	accomoda tion reaction
39	in which people unequally treat women in a way that is overtly harmful	benevolen t sexism	hostile sexism	glass cliff effect	hostility
40	In india dropout ratio at various levels of education for girls is muchthan that of boys	dissimilar	lower	higher	similar
41	During early adulthood, which of the following are thought to be at their peak?	hearing high- pitched noises	metabolis m	flexibility	reaction times
42	Fluid abilities include	informatio n- processing ability	term	long-term memory ability	all of these
43	The frontal lobe hypothesis is the theory that decline in frontal lobe functioning underlies general age-related cognitive?	improvem ents	stereotyp es	decline	perceptual skills

Unit 4: Social and personality development in early adulthood							
Sr no	Question	Option A	Option B	Option C	Option D		
	Adults with						
	attachment style are						
	overly invested in						
	relationship , have repeated						
	breakup rates with same						
	partner and have relatively		ambivalen				
1	low self esteem	secure	t	avoidant	insecure		
	1 6 1						
	according to filter theory						
	people apply increasingly fine						
	filters to potentially partners						
	eventually choose partner				heredity		
2	based on and	homogam 	-	marriage	persepctiv		
2	marriage gradient	у	У	age	е		
	adolescents of higher Socioeconomic status have						
	self esteem than those						
	of lower socioeconomic						
3		lower	higher	same	moderate		
	510105	100001	ingilei	Sume	moderate		
		younger,					
	Unplanned pregnancies occur		older, rich				
	most frequently in	less	, well	homogam	marriage		
4	couples	educated	educated	y U	gradient		
	·			-	-		
			women				
			choosing				
			childbeari				
			ng later in				
			order to				
			develop		dual		
	Main reason for decline in	cohabitati	their	early	earner		
5	fertility rate is	on	career	marriage	couples		
	divorce in prevalent in				United		
	particularly within first				states of		
6	10 years of marriage	India	china	Japan	America		

		negative			
		view			
		toward			
		marriage			
		and			
		preferenc			
		e for		time	socio
	main reason behind	independ	peer	constraint	economic
7	singlehood are	ence	pressure	S	condition
,		Chec	pressure	5	contantion
	Ginzberg career choice				
		+	four	five	three
8	theory contains stages	two	four	five	three
	Ginzberg third stageof career				
	choice theory is				
	which begins at early	tentative	realistic	social	fantasy
9	adulthood	period	period	period	period
	personality type				
	people are oriented toward				
	verbal and interpersonal				
	skills, good with people,well				
	suited for sales, teacher ,		intellectua		conventio
10	counselor career	realistic	1	social	nal
11	is the motivation that causes people to work for their own enjoyment , personal rewards and not for financial rewards .	extrinsic motivatio n	intrinsic motivatio n	introjecte d motivatio n	identified motivatio n
12	According to Schaie people pass throughstages of information usage	five	six	four	eight
					0 -
	Traditionally men were considered most appropriate for which asssociated with getting thing	-		enterprisi	
	accomplished such as	•	communal	0	artistic
13	carpentery	S	protession	profession	protession
	personality type people use art to express themselves and often prefer world of art to interactions		enterprisi		conventio
14	with people.	artistic	-	social	nal
14			ng	Social	iiai

15	is term used to describe the psychological timepiece that records whether we reached the major benchmarks of life at the appropriate time in comparison to our peers	time clock	social clock	Life clock	peer clock
16	says tha when individuals experience romantic love then intense physiological arousal and situational cues occur together which suggest arousal due to love.	labelling theory of companio nate love	labelling theory of passionat e love	romantic love	commitm ent love
17	is the tendency for men to marry woman who is slightly younger , smarter , lower in status and women to marry men slightly older , larger higher in status.	marriage gradient	matrimon γ sites	arrange marriage	marriage ingredient
18	Adults with attachment style are readily enter in to relationship , fell happy , energized and confident about future success of this relationship	secure	ambivalen t	avoidant	insecure
19	according to filter theory people apply increasingly fine filters to potentially partners eventually choose partner based on homogamy and	marriage ingredient	-	marriage gradient	marriage investmen t
20	during early adulthood remains the preferred alternative for most of the people.	marriage	cohabitati on	friendship	social obligation
21	pregnancies occur most frequently in younger, poorer and less educated couples	planned	Unplanne d	late	delayed
22	career consolidation stage marks a bridge between intimacy versus isolation stage and	initiative versus guilt	industry versus inferiority	career consolidat ion	generativi ty versus stagnatio n

23	Ginzberg second stage of career choice theory is which spans adolescence	tentative period	realistic period	social period	fantasy period
24	personality type people are oriented toward theoretical and abstract skills, not good with people,well suited for maths and science careers	realistic	intellectu al	social	conventio nal
25	higher the status of the job the job satisfaction	lower	higher	moderate	poor
26	personality type people are risk takers and take in- charge types . They are good leaders and effective as managers or politicians	artistic	enterprisi ng	social	conventio nal
27	When it comes to close relationships, research has shown that love is a widespread and universal emotion	passionat e	romantic	companio nate	equity
28	involve placing women in stereotyped and restrictve roles which apeear on the surface to be positive	benevolen t sexism	hostile sexism	glass cliff effect	hostility
29	male professor complimenting female student on her looks and give her easier research project than to avoid her working hard is an example of	hostile sexism	benevolen t sexism	glass cliff effect	hostility
30	As per eriksonis the period from post adolescence into the early 30's that focuses on developing close relationships with others .	intimacy versus isolation stage	identity versus identity confusion stage	industry versus inferiority	intiative versus guilt
31	Correctly labelling another person or figure as male or female is a measure of	gender identity	gender constancy	gender stability	gender stereotypi ng

	is tendency to marry				
32	someone who is similar to age, race, education , , religion and other basic demgraphic characteristics.	monogam Y	homogam Y	homosexu ality	heterosex uality
33	Adults with attachment style are less invested in relationship , have higher breakup rates and often feels lonely	secure	ambivalen t	avoidant	insecure
34	according topeople apply increasingly fine filters to potentially partneres eventually choose partner based on homogamy and marriage gradient	Maslow theory	filter theory	sternberg theory	perrys theory
35	couples living together without getting married termed as	cohabitati on	live alone relationshi p	dual earner couples	companio nship
36	main reason behind decrease in average family size are	availabilit y of contracep tives and change in womens wokplace roles	early marriages	cohabitati on	homogam y and marriage gradient
37	As per George valliantis a stage begins between ages 20 to 40 in which young adults centered on their careers	career centration	industry versus inferiority	career consolidat ion	generativi ty versus stagnatio
38	Ginzberg first stageof career choice theory is which last until a person is around 11 years	tentative period	realistic period	social period	fantasy period
39	John holland has given personality types which are important in career choice	four	six	eight	five

40	personality type people are down to earth , practial problem solvers and physically strong but their social skills are mediocre	realistic	intellectua I	social	conventio nal
41	traditionally women were considered most appropriate for which asssociated with relationships such as nursing	agentic profession s	communal profession	enterprisi ng profession	artistic profession
42	In order to manage conflict in a relationship, each partner should try to	self- disclose about the other partner's problems.	ignore the other partner's problems.	understan d the other partner's point of view.	make his or her demands for the relationshi p known to the other partner.
43	Achievement of which milestones mark the transition to adulthood?	buying a car	having a family	buying a house	none of these
44	. During early adulthood, which of the following begin to decline?	metabolis m	dexterity	physical fitness	cognitive functionin g
45	Social and emotional well- being in young adulthood can be affected by what	establishin g a career	establishin g first serious relationshi ps	responsibi lity and	all of these