

CUET 2026 May 29 Shift 2 Psychology

Question Paper (Memory-Based)

Conducted by National Testing Agency (NTA)



General Instructions

- (i) The examination will be conducted in Computer-Based Test (CBT) mode.
- (ii) Each question carries +5 marks for correct answer and -1 mark for wrong answer.
- (iii) The total number of questions are 50.
- (iv) Duration of the exam is 1 hour (60 minutes).

1. Who proposed the Triarchic Theory of Intelligence, which includes componential, experiential, and contextual intelligence?

- (A) Howard Gardner
- (B) Robert Sternberg
- (C) Charles Spearman
- (D) Louis Thurstone

2. Which of the following is considered a 'projective technique' for personality assessment?

- (A) MMPI-2
- (B) 16PF
- (C) Rorschach Inkblot Test
- (D) Eysenck Personality Questionnaire

3. According to Hans Selye, the General Adaptation Syndrome (GAS) involves three stages. What is the correct sequence?

- (A) Resistance, Alarm, Exhaustion
- (B) Alarm, Exhaustion, Resistance
- (C) Alarm, Resistance, Exhaustion

(D) Exhaustion, Resistance, Alarm

4. A person who experiences intense fear of open, public places where escape might be difficult is likely suffering from:

- (A) Agoraphobia
 - (B) Social Anxiety Disorder
 - (C) Specific Phobia
 - (D) Panic Disorder
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5. Which therapeutic approach emphasizes that disorders are often caused by irrational beliefs and thought processes, and aims to restructure these thoughts?

- (A) Psychodynamic Therapy
 - (B) Humanistic Therapy
 - (C) Cognitive Therapy
 - (D) Biomedical Therapy
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6. The tendency of individuals to put in less effort when working in a group compared to working individually is known as:

- (A) Group Polarization
 - (B) Social Loafing
 - (C) Conformity
 - (D) Social Facilitation
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7. Which component of attitude refers to the emotional experience and feelings one has towards an attitude object?

- (A) Cognitive Component
 - (B) Behavioral Component
 - (C) Affective Component
 - (D) Evaluative Component
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8. According to the psychodynamic approach, which part of the personality operates on the 'Reality Principle'?

- (A) Id
 - (B) Ego
 - (C) Superego
 - (D) Libido
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9. The 'Human-Environment Relationship' unit discusses how environmental stressors affect behavior. Which of the following is considered an environmental stressor?

- (A) Crowding
 - (B) Motivation
 - (C) Intelligence
 - (D) Self-efficacy
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10. In counseling, 'Empathy' is a core skill. What does empathy primarily involve?

- (A) Giving advice to the client
 - (B) Feeling sympathy for the client's situation
 - (C) Understanding the client's perspective as if it were your own
 - (D) Judging the client's behavior
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