

# CUET 2026 May 21 Shift 1 Psychology

## Question Paper (Memory-Based) with Solutions

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. Riya, an 18-year-old student, suddenly experiences intense fear during her coaching classes. Her heart starts racing, she feels breathless, dizzy, and fears that she might die. These episodes occur unexpectedly and have made her avoid crowded places and public transport. After consulting a psychologist, she learns that she is suffering from Panic Disorder. Which of the following symptoms is most strongly associated with Panic Disorder?

- (A) Hallucinations
- (B) Sudden episodes of intense fear and physical discomfort
- (C) Loss of memory
- (D) Multiple personalities

**Correct Answer:** (B) Sudden episodes of intense fear and physical discomfort

### Solution:

**Concept:** Panic Disorder is a type of anxiety disorder in which a person experiences repeated panic attacks. A panic attack is a sudden period of intense fear or discomfort accompanied by physical and emotional symptoms such as rapid heartbeat, sweating, trembling, dizziness, breathlessness, chest pain, and fear of dying or losing control.

**Step 1:** Understanding the situation described in the question.

Riya suddenly experiences:

- Intense fear
- Racing heartbeat
- Breathlessness
- Dizziness
- Fear of death
- Avoidance of crowded places

All these symptoms are characteristic features of panic attacks.

**Step 2: Relating the symptoms to Panic Disorder.**

People suffering from Panic Disorder often experience sudden attacks without warning. During these attacks, the body shows strong physical reactions due to activation of the sympathetic nervous system.

Common symptoms include:

- Palpitations or fast heartbeat
- Sweating
- Trembling
- Difficulty in breathing
- Feeling faint or dizzy
- Fear of dying
- Fear of losing control

Riya's symptoms perfectly match these features.

**Step 3: Analyzing each option carefully.**

**Option (A): Hallucinations**

Hallucinations involve seeing or hearing things that are not present. These are mainly associated with psychotic disorders such as schizophrenia, not Panic Disorder.

**Option (B): Sudden episodes of intense fear and physical discomfort**

This is the defining symptom of Panic Disorder because panic attacks involve sudden intense fear along with physical symptoms like chest pain, dizziness, sweating, and breathlessness.

**Option (C): Loss of memory**

Memory loss is not a major symptom of Panic Disorder. It is more commonly associated with neurological disorders or dissociative disorders.

**Option (D): Multiple personalities**

Multiple personalities are related to Dissociative Identity Disorder and not Panic Disorder.

**Step 4: Final conclusion.**

The symptom most strongly associated with Panic Disorder is:

Sudden episodes of intense fear and physical discomfort

**Quick Tip:** Panic attacks usually peak within a few minutes and may create a strong feeling that something terrible is about to happen, even when there is no real danger.

**2. Arjun was stressed due to upcoming entrance examinations. Instead of avoiding his problems, he prepared a study schedule, practiced meditation daily, and discussed his worries with close friends. Over time, he felt calmer and more confident. The coping techniques used by Arjun in the above case are examples of:**

- (A) Maladaptive coping
- (B) Emotion-focused and problem-focused coping
- (C) Substance dependence
- (D) Avoidance behavior

**Correct Answer:** (B) Emotion-focused and problem-focused coping

**Solution:**

**Concept:** Coping refers to the methods used by individuals to handle stress and difficult situations. Psychologists mainly classify coping strategies into:

- **Problem-focused coping** — directly dealing with the source of stress.

- **Emotion-focused coping** — managing emotional reactions caused by stress.

Healthy coping strategies help a person reduce stress and improve emotional balance.

**Step 1: Identifying the stressful situation.**

Arjun was stressed because of upcoming entrance examinations. Examinations can create pressure, anxiety, and fear regarding performance and future outcomes.

**Step 2: Recognizing problem-focused coping behavior.**

Arjun prepared a study schedule. This strategy directly addresses the cause of stress by improving preparation and time management.

Such actions are called problem-focused coping because the person actively tries to solve the problem causing stress.

Study schedule  $\Rightarrow$  Problem-focused coping

**Step 3: Recognizing emotion-focused coping behavior.**

Arjun also:

- Practiced meditation
- Shared worries with close friends

Meditation helps calm the mind and reduce anxiety. Talking to friends provides emotional support and relief.

These methods help control emotional stress rather than directly solving the external problem. Therefore, these are examples of emotion-focused coping.

Meditation and emotional support  $\Rightarrow$  Emotion-focused coping

**Step 4: Analyzing the incorrect options.**

**Option (A): Maladaptive coping**

Maladaptive coping includes unhealthy methods such as aggression, denial, smoking, or substance abuse. Arjun did not use such methods.

**Option (C): Substance dependence**

Substance dependence means relying on alcohol or drugs to handle stress. This is not mentioned in the case.

**Option (D): Avoidance behavior**

Avoidance behavior means escaping from stressful situations instead of dealing with them. Arjun faced his stress positively rather than avoiding it.

**Step 5: Final conclusion.**

Arjun used both active planning and emotional stress management techniques. Hence, the coping strategies are:

Emotion-focused and problem-focused coping

**Quick Tip:** Problem-focused coping tries to solve the problem, while emotion-focused coping tries to control feelings produced by the problem.

3. An advertisement for cooking food in a pressure cooker points out that this saves fuel and is economical. What message characteristic is being highlighted in the advertisement?

- (A) Emotional
- (B) Rational
- (C) Familial
- (D) Personal

**Correct Answer:** (B) Rational

**Solution:**

**Concept:**

Message characteristics in advertising and persuasion can be emotional, rational, personal, or social in nature. A **rational appeal** focuses on logic, usefulness, cost-effectiveness, efficiency, and practical benefits of a product or service.

**Step 1: Understanding the statement in the advertisement.**

The advertisement states that using a pressure cooker:

- Saves fuel
- Is economical

These points focus on practical utility and financial benefit rather than emotions or relationships.

**Step 2: Identifying the type of appeal.**

A message that emphasizes:

- Saving money
- Efficiency
- Practical advantage
- Logical benefits

is known as a **rational appeal**.

**Step 3: Eliminating incorrect options.**

- **Emotional** appeal targets feelings such as happiness, fear, or love.
- **Familial** appeal focuses on family relationships and bonding.
- **Personal** appeal highlights individual identity or self-image.
- The given advertisement instead focuses on logical and economic benefits.

Hence, the correct answer is **Rational**.

**Quick Tip:** Advertisements highlighting cost-saving, durability, efficiency, or utility generally use **rational appeals**, whereas advertisements focusing on feelings and emotions use **emotional appeals**.

4. Ananya is pursuing the science stream and aims to be a doctor someday. However, Ananya strums her guitar and sings along whenever she is free. Although she is not a great singer, her spirits lift when she sings along. What is this attribute called?

- (A) Aptitude
- (B) Personality
- (C) Interest
- (D) Intelligence

**Correct Answer:** (C) Interest

### Solution:

#### Concept:

In psychology, **interest** refers to a person's liking, preference, or attraction toward a particular activity, subject, or experience. A person may enjoy doing an activity even without being exceptionally skilled at it.

#### Step 1: Understanding the situation described in the question.

Ananya:

- Wants to become a doctor.
- Enjoys playing the guitar and singing in her free time.
- Feels happy and emotionally refreshed while singing.
- Is not necessarily very talented in singing.

The key point is that she enjoys the activity and feels emotionally uplifted while doing it.

#### Step 2: Analyzing the meaning of each option.

- **Aptitude** refers to natural ability or capacity to learn a skill efficiently.
- **Personality** refers to the overall pattern of behavior, emotions, and thinking style of a person.
- **Interest** refers to liking or preference toward an activity.
- **Intelligence** refers to the ability to think, reason, solve problems, and learn.

#### Step 3: Identifying the most appropriate attribute.

The question clearly states that Ananya enjoys singing and her mood improves while doing it, even though she is not highly skilled at it.

This indicates:

- Emotional attraction toward the activity
- Personal liking and enjoyment
- Voluntary engagement during free time

These are characteristics of **interest**.

**Step 4:** Why other options are incorrect.

- **Aptitude** is incorrect because the question specifically mentions she is not a great singer.
- **Personality** is broader and not limited to liking one activity.
- **Intelligence** relates to cognitive ability, not enjoyment of music.

Hence, the correct answer is **Interest**.

**Quick Tip:** A person may have high **interest** in an activity without having strong **aptitude** in it. Interest reflects liking, while aptitude reflects ability.

**5. The ability to monitor one's own and others' emotions, to discriminate among them and to use the information to guide one's thinking and actions is called:**

- (A) Social intelligence
- (B) Emotional intelligence
- (C) Interpersonal intelligence
- (D) Abstract intelligence

**Correct Answer:** (B) Emotional intelligence

**Solution:**

**Concept:**

**Emotional Intelligence (EI)** refers to the ability to:

- Recognize and understand one's own emotions,
- Identify emotions in others,
- Manage emotions effectively,
- Use emotional information to guide thinking and behavior.

The concept was popularized by psychologists Peter Salovey, John Mayer, and later Daniel Goleman.

**Step 1: Understanding the statement given in the question.**

The question mentions the following abilities:

- Monitoring one's own emotions,
- Monitoring other people's emotions,
- Differentiating among emotions,
- Using emotional information to guide actions and thinking.

These are the core features of emotional intelligence.

**Step 2: Analyzing the options.**

- **Social intelligence** mainly refers to handling social situations and understanding social relationships.
- **Emotional intelligence** specifically involves awareness, understanding, and regulation of emotions.
- **Interpersonal intelligence** refers to understanding and interacting effectively with others, according to Gardner's theory.
- **Abstract intelligence** relates to reasoning and problem-solving involving symbols and concepts.

**Step 3: Matching the definition.**

The statement exactly matches the standard psychological definition of **Emotional Intelligence** because it emphasizes:

- Emotional awareness,
- Emotional regulation,
- Emotional understanding,
- Application of emotions in decision-making.

Therefore, the correct answer is **Emotional intelligence**.

**Step 4: Importance of emotional intelligence.**

A person with high emotional intelligence is generally able to:

- Manage stress effectively,
- Build healthy relationships,
- Make balanced decisions,
- Show empathy toward others,
- Control impulsive reactions.

Thus, emotional intelligence plays a major role in personal, academic, and professional success.

**Quick Tip:** Remember the keyword “**emotions**”. Whenever a question involves understanding, monitoring, or managing emotions of self and others, the answer is usually **Emotional Intelligence (EI)**.

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**6. Kohs Block Design Test contains a number of wooden blocks to be arranged in a design within a given time period. This test is an example of:**

- (A) Performance test
- (B) Non-verbal test
- (C) Verbal test
- (D) Aptitude test

**Correct Answer:** (A) Performance test

**Solution:**

**Concept:**

A **Performance Test** is a psychological test in which an individual performs certain activities or tasks using objects, patterns, figures, or materials rather than answering verbal questions. Such tests are often used to measure intelligence, reasoning ability, perceptual organization, and problem-solving skills.

**Step 1: Understanding the Kohs Block Design Test.**

In the Kohs Block Design Test:

- A person is given wooden blocks,
- The blocks must be arranged into specific patterns or designs,
- The arrangement must usually be completed within a limited time,
- The task depends more on visual-spatial ability and performance than language.

Thus, the individual demonstrates ability through actual performance.

**Step 2: Analyzing the options.**

- **Performance test** involves practical execution of tasks and manipulation of objects.
- **Non-verbal test** refers to tests that do not use language heavily.
- **Verbal test** involves language, words, comprehension, and communication.
- **Aptitude test** measures future potential or suitability for a skill or occupation.

**Step 3: Identifying the most appropriate category.**

Although the Kohs Block Design Test is also largely non-verbal, its primary classification is as a **performance test** because the subject must physically perform a task using blocks.

The emphasis is on:

- Action,
- Construction,
- Visual organization,
- Speed and accuracy of performance.

Hence, the correct answer is **Performance test**.

**Step 4: Additional psychological significance.**

Performance tests are especially useful:

- For children,
- For individuals with language barriers,
- For assessing practical and spatial intelligence,

- In situations where verbal communication may not accurately reflect ability.

The Kohs Block Design Test is widely used in intelligence assessment and clinical psychology.

**Quick Tip:** If a psychological test requires arranging objects, drawing figures, solving puzzles, or performing actions instead of answering language-based questions, it is generally classified as a **performance test**.

7. Arshiya has an I.Q. of 135. She is an all-rounder. She not only scores at the top of her class but is also an international chess player and a remarkable beat player as well. Arshiya can be classified as:

- (A) Gifted
- (B) Smart
- (C) Creative
- (D) Intelligent

**Correct Answer:** (A) Gifted

**Solution:**

**Concept:**

In psychology, individuals with exceptionally high intellectual ability and outstanding performance in multiple areas are often classified as **gifted**. Gifted individuals generally possess:

- High intelligence quotient (I.Q.),
- Exceptional academic achievement,
- Superior creativity or talent,
- Outstanding performance in specific domains such as music, sports, art, or reasoning.

**Step 1:** Understanding the information given in the question.

The question states that Arshiya:

- Has an I.Q. of 135,
- Scores at the top of her class,

- Is an international chess player,
- Is also highly talented in beat playing/music.

This shows excellence in:

- Academic performance,
- Intellectual ability,
- Strategic thinking,
- Creative or artistic performance.

**Step 2: Understanding the significance of I.Q. 135.**

An I.Q. score:

- Around 90 – 110 is considered average,
- Above 120 is considered superior,
- Around 130 or above is generally associated with giftedness.

Since Arshiya has an I.Q. of 135, she falls into the gifted category.

**Step 3: Analyzing the options.**

- **Gifted** refers to individuals with exceptionally high intellectual and creative abilities.
- **Smart** is an informal everyday term and not a precise psychological classification.
- **Creative** refers mainly to originality and innovation but does not fully explain high I.Q. and academic excellence.
- **Intelligent** is a broader term and does not specifically indicate exceptional or superior ability.

**Step 4: Selecting the best answer.**

Because Arshiya demonstrates:

- Very high I.Q.,
- Multi-dimensional talent,

- Exceptional academic and extracurricular achievement,

she is best classified as **Gifted**.

Hence, the correct answer is **Gifted**.

**Step 5: Psychological understanding of giftedness.**

Gifted individuals often:

- Learn quickly,
- Show advanced reasoning,
- Excel in multiple domains,
- Display high creativity and problem-solving skills,
- Perform significantly above average peers.

Therefore, Arshiya fits the psychological description of a gifted individual.

**Quick Tip:** In psychology, an I.Q. score of around 130+ along with exceptional performance in academics or other fields is commonly associated with **giftedness**.

**8. Identify the facets of intelligence in the Indian tradition from the following options: (A) Cognitive capacity (B) Social competence (C) Emotional competence (D) Individualistic orientation (E) Entrepreneurial competence.**

- (A) (A), (B), (C) and (D) only
- (B) (B), (C), (D) and (E) only
- (C) (A), (B), (C) and (E) Only
- (D) (A), (C), (D) and (E) only

**Correct Answer:** (C) (A), (B), (C) and (E) Only

**Solution:**

**Concept:** In the Indian tradition, intelligence is viewed in a broad and holistic manner. It includes mental abilities along with emotional balance, social responsibility, and productive behaviour. The major facets are:

- **Cognitive Capacity** – Understanding, reasoning, and discrimination.

- **Social Competence** – Respect, cooperation, and concern for society.
- **Emotional Competence** – Emotional regulation and self-control.
- **Entrepreneurial Competence** – Hard work, persistence, and initiative.

**Step 1: Identifying the correct dimensions.**

The Indian perspective includes cognitive, social, emotional, and entrepreneurial dimensions of intelligence.

**Step 2: Checking the incorrect option.**

“Individualistic orientation” is generally linked with Western ideas of personal achievement and independence. Indian tradition gives more importance to collective welfare and social harmony.

**Step 3: Selecting the correct combination.**

Thus, the correct facets are:

(A), (B), (C), and (E)

Hence, the correct answer is:

(C)

**Quick Tip:** Remember the four major facets of intelligence in Indian tradition using the sequence:

CSEE = Cognitive, Social, Emotional, Entrepreneurial

9. An in-depth study of the individual in terms of his/her psychological attributes, psychological history in the context of his/her psycho-social and physical environment is known as:

- (A) Interview
- (B) Self-report
- (C) Psychological test
- (D) Case-study

**Correct Answer:** (D) Case-study

**Solution:**

**Concept:** Psychologists use different methods to study behaviour and personality. A **case-study** method involves a very detailed and comprehensive investigation of a single person.

**Step 1: Understanding the meaning of “in-depth study”.**

The question mentions:

- Psychological attributes
- Psychological history
- Psycho-social environment
- Physical environment

These elements indicate a detailed study of the complete life background of an individual.

**Step 2: Eliminating incorrect options.**

- **Interview:** Only a method of asking questions.
- **Self-report:** Person gives information about themselves.
- **Psychological test:** Measures abilities or traits through standardized procedures.
- **Case-study:** Comprehensive investigation of one individual over time.

**Step 3: Selecting the correct answer.**

Since the description focuses on a detailed life-based investigation of a person, the correct method is:

Case-study

Hence, the correct option is:

(D)

**Quick Tip:** Whenever terms like “detailed history”, “background”, “environment”, or “complete investigation of one person” appear in psychology questions, the answer is usually **Case-study**.

10. Which of the following can be categorised under the verbal test? (A) Stanford-Binet Test

(B) Alexander's Passalong Test (C) Raven's Progressive Matrices (D) Draw-a-Man Test

(A) (A) only

(B) (C) only

(C) (B) and (D) only

(D) (C) and (D) only

**Correct Answer:** (A) (A) only

**Solution:**

**Concept:** Intelligence tests are classified into verbal, non-verbal, and performance tests.

- **Verbal Tests:** Require language understanding and verbal responses.
- **Non-verbal Tests:** Use figures, symbols, and patterns.
- **Performance Tests:** Require physical manipulation or practical activity.

**Step 1:** Analyzing each test individually.

**(A) Stanford-Binet Test:**

This is a verbal intelligence test. It requires comprehension of language and verbal responses.

**(B) Alexander's Passalong Test:**

This is a performance test involving arrangement of blocks and patterns.

**(C) Raven's Progressive Matrices:**

This is a non-verbal intelligence test based on pattern recognition.

**(D) Draw-a-Man Test:**

This is a non-verbal/performance-based test involving drawing tasks.

**Step 2:** Identifying the verbal test.

Among all the given tests, only the Stanford-Binet Test is verbal in nature.

**Step 3:** Selecting the correct option.

Therefore, the correct answer is:

(A) (A) only

**Quick Tip:** Stanford-Binet is a classic verbal intelligence test, whereas Raven's Progressive Matrices is the most common example of a non-verbal intelligence test.

