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WBCS (Main) Examination 2022 MOCK TEST ANSWER BOOKLET

CENTER: ONLINE / GARIA / COLLEGE STREET / MEDINIPUR / SILIGURI / BELUR / RAHARA

Name: MANJIL DAS

Roll No / Mobile no:

Series Name: I

Test Name: PSYCHOLOGY
II

Date: 27/08/2023

Signature: Manjil Das

INSTRUCTIONS

1. Please check 8 number of pages in the answer booklet.
2. Do not write anything else except the answer of the question,
3. For canvassing 10% marks will be deducted.
4. Do not write anything in margin except rough work.
5. Use pen only in writing.
6. Keep space among two answers.
7. Use loose sheets if this booklet is consumed.
8. Do not keep blank pages for answers to be written later.
9. This blank / written copy is property of WBCS MADE EASY and can be used anywhere for any advertisement etc. purpose.

Signature of Invigilator:

Date:

Question No	1	2	3	4	5	6
Marks Obtained						
Question No	7	8	9	10	11	12
Marks Obtained						

Full Marks:

Total Marks Obtained:

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Group - A

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② [] According to DSM-5, mood disorder is the state of mental disturbances which lasts for a prolonged period of time with excessive sadness, excessive joyousness or both.

The state of excessive sadness is termed as depression, excessive elation is mania, and if both depression and mania are present it is termed as bipolar mood disorder.

Prognosis & Diagnosis

Mood disorder can be diagnosed if the following symptoms arises in a person and lasts generally for a prolonged period.

1) Depressive Ideation : Mood disorder often causes

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pessimism in the person with helplessness, hopelessness and worthlessness.

3) Loss of interest in daily work : Persons often

loses interest in daily activity, work.

4) Sleeping pattern change : Excessive sleep or sleeplessness.

5) Loss of energy : Persons feel lack of energy in all activities.

6) Self loathing : Person often feels severe guilt and blame themselves.

7) Change in appetite : May eat excessively or loss of appetite and cause significant

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weight gain or weight loss.

7) psychological issues : Persons in an average 15% cases have delusions, hallucinations etc.

8) suicidal tendency : Excessive mood disorder may cause suicidal tendency also.

9) Loss of interest : Persons loss interest and feel hopeless.

10) Inability to concentrate : The power to concentrate and thinking is highly affected in mood disorder.

11) Irritability : People with mood

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disorder often feel ^{calm} irritable
and cannot ~~calm~~ down.

12) Lack of control on anger and behaviour.

13) In case of bipolar disorder which is a type of mood disorder people may become hypermaniac or hyper depressive, in that cases they also needed to be hospitalised and serious medication and therapeutic approach is required.

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☐ Schizophrenia is split mind which is severe psychotic disorder with bizarre thought, behaviour and emotion, which ^{has} ~~physi~~ positive symptoms such as excess in thought, behaviour, emotion, negative symptom that is deficiency in thought, emotion, behaviour and psychomotor symptoms.

The mood disorder and schizophrenia both differ in following aspects.

<u>Mood disorder</u>	<u>Schizophrenia</u>
➤ In mood disorder delusion, hallucination is not present, except extreme causes cases.	➤ Delusion, hallucination are general symptoms.

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Mood disorder

- 2) Alogia or lack of speech is not a symptom.
- 3) Blunt affect and flat affect are not present
- 4) Social withdrawal generally not happen.
- 5) loss of touch from reality not usual
- 6) catatonic stupor, rigidity are not seen.

Schizophrenia

- 2) Alogia is present.
- 3) Blunt affect, flat affect are present.
- 4) Social withdrawal may happen
- 5) patients lose touch from reality
- 6) In extreme cases, catatonic stupor, rigidity may possible.

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③

According to psychoanalyst Sigmund Freud, the repressed thoughts, desires are often the causes of abnormal mental behaviour which usually lies in our unconscious. These hidden thoughts can only be surfaced in our conscious ~~if~~ ~~the~~ through dreams and by talking whatever comes to the mind, i.e. free association.

The persons who are suffering from improper mental conditions can be treated by psychoanalytic therapy, where the therapist basically sits behind the patient, listens to him and helps to release the problematic thoughts and emotions hidden in mind.

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This insight and indirect therapy basically works on two principles -

- 1) Dream interpretation
- 2) Free Association.

1) Dream interpretation : The suppressed, painful thought often comes in the dream in a symbolic form. The manifested part of the dream is the dream's content or event but the symbolic part is the hidden desires or thoughts. The therapist listens to the detailed ~~thought~~ description of the dream and analyses the facts to reveal the repressed thought.

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2) In Free Association : the therapist basically sits behind the patient, gives a calm, peaceful and non-judgemental atmosphere so that the patient says whatever comes to his mind. Eventually he expresses some hidden information which lies in his unconscious. At any point, if he stops or diverts the topic, i.e., resistance to his speech, the ~~ana~~ therapist used to notice the point, the problem may be in that issue which the patient is not willing to discover.

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Transference is an important phenomena in psychoanalysis where the patient resembles the therapist with some of his close persons and put his emotions on them and behaves accordingly. The reverse is also true, which is called the counter transference. Both hampers the process of psychoanalysis.

Psychoanalysis is usually a long process, which may take several years with more or less two sittings per week. This method is proved to be effective in correcting

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Various abnormal behaviours, caused due to suppressed desires.

⑤ ① Normal Probability Curve

It is the probability distribution of any random variable. The normal probability curve has following characteristics.

- ① It is normal distribution
- ② Total area under curve depicts the sum of total probability of any random variable which is ~~was~~ equal to 1.
- ③ unimodal, mode is at the centre.
- ④ Mean, median, mode has same numeric value which

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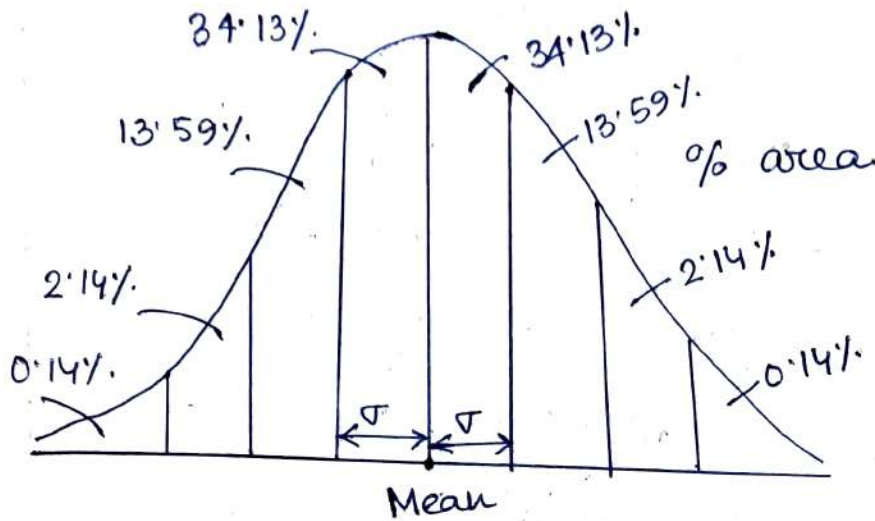
lies at the centre.

- e) The curve is symmetric to the centre, i.e., the left part and right part both ~~the~~ are equal.
- f) curve is asymptotic to the axis, that is it never touches the x-axis.
- g) The ordinate is maximum at the centre.
- h) In standard probability curve the mean is zero and standard deviation $(\sigma) = 1$.
- i) The curve is smooth i.e., it is not a histogram.
- j) The normal probability curve is bell shaped.

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The area under Normal Probability Curve with mean and 1 standard deviation from both sides equal to $(34.13 + 34.13)\% = 68.26\%$.

- Application :
- ① This curve is used to convert raw score to standardized score.
 - ② used to calculate percentile score.
 - ③ used to standardize the characteristics of a population.

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⑤⑥

Old age problems

Old age is defined as the final stage of life. The actual range of old age may differ from physical, mental, cultural, employmental and socio-economic point of view. Usually the age of 60-65 years is termed as old age.

In old age, persons suffer from several, social, economic, physical, psychological problems.

Social Problems :

Elderly people who are not accustomed with the social progress and various tools of communication,

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they often feel isolated, failed to communicate and abandoned.

Economic Problems : The elderly persons of lower economic groups, after retirement faces serious economic crisis, if regular pension and other helps are not available. Often ~~to~~ they are deprived of food, shelter and medications.

Physical problems : In old age various health issues start

to be surfaced - like,

- a) lowered vision
- b) impaired hearing

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- c) joint pain
- d) nervous problem
- e) sleep deficiency
- f) weak immune system
- g) ~~dementia~~
- h) ~~depression~~
- i) heart related problems

Psychological problems : a) loneliness,

~~fact~~

- b) lack of companions,
- c) mental and sometimes physical abuse
- d) verbal abuse
- e) insecurity
- f) being socially disconnected
- g) lack of family support

all these can give rise to serious

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mental illness in elders. They often lose hope in life, anxiety, depression, panic attacks commonly appear in their lives. Dementia, Alzheimers also very common in elders.

Possible measures to cure the problems

Some measures can help to check the problem, like.

a) government can provide socio economic aid to elderly people.

b) shelter and medicine can be provided.

c) social and family support can be given.

d) they need to be included in social activities to promote healthy life and develop good attitude towards life.

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These stage should be lived positively just like other stages of life.

Group - B

⑥ [] Leadership is an ^{interpersonal} ~~psychosocial~~ characteristic of an individual ~~who~~ to motivate and guide ~~an~~ others ~~individual~~ to achieve a goal. Good leaders must possess certain characteristics as listed below —

- ① executive
- ② planner
- ③ ideologist
- ④ representative of the group

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- e) maintain interpersonal relationships in the group
- f) father figure
- g) scape-goat
- h) visionary
- i) symbol of the group
- j) ~~set~~ goal setter
- k) resolve conflicts
- l) give reward and punishment
- m) ~~em~~ exemplar
- n) motivator
- o) mediator and arbitrator.

The above characteristics of a good leader may vary from group to group, regarding the nature of the group, whether the group is democratic or autocratic, the leader will play

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different roles.

☐ In India economic growth can be achieved by encouraging entrepreneurship. Among various leadership styles like autocratic, ^{bureaucratic} servant, ~~bureaucratic~~, transactional, transformational and so on, transformational leadership can encourage economic growth, which ~~focuses~~ ^{focuses} on the needs, desire and values of the people.

Charismatic Leadership:

To encourage economic growth, the people of lower socio economic class must be attracted by the charismatic and enthusiastic leadership style.

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Leader should be focussed on people's need.

proactive :

Instead of reactive leadership proactive leadership will encourage entrepreneurship.

set an example :

The leadership style should set an example and guide to a path to achieve goal.

encourage imagination and creativity :

Leadership needs to encourage creativity so that new avenue to economic development achieved.

continuous motivation and risk taking attitude :

The new entrepreneur must be provided proper and

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continuous motivation and encourage them to take calculated risk.

Moreover with ^{appropriate} leadership style, proper and timely economic aid will help India to achieve economic growth.

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Sources of Organizational Conflict

In organization or work place conflict arises due to intrapersonal, interpersonal and other reasons. These conflicts causes anxiety, depression and sometimes aggression in workers.

There are several sources of the organizational conflicts which can be listed as below -

- a) differences in personality
- b) mental state of the worker
- c) sensitiveness of individual due to emotional vulnerability
- d) difference in opinion about task.

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- e) difference in opinion about how to perform the task.
- f) cultural and socioeconomic background may be different
- g) can have different desire or goal
- h) desire to control others.
- i) sense of authority
- j) competition due to scarcity of resources
- k) misunderstanding
- l) lack of communication
- m) ego problem of workers.

All these sources of organizational conflict cause serious harm to the working environment and can

significantly decrease the work efficiency.

- ⑧
⑥ According to Herzberg's theory of motivation two factors motivate the worker in an organizational set up. Those are
- a) motivation factors
 - b) hygiene factors.

The motivation factors are internal factors which enhances satisfaction of the worker.

The hygiene factors are external factors which reduces dissatisfaction of the worker.

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Herzberg's Theory (Two Factors)

Hygiene Factors
(external)

1. work environment
2. wage, benefits
3. coworker's behaviour
4. management style
5. facilities
6. nature of leader
7. fringe benefits
8. job security

↑ improvement in these factors ~~en~~
decreases job dissatisfaction

Motivation Factors
(internal)

1. achievement
2. work itself
3. responsibility
4. personal growth
5. recognition
6. Future probability

↑ improvement in these factors
increases job satisfaction.