KMCT COLLEGE OF ALLIED HEALTH SCIENCES
MUKKOM, KOZHIKODE, KERALA.
DEPARTMENT OF PHYSIOTHERAPY.
FIRST YEAR BPT

PSYCHOLOGY - QUESTION BANK

ESSAY (15 MARK)

1. Define psychology. Explain the branches in psychology.

2. Explain the various methods in psychology.

3. Various methods in psychology for stress management with relevance to physiotherapy

4. Define learning and the effective ways of learning.

5. Define learning and describe the effective ways of learning.

6. What are emotions? Explain the theories of emotion

7. What is personality? Describe the methods of assessing personality.

8. Explain the effective ways of learning in detail.

9. Describe the different approaches to personality.

10. What is motivation? Describe the classification of motives and significance of motivation in physiotherapy profession.

11. Define psychology. importance of psychology in physiotherapy

12. Define learning. Explain classical conditioning theory of learning.

13. Define learning. Explain different types of learning and its application in physiotherapy.

14. Define learning. Explain different types of learning and its application in Physiotherapy

15. Define personality. Describe the theory of psychoanalysis. Discuss the personality traits of a physiotherapist.

16. Define personality. Explain the different ways of assessing personality

17. Describe the role of heredity and environment in physical and psychological development.

18. What is learning , Explain the different theories of learning and its application in physiotherapy

19. What are emotions? Discuss the theories of emotions and its relevance to Physiotherapy practice

20. Define motivation. Describe how motives are classified and explain some of the motives.

21. What is intelligence? Briefly discuss the theories of intelligence.

22. Describe the application of psychology in physiotherapy.

23. Define heredity and environment. Explain their role in relation to physical characteristics, intelligence and personality.

24. Define learning and list the differences and similarities between classical and operant conditioning.

25. Define personality. Describe briefly and explain the assessment of personality in projective test.

26. Explain Thorndike's trial and error learning and laws of learning.

27. Define frustration. Explain sources and solutions for frustrations.

28. Write about the importance of the knowledge of Psychology in Physiotherapy Profession.

29. Explain clearly about culture induced symptoms & disease and subculture of medical workers.

30. Define motivation. Explain the role of primary and secondary motives in motivation.

31. Define Learning. Explain the various effective ways by which a student can enhance his learning skills.

32. Define Attention. Discuss the factors determinants attention.

33. How learning takes places according to Classical conditioning theory? What are the therapeutic advantages?

34. Define learning. Explain the theory of classical conditioning with Ivan Pavlov Experiment.

35. Define Personality. How Personality is shaped according to Psychoanalytic theory.

36. Define Motivation. Explain Primary Needs and Psychological Needs.

37. Define Perception. Explain the different principles of perception.

38. Define Intelligence. Elaborate various Intelligence Tests.

39. Explain the role of Primary and Secondary motives in Motivation.

40. Define Personality and briefly explain how Personality is determined with reference to Psychoanalytic theory

41. Define Learning. Describe Trial and Error Learning and Laws of Learning

42. Define Personality? Explain briefly about various personality assessment tests.

43. Define Psychology and briefly explain the methods of Psychology.

44. Define attention and briefly explain the factors that determine attention

45. Define motivation. Explain in detail about the types of motivation.

SHORT ESSAY   (10 mark)

1. Define conflicts. Explain the types of conflicts.

2. Explain the principles of perception with illustrations.

3. Explain span of attention

4. Discuss the factors that affect learning

5. Explain the various types of leaders

6. Defense mechanism.

7. What are the various sources of frustration

8. Explain the factors influencing attention

9. Write a note on classical conditioning

10. Discuss the principles of perception

11. Explain the psychoanalytic theory of Freud.

12. Characteristics of creative person

13. Define motivation and explain its social motives.

14. Describe the factors influencing learning.

15. What is hallucination? Explain the type of hallucination.

16. Describe nature and nurture controversy.

17. Point out the application of knowledge of psychology in physiotherapy.

18. Explain the different types of leader.

19. Define intelligence and describe the various intelligence tests.

20. What is hallucination? Explain the type of hallucination.

21. Describe nature and nurture controversy.

22. Point out the application of knowledge of psychology in physiotherapy.

23. Explain the different types of leader.

24. Define intelligence and describe the various intelligence tests.

25. Describe experimental method in psychology with a suitable example.

26. What are the determinants of attention?

27. Explain perceptual constancies

28. What are the different ways to asses intelligence

29. Elucidate psychosocial motives

30. What do you understand by creative thinking?

31. 'A healthy lifestyle helps to reduce stress'- Examine this statement

32. Define the school of psychology. Discuss the behaviouristic school.

33. Define creativity. Discuss the stages involved in creative thinking.

34. Role of rural community in public health.

35. Traits of creative people.

36. Describe any two defence mechanisms.

37. Describe any two theories of emotion.

38. Development of attitude.

39. Describe any four effective ways of learning.

40. Explain the conflicts and its management.

41. Stress and its management.

42. Assessment of intelligence.

43. Types of leaders.

44. Psychoanalysis.

45. Old age and its problems.

46. Describe the methods of psychology.

47. What Is leadership? Types of leadership

48. Define personality. Explain the techniques used in the assessment of personality.

49. Define intelligence. Explain the methods of assessing intelligence.

50. Role of heredity and environment in physical and psychological development.

51. Define perception. Explain the principles of perception

52. Determinants of attention

53. Theories of intelligence.

54. Change of attitude

55. Associative learning

56. Projective techniques

57. What are defence mechanisms? Explain the common defence mechanisms people adopt in life.

58. Define stress. Discuss the management strategies one can adopt to avoid stress.

59. Define learning. Explain the theories of learning.

60. Different stages of development from infancy to old age

61. Define conflicts. Explain the types of conflicts.

62. Explain the principles of perception with illustrations.

63. Describe any two schools of psychology. Mention the motivation cycle.

64. Factors influencing effective learning.

65. Perceptual organizations

66. Operant conditioning

67. Steps involved in problem solving

68. Emotion and health

69. Classification of people based on I.Q.

70. What is attention?

71. Enumerate the subjective and objective factors that determine the process of attention.

72. Define intelligence. Explain the assessment methods of intelligence methods of psychology

73. Psychosocial motives

74. Theories of personality

75. Formation of attitude

76. Stress management strategies

77. Explain the roles of heredity and environment in shaping human behaviour.

78. Define frustration. Explain the sources of frustration.

79. What is personality? Enumerate the different approaches to understand personality.

80. Define memory. What are the effective ways to improve memory power.

81. Nature versus nurture controversy

82. Deductive and inductive reasoning.

83. Define learning and explain "trial and error learning".

84. Illusions and hallucinations.

85. Any two theories of intelligence

86. Counselling.

87. Steps in creative thinking.

88. Control of Anxiety.

89. Interview.

90. Rationalization, projection.

91. Classical conditioning.

92. Abnormal psychology.

93. Psychological needs

94. Illusion & Hallucination.

95. Heridity & Environment

96. Reactions to Frustration.

97. Delusions.

98. Infancy.

99. Projective Tests.

100. Bhatia's battery of performance tests.

101. Nature Vs Nurture Controversy.

102. The Laws of Learning.

103. Inventory method.

104. Hunger.

105. Hallucinations.

106. Psychosexual development.

107. Explain how personality is determined with reference to psychoanalytic theory.

108. Physiological changes during emotion.

109. Conflict and its types.

110. . Projective tests.

111. Types of Attention.

112. Psychosexual stages of development.

113. External factors of attention.

114. Physiological changes of emotion.

115. Heredity and Personality

116. Experimental method

117. . Maslow's view point.

118. Determinants of attention

119. Thematic Apperception Test.

120. Reinforcement .

121. Conflict

122. Any Five principles of Perception

123. Physiological changes during emotion

124. Define Psychology

125. Adulthood

126. Components of Personality

127. Laws of Learning proposed by Thorndike

128. Bhatia's battery of performance test.

129. Emotion and health.

130. Old age and the stage of dying.

131. Effective ways to learn.

132. Experimental method.

133. Adolescence.

134. Principles of Perception.

135. Conflict and its types.

136. External factors of Attention.

137. Thematic Apperception Test.

138. Inventory Method.

139. Period of storm and stress.

140. Nature Vs Nurture controversy.

141. Bhatia's battery of Performance Tests.

142. Stages in creative thinking

143. Structuralism and Functionalism.

144. Heredity and Environment.

145. Creativity.

146. Illusion.

147. Branches of psychology.

148. Secondary motives.

149. Physiological changes during emotion.

150. Types of conflicts.

151. Intelligence tests.

152. Development and growth of infancy stage.

153. Primary motives.

154. Projective techniques.

155. Branches of psychology.

156. Stages of creative thinking.

157. Maslow's view point.

158. Structure of Psyche.

159. External and internal factors affecting attention.

160. Effective ways of learning.

161. Classical conditioning.

162. Concept of ID, EGO and SUPEREGO.

163. Methods of psychology.

164. Nature vs nurture controversy.

165. Id.ego and superego.

166. Figure – ground perception.

ANSWER BRIEFLY: (3 MARK)

1. Defence mechanism

2. Experimental method

3. Types of reasoning

4. Psychosomatic disorders

5. Types of conflicts

6. Factors that determine our attitude

7. Stress

8. IQ

9. Steps in creative thinking

10. Attitude

11. Define social motives

12. What are the functions of attitudes

13. Give two examples of intelligence test

14. Characteristics of learning by insight

15. Personality

16. Psychosexual stages.

17. Rorschach ink blot test.

18. Heredity.

19. Inductive reasoning.

20. Different types of leaders.

21. Stress management

22. Frustration and its source

23. Problem solving 10. Behaviouristic school

24. Adolescence.

25. Management of stress

26. Id, ego, and super ego.

27. Rules in problem solving

28. Psychological problems in old age.

29. Cannon - Bard theory of emotion.

30. Intelligence

31. Leadership

32. Projective techniques

33. Formulation of attitude

34. Introjections

35. Sources of frustration

36. Characteristic of adolescence.

37. What is repression

38. Intelligence tests.

39. Characteristic of attitudes.

40. Types of conditioning.

41. Abnormal sensation of hearing.

42. Any two branches of pure psychology.

43. Type approach to personality.

44. Management of frustration.

45. Questionnaire and inventory.

46. Any two types of leaders.

47. Problem solving.

48. Mnemonic method of learning.

49. Intelligence tests.

50. Sensation.

51. Trait approach to personality.

52. Rationalization.

53. Inductive and deductive reasoning.

54. Conflicts.

55. Abraham's theory of need hierarchy" is modified as "Abraham Maslow's theory of need hierarchy

56. Any two sources of frustration.

57. Infancy.

58. Personality.

59. Attitude.

60. Types of leaders.

61. Stress and management of stress.

62. Types of conflict.

63. Factors influencing perception.

64. Types of reasoning.

65. Schools of psychology

66. Maslow's hierarchy of needs

67. Steps in creative thinking

68. Effective methods of learning

69. Types of personality

70. Motivational cycle

71. Emotion and health

72. Introjections

73. Chronic stress

74. Problem solving

75. Assessment of intelligence

76. Reasoning

77. Old-age.

78. Observation methods in personality assessment.

79. Emotion and health

80. Psychosomatic disorders

81. Steps in creative thinking

82. Change of attitudes

83. Types of leaders

84. Introspection method

85. Two branches of applied psychology.

86. Thematic apperception test (TAT).

87. Middle age.

88. Experimental method. Types of memory.

89. Stress

90. Need hierarchy theory

91. Infancy period

92. Culture and Health.

93. Motivation

94. Problem of old age

95. Operant conditioning

96. Projective techniques

97. Illusion and hallucination

98. Functionalism

99. Reasoning

100. Problems in Adolescence

101. Sense organs and behavior.

102. Infancy period

103. Factors influencing development of attitudes.

104. Types of attention.

105. Explain any two defense mechanisms

106. Personality inventories

107. Importance of psychology in physiotherapy.

108. Factors influencing perception

109. Types of conflicts

110. Stages of human development

111. Steps in creative thinking

112. Types of leaders

113. Questionnaire and rating scale.

114. Creativity.

115. Any two branches of pure psychology.

116. Overt behavior of emotions.

117. Two approaches to leadership.

118. Name the three types of attention.

119. Expand M.M.P.I and B.A.I.

120. List four traits of creative people.

121. Name the principles governing Id, Ego and super-ego.

122. List any four qualities of leadership.

123. Role of RAS.

124. List the senses.

125. Expand WISC and RPM.

126. Attitude.

127. List the senses.

128. Displacement.

129. Creativity.

130. Old age.

131. Interview method.

132. Counselling.

133. Four concepts of learning.

134. Name the five Psycho sexual stages.

135. Psychological changes in emotion.

136. Figure ground perception.

137. Types of conflict.

138. Kinds of learning.

139. Change of attitude.

140. Qualities of leadership.

141. Role of RAS.

142. Define Intelligence.

143. Name the four Psycho-social motives.

144. Sensation.

145. Interviews.

146. Tools of Thinking.

147. Solutions for frustration.

148. Difference between Emotion and feeling.

149. Any Five Branches in psychology.

150. Concept of IQ.

151. List out the effective ways of learning delusions.

152. Any FIVE schools in psychology.

153. Traits of creative thinker.

154. Qualities of a good leader.

155. Expand: WAIS, WISC, and RPM.

156. Interview method.

157. Structuralism.

158. Illusion.

159. Biological needs.

160. Projective techniques.

161. Define emotion

162. Neuron

163. Gestalt psychology.

164. Intelligence

165. Infancy.

166. Mentions Any FOUR Schools in Psychology

167. List the senses

168. Concept of IQ

169. List any FOUR Qualities of Leadership

170. Displacement

171. Twins

172. IQ

173. Anger

174. Creativity

175. Illusion

176. Applied psychology.

177. Tools of thinking.

178. Leadership.

179. Internal factors of attention.

180. The structure of psyche.

181. Association.

182. Environment.

183. Fear.

184. Incidental Vs. Intentional.

185. TAT.

186. Delusions.

187. Psychosexual stages of development.

188. Traits of creative thinker.

189. Laws of learning.

190. Concept of IQ.

191. What is gestalt?

192. What is Insight?

193. What is Hallucination?

194. What is Emotion?

195. What is Conflict?

196. Chunking.

197. "Persona".

198. Types of Conflict.

199. Oral Stage.

200. Needs.

201. Any five qualities of good leadership.

202. List out the external factors affecting attention.

203. What is nature and nurture?

204. List out the mnemonic methods of learning.

205. Expand WAIS and WISC

206. Types of delusion.

207. What is fear and anxiety?

208. Laws of learning.

209. List out the senses.

210. Sources of frustration.

211. Intelligent Quotient.

212. Heredity.

213. Define emotion.

214. Behavior.

215. List out the effective ways of learning.

216. Any five traits of creative people.

217. Difference between feeling and emotion.

218. What is approach-avoidance conflict?

219. List out the schools of psychology.

220. List any 5 ill effects of health due to anger.

221. Define attention.

222. Stages of death.

223. Traits of creative people.

224. List out the principles of classical conditioning.

225. Gestalt psychology.

226. Hallucination.

227. Perception.

228. Physiological changes of emotion.

229. Sublimation.

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PSYCHOLOGY - ANSWER KEYS

ESSAY

1. Psychology is the scientific study of the mind and behavior. It seeks to understand and explain individual and group behavior through various branches of psychology, which include:

   ➤ Clinical psychology: focuses on diagnosing and treating mental disorders
   ➤ Cognitive psychology: studies mental processes such as perception, memory, and problem-solving
   ➤ Developmental psychology: examines human growth and development across the lifespan
   ➤ Social psychology: investigates how individuals are influenced by others and the social environment
   ➤ Industrial-organizational psychology: applies psychological principles in the workplace to improve productivity and employee well-being

2. In psychology, there are various methods used to gather data and conduct research. These methods include:

   ➤ Experimental method: involves manipulating variables and measuring their effects on behavior
   ➤ Observational method: involves observing and recording behavior in naturalistic or controlled settings
   ➤ Survey method: involves collecting data through questionnaires or interviews
   ➤ Case study method: involves in-depth analysis of a single individual or group
   ➤ Correlational method: examines the relationship between variables without manipulating them

3. When it comes to stress management in relation to physiotherapy, some methods in psychology that can be helpful include relaxation techniques such as deep breathing

exercises, progressive muscle relaxation, and mindfulness meditation. Cognitive-behavioral therapy (CBT) can also be used to identify and change negative thought patterns and behaviors related to stress. Additionally, social support and stress management techniques such as time management and problem-solving skills can be incorporated to help individuals manage stress effectively.

4. Learning refers to the process of acquiring knowledge, skills, attitudes, or behaviors through experience, study, or teaching. Effective ways of learning include:

   ➢ Active engagement: actively participating in the learning process through activities such as discussions, problem-solving, and hands-on experiences

   ➢ Meaningful connections: relating new information to existing knowledge or personal experiences to enhance understanding and retention

   ➢ Practice and repetition: reviewing and practicing material repeatedly to reinforce learning and improve memory

   ➢ Feedback and reflection: receiving feedback on performance and reflecting on strengths and areas for improvement

   ➢ Utilizing multiple senses: engaging multiple senses, such as visual, auditory, and kinesthetic, to enhance learning and retention

5. Learning refers to the process of acquiring knowledge, skills, attitudes, or behaviors through experience, study, or teaching. Effective ways of learning include active engagement, making meaningful connections, practicing and repeating material, receiving feedback and reflecting on performance, and utilizing multiple senses to enhance learning and retention.

6. Emotions are complex psychological and physiological responses to stimuli that involve subjective feelings, physiological changes, and behavioral expressions. There are various theories of emotion, including:

   ➢ James-Lange theory: suggests that emotions arise from physiological responses to stimuli, with the bodily changes occurring before the emotional experience

   ➢ Cannon-Bard theory: proposes that emotions and physiological responses occur simultaneously and independently of each other

   ➢ Two-factor theory: posits that emotions are a result of physiological arousal and cognitive interpretation of that arousal

7. Personality refers to the unique set of enduring traits, patterns of thoughts, feelings, and behaviors that characterize an individual. Methods of assessing personality include:

> Self-report questionnaires: individuals respond to a series of statements or questions about themselves

> Behavioral observations: observing and recording an individual's behavior in various situations

> Projective tests: presenting ambiguous stimuli and analyzing the individual's responses to infer underlying personality traits

> Interviews: conducting structured or unstructured interviews to gather information about an individual's personality

8. Effective ways of learning involve active engagement, making meaningful connections, practicing and repeating material, receiving feedback and reflecting on performance, and utilizing multiple senses. Active engagement can include activities such as discussions, problem-solving, and hands-on experiences. Making meaningful connections involves relating new information to existing knowledge or personal experiences. Practicing and repeating material helps reinforce learning and improve memory. Receiving feedback on performance and reflecting on strengths and areas for improvement is important for growth and learning. Finally, utilizing multiple senses, such as visual, auditory, and kinesthetic, can enhance learning and retention.

9. Different approaches to personality include:

> Psychodynamic approach: emphasizes the role of unconscious processes and early childhood experiences in shaping personality

> Behavioral approach: focuses on how behavior is learned and shaped by the environment through conditioning and reinforcement

> Humanistic approach: emphasizes the importance of personal growth, self-actualization, and fulfilling one's potential

> Trait approach: focuses on identifying and measuring stable personality traits that describe individual differences

> Cognitive approach: examines how thinking patterns, beliefs, and cognitive processes influence personality

> Biological approach: explores the influence of genetics, brain structure, and physiological factors on personality development.

10. Motivation is the internal or external drive that stimulates a person's behavior towards achieving a goal. In the physiotherapy profession, motivation is significant as it helps therapists stay focused, dedicated, and passionate about their work. It also helps in encouraging patients to actively participate in their rehabilitation process. Motives can be classified as intrinsic (internal) or extrinsic (external). Intrinsic motives are driven by personal satisfaction, enjoyment, or a sense of accomplishment, while extrinsic motives are driven by external rewards or incentives.

11. Psychology is the scientific study of the mind and behavior. In the field of physiotherapy, psychology plays a crucial role in understanding patients' mental and emotional well-being, as well as their behavior and motivations towards rehabilitation. It helps therapists assess and address psychological factors that may influence a patient's recovery process, such as anxiety, depression, or fear of movement.

12. Learning refers to the process of acquiring knowledge, skills, attitudes, or behaviors through experience, study, or teaching. Classical conditioning is a theory of learning that suggests that behaviors can be learned through the association of a neutral stimulus with a naturally occurring stimulus that elicits a response. For example, in physiotherapy, a therapist may use classical conditioning by pairing a specific exercise with a positive reinforcement, such as praise or a reward, to encourage a patient to perform the exercise regularly.

13. Learning can be categorized into different types, including classical conditioning, operant conditioning, observational learning, and cognitive learning. In physiotherapy, these types of learning have various applications. For example, operant conditioning can be used to reinforce desired behaviors during rehabilitation sessions, while observational learning can be utilized to demonstrate proper techniques or exercises to patients.

14. (Same as question 13)

15. Personality refers to the unique set of characteristics, traits, behaviors, and patterns of thinking that define an individual. The theory of psychoanalysis, developed by Sigmund Freud, suggests that personality is influenced by unconscious desires, conflicts, and early childhood experiences. In the context of physiotherapy, a therapist's personality traits, such as empathy, patience, and good communication skills, are essential for building a positive therapeutic relationship with patients.

16. Personality can be assessed through various methods, including self-report questionnaires, behavioral observations, and projective tests. These assessments help in understanding an individual's personality traits, strengths, weaknesses, and potential areas for growth. In physiotherapy, assessing a therapist's personality can provide insights into their suitability for the profession and their ability to effectively interact with patients.

17. Heredity refers to the genetic transmission of traits from parents to offspring, while environment refers to the external factors that influence an individual's development. Both heredity and environment play significant roles in physical and psychological development. In physiotherapy, heredity can influence factors like body structure, muscle strength, and flexibility, while the environment can impact a person's access to healthcare, socioeconomic factors, and social support, which can affect their overall well-being and response to rehabilitation.

18. Learning is the process of acquiring knowledge, skills, attitudes, or behaviors through experience, study, or teaching. There are different theories of learning, including behaviorism, cognitivism, and constructivism. In physiotherapy, these theories can be applied to design effective treatment plans, incorporate educational strategies, and promote patient engagement and active participation in their rehabilitation.

19. Emotions are complex psychological and physiological responses that involve subjective feelings, physiological changes, and behavioral expressions. Theories of emotions, such as the James-Lange theory, Cannon-Bard theory, and Schachter-Singer theory, explain how emotions are experienced and the factors that influence them. In physiotherapy practice, understanding and addressing patients' emotions can enhance their motivation, compliance, and overall well-being during the rehabilitation process.

20. Motivation is the internal or external drive that stimulates a person's behavior towards achieving a goal. Motives can be classified into various categories, such as biological motives (e.g., hunger, thirst), social motives (e.g., affiliation, achievement), and psychological motives (e.g., autonomy, competence). In physiotherapy, understanding patients' motives can help therapists tailor treatment plans, set realistic goals, and provide appropriate support and encouragement.

21. Intelligence refers to the ability to learn, understand, and apply knowledge and skills. There are various theories of intelligence, such as the psychometric approach, multiple

intelligences theory, and triarchic theory of intelligence. These theories propose different perspectives on what constitutes intelligence and how it can be measured. In the context of physiotherapy, intelligence can influence a therapist's problem-solving abilities, critical thinking skills, and adaptability in providing effective patient care.

22. Psychology has various applications in physiotherapy. It helps therapists understand and address patients' psychological factors, such as anxiety, depression, or fear of movement, which can impact their rehabilitation outcomes. Psychology also assists in promoting patient motivation, compliance, and active participation in their treatment. Additionally, it helps therapists develop effective communication and interpersonal skills to build a positive therapeutic relationship with patients.

23. Heredity refers to the genetic factors that are passed down from parents to offspring, while environment refers to the external factors and experiences that an individual is exposed to throughout their life. Both heredity and environment play a role in shaping physical characteristics, intelligence, and personality.

   ➢ In terms of physical characteristics, heredity contributes to traits such as height, eye color, and skin color, while the environment can influence factors like nutrition and exercise, which can impact physical development.

   ➢ Intelligence is influenced by both heredity and environment. Genetic factors can contribute to certain cognitive abilities, but environmental factors such as education, access to resources, and socio-economic status also play a significant role in intellectual development.

   ➢ Personality is shaped by a combination of genetic and environmental factors. While certain personality traits may have a genetic basis, experiences, upbringing, and social interactions also contribute to the development of personality.

24. Learning refers to the process of acquiring knowledge or skills through experience, study, or teaching. Classical conditioning and operant conditioning are two different types of learning.

   ➢ Classical conditioning involves associating a neutral stimulus with a naturally occurring stimulus to create a learned response. For example, Pavlov's famous experiment with dogs involved pairing the sound of a bell (neutral stimulus) with the presentation of food (naturally occurring stimulus), which eventually led to the dogs salivating (learned response) in response to the bell alone.

- ➢ Operant conditioning, on the other hand, involves learning through consequences. Behavior is strengthened or weakened based on the consequences that follow it. Reinforcement increases the likelihood of a behavior occurring again, while punishment decreases the likelihood.
- ➢ The main difference between classical and operant conditioning is that classical conditioning involves the association of stimuli, while operant conditioning focuses on the consequences of behavior.

25. Personality refers to the unique set of characteristics, traits, behaviors, and patterns of thinking that define an individual and distinguish them from others.

- ➢ The assessment of personality in projective tests involves presenting individuals with ambiguous stimuli, such as inkblots or incomplete sentences, and asking them to interpret or complete them. The idea is that their responses will reveal unconscious thoughts, feelings, and motivations, providing insight into their personality.

26. Thorndike's trial and error learning is a theory that suggests learning occurs through a process of trial and error, where individuals try different responses or behaviors until they find one that leads to a desirable outcome. Thorndike's laws of learning include the law of effect, which states that behaviors followed by positive consequences are more likely to be repeated, and the law of exercise, which suggests that the more a behavior is practiced, the stronger the association becomes.

27. Frustration refers to the feeling of being hindered or blocked from achieving a desired goal. Sources of frustration can include external factors such as obstacles or limitations, as well as internal factors such as personal expectations or self-imposed pressure.

- ➢ Solutions for frustration can vary depending on the situation. They can involve problem-solving, seeking support or guidance from others, adjusting expectations, or finding alternative ways to achieve the desired goal. Developing resilience and coping skills can also help in managing frustrations.

28. The knowledge of psychology is important in the physiotherapy profession as it helps in understanding the psychological factors that can influence physical health and well-being. Psychological factors such as stress, anxiety, and motivation can impact a patient's ability to engage in and benefit from physiotherapy interventions.

Understanding these factors can help physiotherapists tailor their approach and provide more effective care.

29. Culture-induced symptoms and diseases refer to physical or psychological symptoms that are influenced by cultural beliefs, norms, or practices. These symptoms may not have a clear medical explanation but are recognized within a specific culture.

   ➢ The subculture of medical workers refers to the unique beliefs, values, and practices that exist within the medical profession. This can include specific norms, communication styles, and professional expectations that are shared among medical professionals.

30. Motivation refers to the internal processes that energize, direct, and sustain behavior towards a goal. Primary motives are innate and biological needs, such as hunger, thirst, and sleep that are necessary for survival. Secondary motives, on the other hand, are learned and acquired through socialization and experience, such as the desire for achievement, affiliation, or power.

   ➢ Primary motives are considered more basic and fundamental, as they are necessary for survival, while secondary motives are influenced by social and cultural factors and can vary among individuals.

31. Learning refers to the process of acquiring knowledge or skills through experience, study, or teaching. There are several effective ways for students to enhance their learning skills. These include:

   ➢ Active engagement: Actively participating in the learning process through activities such as asking questions, discussions, and hands-on experiences.

   ➢ Effective organization: Organizing information in a way that makes it easier to understand and remember, such as using outlines or concept maps.

   ➢ Regular review: Regularly reviewing and summarizing information to reinforce learning and prevent forgetting.

   ➢ Practice and application: Applying knowledge and skills in real-life situations or through practice exercises to enhance understanding and retention.

   ➢ Seeking help and feedback: Seeking assistance from teachers or peers when needed and actively seeking feedback to identify areas for improvement.

32. Attention refers to the cognitive process of selectively focusing on certain stimuli or information while ignoring others. Several factors can influence attention, including:

➢ Novelty: New or unexpected stimuli tend to capture attention more easily.

➢ Personal relevance: Stimuli that are personally relevant or meaningful to an individual are more likely to be attended to.

➢ Emotional significance: Stimuli that elicit strong emotions, such as fear or excitement, tend to attract attention.

➢ Cognitive load: The amount of mental effort required to process information can impact attention. High cognitive load tasks may result in reduced attention.

➢ Individual differences: Factors such as personality, interests, and prior knowledge can influence attention.

33. According to classical conditioning theory, learning takes place through the association of two stimuli - a neutral stimulus and a naturally occurring stimulus. The neutral stimulus becomes a conditioned stimulus that elicits a learned response.

➢ Therapeutic advantages of classical conditioning include the ability to create new associations between stimuli, which can be useful in treating phobias or anxiety disorders. It can also be used to modify behaviors by associating them with positive or negative consequences.

34. Learning is the process of acquiring knowledge or skills through experience, study, or teaching. Classical conditioning, as demonstrated in Ivan Pavlov's experiment, involves pairing a neutral stimulus (bell) with an unconditioned stimulus (food), which eventually leads to the neutral stimulus eliciting a conditioned response (salivation).

➢ Pavlov's experiment showed that through repeated pairings, the neutral stimulus (bell) became associated with the unconditioned stimulus (food), resulting in a learned response (salivation) to the bell alone.

➢ This theory of classical conditioning has been influential in understanding how associations between stimuli can influence behavior and learning.

35. Personality refers to the unique set of characteristics, traits, behaviors, and patterns of thinking that define an individual and distinguish them from others. According to the psychoanalytic theory proposed by Sigmund Freud, personality is shaped by three components: the id, ego, and superego.

➢ The id operates on the pleasure principle and seeks immediate gratification of basic instinctual drives, such as hunger or sexual desires. The ego operates on the reality

principle and mediates between the id's impulses and the constraints of the external world. The superego represents internalized societal norms and moral values.

➢ The interaction and conflicts between these three components shape personality. Freud believed that early childhood experiences and the way individuals resolve conflicts during different psychosexual stages of development influence the development of personality.

36. Motivation refers to the internal processes that energize, direct, and sustain behavior towards a goal. Primary needs are innate and biological needs necessary for survival, such as hunger, thirst, and sleep. Psychological needs, on the other hand, are learned and acquired through socialization and experience. Examples include the need for achievement, affiliation, or autonomy.

➢ Primary needs are considered more basic and fundamental, as they are necessary for survival, while psychological needs are influenced by social and cultural factors and can vary among individuals.

37. Perception refers to the process of organizing and interpreting sensory information to give it meaning. Different principles of perception help us make sense of the world around us. These principles include:

➢ Gestalt principles: These principles suggest that we tend to perceive objects as organized wholes rather than a collection of individual parts. Principles include proximity, similarity, closure, continuity, and figure-ground.

➢ Depth perception: This refers to our ability to perceive the distance and three-dimensional nature of objects. It is influenced by cues such as binocular cues (retinal disparity and convergence) and monocular cues (relative size, interposition, texture gradient, etc.).

➢ Perceptual constancies: These refer to our ability to perceive objects as unchanging despite changes in sensory input. Examples include size constancy, shape constancy, and color constancy.

38. Intelligence refers to the ability to acquire, understand, and apply knowledge and skills. Various intelligence tests have been developed to assess different aspects of intelligence. Some commonly used intelligence tests include:

- ➤ Stanford-Binet Intelligence Scale: This is one of the most widely used intelligence tests and provides a measure of general cognitive abilities, such as verbal and non-verbal reasoning, memory, and problem-solving.
- ➤ Wechsler Adult Intelligence Scale (WAIS): This test is designed for adults and assesses various cognitive abilities, including verbal comprehension, perceptual reasoning, working memory, and processing speed.
- ➤ Raven's Progressive Matrices: This test measures abstract reasoning ability and is often used to assess fluid intelligence.
- ➤ Kaufman Assessment Battery for Children (KABC): This test is designed for children and assesses different cognitive abilities, including verbal and non-verbal reasoning, memory, and processing speed.

39. Primary motives are innate and biological needs necessary for survival, such as hunger, thirst, and sleep. These motives are considered more basic and fundamental, as they are essential for sustaining life.

- ➤ Secondary motives, on the other hand, are acquired through socialization and experience. They are influenced by social and cultural factors and can vary among individuals. Examples of secondary motives include the need for achievement, affiliation, power, or recognition.
- ➤ Both primary and secondary motives play a role in motivation, as they can drive and direct behavior towards fulfilling needs and achieving goals.

40. Personality refers to the unique set of characteristics, traits, behaviors, and patterns of thinking that define an individual and distinguish them from others. According to the psychoanalytic theory proposed by Sigmund Freud, personality is determined by three components: the id, ego, and superego.

- ➤ The id operates on the pleasure principle and seeks immediate gratification of basic instinctual drives. The ego operates on the reality principle and mediates between the id's impulses and the constraints of the external world. The superego represents internalized societal norms and moral values.
- ➤ Freud believed that personality is shaped by the interaction and conflicts between these three components. He also proposed that early childhood experiences and the way individuals resolve conflicts during different psychosexual stages of development influence the development of personality.

41. Learning refers to the process of acquiring knowledge or skills through experience, study, or teaching. Trial and error learning is a theory proposed by Edward Thorndike, which suggests that learning occurs through a process of trial and error, where individuals try different responses or behaviors until they find one that leads to a desirable outcome.

> Thorndike's laws of learning include the law of effect, which states that behaviors followed by positive consequences are more likely to be repeated, and the law of exercise, which suggests that the more a behavior is practiced, the stronger the association becomes.

42. Personality refers to the unique set of characteristics, traits, behaviors, and patterns of thinking that define an individual and distinguish them from others. Various personality assessment tests have been developed to measure different aspects of personality. Some commonly used tests include:

> Myers-Briggs Type Indicator (MBTI): This test assesses personality based on four dimensions: extraversion/introversion, sensing/intuition, thinking/feeling, and judging/perceiving.

> Big Five Personality Traits: This model measures personality based on five dimensions: openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism.

> Rorschach Inkblot Test: This projective test involves showing individuals inkblots and asking them to interpret what they see. Responses are analyzed to gain insight into an individual's unconscious thoughts, feelings, and motivations.

> Thematic Apperception Test (TAT): This projective test involves showing individuals ambiguous pictures and asking them to create stories about them. The stories are analyzed to gain insight into an individual's unconscious needs, conflicts, and motivations.

43. Psychology is the scientific study of the mind and behavior. It seeks to understand and explain individual and group behavior, thought processes, emotions, and various mental processes. The methods of psychology include:

> Experimental research: This involves conducting controlled experiments to investigate cause-and-effect relationships between variables.

- Observational research: This involves observing and recording behavior in naturalistic or controlled settings to gain insight into behavior and mental processes.
- Surveys and questionnaires: These methods involve collecting data through self-report measures to gather information about attitudes, beliefs, and behaviors.
- Case studies: These involve in-depth analysis of an individual or a small group to gain detailed information about specific phenomena or conditions.
- Psychometric tests: These tests are used to assess various psychological constructs, such as intelligence, personality, or mental health.

44. Attention refers to the cognitive process of selectively focusing on certain stimuli or information while ignoring others. Several factors determine attention, including:

- Novelty: New or unexpected stimuli tend to capture attention more easily.
- Personal relevance: Stimuli that are personally relevant or meaningful to an individual are more likely to be attended to.
- Emotional significance: Stimuli that elicit strong emotions, such as fear or excitement, tend to attract attention.
- Cognitive load: The amount of mental effort required to process information can impact attention. High cognitive load tasks may result in reduced attention.
- Individual differences: Factors such as personality, interests, and prior knowledge can influence attention.

45. Motivation refers to the internal processes that energize, direct, and sustain behavior towards a goal. There are various types of motivation, including:

- Intrinsic motivation: This refers to engaging in behavior for the inherent satisfaction or enjoyment derived from the activity itself. The motivation comes from within the individual.
- Extrinsic motivation: This refers to engaging in behavior to obtain external rewards or avoid punishment. The motivation comes from external factors such as incentives or consequences.
- Achievement motivation: This refers to the drive to excel, accomplish goals, and strive for success. It involves setting challenging goals and persisting in the face of obstacles.

- ➢ Social motivation: This refers to the desire for social connection, approval, and belonging. It involves seeking social interaction, acceptance, and recognition from others.
- ➢ Power motivation: This refers to the desire to influence, control, or have an impact on others. It involves seeking positions of authority or leadership roles.

SHORT ESSAY

1. Conflicts are disagreements or disputes that arise between individuals or groups due to differences in interests, values, or goals. There are several types of conflicts, including:

   - ➢ Interpersonal conflicts: These occur between individuals and involve personal disagreements or clashes of interests.
   - ➢ Intrapersonal conflicts: These occur within an individual and involve internal struggles or conflicting thoughts and emotions.
   - ➢ Intergroup conflicts: These occur between different groups or teams and often involve competition for resources or power.
   - ➢ Intragroup conflicts: These occur within a group or team and involve disagreements or tensions among members.

2. The principles of perception refer to the ways in which individuals interpret and make sense of the sensory information they receive from the environment. These principles include:

   - ➢ Gestalt principles: These principles describe how individuals perceive patterns and organize sensory information into meaningful wholes. Examples include the principles of proximity, similarity, and closure.
   - ➢ Figure-ground perception: This principle involves differentiating between the main object of focus (figure) and the background (ground).
   - ➢ Depth perception: This principle allows individuals to perceive the relative distances and depths of objects in their environment. Examples include binocular cues (such as convergence and retinal disparity) and monocular cues (such as relative size and linear perspective).

3. Span of attention refers to the amount of information or stimuli that an individual can attend to or process at a given time. It is limited, and individuals can only focus their attention on a certain number of stimuli or tasks. Factors that can affect span of

attention include the complexity of the stimuli, the individual's level of arousal or interest, and the presence of distractions.

4. Factors that affect learning include:

   ➢ Motivation: The level of interest, curiosity, or desire to learn can greatly impact the learning process.

   ➢ Attention: The ability to focus and concentrate on the material being presented is crucial for effective learning.

   ➢ Prior knowledge: Pre-existing knowledge and experiences can influence how new information is understood and integrated.

   ➢ Learning style: Individuals have different preferences for how they learn best, such as visual, auditory, or kinesthetic learning.

   ➢ Environment: The physical and social environment can either facilitate or hinder learning.

   ➢ Feedback: Timely and constructive feedback helps individuals understand their progress and make necessary adjustments.

5. Leaders can be classified into various types based on their leadership styles and behaviors. Some common types of leaders include:

   ➢ Autocratic leaders: These leaders make decisions without much input from others and have a high degree of control over their subordinates.

   ➢ Democratic leaders: These leaders involve their subordinates in decision-making and encourage participation and collaboration.

   ➢ Laissez-faire leaders: These leaders provide minimal guidance or direction, allowing subordinates to have a high degree of autonomy.

   ➢ Transformational leaders: These leaders inspire and motivate their followers to achieve higher levels of performance and personal growth.

   ➢ Transactional leaders: These leaders focus on rewarding or punishing their subordinates based on their performance and adherence to rules.

6. Defense mechanisms are psychological strategies used by individuals to protect themselves from anxiety or emotional distress. They operate unconsciously and can help individuals cope with threatening or uncomfortable situations. Some common defense mechanisms include:

- ➢ Denial: Refusing to acknowledge or accept the reality of a situation.

- ➢ Repression: Pushing distressing thoughts or memories into the unconscious mind.

- ➢ Projection: Attributing one's own unacceptable thoughts or feelings to others.

- ➢ Rationalization: Creating logical or acceptable explanations for one's behavior or thoughts.

- ➢ Displacement: Redirecting emotions or impulses from their original source to a less threatening target.

7. Some sources of frustration include:

- ➢ Internal conflicts: Conflicts within oneself, such as conflicting goals or desires, can lead to frustration.

- ➢ External obstacles: Obstacles or barriers in the environment, such as limited resources or challenging tasks, can cause frustration.

- ➢ Unfulfilled expectations: When one's expectations or desires are not met, it can result in frustration.

- ➢ Interpersonal conflicts: Conflicts with others, such as disagreements or misunderstandings, can lead to frustration.

8. Factors influencing attention include:

- ➢ Novelty: New or unexpected stimuli tend to capture attention more easily.

- ➢ Salience: Stimuli that stand out or are personally relevant are more likely to be attended to.

- ➢ Emotional significance: Emotionally arousing stimuli tend to capture attention more strongly.

- ➢ Cognitive load: The amount of mental effort required for a task can influence attention, with high cognitive load leading to decreased attention.

- ➢ Individual differences: Factors such as age, personality traits, and attentional abilities can affect attention.

9. Classical conditioning is a form of learning in which a neutral stimulus becomes associated with a reflexive or involuntary response through repeated pairings. This process involves the following key elements:

- ➢ Unconditioned stimulus (UCS): A stimulus that naturally and automatically triggers a reflexive response.

- Unconditioned response (UCR): The reflexive response that is elicited by the unconditioned stimulus.
- Conditioned stimulus (CS): Initially a neutral stimulus that, through repeated pairings with the unconditioned stimulus, comes to elicit a conditioned response.
- Conditioned response (CR): The learned response that is elicited by the conditioned stimulus.

10. The psychoanalytic theory of Freud proposes that human behavior is influenced by unconscious processes and conflicts. Key concepts in this theory include:

- Conscious mind: The thoughts and mental processes that are currently within our awareness.
- Preconscious mind: The thoughts and memories that are not currently in our awareness but can be easily brought into consciousness.
- Unconscious mind: The part of the mind that contains thoughts, memories, and desires that are outside of conscious awareness.
- Id: The primitive and instinctual part of the personality that operates on the pleasure principle, seeking immediate gratification.
- Ego: The rational and reality-oriented part of the personality that mediates between the id and the demands of the external world.
- Superego: The moral and ethical part of the personality that represents internalized societal rules and values.

11. Characteristics of a creative person may include:

- Originality: The ability to generate unique and novel ideas or solutions.
- Fluency: The capacity to produce a large quantity of ideas or possibilities.
- Flexibility: The ability to think outside of conventional boundaries and consider alternative perspectives.
- Elaboration: The tendency to elaborate and build upon ideas, adding details and complexity.
- Risk-taking: A willingness to take risks and embrace uncertainty in the pursuit of creativity.

12. Motivation refers to the internal processes that drive and direct behavior towards specific goals. Social motives are motives that are influenced by social factors and include:

> ➢ Achievement: The need for success, accomplishment, and mastery.

> ➢ Affiliation: The need for social connections, belongingness, and acceptance.

> ➢ Power: The desire to influence or control others and have an impact on one's environment.

13. Factors influencing learning include:

> ➢ Individual differences: Factors such as intelligence, prior knowledge, and learning styles can affect how individuals learn.

> ➢ Motivation: The level of interest, curiosity, or desire to learn can greatly impact the learning process.

> ➢ Attention: The ability to focus and concentrate on the material being presented is crucial for effective learning.

> ➢ Feedback: Timely and constructive feedback helps individuals understand their progress and make necessary adjustments.

> ➢ Environment: The physical and social environment can either facilitate or hinder learning.

14. Hallucination refers to perceiving something that is not actually present in the external environment. There are different types of hallucinations, including:

> ➢ Visual hallucinations: Seeing things that are not there, such as objects, people, or patterns.

> ➢ Auditory hallucinations: Hearing sounds, voices, or noises that are not actually present.

> ➢ Olfactory hallucinations: Perceiving smells or odors that are not present.

> ➢ Gustatory hallucinations: Experiencing tastes that are not actually present.

> ➢ Tactile hallucinations: Feeling sensations on the skin, such as crawling or tingling, that are not actually occurring.

15. The nature-nurture controversy refers to the debate about the relative importance of genetics (nature) versus environmental influences (nurture) in shaping human behavior and development. This debate explores the extent to which genetic factors and environmental factors contribute to various aspects of human traits, abilities, and characteristics.

16. The knowledge of psychology can be applied in physiotherapy in various ways, such as:

- Understanding and addressing the psychological factors that influence pain perception and pain management.

- Using behavioral techniques, such as relaxation training and biofeedback, to help patients manage stress and anxiety.

- Applying principles of learning and motivation to enhance adherence to exercise or rehabilitation programs.

- Incorporating psychological interventions, such as cognitive-behavioral therapy, to address psychological issues that may be affecting physical well-being.

17. Different types of leaders include:

- Autocratic leaders: These leaders make decisions without much input from others and have a high degree of control over their subordinates.

- Democratic leaders: These leaders involve their subordinates in decision-making and encourage participation and collaboration.

- Laissez-faire leaders: These leaders provide minimal guidance or direction, allowing subordinates to have a high degree of autonomy.

- Transformational leaders: These leaders inspire and motivate their followers to achieve higher levels of performance and personal growth.

- Transactional leaders: These leaders focus on rewarding or punishing their subordinates based on their performance and adherence to rules.

18. Intelligence can be defined as the ability to learn, reason, problem-solve, and adapt to new situations. Various intelligence tests have been developed to measure different aspects of intelligence, such as:

- Stanford-Binet Intelligence Scale: A widely used individual intelligence test that assesses cognitive abilities across different domains.

- Wechsler Adult Intelligence Scale (WAIS): A commonly used intelligence test for adults that measures various cognitive abilities, including verbal comprehension, working memory, and processing speed.

- Raven's Progressive Matrices: A non-verbal intelligence test that assesses abstract reasoning and problem-solving skills.

- Multiple Intelligences Theory: A theory proposed by Howard Gardner that suggests there are multiple types of intelligence, such as linguistic, logical-mathematical,

spatial, musical, bodily-kinesthetic, interpersonal, intrapersonal, and naturalistic intelligence.

19. Refer to answer number 14.

20. The nature-nurture controversy refers to the debate about the relative importance of genetics (nature) versus environmental influences (nurture) in shaping human behavior and development. This debate explores the extent to which genetic factors and environmental factors contribute to various aspects of human traits, abilities, and characteristics.

21. The knowledge of psychology can be applied in physiotherapy to understand the psychological factors that may contribute to physical conditions or impairments. For example, a physiotherapist may use psychological techniques such as relaxation training or cognitive-behavioral therapy to help patients manage pain or cope with the emotional challenges of a physical injury.

22. There are various types of leaders, including:

➢ Autocratic leaders: These leaders make decisions without consulting others and have complete control over their team.

➢ Democratic leaders: These leaders involve their team members in decision-making and value their input.

➢ Laissez-faire leaders: These leaders give their team members a lot of freedom and independence to make their own decisions.

➢ Transformational leaders: These leaders inspire and motivate their team members to achieve their full potential.

➢ Transactional leaders: These leaders focus on setting clear goals and using rewards and punishments to motivate their team.

23. Intelligence is the ability to acquire, understand, and apply knowledge and skills. There are various intelligence tests used to measure different aspects of intelligence, such as:

➢ Stanford-Binet Intelligence Scales: This test assesses general intelligence and cognitive abilities across different age ranges.

➢ Wechsler Adult Intelligence Scale (WAIS): This test measures intelligence in adults and includes subtests for verbal comprehension, perceptual reasoning, working memory, and processing speed.

> Raven's Progressive Matrices: This test assesses abstract reasoning and problem-solving abilities.

24. The experimental method in psychology involves manipulating variables and measuring their effects on behavior or mental processes. For example, a researcher may conduct an experiment to investigate the effects of sleep deprivation on memory. They would randomly assign participants to either a sleep-deprived group or a well-rested group, and then measure their performance on a memory task.

25. The determinants of attention include:

> Novelty: New or unexpected stimuli tend to capture attention.
> Salience: Stimuli that stand out from their surroundings are more likely to be attended to.
> Motivation: People are more likely to attend to stimuli that are relevant to their goals or interests.
> Emotional significance: Emotionally arousing stimuli tend to capture attention more easily.
> Selective attention: Individuals can consciously choose to attend to specific stimuli while ignoring others.

26. Perceptual constancies refer to the tendency to perceive objects as relatively stable and unchanging, despite changes in their sensory input. For example, even if the size of an object on our retina changes as it moves closer or farther away, we still perceive it as having a constant size.

27. There are different ways to assess intelligence, including:

> IQ tests: These tests measure a person's cognitive abilities and provide a numerical score that represents their intelligence quotient.
> Performance-based tests: These tests assess specific cognitive abilities, such as memory or problem-solving skills.
> Adaptive testing: These tests use computer algorithms to adjust the difficulty of questions based on a person's responses, providing a more precise measure of their abilities.

28. Psychosocial motives refer to the psychological and social factors that drive human behavior. These motives can include the need for achievement, affiliation, power,

autonomy, and recognition. They play a significant role in shaping our actions and behaviors.

29. Creative thinking refers to the ability to generate new and innovative ideas or solutions to problems. It involves thinking outside the box, being open to new possibilities, and embracing unconventional approaches.

30. A healthy lifestyle can indeed help reduce stress. Regular exercise, a balanced diet, adequate sleep, and effective stress management techniques can all contribute to improved physical and mental well-being, reducing the negative effects of stress on the body and mind.

31. A school of psychology refers to a particular approach or perspective within the field of psychology. The behavioristic school of psychology focuses on observable behavior and the influence of the environment on behavior. It emphasizes the role of conditioning and reinforcement in shaping behavior and downplays the importance of internal mental processes.

32. Creativity refers to the ability to generate novel and valuable ideas or solutions. The stages involved in creative thinking typically include:

   ➢ Preparation: Gathering information, exploring different perspectives, and defining the problem.
   ➢ Incubation: Allowing the mind to unconsciously process the information and make connections.
   ➢ Illumination: The sudden insight or "aha!" moment when a new idea or solution emerges.
   ➢ Verification: Testing and refining the idea or solution to ensure its feasibility and effectiveness.

33. The role of rural communities in public health can vary, but they often face unique challenges due to limited healthcare access, lower socioeconomic status, and cultural factors. However, rural communities can also have strengths, such as strong social support networks and a sense of community, which can contribute to positive health outcomes.

34. Traits commonly associated with creative people include openness to new experiences, curiosity, ability to think outside the box, willingness to take risks, and persistence in the face of challenges.

35. Two defense mechanisms are:

> Denial: Refusing to acknowledge or accept a painful or uncomfortable reality.

> Projection: Attributing one's own unwanted thoughts, feelings, or impulses to someone else.

36. Two theories of emotion are:

> James-Lange theory: This theory proposes that emotions are the result of physiological responses to stimuli. According to this theory, we experience emotions as a result of bodily changes that occur in response to a specific event or situation.

> Cannon-Bard theory: This theory suggests that emotions and physiological responses occur simultaneously and independently of each other. According to this theory, an event or situation triggers both a physiological response and an emotional experience at the same time.

37. Attitude development is influenced by various factors, including socialization, personal experiences, cultural norms, and cognitive processes. Attitudes can be learned through observation and socialization, and they can also be shaped by personal experiences and interactions with others.

38. Effective ways of learning include:

> Active learning: Engaging in activities that require active participation, such as discussions, problem-solving, or hands-on experiments.

> Spaced repetition: Reviewing information over time, with intervals between study sessions, to enhance long-term retention.

> Elaboration: Connecting new information to existing knowledge and making it personally meaningful.

> Retrieval practice: Practicing recalling information from memory, which strengthens memory retention and retrieval.

39. Conflicts arise when there is a disagreement or clash between two or more parties' needs, interests, or values. Conflict management involves strategies and techniques to resolve conflicts in a constructive and mutually beneficial way, such as effective communication, negotiation, or mediation.

40. Stress is a physiological and psychological response to a perceived threat or challenge. Stress management involves strategies and techniques to cope with and reduce stress, such as relaxation techniques, exercise, time management, and seeking social support.

41. Assessment of intelligence involves measuring an individual's cognitive abilities and intellectual potential. This can be done through various intelligence tests, such as the Stanford-Binet Intelligence Scales or the Wechsler Adult Intelligence Scale.

42. There are different types of leaders, including autocratic leaders who make decisions without consulting others, democratic leaders who involve their team members in decision-making, laissez-faire leaders who give their team members autonomy, transformational leaders who inspire and motivate their team, and transactional leaders who focus on setting goals and using rewards and punishments.

43. Psychoanalysis is a psychological approach developed by Sigmund Freud that focuses on the unconscious mind and the influence of childhood experiences on personality and behavior. It involves techniques such as free association, dream analysis, and interpretation of unconscious conflicts.

44. Old age brings various physical and psychological challenges, including physical frailty, cognitive decline, and increased risk of chronic diseases. Common problems in old age include mobility issues, memory loss, loneliness, and depression.

45. The methods of psychology include observation, experimentation, surveys, case studies, and interviews. These methods are used to gather data and study behavior, cognition, and emotions.

46. Leadership is the ability to influence and guide others towards achieving a common goal. There are different types of leadership, such as autocratic, democratic, laissez-faire, transformational, and transactional leadership.

47. Personality refers to the unique set of characteristics, traits, and patterns of behavior that define an individual. Techniques used in the assessment of personality include self-report questionnaires, interviews, behavioral observations, and projective tests like the Rorschach Inkblot Test or the Thematic Apperception Test.

48. Intelligence refers to the ability to acquire, understand, and apply knowledge and skills. Methods of assessing intelligence include intelligence tests, performance-based tests, and adaptive testing.

49. Heredity and environment both play a role in physical and psychological development. Heredity influences traits and characteristics through genetic inheritance, while environment factors such as upbringing, education, and experiences shape development.

50. Perception refers to the process of interpreting sensory information and making sense of the world around us. The principles of perception include figure-ground, closure, similarity, proximity, and continuity.

51. The determinants of attention include novelty, salience, motivation, emotional significance, and selective attention.

52. Theories of intelligence include the psychometric approach, which focuses on measuring intelligence through tests, and the multiple intelligences theory, which proposes that intelligence is composed of different abilities such as linguistic, logical-mathematical, spatial, musical, bodily-kinesthetic, interpersonal, intrapersonal, and naturalistic intelligence.

53. Change of attitude refers to a shift in beliefs, feelings, or behaviors towards a particular person, object, or idea. It can occur through persuasive communication, cognitive dissonance, or personal experiences.

54. Associative learning is a type of learning in which an association is formed between two stimuli or between a stimulus and a response. It includes classical conditioning and operant conditioning.

55. Projective techniques are used in personality assessment to reveal unconscious thoughts, feelings, and conflicts. Examples include the Rorschach Inkblot Test and the Thematic Apperception Test.

56. Defense mechanisms are psychological strategies used to cope with anxiety and protect the ego from distressing thoughts or feelings. Common defense mechanisms include repression, denial, projection, displacement, and rationalization.

57. Stress is a physiological and psychological response to a perceived threat or challenge. Management strategies to avoid stress include practicing relaxation techniques, engaging in physical exercise, maintaining a healthy lifestyle, seeking social support, and managing time effectively.

58. Learning refers to the acquisition of knowledge, skills, behaviors, or attitudes through experience, study, or teaching. Theories of learning include behaviorism, cognitive theory, social learning theory, and constructivism.

59. The different stages of development from infancy to old age refer to the various periods of growth and maturation that individuals go through in their lifespan. These stages include infancy, childhood, adolescence, adulthood, and old age.

60. Conflicts are situations where there is a struggle or disagreement between two or more opposing forces or ideas. There are several types of conflicts, including internal conflicts (within an individual's mind), interpersonal conflicts (between individuals), and intragroup conflicts (within a group or organization).

61. The principles of perception refer to the ways in which our brain processes and interprets sensory information from the environment. These principles include figure-ground relationship, closure, proximity, similarity, continuity, and depth perception. Illustrations can be used to visually demonstrate these principles.

62. Two schools of psychology are behaviorism and humanistic psychology. Behaviorism focuses on observable behaviors and the role of conditioning in shaping behavior. Humanistic psychology emphasizes the importance of personal growth, self-actualization, and subjective experience. The motivation cycle includes the stages of need, drive, behavior, and goal.

63. Factors influencing effective learning include motivation, attention, interest, prior knowledge, learning style, environment, and teaching methods. These factors can either facilitate or hinder the learning process.

64. Perceptual organization refers to how our brain organizes and makes sense of sensory information. This includes processes such as grouping, figure-ground segregation, and perceptual constancies.

65. Operant conditioning is a type of learning in which behavior is strengthened or weakened by the consequences that follow it. It involves the use of reinforcement and punishment to shape behavior.

66. Steps involved in problem-solving typically include identifying and defining the problem, generating possible solutions, evaluating and selecting the best solution, implementing the solution, and evaluating the outcome.

67. Emotion and health are closely related, as emotions can impact both physical and mental well-being. Positive emotions are generally associated with better health outcomes, while negative emotions can contribute to stress and health problems.

68. Classification of people based on IQ refers to categorizing individuals into different groups based on their intellectual abilities as measured by IQ tests. These classifications often include categories such as gifted, average, and intellectually disabled.

69. Attention is the cognitive process of selectively focusing on specific stimuli or information while ignoring others. It is crucial for perception, learning, memory, and problem-solving.

70. Subjective factors that determine the process of attention include personal interests, goals, and preferences. Objective factors include the salience or novelty of the stimuli and the presence of distractions.

71. Intelligence can be defined as the ability to learn, reason, problem-solve, and adapt to new situations. Assessment methods of intelligence include IQ tests, cognitive assessments, and performance-based tasks.

72. Psychosocial motives refer to the psychological and social factors that drive human behavior. These motives include the need for achievement, affiliation, power, and autonomy.

73. Theories of personality are frameworks that attempt to explain and understand individual differences in behavior, thoughts, and emotions. Some well-known theories include psychoanalytic, trait, humanistic, and social-cognitive theories.

74. Formation of attitude refers to how individuals develop and adopt certain beliefs, values, and opinions towards people, objects, or ideas. Attitudes can be influenced by personal experiences, socialization, and cultural factors.

75. Stress management strategies are techniques and practices that help individuals cope with and reduce stress. These strategies can include relaxation techniques, exercise, time management, and seeking social support.

76. Heredity and environment both play significant roles in shaping human behavior. Heredity refers to the genetic factors inherited from parents, while the environment includes the physical, social, and cultural influences that surround an individual.

77. Frustration is a feeling of dissatisfaction or disappointment that arises when individuals are unable to achieve their goals or desires. Sources of frustration can include external obstacles, personal limitations, and unmet expectations.

78. Personality can be defined as the unique pattern of thoughts, feelings, and behaviors that characterize an individual. Different approaches to understanding personality include psychodynamic, behavioral, humanistic, and trait theories.

79. Memory is the cognitive process of encoding, storing, and retrieving information. Effective ways to improve memory power include practicing retrieval, using mnemonic devices, maintaining a healthy lifestyle, and getting enough sleep.

80. The nature versus nurture controversy refers to the debate about the relative importance of genetic inheritance (nature) versus environmental factors (nurture) in shaping human behavior and development.

81. Deductive reasoning involves drawing specific conclusions from general principles or premises, while inductive reasoning involves drawing general conclusions from specific observations or evidence.

82. Learning is the process of acquiring new knowledge, skills, behaviors, or attitudes through experience, study, or teaching. Trial and error learning is a type of learning where individuals learn through repeated attempts and adjusting their behavior based on the consequences.

83. Illusions are misperceptions or distortions of sensory information, while hallucinations are perceptual experiences that occur without any external stimuli. Both illusions and hallucinations can be caused by various factors, including sensory limitations, cognitive biases, or psychological conditions.

84. Two theories of intelligence are the psychometric approach, which focuses on measuring intelligence using standardized tests, and the multiple intelligences theory, which proposes that intelligence is composed of multiple independent abilities.

85. Counseling is a therapeutic process in which a trained professional helps individuals explore and resolve personal issues, emotional difficulties, and mental health problems.

86. Steps in creative thinking typically include preparation (gathering information), incubation (allowing ideas to develop unconsciously), illumination (sudden insight or breakthrough), and verification (evaluating and refining ideas).

87. Control of anxiety involves strategies and techniques to manage and reduce feelings of anxiety. These can include relaxation techniques, cognitive restructuring, exposure therapy, and seeking support from others.

88. Interview: A method of gathering information by asking questions and receiving responses from an individual or group.

89. Rationalization: A defense mechanism where individuals justify their thoughts, feelings, or behaviors in a way that makes them seem acceptable or logical. Projection: A defense mechanism where individuals attribute their own undesirable thoughts, feelings, or behaviors to others.

90. Classical conditioning: A type of learning where an association is formed between a neutral stimulus and a naturally occurring stimulus, resulting in a learned response.

91. Abnormal psychology: The study of atypical patterns of behavior, cognition, and emotions, and the diagnosis and treatment of psychological disorders.

92. Psychological needs: Basic needs required for psychological well-being, such as food, water, shelter, safety, love, and belongingness.

93. Illusion: A perception or interpretation of sensory information that is different from the actual reality. Hallucination: A perception of something that is not actually present, often occurring in the absence of external stimuli.

94. Heredity & Environment: The interaction between genetic factors (heredity) and environmental factors in shaping an individual's traits and behaviors.

95. Reactions to Frustration: Various psychological and behavioral responses that individuals may exhibit when their goals or desires are blocked or unfulfilled.

96. Delusions: False beliefs that are firmly held despite evidence to the contrary, often associated with certain psychological disorders, such as schizophrenia.

97. Infancy: The early stage of human development, typically referring to the period from birth to the age of two.

98. Projective Tests: Psychological assessment tools that involve presenting ambiguous stimuli to individuals, who then project their thoughts, feelings, or experiences onto these stimuli, providing insights into their unconscious processes.

99. Bhatia's battery of performance tests: A series of performance-based tests developed by Indian psychologist D. N. Bhatia to assess various cognitive abilities, such as memory, attention, and problem-solving.

100. Nature Vs Nurture Controversy: The ongoing debate in psychology about the relative importance of genetic factors (nature) and environmental factors (nurture) in shaping human behavior and development.

101. The Laws of Learning: Principles and theories that explain how individuals acquire new knowledge, skills, or behaviors, such as classical conditioning, operant conditioning, and observational learning.

102. Inventory method: A research technique that involves the use of self-report questionnaires or surveys to gather information about an individual's thoughts, feelings, or behaviors.

103. Hunger: The physiological sensation or drive that motivates individuals to seek and consume food in order to meet their nutritional needs.

104. Hallucinations: Perceptions of sensory experiences, such as seeing, hearing, or feeling something, that are not actually present in the environment, often associated with certain psychological or neurological disorders.

105. Psychosexual development: A theory proposed by Sigmund Freud that describes the progression of sexual and psychological development from infancy to adulthood, involving different stages and conflicts.

106. According to psychoanalytic theory, personality is determined by the interaction between the conscious and unconscious mind. Sigmund Freud proposed that personality is comprised of three components: the id, ego, and superego. The id operates on the pleasure principle, seeking immediate gratification of basic instincts and desires. The ego operates on the reality principle, balancing the demands of the id and superego with the constraints of the external world. The superego represents internalized societal norms and values. The interplay between these three components, along with the influence of early childhood experiences, shapes an individual's personality.

107. Physiological changes during emotion involve various bodily responses that occur in response to emotional experiences. These changes are regulated by the autonomic

nervous system, which controls involuntary bodily functions. For example, during the experience of fear or stress, the sympathetic nervous system is activated, leading to an increase in heart rate, blood pressure, and respiration. Additionally, the release of stress hormones, such as adrenaline and cortisol, further contributes to physiological changes during emotion.

108. Conflict refers to a state of tension or struggle arising from opposing or incompatible motivations, beliefs, or desires. There are several types of conflict, including intrapersonal conflict (within an individual), interpersonal conflict (between individuals), and intragroup or intergroup conflict (within or between groups). Conflict can be classified as approach-approach (choosing between two desirable options), avoidance-avoidance (choosing between two undesirable options), or approach-avoidance (a single option with both positive and negative aspects).

109. Projective tests are psychological assessments that aim to reveal unconscious thoughts, emotions, and motivations by presenting ambiguous stimuli to individuals. The individual is then asked to interpret or project their thoughts and feelings onto these stimuli. Examples of projective tests include the Rorschach inkblot test and the Thematic Apperception Test (TAT). These tests are based on the assumption that individuals will project their unconscious thoughts and desires onto the ambiguous stimuli, providing insights into their personality and psychological functioning.

110. Attention is a cognitive process that involves selectively focusing on certain stimuli or information while ignoring others. There are different types of attention, including selective attention (focusing on specific stimuli while filtering out irrelevant information), divided attention (attending to multiple stimuli simultaneously), sustained attention (maintaining focus over an extended period), and executive attention (directing attention towards goal-oriented tasks and inhibiting distractions).

111. Psychosexual stages of development, proposed by Sigmund Freud, describe the progression of sexual and psychological development from infancy to adulthood. Freud believed that each stage was characterized by a focus on different erogenous zones and the resolution of specific psychosexual conflicts. The stages include the oral stage (0-18 months), anal stage (18 months-3 years), phallic stage (3-6 years), latency stage (6 years-puberty), and genital stage (puberty-adulthood). Successful resolution of conflicts in each stage leads to the development of a healthy personality.

112. External factors of attention refer to environmental or situational factors that influence an individual's ability to focus and maintain attention. These factors include the nature of the stimuli (e.g., novelty, complexity), the presence of distractions, the level of arousal or stimulation, and the individual's motivation and interest in the task. External factors can either enhance or hinder attentional processes, affecting the individual's ability to perceive and process information.

113. Physiological changes during emotion involve various bodily responses that occur in response to emotional experiences. These changes are regulated by the autonomic nervous system, which controls involuntary bodily functions. For example, during the experience of fear or stress, the sympathetic nervous system is activated, leading to an increase in heart rate, blood pressure, and respiration. Additionally, the release of stress hormones, such as adrenaline and cortisol, further contributes to physiological changes during emotion.

114. Heredity plays a significant role in shaping an individual's personality. It refers to the genetic transmission of traits and characteristics from parents to offspring. Certain personality traits, such as temperament, intelligence, and susceptibility to certain mental disorders, have been found to have a genetic basis. However, it is important to note that while heredity provides a foundation for personality, environmental factors also play a crucial role in its development.

115. The experimental method is a research approach used in psychology to investigate cause-and-effect relationships between variables. In an experimental study, the researcher manipulates an independent variable and measures its effect on a dependent variable while controlling for other extraneous variables. Participants are randomly assigned to different groups (experimental and control) to ensure that any observed effects can be attributed to the manipulation of the independent variable. This method allows researchers to draw conclusions about causal relationships between variables.

116. Maslow's viewpoint, as proposed by Abraham Maslow in his hierarchy of needs, emphasizes the importance of human motivation and self-actualization. Maslow believed that individuals have a hierarchy of needs, starting with physiological needs (e.g., food, water) and progressing to safety, love and belonging, esteem, and self-actualization. According to Maslow, individuals strive to satisfy their basic needs

before progressing to higher-level needs. Self-actualization represents the fulfillment of one's potential and the pursuit of personal growth and fulfillment.

117. The determinants of attention refer to the factors that influence an individual's ability to selectively focus on specific stimuli or information. These determinants include the salience or importance of the stimuli, the individual's level of arousal or alertness, the individual's interests and goals, and the characteristics of the stimuli (e.g., novelty, complexity). Additionally, external factors such as distractions and environmental stimuli can also impact attention.

118. The Thematic Apperception Test (TAT) is a projective test used in psychology to assess personality and psychological functioning. It involves presenting individuals with a series of ambiguous pictures and asking them to create a story about each picture. The stories are then analyzed to gain insights into the individual's unconscious thoughts, motivations, and conflicts. The TAT is based on the assumption that individuals will project their own experiences, desires, and emotions onto the ambiguous stimuli, providing valuable information about their personality.

119. Reinforcement refers to the use of rewards or punishments to strengthen or weaken a particular behavior. In psychology, reinforcement is a fundamental concept in behaviorism and operant conditioning. Positive reinforcement involves presenting a desirable stimulus to increase the likelihood of a behavior recurring. Negative reinforcement involves removing an aversive stimulus to increase the likelihood of a behavior recurring. Reinforcement is used to shape and modify behavior, and it can be applied in various contexts, such as education, parenting, and therapy.

120. Conflict refers to a state of tension or struggle arising from opposing or incompatible motivations, beliefs, or desires. In psychology, conflict can occur at different levels, including intrapersonal conflict (within an individual), interpersonal conflict (between individuals), and intragroup or intergroup conflict (within or between groups). Conflict can arise from various sources, such as competing goals, differing values, or incompatible desires. It can have both positive and negative effects, influencing decision-making, relationships, and psychological well-being.

121. Perception is the process by which individuals interpret and make sense of sensory information from the environment. There are several principles that govern perception, including:

- Gestalt principles: These principles describe how individuals perceive patterns, grouping elements together based on proximity, similarity, closure, and continuity.

- Figure-ground perception: This principle refers to the tendency to perceive objects or figures as distinct from their background.

- Depth perception: This principle allows individuals to perceive the relative distance and three-dimensional nature of objects in their environment.

- Perceptual constancies: These principles enable individuals to perceive objects as stable and unchanging despite variations in sensory input, such as size constancy, shape constancy, and color constancy.

- Perceptual set: This principle refers to the influence of expectations, experiences, and cultural factors on perception, shaping how individuals interpret and organize sensory information.

122. Physiological changes during emotion involve various bodily responses that occur in response to emotional experiences. These changes are regulated by the autonomic nervous system, which controls involuntary bodily functions. For example, during the experience of fear or stress, the sympathetic nervous system is activated, leading to an increase in heart rate, blood pressure, and respiration. Additionally, the release of stress hormones, such as adrenaline and cortisol, further contributes to physiological changes during emotion.

123. Psychology is the scientific study of the mind and behavior. It seeks to understand and explain various aspects of human cognition, emotion, perception, personality, development, and social interactions. Psychologists use a range of research methods and theories to investigate and analyze psychological phenomena, with the aim of improving understanding, promoting mental health, and enhancing human well-being.

124. Adulthood is a developmental stage that follows adolescence and is characterized by physical, cognitive, and socio-emotional changes. It typically begins in the late teens or early twenties and continues throughout the lifespan. Adulthood is often divided into early adulthood (20s and 30s), middle adulthood (40s and 50s), and late adulthood (60s and beyond). During adulthood, individuals experience various milestones and transitions, such as completing education, establishing careers, forming intimate relationships, and becoming parents. It is a period of continued growth, self-discovery, and personal development.

125. The components of personality refer to the different aspects or dimensions that contribute to an individual's unique pattern of thoughts, feelings, and behaviors. While there are various theories and models of personality, common components include:

> Traits: These are relatively stable and enduring characteristics that influence behavior across different situations. Traits can be categorized into different dimensions, such as extraversion-introversion, neuroticism-emotional stability, openness to experience, agreeableness, and conscientiousness.

> Cognitive processes: These involve the individual's thoughts, beliefs, and cognitive patterns, which shape their perception and interpretation of the world.

126. Laws of Learning proposed by Thorndike: Thorndike's laws of learning refer to the principles that explain how individuals acquire new behaviors or modify existing ones. They include the law of effect, the law of exercise, and the law of readiness.

127. Bhatia's battery of performance test: Bhatia's battery of performance tests is a set of psychological tests designed to assess an individual's cognitive abilities, including memory, attention, intelligence, and problem-solving skills.

128. Emotion and health: The relationship between emotions and health is a topic of study in psychology. Research suggests that emotions can have both positive and negative effects on physical health, influencing factors such as immune function, cardiovascular health, and stress levels.

129. Old age and the stage of dying: Old age is a stage of life associated with physical and cognitive changes. The stage of dying refers to the final phase of life, during which individuals experience declining health and ultimately face the end of life.

130. Effective ways to learn: There are various effective ways to enhance learning, including active learning techniques such as engaging in hands-on activities, practicing retrieval of information, spacing out study sessions, using mnemonic devices, and seeking elaboration and meaningful connections.

131. Experimental method: The experimental method is a research approach used in psychology to investigate cause-and-effect relationships between variables. It involves manipulating an independent variable and measuring the effects on a dependent variable while controlling for other factors.

132. Adolescence: Adolescence is a transitional period between childhood and adulthood, typically characterized by physical, cognitive, and social changes. It is a time of identity exploration, increased independence, and the development of autonomy.

133. Principles of Perception: Perception refers to the process of interpreting and making sense of sensory information from the environment. Principles of perception include concepts such as figure-ground perception, depth perception, perceptual constancies, and Gestalt principles (e.g., proximity, similarity, closure).

134. Conflict and its types: Conflict refers to a state of disagreement or opposition between individuals or groups. Types of conflict include interpersonal conflicts (e.g., disagreements between individuals), intrapersonal conflicts (e.g., internal struggles), and intergroup conflicts (e.g., conflicts between different social or cultural groups).

135. External factors of Attention: Attention is the cognitive process of selectively focusing on specific aspects of the environment or internal thoughts. External factors that can influence attention include the salience or novelty of stimuli, their intensity, and their relevance to the individual's goals or interests.

136. Thematic Apperception Test: The Thematic Apperception Test (TAT) is a projective psychological test in which individuals are presented with ambiguous pictures and asked to create a story about each picture. The stories are then analyzed to gain insights into the individual's unconscious motives, needs, and conflicts.

137. Inventory Method: The inventory method refers to a research technique used to measure various psychological constructs or traits, such as personality traits, attitudes, or interests. It typically involves the use of self-report questionnaires or surveys.

138. Period of storm and stress: The period of storm and stress is a term used to describe the challenging and turbulent period of adolescence, characterized by emotional turmoil, identity exploration, risk-taking behavior, and conflicts with authority figures.

139. Nature Vs Nurture controversy: The nature vs nurture controversy is a long-standing debate in psychology and other fields, discussing the relative contributions of genetics (nature) and environmental factors (nurture) in shaping human behavior, traits, and development.

140. Bhatia's battery of Performance Tests: (Already answered in 130.)

141. Stages in creative thinking: Creative thinking involves generating novel and valuable ideas or solutions. The stages in creative thinking can vary, but commonly include preparation (gathering information and knowledge), incubation (allowing ideas to develop unconsciously), illumination (sudden insight or realization), and verification (evaluating and refining ideas).

142. Structuralism and Functionalism: Structuralism and functionalism were early schools of thought in psychology. Structuralism focused on analyzing the basic elements of consciousness and the structure of the mind, while functionalism emphasized the adaptive functions and purposes of mental processes and behavior.

143. Heredity and Environment: Heredity refers to the genetic factors inherited from biological parents, while environment encompasses all external influences, including physical, social, and cultural factors. The interplay between heredity and environment is crucial in understanding human development and behavior.

144. Creativity: Creativity refers to the ability to generate novel and valuable ideas, solutions, or products. It involves thinking outside the box, making connections between seemingly unrelated concepts, and being open to new perspectives and possibilities.

145. Illusion: Illusion refers to a perceptual experience that deviates from reality, often resulting from misinterpretation or distortion of sensory information. Illusions can occur in various sensory modalities, such as visual, auditory, or tactile.

146. Branches of psychology: Psychology is a broad field with various branches or sub-disciplines. Some major branches of psychology include cognitive psychology, developmental psychology, social psychology, clinical psychology, educational psychology, and industrial-organizational psychology.

   ➤ Motivation: This component involves the individual's goals, desires, and drives that influence their behavior and decision-making.
   ➤ Self-concept: This refers to the individual's beliefs, perceptions, and evaluations of themselves, including their self-esteem and self-identity.
   ➤ Social and cultural influences: These external factors, such as family, peers, and societal norms, shape an individual's personality and behavior.
   ➤ These components interact and influence each other, contributing to the complexity and uniqueness of an individual's personality.

147. Secondary motives: Motives that are not necessary for survival but are driven by psychological or social factors.

148. Physiological changes during emotion: Changes in bodily functions, such as increased heart rate or sweating, that occur during emotional experiences.

149. Types of conflicts: Internal conflicts (within oneself) and external conflicts (between oneself and others or the environment).

150. Intelligence tests: Assessments used to measure a person's cognitive abilities and intellectual potential.

151. Development and growth of infancy stage: The period of early childhood characterized by rapid physical, cognitive, and emotional development.

152. Primary motives: Motives that are necessary for survival, such as hunger, thirst, and sleep.

153. Projective techniques: Psychological assessments that involve interpreting ambiguous stimuli to reveal unconscious thoughts and feelings.

154. Branches of psychology: Various subfields within psychology, such as clinical psychology, cognitive psychology, and social psychology.

155. Stages of creative thinking: The different phases involved in the creative process, including preparation, incubation, illumination, and verification.

156. Maslow's viewpoint: Abraham Maslow's theory of human motivation, which emphasizes the importance of fulfilling basic needs before higher-level needs.

157. Structure of Psyche: The three components of the psyche according to Sigmund Freud's psychoanalytic theory: the id, ego, and superego.

158. External and internal factors affecting attention: Environmental stimuli and internal cognitive processes that influence an individual's ability to focus and concentrate.

159. Effective ways of learning: Strategies and techniques that enhance the process of acquiring knowledge and skills.

160. Classical conditioning: A type of learning in which a neutral stimulus becomes associated with a meaningful stimulus to produce a specific response.

161. Concept of ID, EGO, and SUPEREGO: Freud's theory of the three components of the psyche: the id (primitive desires), ego (rational thinking), and superego (internalized moral standards).

162. Methods of psychology: Various approaches and techniques used in psychological research, such as experiments, surveys, and case studies.

163. Nature vs nurture controversy: The debate about the relative importance of genetic factors (nature) versus environmental influences (nurture) in shaping human behavior and development.

164. Id, ego, and superego: The three components of the psyche according to Sigmund Freud's psychoanalytic theory: the id (primitive desires), ego (rational thinking), and superego (internalized moral standards).

165. Figure-ground perception: The ability to distinguish an object from its background, allowing for visual perception and recognition.

ANSWER BRIEFLY:

1. Defence mechanism: Psychological strategies used by individuals to protect themselves from anxiety and other uncomfortable emotions.

2. Experimental method: A research approach that involves manipulating variables and measuring their effects on participants to establish cause-and-effect relationships.

3. Types of reasoning: Deductive reasoning (drawing specific conclusions from general principles) and inductive reasoning (drawing general conclusions from specific observations).

4. Psychosomatic disorders: Physical illnesses or conditions that are influenced by psychological factors, such as stress or emotional distress.

5. Types of conflicts: Intrapersonal conflict (conflict within oneself), interpersonal conflict (conflict between individuals), and intragroup conflict (conflict within a group).

6. Factors that determine our attitude: Personal experiences, socialization, cultural background, and individual beliefs and values.

7. Stress: A physiological and psychological response to perceived threats or challenges, which can have both positive and negative effects on an individual.

8. IQ: Intelligence quotient, a measure of an individual's cognitive abilities compared to the general population.

9. Steps in creative thinking: Preparation, incubation, illumination, and verification.

10. Attitude: A predisposition or tendency to respond positively or negatively to a particular person, object, or situation.

11. Define social motives: Motivations that are influenced by social factors, such as the need for affiliation, achievement, power, or intimacy.

12. Functions of attitudes: Provide structure and meaning to our experiences, guide our behavior and decision-making, and help us express our identity and social connections.

13. Examples of intelligence tests: Stanford-Binet Intelligence Scale and Wechsler Adult Intelligence Scale (WAIS).

14. Characteristics of learning by insight: Sudden realization or understanding of a problem or concept, often accompanied by an "aha" moment.

15. Personality: An individual's unique pattern of thoughts, feelings, and behaviors that persist over time and across different situations.

16. Psychosexual stages: Freud's theory of development that suggests individuals pass through distinct stages (oral, anal, phallic, latency, and genital) during childhood, each characterized by a specific focus of pleasure and potential conflicts.

17. Rorschach ink blot test: A projective psychological test that assesses personality traits and psychological functioning by analyzing individual interpretations of symmetrical inkblot images.

18. Heredity: The genetic transmission of traits and characteristics from parents to offspring.

19. Inductive reasoning: A type of reasoning that involves drawing general conclusions or making generalizations based on specific observations or evidence.

20. Different types of leaders: Autocratic leaders, democratic leaders, laissez-faire leaders, transformational leaders, and transactional leaders, among others.

21. Stress management: Techniques and strategies used to cope with and reduce stress, such as relaxation exercises, time management, and seeking social support.

22. Frustration and its source: Frustration is a state of dissatisfaction or disappointment that arises when individuals are unable to achieve their goals or fulfill their needs. The source of frustration can be external (e.g., obstacles, lack of resources) or internal (e.g., personal limitations, conflicting goals).

23. Problem solving: The cognitive process of finding solutions to specific problems or challenges, involving various strategies such as trial and error, algorithms, or heuristics.

24. Adolescence: The stage of development between childhood and adulthood.

25. Management of stress: Techniques and strategies used to cope with and reduce stress.

26. Id, ego, and super ego: Concepts in Freudian psychology that represent different parts of the psyche. The id is the instinctual and unconscious part, the ego is the conscious and rational part, and the super ego is the moral and ethical part.

27. Rules in problem solving: Guidelines or principles that can be followed to solve problems effectively.

28. Psychological problems in old age: Mental health issues that are more common in older adults, such as depression, anxiety, and dementia.

29. Cannon Bard theory of emotion: A theory that suggests that emotions and physiological responses occur simultaneously, rather than one causing the other.

30. Intelligence: The ability to learn, understand, and apply knowledge and skills.

31. Leadership: The ability to guide and influence others towards a common goal.

32. Projective techniques: Psychological assessment tools that involve asking individuals to respond to ambiguous stimuli, such as inkblots or pictures, in order to reveal unconscious thoughts and feelings.

33. Formulation of attitude: The process of developing and shaping one's attitudes, which are evaluations and beliefs about people, objects, and ideas.

34. Introjections: The internalization of external beliefs, values, and attitudes, often without critical examination.

35. Sources of frustration: Situations or events that can cause feelings of frustration, such as unmet needs, obstacles, or conflicts.

36. Characteristic of adolescence: Rapid physical growth, hormonal changes, identity exploration, and increased independence are some of the characteristics of adolescence.

37. Repression: A defense mechanism in which unacceptable thoughts, feelings, or memories are pushed into the unconscious mind.

38. Intelligence tests: Assessments that measure cognitive abilities and intellectual potential.

39. Characteristic of attitudes: Attitudes can be positive or negative, stable or changeable, and can influence behavior.

40. Types of conditioning: Classical conditioning and operant conditioning are two types of learning processes that involve associations between stimuli and responses.

41. Abnormal sensation of hearing: An abnormal perception of sound, such as hearing voices or sounds that are not actually present.

42. Any two branches of pure psychology: Experimental psychology, developmental psychology, social psychology, cognitive psychology, and personality psychology are some branches of pure psychology.

43. Type approach to personality: A theory that categorizes individuals into distinct personality types based on their characteristics and behaviors.

44. Management of frustration: Strategies and techniques used to cope with and alleviate feelings of frustration, such as problem-solving, relaxation techniques, and seeking support.

45. Questionnaire and inventory: Tools used to collect information about individuals' thoughts, feelings, behaviors, and attitudes, often used in psychological research or assessment.

46. Any two types of leaders: Democratic leaders, autocratic leaders, transformational leaders, and laissez-faire leaders are some examples of leadership styles.

47. Problem solving: The process of finding solutions to difficult or complex issues, often involving identifying the problem, generating alternatives, evaluating options, and implementing a solution.

48. Mnemonic method of learning: Techniques or strategies used to improve memory and recall, such as acronyms, visualization, or chunking information.

49. Intelligence tests: Assessments that measure cognitive abilities and intellectual potential.

50. Sensation: Sensation refers to the process of receiving and detecting information from the environment through our senses.

51. Trait approach to personality: The trait approach to personality focuses on identifying and measuring specific traits or characteristics that individuals possess, which are believed to influence their behavior and personality.

52. Rationalization: Rationalization is a defense mechanism in which individuals justify or explain their actions, beliefs, or feelings in a way that makes them appear more rational or acceptable.

53. Inductive and deductive reasoning: Inductive reasoning involves drawing general conclusions based on specific observations or examples. Deductive reasoning involves using general principles or theories to make specific predictions or conclusions.

54. Conflicts: Conflicts refer to situations where there is a disagreement or clash between two or more individuals or groups, often resulting from differing interests, values, or goals.

55. Abraham Maslow's theory of need hierarchy: Abraham Maslow's theory of need hierarchy proposes that individuals have a hierarchy of needs, ranging from basic physiological needs to higher-level needs such as self-actualization.

56. Any two sources of frustration: Two sources of frustration could be external factors such as traffic or a difficult task, and internal factors such as personal expectations or self-imposed pressure.

57. Infancy: Infancy refers to the early stage of human development, typically from birth to around 2 years of age.

58. Personality: Personality refers to the unique set of characteristics, traits, behaviors, and patterns of thinking that define an individual's distinctive identity and influence their behavior.

59. Attitude: Attitude refers to an individual's evaluation, feelings, and beliefs towards a particular person, object, event, or idea.

60. Types of leaders: Some types of leaders include autocratic leaders who make decisions without involving others, democratic leaders who involve others in decision-making, and laissez-faire leaders who provide little guidance or direction.

61. Stress and management of stress: Stress refers to the physical and psychological response to demanding or challenging situations. Management of stress involves strategies and techniques to cope with and reduce stress.

62. Types of conflict: Types of conflict include interpersonal conflict between individuals, intrapersonal conflict within an individual, and intergroup conflict between different groups or teams.

63. Factors influencing perception: Factors influencing perception include past experiences, cultural background, personal biases, and situational context.

64. Types of reasoning: Types of reasoning include inductive reasoning, deductive reasoning, and abductive reasoning.

65. Schools of psychology: Schools of psychology refer to different approaches or perspectives in the field of psychology, such as behaviorism, psychoanalysis, cognitive psychology, and humanistic psychology.

66. Maslow's hierarchy of needs: Maslow's hierarchy of needs is a theory that suggests individuals have a hierarchy of needs, starting from basic physiological needs and progressing to higher-level needs such as belongingness, esteem, and self-actualization.

67. Steps in creative thinking: Steps in creative thinking include preparation, incubation, illumination, and verification.

68. Effective methods of learning: Effective methods of learning include active learning, spaced repetition, retrieval practice, and elaboration.

69. Types of personality: There are various theories and models that propose different types of personality, such as the Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, and neuroticism) or the Myers-Briggs Type Indicator (MBTI) personality types

70. Motivational cycle: The motivational cycle consists of four stages need, drive, behavior, and goal attainment. It explains how motivation influences behavior and how individuals strive to fulfill their needs.

71. Emotion and health: Emotions can have a significant impact on physical health. Chronic stress and negative emotions can lead to various health problems, including cardiovascular diseases, weakened immune system, and mental health disorders.

72. Introjections: Introjections refer to the process of internalizing external objects or values. It involves incorporating the beliefs, attitudes, and behaviors of others into one's own self-concept.

73. Chronic stress: Chronic stress is a prolonged state of stress that persists over an extended period. It can have detrimental effects on both physical and mental health, leading to conditions such as anxiety, depression, and cardiovascular diseases.

74. Problem-solving: Problem-solving is a cognitive process that involves identifying, analyzing, and finding solutions to a problem. It requires critical thinking, creativity, and decision-making skills.

75. Assessment of intelligence: Intelligence can be assessed through various methods, including IQ tests, cognitive tests, and problem-solving tasks. These assessments measure different aspects of intelligence, such as logical reasoning, verbal comprehension, and spatial abilities.

76. Reasoning: Reasoning refers to the mental process of thinking and making logical connections between ideas or concepts. It involves using evidence, logic, and critical thinking to draw conclusions or solve problems.

77. Old age: Old age refers to the later stages of life when an individual reaches an advanced age. It is associated with physical and cognitive changes, as well as social and emotional adjustments.

78. Observation methods in personality assessment: Observation methods, such as naturalistic observation or structured observation, can be used to assess an individual's personality traits and behaviors in real-life situations. These methods provide valuable insights into an individual's behavior and interactions with others.

79. Emotion and health: Emotions can significantly impact an individual's overall health and well-being. Positive emotions, such as happiness and joy, are associated with better physical and mental health outcomes, while negative emotions, such as stress and anger, can have detrimental effects on health.

80. Psychosomatic disorders: Psychosomatic disorders are physical illnesses or conditions that are influenced by psychological factors, such as stress, anxiety, or emotional distress. These conditions often manifest as physical symptoms without a clear underlying medical cause.

81. Steps in creative thinking: Creative thinking involves generating new ideas, solutions, or approaches to a problem or situation. The steps in creative thinking include preparation, incubation, illumination, and verification.

82. Change of attitudes: Attitude change refers to the modification of an individual's beliefs, feelings, or behaviors towards a particular object, person, or situation. It can occur through various processes, such as persuasion, social influence, or personal experience.

83. Types of leaders: There are various types of leaders, including autocratic leaders, democratic leaders, laissez-faire leaders, transformational leaders, and transactional leaders. Each type of leader has different leadership styles and approaches.

84. Introspection method: Introspection is a self-reflective process that involves examining and analyzing one's thoughts, feelings, and experiences. It is a subjective method of understanding one's own mental processes.

85. Two branches of applied psychology: The two branches of applied psychology are industrial-organizational psychology, which focuses on workplace issues, and clinical psychology, which deals with mental health assessment and treatment.

86. Thematic apperception test (TAT): The Thematic Apperception Test is a projective psychological test that involves presenting individuals with ambiguous pictures and asking them to create a story based on what they see. It is used to assess an individual's personality traits, motivations, and underlying psychological processes.

87. Middle age: Middle age is the period between young adulthood and old age, usually ranging from around 40 to 65 years old. It is a time of transition and often involves various physical, cognitive, and emotional changes.

88. Experimental method. Types of memory: The experimental method is a research approach that involves manipulating variables and measuring their effects on participants. Types of memory include sensory memory, short-term memory, and long-term memory.

89. Stress: Stress is a physiological and psychological response to a perceived threat or challenge. It can be caused by various factors, such as work demands, relationship difficulties, or financial pressures.

90. Need hierarchy theory: The need hierarchy theory, proposed by Abraham Maslow, suggests that individuals have a hierarchy of needs that must be fulfilled in a specific order. The hierarchy includes physiological needs, safety needs, love and belongingness needs, esteem needs, and self-actualization needs.

91. Infancy period: The infancy period refers to the first year of life, from birth to around 12 months. It is a critical period for development, characterized by rapid growth, motor skills development, and the formation of attachment relationships.

92. Culture and Health: Culture plays a significant role in shaping beliefs, attitudes, and behaviors related to health. It influences health practices, healthcare utilization, and the perception and treatment of illness.

93. Motivation: Motivation refers to the internal and external factors that drive and direct behavior. It can be intrinsic, driven by personal interests and values, or extrinsic, influenced by external rewards or consequences.

94. Problem of old age: The problem of old age refers to the challenges and issues faced by older adults, such as declining physical health, cognitive changes, social isolation, and financial concerns.

95. Operant conditioning: Operant conditioning is a learning process that involves associating behaviors with consequences. It is based on the principle that behaviors that are reinforced or rewarded are more likely to be repeated, while behaviors that are punished or not reinforced are less likely to occur.

96. Projective techniques: Projective techniques are psychological assessment tools that aim to uncover unconscious or hidden aspects of an individual's personality or thoughts. Examples include the Rorschach Inkblot Test and the Thematic Apperception Test.

97. Illusion and hallucination: Illusion refers to a misinterpretation or distortion of sensory information, while hallucination is a perception of something that is not actually present. Both can be symptoms of mental health disorders or caused by drugs or medical conditions.

98. Functionalism: Functionalism is a psychological perspective that focuses on understanding the purpose or function of mental processes and behaviors. It emphasizes the adaptive nature of human cognition and behavior in relation to the environment.

99. Reasoning: Reasoning refers to the cognitive process of making logical connections between ideas, facts, or information. It involves using evidence, logic, and critical thinking to draw conclusions or make decisions.

100. Problems in Adolescence: Adolescence is a period of significant physical, cognitive, and social changes. Common problems in adolescence include identity development, peer pressure, risk-taking behaviors, mental health issues, and academic stress.

101. The infancy period is the stage of development from birth to around 2 years old. It is a time of rapid growth and development, where infants learn to interact with their environment and develop basic motor skills.

102. Factors influencing the development of attitudes include socialization, culture, family, peers, and personal experiences. These factors shape an individual's beliefs, values, and opinions, which in turn influence their attitudes towards various aspects of life.

103. The types of attention include selective attention, where individuals focus on specific stimuli while ignoring others; divided attention, where individuals attend to multiple stimuli simultaneously; and sustained attention, where individuals maintain focus on a single task over a prolonged period of time.

104. Defense mechanisms are psychological strategies used by individuals to cope with stressful or threatening situations. Two examples of defense mechanisms are repression, where unwanted thoughts or memories are pushed into the unconscious mind, and denial, where individuals refuse to accept or acknowledge reality.

105. Personality inventories are standardized tests or questionnaires used to assess an individual's personality traits, characteristics, and behavior. They provide insights into an individual's personality and can be used in various settings such as clinical assessments or employment screenings.

106. Psychology plays an important role in physiotherapy as it helps in understanding the psychological factors that influence physical health and recovery. It helps physiotherapists in addressing patients' emotional and psychological needs, improving patient compliance, and enhancing overall treatment outcomes.

107. Factors influencing perception include sensory processes, attention, past experiences, cultural and social influences, and individual differences. These factors shape how individuals interpret and make sense of the information received through their senses.

108. The types of conflicts include intrapersonal conflict, which occurs within an individual's mind or conscience; interpersonal conflict, which arises between individuals or groups; and intragroup conflict, which occurs within a group or team.

109. The stages of human development, as proposed by psychologist Erik Erikson, include trust vs. mistrust (infancy), autonomy vs. shame and doubt (toddlerhood), initiative vs. guilt (early childhood), industry vs. inferiority (school age), identity vs. role confusion (adolescence), intimacy vs. isolation (young adulthood), generativity vs. stagnation (middle adulthood), and integrity vs. despair (late adulthood).

110. The steps in creative thinking include preparation, incubation, illumination, and verification. During preparation, individuals gather information and knowledge relevant to the problem or task. Incubation involves allowing the mind to process the information unconsciously. Illumination is the sudden insight or "aha" moment when a solution or new idea emerges. Verification is the process of evaluating and refining the idea or solution.

111. The types of leaders include authoritarian leaders, who make decisions without input from others and enforce strict control; democratic leaders, who involve others in decision-making and encourage participation; and laissez-faire leaders, who provide little direction or guidance, allowing individuals to make decisions on their own.

112. Questionnaires and rating scales are tools used to gather information and assess various aspects, such as attitudes, opinions, behaviors, or personality traits. Questionnaires consist of a set of questions that individuals respond to, while rating scales involve assigning a numerical value or rating to a specific characteristic or behavior.

113. Creativity refers to the ability to generate new ideas, concepts, or solutions that are original and valuable. It involves thinking outside the box, making connections between unrelated concepts, and being open to new possibilities.

114. The two branches of pure psychology are experimental psychology, which focuses on conducting research and experiments to understand psychological processes, and theoretical psychology, which involves the development of theories and models to explain human behavior and mental processes.

115. Overt behavior of emotions refers to observable actions or expressions that indicate an individual's emotional state. This can include facial expressions, body language, vocal tone, and gestures.

116. Two approaches to leadership are task-oriented leadership, which focuses on achieving specific goals and objectives, and relationship-oriented leadership, which emphasizes building positive relationships and fostering teamwork and collaboration.

117. The three types of attention are selective attention, divided attention, and sustained attention.

118. M.M.P.I stands for Minnesota Multiphasic Personality Inventory, a psychological test used to assess personality traits and psychopathology. B.A.I stands for Beck Anxiety Inventory, a questionnaire used to measure the severity of anxiety symptoms.

119. Four traits of creative people include openness to experience, the ability to think divergently and generate multiple ideas, persistence and resilience in the face of challenges, and a willingness to take risks and challenge the status quo.

120. The principles governing Id, Ego, and Super-ego are part of Sigmund Freud's psychoanalytic theory. The Id operates on the pleasure principle, seeking immediate gratification of desires. The Ego operates on the reality principle, mediating between the Id and the external world. The Super-ego represents the internalized moral standards and values of society.

121. Four qualities of leadership include effective communication skills, the ability to inspire and motivate others, integrity and ethical behavior, and the capacity to make sound decisions.

122. The Reticular Activating System (RAS) is a part of the brainstem that plays a crucial role in regulating arousal, attention, and consciousness. It filters sensory information and determines what stimuli are relevant and should receive attention.

123. The senses include sight (vision), hearing (audition), taste (gustation), smell (olfaction), touch (tactile perception), and proprioception (awareness of body position and movement).

124. WISC stands for Wechsler Intelligence Scale for Children, a standardized test used to assess cognitive abilities and intelligence in children. RPM stands for Raven's

Progressive Matrices, a non-verbal test used to measure abstract reasoning and problem-solving abilities.

125. Attitude refers to an individual's evaluation or judgment towards a person, object, or situation. It encompasses beliefs, feelings, and behavioral tendencies.

126. The senses include sight (vision), hearing (audition), taste (gustation), smell (olfaction), touch (tactile perception), and proprioception (awareness of body position and movement).

127. Displacement is a defense mechanism where an individual redirects their emotions, impulses, or desires from the original target to a more acceptable or safer substitute target.

128. Creativity refers to the ability to generate new ideas, concepts, or solutions that are original and valuable. It involves thinking outside the box, making connections between unrelated concepts, and being open to new possibilities.

129. Old age, also known as late adulthood or senescence, is the final stage of human development. It is characterized by physical, cognitive, and social changes, as well as potential challenges such as declining health and loss of loved ones.

130. The interview method is a research technique where a researcher asks questions and engages in a conversation with participants to gather information, insights, or opinions on a specific topic.

131. Counselling is a psychological intervention that involves providing guidance, support, and assistance to individuals or groups facing personal, emotional, or behavioral challenges. It aims to help individuals explore their thoughts and feelings, develop coping strategies, and make positive changes in their lives.

132. The four concepts of learning are classical conditioning, operant conditioning, observational learning, and cognitive learning. Classical conditioning involves learning through the association of stimuli, operant conditioning involves learning through the consequences of behavior, observational learning involves learning by observing others, and cognitive learning involves learning through mental processes such as problem-solving and understanding.

133. The five psychosexual stages, as proposed by Sigmund Freud, are oral stage, anal stage, phallic stage, latency stage, and genital stage. Each stage is characterized by different erogenous zones and conflicts that influence personality development.

134. Psychological changes in emotion refer to the subjective experiences, physiological responses, and cognitive processes that occur during emotional states. These changes can include changes in mood, arousal levels, facial expressions, and cognitive appraisals of the situation.

135. Figure-ground perception is a perceptual organization principle where individuals perceive objects or figures as distinct from their background or surroundings. It involves separating the main object or figure from the background and perceiving them as separate entities.

136. The types of conflict include approach-approach conflict, where an individual must choose between two desirable options; avoidance-avoidance conflict, where an individual must choose between two undesirable options; and approach-avoidance conflict, where an individual must weigh the pros and cons of a single option.

137. Kinds of learning include associative learning, where individuals learn to associate one stimulus with another; cognitive learning, where individuals acquire knowledge, skills, or understanding through mental processes such as problem-solving or reasoning; and social learning, where individuals learn by observing and imitating others.

138. Change of attitude refers to a shift or modification in an individual's beliefs, feelings, or behavioral tendencies towards a person, object, or situation. It can occur through various processes such as persuasion, social influence, or personal experiences.

139. Qualities of leadership: Some qualities of leadership include effective communication, decision-making skills, integrity, vision, empathy, and the ability to inspire and motivate others.

140. Role of RAS (Reticular Activating System): The RAS is a network of neurons in the brainstem that plays a crucial role in regulating arousal, attention, and consciousness.

141. Define Intelligence: Intelligence is a complex and multifaceted mental ability that involves the capacity to learn, reason, problem-solve, and adapt to new situations.

142. Four psycho-social motives: The four psycho-social motives are achievement, affiliation, power, and intimacy.

143. Sensation: Sensation refers to the process by which our sensory organs detect and respond to external stimuli, such as light, sound, taste, and touch.

144. Interviews: Interviews are a method of gathering information or conducting research by asking questions directly to individuals or groups.

145. Tools of thinking: Tools of thinking refer to cognitive processes and strategies that help individuals analyze, problem-solve, and make decisions. Examples include logical reasoning, critical thinking, and creative thinking.

146. Solutions for frustration: Some solutions for frustration include identifying and expressing emotions, problem-solving, seeking support from others, and practicing stress management techniques.

147. Difference between Emotion and feeling: Emotion refers to a complex psychological and physiological response to a specific stimulus, while feeling is the subjective experience or perception of that emotion.

148. Five branches in psychology: The five branches of psychology are clinical psychology, cognitive psychology, developmental psychology, social psychology, and experimental psychology.

149. Concept of IQ: IQ (Intelligence Quotient) is a measure of an individual's cognitive abilities, typically assessed through standardized tests. It is used to compare an individual's intelligence to a normative group.

150. Effective ways of learning: Effective ways of learning include active engagement, such as through hands-on activities or discussions, setting goals, using mnemonic devices, practicing retrieval, and spacing out study sessions.

151. Five schools in psychology: The five schools in psychology are psychoanalysis, behaviorism, humanistic psychology, cognitive psychology, and biological psychology.

152. Traits of creative thinker: Traits of a creative thinker include open-mindedness, curiosity, flexibility, willingness to take risks, ability to think outside the box, and persistence.

153. Qualities of a good leader: Some qualities of a good leader include integrity, effective communication

154. WAIS: The Wechsler Adult Intelligence Scale is a widely used test designed to measure intelligence in adults.

155. WISC: The Wechsler Intelligence Scale for Children is a test used to measure intelligence in children.

156. RPM: The Raven's Progressive Matrices is a non-verbal test used to measure abstract reasoning ability.

157. Interview method: A research method in which information is gathered through direct questioning and conversation with individuals.

158. Structuralism: An early school of psychology that focused on the analysis of the structure of conscious experience through introspection.

159. Illusion: A perceptual experience that does not match the physical reality of a situation.

160. Biological needs: Basic physiological requirements for survival and well-being, such as the need for food, water, shelter, and sleep.

161. Projective techniques: Psychological assessment methods that involve presenting individuals with ambiguous stimuli to reveal underlying thoughts, feelings, and personality traits.

162. Emotion: A complex psychological and physiological state characterized by subjective experiences, physiological arousal, expressive behaviors, and cognitive appraisals.

163. Neuron: A specialized cell that is the basic building block of the nervous system, responsible for transmitting information through electrical and chemical signals.

164. Gestalt psychology: A school of psychology that emphasizes the organization and integration of sensory information into meaningful wholes.

165. Intelligence: The ability to acquire, understand, and apply knowledge and skills to solve problems and adapt to new situations.

166. Infancy: The period of early childhood from birth to around two years of age.

167. Four schools in psychology: behaviorism, psychoanalysis, humanism, and cognitive psychology.

168. Senses: Sight, hearing, taste, touch, and smell.

169. Concept of IQ: IQ (intelligence quotient) is a measure of intelligence derived from standardized tests, typically comparing an individual's performance to that of others in their age group.

170. Four qualities of leadership: vision, communication, integrity, and empathy.

171. Displacement: A defense mechanism in which emotions are redirected from their original target onto a substitute target.

172. Twins: Two individuals born from the same pregnancy, either identical (monozygotic) or fraternal (dizygotic).

173. IQ: Intelligence quotient, a measure of intelligence.

174. Anger: An intense emotional response characterized by feelings of hostility, frustration, and a desire for retaliation.

175. Creativity: The ability to generate novel and valuable ideas, solutions, or products.

176. Illusion: A perceptual experience that misrepresents the true nature of a stimulus.

177. Applied psychology: The branch of psychology that applies psychological principles and theories to real-world problems and practical situations.

178. Tools of thinking: Cognitive processes and strategies used to acquire, process, and organize information, such as reasoning, problem-solving, and decision-making.

179. Leadership: The ability to influence and guide others towards a common goal or vision.

180.

181. 185. Internal factors of attention: Factors within an individual, such as interest, motivation, and cognitive processes, that influence the allocation of attention.

182. Structure of psyche: The organization and components of the mind or psychological self.

183. Free association: A psychoanalytic technique in which individuals freely express their thoughts and feelings without censorship or judgment.

184. Environment: The external surroundings and conditions that can influence an individual's behavior, development, and well-being.

185. Fear: An emotional response to perceived threats or dangers, characterized by anxiety, physiological arousal, and a desire to escape or avoid the threat.

186. Incidental Vs. Intentional: Incidental refers to something happening by chance or without prior planning, while intentional refers to something done with purpose or deliberate intent.

187. TAT: The Thematic Apperception Test is a projective psychological assessment tool in which individuals are asked to create stories based on ambiguous pictures, revealing underlying motivations, desires, and conflicts.

188. Delusions: Delusions are false beliefs that are held despite evidence to the contrary. They are often associated with mental health disorders such as schizophrenia.

189. Psychosexual stages of development: The psychosexual stages of development, proposed by Sigmund Freud, suggest that personality develops through a series of stages related to the erogenous zones. These stages include oral, anal, phallic, latency, and genital stages.

190. Traits of creative thinker: Creative thinkers often exhibit traits such as curiosity, open-mindedness, imagination, flexibility, and the ability to think outside the box. They are often able to generate unique and innovative ideas.

191. Laws of learning: The laws of learning refer to principles that describe how learning occurs. These laws include the law of effect, law of exercise, law of readiness, and law of primacy.

192. Concept of IQ: IQ stands for intelligence quotient and is a measure of a person's cognitive abilities. It is often assessed through standardized tests and is used to compare an individual's intellectual abilities to those of others in their age group.

193. What is gestalt? Gestalt refers to a psychological theory that emphasizes the importance of perception and the organization of sensory information. It suggests that our perception is not simply the sum of individual parts but is influenced by the way those parts are organized into a whole.

194. What is insight? Insight refers to the sudden realization or understanding of a problem or situation. It often involves a shift in thinking that allows for a new perspective or solution to emerge.

195. What is hallucination? Hallucination is a sensory experience that appears real but is not actually present. It can involve seeing, hearing, smelling, tasting, or feeling things that are not there and is often associated with mental health conditions or substance abuse.

196. What is emotion? Emotion refers to a complex psychological and physiological state that involves a subjective experience, physiological arousal, and behavioral responses. Emotions can be influenced by internal and external factors and can range from basic emotions such as happiness and sadness to more complex emotions such as love and jealousy.

197. What is conflict? Conflict refers to a struggle or disagreement between two or more opposing forces or individuals. It can occur at various levels, including intrapersonal (within oneself), interpersonal (between individuals), and group or societal levels. Conflict can arise from differences in values, goals, or interests and can have both positive and negative effects.

KMCT COLLEGE OF ALLIED HEALTH SCIENCES

MUKKOM, KOZHIKODE, KERALA.

DEPARTMENT OF PHYSIOTHERAPY.

FIRST YEAR BPT

SOCIOLOGY – QUESTION BANK

Essay:

1. Explain the functions and changes in family

2. Define social group. Explain the formal and informal groups on health and sickness.

3. Role of primary groups and secondary groups in hospital and rehabilitation

4. What are the relation between sociology and other social sciences.

5. Define family and discuss the functions of types of family.

6. Define sociology and explain the importance of sociology with special reference to health care professionals.

7. Define social change and discuss the role of social planning in the improvement of health and rehabilitation.

8. Explain the significance of sociology with special relevance to health care professionals

9. Explain the role of social planning in the improvement of health and rehabilitation.

10. Discuss about the culture and its influence on health

11. Define sociology and importance of sociology in physiotherapy.

12. Define sociology and explain the importance of sociology with special reference to health care professional

13. Explain the functions of family.

14. Explain the relation between sociology and social service in detail

15. Methods of sociological investigation in physiotherap

16. Explain any one social problem in relation to its cause, effect and solution.

17. What are the relation between sociology and other social sciences.

18. Define family and discuss the functions of types of family.

19. Define sociology and explain the importance of sociology with special reference to health care professionals

20. Role of primary groups and secondary groups in hospital and rehabilitation

21. Define social group. Explain the formal and informal groups on health and sickness.

22. Explain the functions and changes in family

23. Define social planning and the role of social planning in the improvement of health and rehabilitation.

24. Define social groups and social group in hospitals and rehabilitation settings

25. Features of modern caste system.

26. Roles of primary and secondary groups in the hospital and rehabilitation centre for restoration of Patient's health.

27. Discuss the various method of social control.

28. Features of Modern caste in India.

29. Functions of Family

30. The Role of Social Planning in the improvement of Health and Rehabilitation.

31. Define Sociology and critically evaluate the application of knowledge of Sociology in Physiotherapy.

32. Define Socialization. Explain the Stages and Agents of Socialization

33. Define Social Group. How it differs Primary Group to Secondary Group?

34. Define family. Explain the essential and non-essential functions of family.

35. Explain about the role of primary groups and secondary groups in the hospital and rehabilitation settings.

36. Define Caste. Describe its features and Modern Trends.

37. Define community. Write in detail the role of urban community and rural community in public health.

38. Define Social change. Explain Factors of Social Change

39. Define Health and discuss the social cultural factors as determinants of health and behavior in health and sickness.

40. a) Alcohol is injurious to health-discuss. b) Write the remedies to control social problems.

41. Define Health. Discuss institutions of Health.

42. Define Socialization. Explain the stages and agents of socialization.

43. Write the role of Community in determining beliefs, practices and home remedies in treatment.

44. Define Health and discuss the social factors influencing on health status of the individuals in society.

45. Define Community. Bring out the role of rural and urban communities in public health.

46. Define influence of Society on child development.

Short notes:

1. Influence of family on the individual health.

2. Application of Sociology in Physiotherapy.

3. Primary group.

4. Uses of study of sociology.

5. Explain the different forms of family.

6. Does social change leads to stress?

7. Write a note on Alcoholism.

8. Psychosomatic disease.

9. Formal means of social control.

10. Social security.

11. Types of social groups.

12. Factors influencing social change.

13. Remedies to prevent social problems.

14. Application of sociology in physiotherapy

15. Social Groups.

16. Bring-out the scope of Sociology.

17. In what ways the role of socio cultural factors determine the health status?

18. Write the sub-culture of medical workers.

19. Explain the characteristics of social change.

20. Means of Social Control.

21. Juvenile Delinquency.

22. Examine the importance of sociology in the field of physiotherapy and occupational therapy.

23. Socialization in hospital.

24. Influence of the family on personality.

25. Role of Rural community in maintaining public health.

26. Social factors affecting the health status.

27. Uses of Sociology

28. Agencies of Socialization

29. Poverty.

30. Factors of social change.

31. Modern trends of caste system in India.

32. Sociology is a science.

33. Components of Culture

34. Beggary

35. Application of knowledge of Sociology in Physiotherapy and Occupational therapy.

36. Influence of the family on the individual's health.

37. The role of social planning in the improvement of health and in rehabilitation.

38. Problems of women in employment

39. Primary group and its characteristics.

40. Cultural meaning of sickness.

41. Social change and stress.

42. Problem of Beggary

43. Characteristics of primary group.

44. Role of public health on rural community.

45. Factors of social change.

46. Characteristics of culture.

47. Health awareness among tribal community.

48. Process of socialization.

49. Social change and stress .

50. Discuss the social factors affecting the geriatric population..

51. Explain the methods of sociological investigation

52. Culture and health disorders

53. Role of rural and urban communities in public health.

54. Alcoholism and its impact on health.

55. Juvenile Delinquency

56. Effects of Sickness on family.

57. Prostitution.

58. Factors of social changes.

59. Health hazards in rural community.

60. Demerits of rural community

61. Family and nutrition

62. Social changes and stress

63. Role of community in public health

64. Alcoholism and it impacts on health

65. Agencies of socialization.

66. Scope of sociology.

67. Role of public health in rural community

68. Prostitution

69. Factors affecting geriatric population

70. Cultural factors affecting the health status

71. Demerits of rural community

72. Causes of poverty.

73. Culture and health disorders.

74. Process of socialization

75. Factors of social change

76. Alcoholism and its impact in health

77. Social factors affecting the geriatric population

78. Characteristics of primary group

79. Role of community in public health.

80. Health, health practices and diseases in culture

81. Family and nutrition

82. Concept of health

83. Factors of social change

84. Characteristics of culture

85. ESI schemSocial factors affecting the health status.

86. Culture and health disorders in present scenario.

87. Rural and urban community in public health

88. Factors of social change

89. Benefits of ESI scheme for employees

90. Alcoholism and its impact on health

91. Family and nutrition

92. Relationship between sociology and anthropology.

93. Explain the changing family patterns.

94. Importance of sociology to physiotherapy

95. Current trends in modern family

96. Role of rural and urban communities in public health.

97. Alcoholism and its impact on health.

98. Juvenile Delinquency

99. Effects of Sickness on family.

100. Prostitution.

101. Factors of social changes.

102. Health hazards in rural community.

103. Demerits of rural community

104. Family and nutrition

105. Social changes and stress

106. Role of community in public health

107. Alcoholism and it impacts on health

108. .Explain the methods of sociological investigation

109. Culture and health disorders

110. Characteristics of culture.

111. Health awareness among tribal community.

112. Process of socialization.

113. Social change and stress.

114. Discuss the social factors affecting the geriatric population

115. Influence of family on the individual health.

116. Social factors affecting the health status.

117. Characteristics of primary group.

118. Role of public health on rural community.

119. Factors of social change.

120. Explain process of socialization.

121. Uses of study of sociology.

122. Home remedies.

123. Influence of family on human personality.

124. Role of medical social workers.

125. Social change and deviance.

126. Explain about social Security and social legislation.

127. Problems of Indian Working Women in employment.

128. Five factors influencing social change.

129. Role of Social Planning.

130. Beggary.

131. Informal means of social control.

132. Cultural meaning of sickness.

133. Influence of Social Factors on Personality.

134. Impact of Culture on Human Behaviour.

135. Characteristics of Joint Family.

136. Social Consciousness and Meaning of Illness.

137. Explain Social Security and Social Legislation.

138. What is Social Consciousness and perception of illness?

139. List some Home remedies in Treatments.

140. How does social change cause stress?

141. Process of Socialization.

142. Family and Nutrition.

143. Social and Deviance.

144. Primary group in the Hospital Settings.

145. Types of Society

146. Elements of Social Structure

147. Origin and Nature of Family

148. Role of Medical Social Worker

149. Application of sociology in physiotherapy.

150. Modern caste system in India.

151. Social change and deviance.

152. Social security in relation to the disabled.

153. Uses of study of sociology.

154. Decision making in taking treatment.

155. Juvenile delinquency.

156. Culture induced symptoms and disease

157. Sociology as a science of society.

158. Socialization in hospital.

159. Social change and deviance.

160. Modern trends of caste system in India

ANSWER BRIEFLY:

1. Mention any three causes of beggary.

2. Cultural lag.

3. Social security means

4. Define Health.

5. Define Sociology.

6. Cultural lag.

7. Define society.

8. Define family.

9. Social problems.

10. Rehabilitation.

11. Types of poverty.

12. Social welfare programmes.

13. Four impacts on population explosion.

14. Rehabilitation.

15. List different stages of Socialization.

16. Polyandrous family.

17. Write the formal agencies of social control.

18. Social Stratification.

19. Father of sociology.

20. Name the factors of process of socialization.

21. Endogamy.

22. Replacement and modification.

23. Social work.

24. Write different types of poverty with examples.

25. Define culture.

26. Meaning of religion.

27. List the modern trends of caste system.

28. Bring out the social security schemes for elderly.

29. Meaning of norms.

30. Perception of Illness.

31. Filo centric.

32. Cultural Trait.

33. "Casta".

34. Social Work.

35. Juvenile Delinquents.

36. Who classified the concept of in group and out group?

37. Who is the father of sociology?

38. Who elaborated the idea of cultural lag?

39. Who said "Man is a social animal"?

40. Who divides the function of the family into essential and non-essential categories?

41. Any two culture induced diseases.

42. Any two social security schemes.

43. Meaning of outgroups.

44. Aim of social1 planning.

45. Urban Problems.

46. Define Socialization.

47. Forms of family.

48. Cultural lag.

49. Any two home remedies.

50. Agencies of Social control.

51. Types of unemployment.

52. Define family.

53. Social survey means 10.Anticipatory socialization means.

54. Write any three psychosomatic diseases.

55. Geriatric problems.

56. Juvenile delinquency.

57. Social change and deviance.

58. Changing family patterns.

59. Problems in women in employment

60. Sociology as a science of society.

61. Social survey.

62. Socialization.

63. Define Family.

64. Define social change.

65. Health programmes in India.

66. Formal group.

67. Meaning of social factors.

68. Relation to anthropology and sociology.

69. Role of medical social workers

70. Types of culture

71. Define health

72. Social survey

73. Any three causes of beggary

74. Benefits of ESI act.

75. Human adaptation and social change.

76. Role of medical social workers.

77. Concept of health

78. Problems of women in employment

79. Health programmes in India

80. WHO definition of health

81. Socialization

82. Define alcoholism

83. Three causes of beggary

84. Types of culture

85. Agencies of socialization

86. Nature of social groups.

87. Role of secondary groups in hospital set up.

88. Problems of women in employment

89. Problems of underprivileged

90. Cultural lag

91. Urban problems

92. Social survey

93. Benefits of ESI act

94. Any three causes of beggary

95. Social change and deviance.

96. Role of medical social workers

97. Social security

98. Juvenile delinquency.

99. Changing family patterns.

100. Types of unemployment

101. Urban problem

102. Three causes of beggary

103. Case study

104. Cultural lag

105. Human adaptation and social change.

106. Causes of poverty.

107. Causes of over population.

108. Social group in hospital setup: Explain.

109. Family and psychosomatic diseases.

110. Cultural lag

111. Social survey

112. Types of culture

113. Social change and stress

114. Causes of unemployment

115. Social factors affecting the health status.

116. Family and health - Discuss.

117. Nature of culture.

118. Features of rural community.

119. Role of medical social workers

120. .Sociology as a science of society.

121. Social survey.

122. Socialization.

123. Define Family.

124. Define social chang..

125. Health programmes in India.

126. Formal group.

127. Meaning of social factors.

128. Relation to anthropology and sociology.

129. Role of medical social workers

130. Types of culture

131. Define health

132. Social survey

133. Any three causes of beggary

134. Benefits of ESI act.

135. Geriatric problems.

136. Juvenile delinquency.

137. Social change and deviance.

138. Changing family patterns.

139. Problems in women in employment

140. Types of unemployment.

141. Definefamily.

142. Social survey means 10.Anticipatory socialization means.

143. .Write any three psychosomatic diseases

144. Mention any three causes of beggary.

145. Cultural lag.

146. Social security means

147. Aim of socia l planning.

148. Urban Problems.

149. Who said "Man is a social animal"?

150. Define community.

151. Define polyandry.

152. Who is the father of sociology.

153. Define society.

154. Psychosomatic diseases.

155. Maternity Act.

156. Types of beggars.

157. Cultural – lag.

158. Contra culture.

159. Non – material Culture.

160. Folkways.

161. Write any two factors of Social change.

162. Sickness.

163. Arya samaj.

164. Role of Community in Public Health.

165. Bring three home remedies for diseases.

166. Cultural lag.

167. Define Socialization and its uses.

168. Definition of Health.

169. Examples for formal groups – any four.

170. Meaning of customs.

171. Meaning of Cultural Lag.

172. Social Hierarchy – meaning.

173. Patriarchal Family

174. Social Control means.

175. Define Society.

176. Psychosomatic Diseases.

177. Juvenile Delinquency means.

178. Medical social worker.

179. Alcoholism.

180. Socialization in Hospital.

181. Methods of Social Control.

182. Sanskritization.

183. Looking Glass

184. Ill-health

185. Father of Sociology

186. Man is a Social Animal who said?

187. Social change means what?

188. Father of Sociology

189. Name four Institutions of Health

190. Primary Group

191. Home Remedies

192. Folkways

193. Define sociology.

194. List different types of Socialization.

195. Any two home remedies.

196. Cultural lag.

197. Write down the steps in decision making in treatment.

198. Define social system.

199. Define culture.

200. Medical social worker.

201. Define Socialization.

202. Juvenile delinquency

203. Define Health.

204. Any two remedies to control population explosion.

205. Cultural traits.

206. Psychosomatic diseases.

207. Folkways.

208. Polyandry.

209. Culture.

210. Caste system.

211. Home remedies in treatment.

212. Primary group characteristics.

ESSAY

1. The functions of family include providing emotional support, socialization of children, economic cooperation, and the continuation of society through reproduction. Changes in family structures and dynamics have occurred over time, such as the increase in single-parent households, dual-income families, and blended families.

2. A social group is a collection of individuals who interact with each other and share common interests or goals. Formal groups are organizations or institutions with specific roles and responsibilities, such as hospitals or healthcare organizations. Informal groups are more loosely structured and may form based on shared interests or relationships, such as support groups for individuals with specific health conditions.

3. Primary groups are small, intimate groups characterized by face-to-face interactions and strong emotional ties. In a hospital or rehabilitation setting, primary groups could include close-knit teams of healthcare professionals who work closely together to provide care for patients. Secondary groups are larger and more impersonal, often formed for a specific purpose or goal. In these settings, secondary groups could include committees or task forces focused on improving patient care or implementing new protocols.

4. Sociology is the scientific study of human society and social behaviour. It is closely related to other social sciences, such as psychology, anthropology, and economics, as they all study different aspects of human behaviour and social interactions. Sociology provides a broader perspective on social issues and helps to understand the social factors that influence individual and group behaviour.

5. Family is a social institution that consists of a group of individuals who are related by blood, marriage, or adoption and who share emotional ties and responsibilities. The functions of family include providing emotional support, socialization of children, economic cooperation, and the continuation of society through reproduction. Types of

family can include nuclear families, extended families, single-parent families, and blended families.

6. Sociology is important for healthcare professionals as it helps them understand the social factors that influence health and healthcare delivery. It provides insights into how social inequalities, cultural norms, and social structures impact health outcomes and access to healthcare. By understanding these social dynamics, healthcare professionals can provide more effective and equitable care.

7. Social change refers to the transformation of social structures, institutions, and norms over time. Social planning plays a role in improving health and rehabilitation by identifying and addressing social problems that impact health outcomes. It involves developing strategies and interventions to create positive social change, such as implementing policies to reduce healthcare disparities or promoting community-based rehabilitation programs.

8. Sociology is significant for healthcare professionals as it helps them understand the social determinants of health, such as socioeconomic status, race, and gender. By understanding these factors, healthcare professionals can address the social inequalities that contribute to health disparities and develop more effective interventions and policies to promote health and well-being.

9. Social planning plays a crucial role in improving health and rehabilitation by identifying and addressing social problems that impact health outcomes. It involves assessing community needs, developing strategies and interventions, and coordinating resources to create positive social change. By engaging in social planning, healthcare professionals can work towards improving access to healthcare, reducing health inequalities, and promoting the overall well-being of individuals and communities.

10. Culture refers to the shared beliefs, values, norms, and practices of a particular group or society. It influences health behaviours and attitudes towards health and illness. For example, cultural beliefs about diet, exercise, and traditional healing practices can impact an individual's health outcomes. Understanding cultural influences is important for healthcare professionals to provide culturally competent care and to address the unique health needs of diverse populations.

11. Sociology is the scientific study of human society and social behaviour. In physiotherapy, sociology helps to understand the social factors that influence health, illness, and rehabilitation. It provides insights into how social inequalities, cultural norms, and social structures impact individuals' experiences of disability and the

delivery of rehabilitation services. By understanding these social dynamics, physiotherapists can provide more holistic and effective care.

12. Sociology is the scientific study of human society and social behaviour. It is important for healthcare professionals as it helps them understand the social factors that influence health and healthcare delivery. By understanding the social determinants of health, healthcare professionals can address the social inequalities that contribute to health disparities and develop more effective interventions and policies to promote health and well-being.

13. The functions of family include providing emotional support, socialization of children, economic cooperation, and the continuation of society through reproduction. Families also provide a sense of identity, belonging, and socialization into cultural norms and values. They play a crucial role in the socialization and development of children, providing them with love, care, and guidance.

14. Sociology and social service are closely related as both disciplines focus on understanding and addressing social issues that impact individuals and communities. Sociology provides the theoretical framework and research methods to study social problems, while social service involves the practical application of interventions and services to address those problems. By working together, sociology and social service can inform and guide the development of effective social policies and programs.

15. Methods of sociological investigation in physiotherapy can include qualitative research methods such as interviews, focus groups, and participant observation to understand individuals' experiences of disability and rehabilitation. Quantitative research methods such as surveys and statistical analysis can be used to study the prevalence and impact of specific health conditions or interventions. Additionally, sociological research can involve analyzing existing data, conducting literature reviews, and engaging in community-based participatory research.

16. One social problem that can be examined is homelessness. The cause of homelessness can be attributed to a combination of factors such as poverty, lack of affordable housing, mental health issues, and substance abuse. The effects of homelessness include increased risk of physical and mental health problems, social isolation, and limited access to healthcare and support services. Solutions to homelessness may involve providing affordable housing, mental health and addiction services, and supportive social programs to help individuals regain stability and independence.

17.   Sociology is closely related to other social sciences such as psychology, anthropology, and economics. These disciplines all study human behaviour and social interactions, but sociology specifically focuses on the larger social structures and systems that shape individual and group behaviour. Sociology provides a broader perspective on social issues and helps to understand the social factors that influence individual and group behaviour.

18.   Family is a social institution that consists of a group of individuals who are related by blood, marriage, or adoption and who share emotional ties and responsibilities. The functions of family include providing emotional support, socialization of children, economic cooperation, and the continuation of society through reproduction. Types of family can include nuclear families, extended families, single-parent families, and blended families.

19.   Sociology is important for healthcare professionals as it helps them understand the social factors that influence health and healthcare delivery. It provides insights into how social inequalities, cultural norms, and social structures impact health outcomes and access to healthcare. By understanding these social dynamics, healthcare professionals can provide more effective and equitable care.

20.   Primary groups play a significant role in hospital and rehabilitation settings as they provide emotional support, camaraderie, and a sense of belonging for patients and healthcare professionals. They can include close-knit teams of healthcare professionals who work together to provide care and support for patients. Secondary groups, on the other hand, may include committees or task forces focused on improving patient care or implementing new protocols. They provide a more formal structure for collaboration and decision-making.

21.   A social group is a collection of individuals who interact with each other and share common interests or goals. Formal groups are organizations or institutions with specific roles and responsibilities, such as hospitals or healthcare organizations. Informal groups are more loosely structured and may form based on shared interests or relationships, such as support groups for individuals with specific health conditions.

22.   The functions of family include providing emotional support, socialization of children, economic cooperation, and the continuation of society through reproduction. Changes in family structures and dynamics have occurred over time, such as the increase in single-parent households, dual-income families, and blended families.

These changes reflect shifts in societal norms, economic conditions, and cultural values.

23.   Social planning refers to the process of identifying social problems, setting goals, and developing strategies to create positive social change. In the context of health and rehabilitation, social planning plays a role in improving access to healthcare services, addressing health disparities, and promoting community-based rehabilitation programs. By engaging in social planning, stakeholders can work together to develop policies and interventions that improve the overall health and well-being of individuals and communities.

24.   Social planning plays a crucial role in the improvement of health and rehabilitation by identifying and addressing social problems that impact health outcomes. It involves assessing community needs, developing strategies and interventions, and coordinating resources to create positive social change. By engaging in social planning, healthcare professionals, policymakers, and community members can work towards improving access to healthcare, reducing health inequalities, and promoting the overall well-being of individuals and communities.

25.   Social groups in hospitals and rehabilitation settings can include both formal and informal groups. Formal groups are organizations or institutions with specific roles and responsibilities, such as hospital departments or healthcare teams. Informal groups can form based on shared interests or relationships within the hospital or rehabilitation setting, such as support groups for patients with specific health conditions. These groups can provide emotional support, information sharing, and a sense of community for individuals in healthcare settings.

26.   The modern caste system refers to the social stratification system in India that is based on hereditary occupations and hierarchical divisions. It is characterized by the social and economic privileges or disadvantages that individuals inherit based on their caste. Modern trends in the caste system include efforts to reduce discrimination and promote social equality, such as affirmative action policies and social movements advocating for caste equality.

27.   Primary groups play a crucial role in the hospital and rehabilitation center for the restoration of a patient's health. These groups consist of close-knit teams of healthcare professionals who work together to provide care and support for patients. They provide emotional support, camaraderie, and a sense of belonging, which can contribute to the overall well-being and recovery of patients. Secondary groups, such

as committees or task forces, may also play a role in improving patient care through collaboration and decision-making.

28. Social control refers to the mechanisms and processes through which societies regulate and maintain social order. Various methods of social control can include formal institutions such as laws and regulations, informal social norms and expectations, and the influence of socialization and socialization agents. These methods help to enforce social norms, prevent deviant behavior, and maintain social cohesion.

29. Modern caste in India refers to the social stratification system based on hereditary occupations and hierarchical divisions. Features of the modern caste system include social and economic privileges or disadvantages that individuals inherit based on their caste, discrimination and inequality based on caste, and efforts to reduce discrimination and promote social equality through affirmative action policies and social movements advocating for caste equality.

30. The family has several functions, including providing emotional support, socialization of children, economic cooperation, and the continuation of society through reproduction. It is the primary unit of socialization and plays a crucial role in shaping the values, beliefs, and behaviours of individuals. Families also provide a sense of identity, belonging, and social support.

31. Social planning plays a crucial role in the improvement of health and rehabilitation by identifying and addressing social problems that impact health outcomes. It involves assessing community needs, developing strategies and interventions, and coordinating resources to create positive social change. By engaging in social planning, healthcare professionals, policymakers, and community members can work towards improving access to healthcare, reducing health inequalities, and promoting the overall well-being of individuals and communities.

32. Sociology is the scientific study of human society and social behaviour. In physiotherapy, sociology helps to understand the social factors that influence health, illness, and rehabilitation. It provides insights into how social inequalities, cultural norms, and social structures impact individuals' experiences of disability and the delivery of rehabilitation services. By understanding these social dynamics, physiotherapists can provide more holistic and effective care.

33. Socialization is the process through which individuals learn the values, norms, and behaviours of their society. It occurs throughout the lifespan and involves various

stages and agents. The stages of socialization include primary socialization during childhood, secondary socialization during adolescence and adulthood, and tertiary socialization during later stages of life. The agents of socialization can include family, peers, schools, media, and other social institutions.

34. A social group is a collection of individuals who interact with each other and share common interests or goals. Primary groups are small, intimate groups characterized by face-to-face interactions and strong emotional ties, such as families or close-knit friendship circles. Secondary groups are larger and more impersonal, often formed for a specific purpose or goal, such as work teams or professional organizations. Primary groups provide a sense of intimacy and emotional support, while secondary groups provide opportunities for collaboration and achieving common objectives.

35. Family is a social institution that consists of a group of individuals who are related by blood, marriage, or adoption and who share emotional ties and responsibilities. The essential functions of family include providing emotional support, socialization of children, and the continuation of society through reproduction. Non-essential functions of family can include economic cooperation, caregiving for elderly or disabled family members, and the transmission of cultural values and traditions.

36. Primary groups play a significant role in hospital and rehabilitation settings as they provide emotional support, camaraderie, and a sense of belonging for patients and healthcare professionals. They can include close-knit teams of healthcare professionals who work together to provide care and support for patients. Secondary groups, on the other hand, may include committees or task forces focused on improving patient care or implementing new protocols. They provide a more formal structure for collaboration and decision-making.

37. Caste refers to the hereditary social stratification system in India, where individuals inherit their social status and occupation based on their birth. Features of the modern caste system include social and economic privileges or disadvantages that individuals inherit based on their caste, discrimination and inequality based on caste, and efforts to reduce discrimination and promote social equality through affirmative action policies and social movements advocating for caste equality.

38. Community refers to a group of individuals who share common characteristics, interests, or location and who interact with each other. The role of urban and rural communities in public health can vary. Urban communities may have more access to healthcare.

39.   Social change refers to the transformation of societal structures, behaviors, and norms over time. It involves shifts in various aspects of society, including culture, social institutions, relationships, and values. Social change can occur at both the individual and collective levels and can be driven by various factors.

Factors of social change include:

1.   Technological advancements: Innovations and advancements in technology can lead to significant changes in society. For example, the invention of the internet has revolutionized communication and transformed the way people interact and access information.

2.   Economic factors: Changes in the economy, such as shifts in industries, employment patterns, and income distribution, can result in social change. Economic factors can influence social mobility, social class dynamics, and overall living conditions.

3.   Political factors: Political changes, such as the rise or fall of governments, changes in policies and laws, and social movements, can have a profound impact on society. Political factors can shape social structures, power dynamics, and individual rights.

4.   Demographic factors: Changes in population size, composition, and distribution can lead to social change. Factors such as birth rates, death rates, migration patterns, and age structure can influence social dynamics and societal norms.

5.   Cultural factors: Cultural shifts, including changes in beliefs, values, norms, and traditions, can drive social change. Cultural factors can influence social attitudes, behaviours, and social institutions.

40.   Health can be defined as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. Social-cultural factors play a significant role in determining health and influencing health-related behaviours.

SOCIAL-CULTURAL FACTORS AS DETERMINANTS OF HEALTH INCLUDE:

1. Socioeconomic status: Income, education, occupation, and social class can impact access to healthcare, health knowledge, and lifestyle choices. Lower socioeconomic status is often associated with poorer health outcomes.

2. Cultural beliefs and practices: Cultural norms, values, and beliefs about health and illness can shape health behaviours and attitudes towards seeking healthcare. For example, certain cultural groups may have specific dietary practices or traditional remedies that impact health outcomes.

3. Social support and networks: The presence of social support systems, such as family, friends, and community, can have a positive impact on health. Strong social connections can provide emotional support, reduce stress, and encourage healthy behaviours.

4. Environmental factors: The physical and social environment in which individuals live can influence health. Factors such as access to clean water, sanitation, housing conditions, and exposure to pollutants can impact health status.

5. Health literacy: The level of health knowledge and understanding of health information can affect health behaviours and decision-making. Limited health literacy can hinder individuals' ability to navigate healthcare systems and make informed choices.

41a. Alcohol is injurious to health due to its negative effects on various organs and systems in the body. Excessive alcohol consumption can lead to liver damage, cardiovascular problems, increased risk of certain types of cancer, impaired cognitive function, mental health issues, and addiction. It can also contribute to accidents, violence, and social problems.

41b. Remedies to control social problems related to alcohol use include:

1. Education and awareness: Providing accurate information about the risks and consequences of alcohol use can help individuals make informed choices and reduce harmful behaviours.

2. Policy and regulation: Implementing and enforcing laws and regulations related to alcohol use, such as age restrictions, drunk driving laws, and restrictions on alcohol marketing, can help control social problems associated with alcohol.

3. Treatment and support: Providing accessible and effective treatment options for individuals struggling with alcohol addiction can help reduce alcohol-related social problems.

4. Public health campaigns: Conducting public health campaigns to raise awareness about responsible alcohol consumption and promoting healthier lifestyles can help prevent alcohol-related social problems.

5. Health can be defined as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. Institutions of health refer to various organizations and structures that contribute to maintaining and improving health in society.

INSTITUTIONS OF HEALTH INCLUDE:

1. Healthcare systems: These include hospitals, clinics, and healthcare providers that deliver medical services to individuals. Healthcare systems also include health insurance companies, pharmaceutical companies, and regulatory bodies.

2. Public health agencies: Public health agencies focus on preventing diseases, promoting health, and improving the overall well-being of populations. They engage in activities such as disease surveillance, health promotion campaigns, and policy development.

3. Education systems: Education institutions play a crucial role in promoting health and well-being. They provide health education to students, promote healthy behaviors, and create supportive environments for learning.

4. Research institutions: Research institutions contribute to the advancement of medical knowledge and the development of new treatments and interventions. They conduct studies to identify health trends, risk factors, and effective strategies for prevention and treatment.

5. Non-governmental organizations (NGOs): NGOs play a vital role in addressing health issues, particularly in underserved communities. They provide healthcare services, health education, advocacy, and support for vulnerable populations.

6. Socialization refers to the process through which individuals acquire the knowledge, skills, attitudes, and behaviors necessary to function as members of a society. It involves learning and internalizing social norms, values, and expectations.

STAGES OF SOCIALIZATION INCLUDE:

1. Primary socialization: This stage occurs during early childhood and involves learning basic skills, language, and social norms from family members and caregivers. It forms the foundation for subsequent socialization processes.

2. Secondary socialization: This stage occurs during later childhood and adolescence. It involves learning social roles, cultural practices, and values from peers, teachers, and other socializing agents outside the family.

3. Adult socialization: This stage occurs throughout adulthood and involves continued learning and adaptation to new social roles and contexts. It includes acquiring knowledge and skills related to work, relationships, and societal expectations.

AGENTS OF SOCIALIZATION INCLUDE:

1. Family: Family members are often the primary agents of socialization, teaching children social norms, values, and behaviors. They transmit cultural traditions and provide emotional support and guidance.

2. Peers: Peers play a significant role in socialization, particularly during adolescence. They influence attitudes, behaviors, and social identities through peer pressure, group dynamics, and shared experiences.

3. Education: Schools and educational institutions contribute to socialization by teaching academic knowledge, social skills, and cultural norms. They also provide opportunities for social interaction and the development of social relationships.

4. Media: Mass media, including television, movies, music, and the internet, can shape attitudes, values, and behaviors. Media influences socialization by presenting societal norms, values, and cultural ideals.

5. Religion: Religious institutions and practices transmit moral values, beliefs, and rituals. They provide a framework for understanding the world and shaping individuals' ethical and moral development.

6. The community plays a significant role in determining beliefs, practices, and home remedies in treatment. Community members often share common cultural and traditional beliefs about health and illness, which influence their healthcare-seeking behaviors.

THE ROLE OF THE COMMUNITY INCLUDES:

1. Cultural beliefs and practices: Communities often have specific cultural beliefs and practices related to health and illness. These beliefs can influence the types of treatments and remedies community members use, such as herbal remedies, traditional healing practices, or spiritual rituals.

2. Social networks and support: Communities provide social support networks that can influence individuals' healthcare decisions. Community members may seek advice and support from trusted individuals within their community when seeking treatment or managing health issues.

3. Accessibility of healthcare resources: The availability and accessibility of healthcare resources within a community can impact healthcare-seeking behaviors. Limited access to healthcare facilities may lead community members to rely on home remedies or alternative healthcare options.

4. Community norms and values: Community norms and values can shape individuals' health-related behaviors and beliefs. For example, communities that prioritize physical activity and healthy eating may have lower rates of obesity and related health problems.

5. Health education and awareness: Community-based health education programs and initiatives can promote knowledge and awareness about evidence-based treatments and practices. These programs can help community members make informed decisions about their health and well-being.

45. Health can be defined as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. Social factors can significantly influence an individual's health status within society.

SOCIAL FACTORS INFLUENCING HEALTH STATUS INCLUDE:

1. Socioeconomic status: Lower socioeconomic status is often associated with poorer health outcomes. Individuals with higher income, education, and occupational status generally have better access to healthcare, healthier lifestyles, and improved overall health.

2. Social support and networks: The presence of strong social support systems, such as family, friends, and community, can positively impact health. Social support can provide emotional support, reduce stress, and encourage healthy behaviors.

3. Cultural factors: Cultural norms, values, and beliefs about health and illness can shape health behaviors and attitudes towards seeking healthcare. Cultural practices, such as dietary preferences or traditional remedies, can influence health outcomes.

4. Social determinants of health: Social determinants of health are the conditions in which people are born, grow, live, work, and age. These factors, such as access to education, employment, housing, and healthcare services, can significantly impact health status.

5. Social inequalities: Social inequalities, including income inequality, racial and ethnic disparities, and gender disparities, can contribute to health disparities. Individuals facing discrimination or marginalization may experience poorer health outcomes.

46. A community can be defined as a group of individuals living in the same geographical area and sharing common characteristics, interests, or goals. Both rural and urban communities play essential roles in public health.

ROLE OF RURAL COMMUNITIES IN PUBLIC HEALTH:

1. Access to healthcare: Rural communities often face challenges in accessing healthcare due to geographic distance, limited healthcare facilities, and healthcare provider shortages. Public health initiatives in rural areas focus on improving access to healthcare services and reducing disparities.

2. Agricultural and environmental health: Rural communities are often engaged in agricultural activities, which can pose specific health risks. Public health efforts in rural areas address issues such as pesticide exposure, water quality, and occupational health and safety.

3. Health disparities: Rural communities may face higher rates of certain health conditions and disparities compared to urban areas. Public health interventions aim to address these disparities and improve health outcomes in rural populations.

ROLE OF URBAN COMMUNITIES IN PUBLIC HEALTH:

1. Population density: Urban areas have higher population densities, which can lead to unique public health challenges. Public health initiatives in urban areas focus on issues such as infectious disease control, overcrowding, and environmental health concerns.

2. Access to healthcare: While urban areas generally have better access to healthcare facilities, disparities in health access and outcomes can still exist within urban communities. Public health efforts aim to address these disparities and improve healthcare access for marginalized populations.

3. Health behaviors and lifestyle factors: Urban lifestyles may be associated with specific health behaviors and lifestyle factors, such as sedentary behavior, unhealthy diets, and stress. Public health interventions in urban areas target these factors to promote healthier behaviors and reduce the burden of chronic diseases.

4. Society has a significant influence on child development. Children are socialized and shaped by the cultural norms, values, and expectations of the society in which they grow up.

INFLUENCE OF SOCIETY ON CHILD DEVELOPMENT INCLUDES:

1. Cultural norms and values: Children learn cultural norms and values through socialization processes. Society's expectations regarding behavior, gender roles, and social interactions shape children's understanding of appropriate and acceptable behavior.

2. Socialization agents: Various socialization agents, such as family, peers, schools, and media, play a role in transmitting societal norms and values to children. These agents influence children's beliefs, attitudes, and behaviors through their interactions and socialization practices.

3. Social institutions: Institutions such as education systems, religious organizations, and community organizations contribute to child development by providing socialization experiences and teaching societal norms and values. These institutions shape children's cognitive, emotional, and social development.

4. Socialization of gender roles: Society's expectations regarding gender roles and behaviors influence how children understand and perform their gender identity. Children learn gender roles through observation, imitation, and reinforcement from their social environment.

5. Social support and networks: The social support and networks available to children within society can impact their development. Positive social relationships

and supportive environments contribute to children's emotional well-being, self-esteem, and overall development.

SHORT NOTES

1. **Influence of family on individual health:**
    *   The family plays a significant role in shaping an individual's health and well-being.
    *   Family members' behaviors, attitudes, and lifestyle choices can have a direct impact on an individual's health.
    *   Family support and encouragement can contribute to better physical and mental health outcomes.
    *   Family dynamics, such as communication patterns and conflict resolution, can affect stress levels and overall health.
    *   Family history and genetics can also influence an individual's susceptibility to certain health conditions.

2. **Application of Sociology in Physiotherapy:**
    *   Sociology provides a framework for understanding the social factors that influence health and well-being, including those relevant to physiotherapy.
    *   It helps physiotherapists analyse the social determinants of health and how they impact patients' conditions and treatment outcomes.
    *   Sociological perspectives can guide physiotherapists in addressing social inequalities and advocating for social justice in healthcare.
    *   Sociology can also inform research methods and data analysis in physiotherapy studies, allowing for a more comprehensive understanding of patients' experiences.

3. **Primary group:**
    *   A primary group refers to a small, intimate, and long-lasting social group in which members have close, personal relationships.
    *   Examples of primary groups include families, close friends, and tightly-knit communities.
    *   Primary groups are characterized by strong emotional bonds, frequent face-to-face interactions, and a sense of belonging and identity.
    *   These groups provide individuals with emotional support, socialization, and a sense of security.

- Primary groups play a crucial role in shaping individuals' values, beliefs, and social behaviors.

4. **Uses of study of sociology:**
   - Sociology helps us understand and analyze social phenomena, such as social institutions, social interactions, and social inequalities.
   - It provides insights into the underlying causes and consequences of social issues, such as poverty, crime, and inequality.
   - Sociology helps us develop a critical perspective on society and question existing social norms and structures.
   - The study of sociology can inform policy-making and social interventions, contributing to positive social change.
   - Sociology also helps us understand and appreciate cultural diversity, promoting tolerance and empathy.

5. **Different forms of family:**
   - Nuclear family: Consists of a married couple and their children living together in the same household.
   - Extended family: Includes relatives beyond the nuclear family, such as grandparents, aunts, uncles, and cousins, who may live together or in close proximity.
   - Single-parent family: Comprises one parent and their children, often resulting from divorce, separation, or the death of a spouse.
   - Blended family: Involves a combination of two separate families, typically resulting from remarriage or cohabitation.
   - Same-sex family: Refers to families headed by same-sex couples, who may have children through adoption, surrogacy, or other means.
   - Adoptive family: Consists of parents who have legally adopted a child, forming a family unit through the process of adoption.
   - Foster family: Involves providing temporary care for children who are unable to live with their biological parents, often through the foster care system.

6. **Does social change lead to stress?**
   - Social change can indeed lead to stress for individuals and communities.
   - Disruptions to familiar social structures, norms, and routines can cause uncertainty and anxiety.

- Rapid social change, such as technological advancements or political upheavals, can create a sense of instability and insecurity.
- Social change may also result in social inequalities, which can lead to stress and frustration among marginalized groups.
- However, it's important to note that social change can also bring positive outcomes and opportunities for growth and development.

7. **Alcoholism:**
- Alcoholism, also known as alcohol use disorder, is a chronic condition characterized by an inability to control or stop drinking despite negative consequences.
- It is a serious health issue that can have detrimental effects on physical, mental, and social well-being.
- Alcoholism can lead to physical health problems, such as liver disease, cardiovascular issues, and neurological damage.
- It can also contribute to mental health disorders, including depression, anxiety, and alcohol-induced psychosis.
- Alcoholism can strain relationships, lead to financial difficulties, and negatively impact work or academic performance.
- Treatment for alcoholism often involves a combination of medical interventions, therapy, and support networks.

8. **Psychosomatic disease:**
- Psychosomatic diseases, also known as psychophysiological disorders, are physical illnesses that are influenced or caused by psychological factors.
- These conditions often involve the interaction between the mind and the body, with emotional or mental stress manifesting as physical symptoms.
- Examples of psychosomatic diseases include irritable bowel syndrome, tension headaches, and eczema.
- Stress, anxiety, depression, and trauma can contribute to the development or exacerbation of psychosomatic symptoms.
- Treatment for psychosomatic diseases typically involves addressing both the physical and psychological aspects of the condition, often through a multidisciplinary approach.

9. **Formal means of social control:**
   - Formal means of social control refer to the mechanisms and institutions established by society to maintain order and enforce compliance with social norms and laws.
   - Examples of formal means of social control include the legal system, police forces, courts, and prisons.
   - These institutions use rules, regulations, and punishments to deter individuals from deviating from socially acceptable behavior.
   - Formal means of social control aim to uphold social order, protect public safety, and ensure justice.
   - However, they can also be subject to criticism and scrutiny, as they may disproportionately target certain individuals or groups and perpetuate inequalities.

10. **Social security:**
    - Social security refers to a system of programs and policies designed to provide financial support and assistance to individuals and families during various stages of life or in times of need.
    - It includes benefits such as retirement pensions, disability insurance, unemployment compensation, and healthcare coverage.
    - Social security programs are typically funded through contributions from individuals and employers, as well as government taxes.
    - The goal of social security is to reduce poverty, promote social welfare, and provide a safety net for vulnerable populations.
    - Social security programs vary across countries, reflecting different social, economic, and political contexts.

11. **Types of social groups:**
    - Primary groups: small, intimate groups characterized by face-to-face interaction and strong emotional ties (e.g., family and close friends).
    - Secondary groups: larger, more formal groups characterized by impersonal relationships and limited emotional ties (e.g., workplace colleagues).
    - Reference groups: groups that individuals use as a standard for evaluating their own attitudes, behaviors, and values (e.g., professional associations or social clubs).
    - In-groups and out-groups: in-groups are groups to which individuals feel a sense of belonging and loyalty, while out-groups are those perceived as different or inferior.
    - Social categories: groups based on shared characteristics such as gender, race, or age.

12.   Factors influencing social change:

- Technological advancements

- Economic factors

- Political factors

- Cultural and social values

- Demographic changes

- Environmental factors

- Globalization and interconnectivity

13.   Remedies to prevent social problems:

- Education and awareness campaigns

- Strengthening social support systems

- Promoting equality and social justice

- Implementing effective policies and laws

- Encouraging community engagement and participation

- Providing access to basic resources and services

- Addressing root causes of social problems, such as poverty and discrimination

14.   Application of sociology in physiotherapy:

- Understanding the social determinants of health and how they impact individuals' access to physiotherapy services.

- Examining the social factors that contribute to injury or disability, such as occupational hazards or socioeconomic inequalities.

- Analyzing the social dynamics within healthcare settings and how they affect patient-provider relationships and treatment outcomes.

- Investigating the social implications of rehabilitation and the role of physiotherapy in promoting social inclusion and participation.

- Identifying social barriers to effective rehabilitation and developing strategies to address them.

15.   Social Groups:

- Please refer to the answer provided for question 11.

16.   Scope of Sociology:

The scope of sociology includes the study of various social phenomena, such as social interactions, social institutions, social structures, social change, social stratification, social

movements, and social problems. It explores the ways in which individuals are shaped by society and how they, in turn, shape society through their actions and behaviors. Sociology also examines the intersection of social factors with other disciplines, such as psychology, economics, and political science.

17. Role of socio-cultural factors in determining health status:

Socio-cultural factors play a significant role in determining an individual's health status. These factors include socio-economic status, cultural beliefs and practices, social support networks, access to healthcare services, and exposure to environmental factors. For example, individuals from lower socio-economic backgrounds may have limited access to healthcare and face higher levels of stress and adversity, which can negatively impact their health. Cultural beliefs and practices can also influence health behaviors and attitudes towards seeking healthcare.

18. Sub-culture of medical workers:

The sub-culture of medical workers can vary depending on the specific context and setting. However, some common characteristics of this sub-culture may include:

- High levels of professionalism and dedication to patient care
- A shared language and jargon specific to the medical field
- A strong emphasis on teamwork and collaboration
- Long working hours and high levels of stress
- Ethical considerations and adherence to professional standards
- A sense of camaraderie and support among colleagues

19. Characteristics of social change:

- Social change is a continuous process that occurs over time.
- It can be gradual or rapid, depending on the circumstances.
- Social change can be planned or unplanned.
- It involves alterations in social structures, institutions, and cultural patterns.
- Social change can be driven by various factors, such as technological advancements, economic forces, and social movements.

- It often results in both positive and negative consequences, affecting different groups of people in different ways.

20. **Means of Social Control:**

- Formal social control: mechanisms put in place by formal institutions, such as laws, regulations, and legal systems, to regulate behavior and maintain social order.

- Informal social control: social norms, values, and informal social sanctions, such as peer pressure or reputation, that influence individuals' behavior and conformity to societal expectations.

- Socialization: the process through which individuals learn and internalize societal norms and values, leading to self-regulation and adherence to social rules.

- Surveillance: monitoring and supervision by authorities or community members to ensure compliance with social norms and rules.

- Punishment and rewards: the use of sanctions, such as fines, imprisonment, or positive reinforcement, to encourage conformity or discourage deviant behavior.

21. **Juvenile Delinquency:**

Juvenile delinquency refers to the involvement of individuals under the age of 18 in illegal or antisocial behavior. It can include offenses such as theft, vandalism, substance abuse, and violence. Factors contributing to juvenile delinquency may include family dysfunction, peer influence, socio-economic disadvantages, inadequate education, and exposure to violence or abuse. Preventive measures for juvenile delinquency include early intervention programs, educational support, community involvement, and addressing underlying social and economic inequalities.

22. **Importance of sociology in the field of physiotherapy and occupational therapy:**

Sociology provides valuable insights in the field of physiotherapy and occupational therapy by:

- Examining the social determinants of health and how they impact individuals' access to and outcomes of therapy services.
- Analyzing the social and cultural factors that influence individuals' health behaviors and attitudes towards therapy.
- Understanding the social dynamics within healthcare settings and how they affect patient-provider relationships and treatment outcomes.

- Investigating the social implications of rehabilitation and the role of therapy in promoting social inclusion and participation.
- Identifying social barriers to effective rehabilitation and developing strategies to address them, such as advocating for policy changes or community engagement.

23. **Social work: Social work is a profession that aims to enhance the well-being and quality of life of individuals, families, groups, and communities. Social workers provide support, resources, and advocacy to address social issues and promote social justice.**

24. **Different types of poverty with examples:**
   a. Absolute poverty: This refers to a condition where individuals lack the basic necessities of life, such as food, shelter, and clothing. For example, a person living on the streets without access to food or shelter.
   b. Relative poverty: This refers to a condition where individuals have a lower standard of living compared to the majority of the population in their society. For example, a family that cannot afford basic healthcare or education.
   c. Rural poverty: This refers to poverty that is predominantly found in rural areas, where individuals have limited access to resources and opportunities. For example, farmers struggling to make a living due to poor agricultural practices or lack of infrastructure.
   d. Urban poverty: This refers to poverty that is predominantly found in urban areas, where individuals face challenges such as unemployment, high living costs, and inadequate housing. For example, homeless individuals or families living in slums.

25. **Culture:**
   Culture refers to the shared beliefs, values, customs, behaviors, and artifacts that characterize a particular group or society. It encompasses various aspects such as language, religion, art, music, traditions, and social norms.

26. **Meaning of religion:**
   Religion refers to a system of beliefs, practices, rituals, and moral values that revolve around the worship of a higher power or powers. It provides individuals with a framework for understanding the world, their purpose in life, and guidelines for ethical behavior.

27. **Modern trends of caste system: The caste system, which is a social hierarchy prevalent in certain societies, has evolved over time. Some modern trends related to the caste system include:**

   a) Increased mobility: With urbanization and globalization, there has been a gradual decline in the rigidity of the caste system, allowing for greater social mobility.

   b) Reservation policies: Many countries have implemented affirmative action policies that provide reserved seats and opportunities for historically disadvantaged castes in education, employment, and politics.

   c) Awareness and activism: There is a growing awareness and activism against caste-based discrimination, with social movements advocating for equal rights and opportunities for all individuals irrespective of their caste.

28. **Social security schemes for the elderly: Social security schemes aim to provide financial and social support to the elderly population. Some examples of social security schemes for the elderly include:**

   a) Old Age Pension: This is a government-funded pension scheme that provides a regular income to eligible senior citizens.

   b) Healthcare benefits: Many countries offer healthcare benefits and insurance coverage specifically for the elderly, ensuring access to medical services and treatments.

   c) Senior citizen centers: These centers provide recreational activities, social interaction, and support services for the elderly.

29. Meaning of norms: Norms are social rules or expectations that guide the behavior and actions of individuals within a society. They define what is considered acceptable or appropriate behavior in various social contexts. Norms can be formal (e.g., laws) or informal (e.g., customs) and vary across cultures and societies.

30. Perception of illness: Perception of illness refers to how individuals understand, interpret, and experience their own health conditions or illnesses. It includes subjective factors such as beliefs, attitudes, emotions, and cultural influences that shape an individual's understanding and response to illness.

31. Filocentric: The term "filocentric" is not commonly used in social sciences. It may be a typographical error or a term specific to a particular context. Without further information, it is difficult to provide an accurate explanation.

32. Cultural trait: A cultural trait refers to a specific characteristic, behavior, or practice that is shared by members of a particular culture. It can include language, clothing, food preferences, religious rituals, and social customs.

33. "Casta": "Casta" is a Spanish term that historically referred to a social classification system in colonial Latin America, particularly in Spanish colonies. It was used to categorize individuals based on their racial and ethnic backgrounds, indicating a hierarchical social structure based on ancestry and skin color.

34. Social work: Social work is a profession that aims to enhance the well-being and quality of life of individuals, families, groups, and communities. Social workers provide support, resources, and advocacy to address social issues and promote social justice.

35. Juvenile delinquents: Juvenile delinquents are individuals who are under the age of majority (usually 18 years old) and have committed criminal offenses. These offenses can range from minor infractions to more serious crimes. Juvenile delinquents are subject to a separate legal system that focuses on rehabilitation rather than punishment.

36. The concept of in-group and out-group was classified by sociologist William Graham Sumner. Sumner coined the terms in-group and out-group to describe the social dynamics and interactions between individuals who belong to the same social group (in-group) and those who do not (out-group).

37. Auguste Comte is often referred to as the father of sociology. He is credited with coining the term "sociology" and developing the discipline as a science of society in the 19th century.

38. The idea of cultural lag was elaborated by sociologist William F. Ogburn. Cultural lag refers to the time gap that occurs when changes in material culture (technology, economy) outpace changes in non-material culture (values, norms). Ogburn argued that this lag can lead to social tensions and conflicts as society struggles to adapt to rapid changes.

39. Primary group and its characteristics:
- A primary group is a small, intimate, and long-lasting social group.
- It is characterized by face-to-face interaction, emotional closeness, and a sense of belonging.
- Members of a primary group share strong bonds and have a significant impact on each other's lives.
- Examples of primary groups include families, close friends, and small communities.

40. Cultural meaning of sickness:

- Sickness can have different cultural meanings and interpretations.
- Different cultures may have varying beliefs about the causes, treatments, and consequences of illness.
- Cultural meanings of sickness can influence how individuals and communities understand and respond to health issues.
- Cultural practices and rituals may also play a role in healing and recovery processes.

41. Social change and stress:
- Social change refers to the transformation of social structures, institutions, and behaviors over time.
- Social change can lead to stress as individuals and communities adapt to new circumstances and challenges.
- Rapid social change, such as technological advancements or economic shifts, can create uncertainty and anxiety.
- Stress resulting from social change can have both positive and negative effects on individuals' well-being and mental health.

42. Problem of beggary:
- Beggary refers to the state of being a beggar, someone who asks for money or goods from others as a means of survival.
- The problem of beggary is often associated with poverty, unemployment, and social inequality.
- Beggary can be both a cause and consequence of social issues such as homelessness and substance abuse.
- Addressing the problem of beggary requires a comprehensive approach that includes social welfare programs, employment opportunities, and support services.

43. Characteristics of primary group:
- Primary groups are characterized by close personal relationships and emotional bonds.
- Members of primary groups interact face-to-face and engage in regular, meaningful communication.
- Primary groups often have a shared history, common values, and a sense of belonging.
- Relationships within primary groups are typically long-lasting and based on trust, intimacy, and mutual support.

44. Role of public health on rural community:

- Public health plays a crucial role in addressing the health needs of rural communities.
- Public health initiatives focus on promoting and protecting the health of the population.
- In rural areas, public health efforts may include providing access to healthcare services, preventive measures, and health education.
- Public health also works to address specific challenges faced by rural communities, such as limited healthcare infrastructure and disparities in healthcare access.

45. Factors of social change:
- Social change is influenced by various factors, including technological advancements, economic shifts, cultural changes, and political movements.
- Technological innovations can lead to changes in social structures, communication patterns, and lifestyles.
- Economic factors, such as globalization and industrialization, can impact employment, income distribution, and social mobility.
- Cultural factors, including values, beliefs, and norms, shape social change by influencing attitudes and behaviors.
- Political factors, such as policies and social movements, play a role in driving social change and addressing societal issues.

46.   Characteristics of culture:
- Culture refers to the shared beliefs, values, norms, practices, and behaviors of a particular group or society.
- Culture is learned and transmitted from one generation to another through socialization.
- It provides individuals with a framework for understanding the world and guides their behavior and interactions.
- Culture is dynamic and can change over time, influenced by various factors such as globalization, technology, and social movements.

47. Health awareness among tribal community:
- Health awareness among tribal communities can vary depending on their cultural beliefs, access to healthcare, and exposure to health education.
- Some tribal communities may have traditional healing practices and knowledge about medicinal plants.

- However, limited access to healthcare facilities and resources can pose challenges to health awareness and preventive measures.
- Efforts to improve health awareness among tribal communities may include culturally sensitive health education programs, community engagement, and improved healthcare infrastructure.

48. Process of socialization:

- Socialization is the lifelong process through which individuals learn and internalize the values, norms, and behaviors of their society.
- It begins in childhood and continues throughout life, shaping an individual's identity, social roles, and interactions.
- Socialization occurs through various agents, such as family, education, peer groups, media, and religious institutions.
- The process of socialization involves learning social norms, acquiring language and communication skills, and developing a sense of self and social identity.

49. Social change and stress:

- Social change can create stress as individuals and communities adapt to new circumstances, roles, and expectations.
- Rapid social change can lead to feelings of uncertainty, anxiety, and loss of control.
- Stress resulting from social change can affect individuals' mental and physical well-being.
- However, social change can also provide opportunities for personal growth, social mobility, and positive transformation.

50. Social factors affecting the geriatric population:

- The geriatric population refers to older adults, typically aged 65 and above.
- Social factors that can impact the well-being of the geriatric population include social support, access to healthcare, socioeconomic status, and ageism.
- Social isolation and loneliness can have negative effects on the mental and physical health of older adults.
- Economic factors, such as retirement income and access to affordable housing, can also impact the quality of life for the geriatric population.
- Ageism, which involves stereotypes and discrimination based on age, can contribute to social exclusion and limited opportunities for older adults.

51. Methods of sociological investigation:

- Sociological investigation involves the systematic study of social phenomena using various research methods.
- Common methods of sociological investigation include surveys, interviews, observations, experiments, and analysis of existing data.
- Surveys involve collecting data from a sample of individuals through structured questionnaires.
- Interviews allow researchers to gather in-depth information through face-to-face or phone conversations.
- Observations involve directly observing and recording social behavior in natural or controlled settings.
- Experiments involve manipulating variables to test causal relationships between social factors.
- Analysis of existing data involves studying previously collected data, such as census records, surveys, or historical documents.

52. Culture and health disorders:
- Culture can influence the understanding, perception, and treatment of health disorders.
- Different cultures may have varying beliefs about the causes and remedies for specific health conditions.
- Cultural factors can also impact help-seeking behaviors, attitudes towards mental health, and stigma surrounding certain disorders.
- Cultural competence in healthcare involves understanding and respecting cultural differences to provide effective and culturally sensitive care.

53. Role of rural and urban communities in public health:
- Both rural and urban communities play important roles in public health.
- Rural communities may face unique challenges due to limited access to healthcare services, lower socioeconomic status, and geographical isolation.
- Urban communities may have different health concerns, such as higher rates of chronic diseases, pollution, and overcrowding.
- Public health efforts in both rural and urban areas aim to promote and protect the health of the population through preventive measures, healthcare access, and health education.

54. Alcoholism and its impact on health:

- Alcoholism refers to a chronic and progressive disorder characterized by excessive and compulsive alcohol consumption.
- Alcoholism can have severe physical, mental, and social consequences on individuals' health.
- Physical health effects of alcoholism may include liver damage, cardiovascular problems, and increased risk of certain cancers.
- Mental health issues, such as depression, anxiety, and alcohol-induced dementia, can also result from alcoholism.
- Social consequences may include strained relationships, unemployment, legal problems, and financial difficulties.

55. Juvenile delinquency:
- Juvenile delinquency refers to illegal or antisocial behavior committed by individuals who are minors, typically under the age of 18.
- Factors contributing to juvenile delinquency can include family dysfunction, peer influence, poverty, substance abuse, and lack of educational opportunities.
- Juvenile delinquency can have long-term consequences for individuals and society, including criminal records, educational disruptions, and increased risk of adult criminal behavior.
- Prevention and intervention programs aimed at addressing risk factors and promoting positive youth development are crucial in reducing juvenile delinquency.

56. Effects of sickness on family:
- Sickness can have significant effects on the dynamics and functioning of a family.
- Family members may experience emotional distress, stress, and disruptions in daily routines when a member is sick.
- Sickness can also result in financial burdens, increased caregiving responsibilities, and strain on relationships.
- Families may need to adapt their roles and responsibilities to provide support and care for the sick member.
- However, sickness can also strengthen family bonds and foster resilience as family members come together to provide care and support.

57. Prostitution:
- Prostitution refers to the exchange of sexual services for money or goods.

- It is a complex social issue influenced by various factors, including economic conditions, gender inequality, and social norms.
- Prostitution can have significant health risks for individuals involved, including the transmission of sexually transmitted infections and physical violence.
- The debate surrounding prostitution involves discussions about legal frameworks, regulation, and support services for individuals involved in the sex trade.

58. Factors of social changes:
- Social change is influenced by a wide range of factors, including technological advancements, economic factors, cultural shifts, political movements, and demographic changes.
- Technological advancements, such as the internet and automation, can lead to changes in communication, work patterns, and social interactions.
- Economic factors, such as globalization and industrialization, can impact employment, income distribution, and social inequalities.
- Cultural factors, including changes in values, beliefs, and norms, shape social change by influencing attitudes and behaviors.
- Political factors, such as policies and social movements, play a role in driving social change and addressing societal issues.

59. Health hazards in rural community:
- Rural communities may face specific health hazards due to various factors, including limited access to healthcare services, environmental exposures, and socioeconomic disparities.
- Agricultural activities can expose rural populations to occupational health hazards, such as pesticide exposure and injuries.
- Limited healthcare infrastructure in rural areas can result in delayed or inadequate access to healthcare services.
- Environmental factors, such as water and air pollution, can also contribute to health hazards in rural communities.
- Addressing health hazards in rural communities requires a comprehensive approach that includes healthcare access, environmental regulations, and health education.

60. Demerits of rural community: Some demerits of rural communities include limited access to healthcare and education, lack of job opportunities and economic development, limited infrastructure and transportation, and social isolation.

61. Family and nutrition: Family plays a crucial role in nutrition by providing a supportive environment and influencing food choices and eating habits. Healthy family dynamics and communication can contribute to better nutrition practices, while dysfunctional families may struggle with providing nutritious meals and promoting healthy eating habits.

62. Social changes and stress: Social changes can lead to increased stress levels in individuals and communities. Factors such as urbanization, globalization, technological advancements, and changes in social norms can disrupt traditional social structures and create new stressors. Managing and adapting to these social changes is important for maintaining mental and physical well-being.

63. Role of community in public health: Communities play a vital role in public health by promoting health education, disease prevention, and access to healthcare services. They can create supportive environments, implement health policies, and mobilize resources to address public health issues and promote overall well-being.

64. Alcoholism and its impacts on health: Alcoholism is a chronic disease characterized by an addiction to alcohol. It can have numerous negative health impacts, including liver damage, cardiovascular problems, mental health disorders, increased risk of accidents and injuries, and strained relationships.

65. Agencies of socialization: Agencies of socialization are institutions or groups that transmit social norms, values, and behaviors to individuals. Examples include the family, schools, peer groups, religious institutions, and the media. These agencies shape an individual's socialization process and influence their beliefs and behaviors.

66. Scope of sociology: Sociology is the study of society, social relationships, and social behavior. Its scope includes analyzing social structures, institutions, cultures, social interactions, and social change. Sociology helps us understand how society influences individuals and how individuals shape society.

67. Role of public health in rural community: Public health plays a crucial role in rural communities by promoting and protecting the health of the population. It focuses on preventing diseases, promoting healthy behaviors, and ensuring access to healthcare services. Public health initiatives in rural areas may address specific challenges such as limited healthcare infrastructure and resources.

68. Prostitution: Prostitution refers to the exchange of sexual services for money or goods. It is a complex social issue that can have various impacts on individuals and

communities, including health risks, exploitation, violence, and social stigma. Societal attitudes and policies towards prostitution vary widely.

69. Factors affecting geriatric population: Several factors can affect the health and well-being of the geriatric population (older adults). These include chronic health conditions, limited access to healthcare, social isolation, financial constraints, cognitive decline, and age-related changes in physical function. Addressing these factors is important for promoting healthy aging and improving quality of life.

70. Cultural factors affecting health status: Cultural factors, such as beliefs, traditions, and practices, can significantly influence an individual's health status. Cultural norms related to diet, exercise, healthcare-seeking behavior, and perceptions of illness can impact health outcomes. Understanding and respecting cultural diversity is important for providing culturally sensitive healthcare and promoting health equity.

71. Causes of poverty: Poverty is a complex issue with multiple causes. Factors such as limited access to education, unemployment, low wages, discrimination, lack of social support, and systemic inequalities contribute to poverty. Understanding these causes is important for developing effective poverty alleviation strategies.

72. Culture and health disorders: Culture can influence the occurrence, perception, and management of health disorders. Cultural beliefs, values, and practices can impact the understanding of illness, help-seeking behaviors, treatment choices, and adherence to medical recommendations. Cultural competence in healthcare is crucial for providing effective and respectful care to diverse populations.

73. Process of socialization: Socialization is the lifelong process through which individuals learn and internalize social norms, values, and behaviors. It occurs through interactions with family, schools, peer groups, media, and other social institutions. The process of socialization shapes an individual's identity, beliefs, and behaviors.

74. Factors of social change: Social change can be influenced by various factors, including technological advancements, economic forces, political movements, cultural shifts, and demographic changes. These factors can interact and lead to changes in social structures, institutions, norms, and behaviors. Understanding the factors of social change is important for analyzing and predicting societal transformations.

75. Alcoholism and its impact on health: Alcoholism, or alcohol use disorder, is a chronic condition characterized by an inability to control or stop drinking despite negative consequences. It can have severe health impacts, including liver disease,

cardiovascular problems, mental health disorders, increased risk of accidents and injuries, and strained relationships.

76. Social factors affecting the geriatric population: Social factors can significantly impact the health and well-being of the geriatric population. These factors include social support networks, access to healthcare, socioeconomic status, housing conditions, and ageism. Addressing social determinants of health is crucial for promoting healthy aging and improving quality of life for older adults.

77. Characteristics of primary group: Primary groups are small, intimate, and long-lasting social groups characterized by strong emotional bonds, face-to-face interactions, and a sense of belonging. These groups typically include family members, close friends, and small community groups. They provide individuals with emotional support, identity formation, and a sense of security.

78. Role of community in public health: Communities play a crucial role in public health by promoting health education, disease prevention, and access to healthcare services. They can create supportive environments, implement health policies, and mobilize resources to address public health issues and promote overall well-being.

79. Health, health practices, and diseases in culture: Culture plays a significant role in shaping health practices and disease patterns. Cultural beliefs, values, and practices influence health behaviors, healthcare-seeking behaviors, and perceptions of illness. Understanding the cultural context is important for providing culturally sensitive healthcare and addressing health disparities.

80. Family and nutrition: The importance of a healthy family diet is essential for overall well-being and prevention of diseases. It is important to incorporate a balanced diet consisting of fruits, vegetables, whole grains, lean proteins, and healthy fats.

81. Concept of health: Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. It encompasses various factors such as physical fitness, mental well-being, and social interactions.

82. Factors of social change: Social change can be influenced by various factors such as technological advancements, economic development, political movements, cultural shifts, and demographic changes. These factors can lead to changes in societal norms, values, and behaviors.

83. Characteristics of culture: Culture refers to the shared beliefs, values, customs, and behaviors of a particular group of people. Some of the characteristics of culture

include learned behavior, symbolic communication, shared patterns, and dynamic nature.

84. ESI scheme: The ESI (Employees' State Insurance) scheme is a social security and health insurance program in India. It provides medical and cash benefits to employees and their dependents in case of sickness, maternity, disablement, or death.

85. Social factors affecting the health status: Social factors such as socioeconomic status, education, employment, social support, and access to healthcare services can significantly impact an individual's health status. These factors can contribute to health inequalities and disparities.

86. Culture and health disorders in the present scenario: Culture plays a significant role in shaping health behaviors and attitudes. It can influence the prevalence and perception of health disorders, as well as the access and utilization of healthcare services in different cultural settings.

87. Rural and urban community in public health: Rural and urban communities have distinct characteristics and health challenges. Rural communities often face limited access to healthcare services, while urban communities may face issues such as pollution, overcrowding, and lifestyle-related diseases.

88. Factors of social change: (Repeated topic - already answered in #82)

89. Benefits of ESI scheme for employees: The ESI scheme provides several benefits to employees, including medical care, cash benefits during sickness or maternity, disability benefits, and coverage for dependents. It ensures financial protection and access to healthcare services for employees and their families.

90. Alcoholism and its impact on health: Alcoholism is a chronic disease characterized by an inability to control or stop drinking alcohol despite negative consequences. It can have severe health impacts, including liver damage, cardiovascular diseases, mental health disorders, and social problems.

91. Family and nutrition: (Repeated topic - already answered in #80)

92. Relationship between sociology and anthropology: Sociology and anthropology are related disciplines that study human societies and cultures. Sociology focuses on the study of society, social institutions, and social interactions, while anthropology studies human cultures, traditions, and behaviors across different societies.

93. Changing family patterns: Family patterns have been evolving over time due to various social, economic, and cultural changes. These changes include the decline of

the traditional nuclear family, an increase in single-parent households, same-sex marriages, and blended families.

94.   Importance of sociology to physiotherapy: Sociology provides insights into the social factors that influence health and healthcare, including patient behavior, healthcare systems, and healthcare disparities. Understanding sociological concepts can help physiotherapists provide culturally sensitive and patient-centered care.

95.   Current trends in modern family: Modern families are characterized by diverse family structures, such as single-parent families, same-sex parent families, cohabiting couples, and blended families. There is also a growing emphasis on gender equality, shared parenting, and work-life balance.

96.   Role of rural and urban communities in public health: (Repeated topic - already answered in #87)

97.   Alcoholism and its impact on health: (Repeated topic - already answered in #90)

98.   Juvenile Delinquency: Juvenile delinquency refers to illegal or antisocial behavior committed by individuals under the age of 18. It can have various causes, including family dysfunction, peer influence, school problems, and socioeconomic factors.

99.   Effects of Sickness on family: Sickness within a family can have significant physical, emotional, and financial impacts. It can disrupt daily routines, strain relationships, cause stress and anxiety, and lead to financial burdens due to medical expenses and loss of income.

100.   Prostitution: Prostitution refers to the exchange of sexual services for money or goods. It is a complex social issue influenced by various factors such as poverty, gender inequality, social stigma, and human trafficking. It poses significant health risks for individuals involved.

101.   Factors of social changes: (Repeated topic - already answered in #82 and #88)

102.   Health hazards in rural community: Rural communities may face unique health hazards such as limited access to healthcare services, lack of clean water and sanitation facilities, agricultural-related injuries, and exposure to environmental pollutants.

103.   Demerits of rural community: While rural communities have their own strengths and advantages, they may also face certain challenges such as limited job opportunities, inadequate infrastructure, healthcare disparities, social isolation, and lack of access to education and resources.

104.   Family and nutrition: (Repeated topic - already answered in #80 and #91)

105. Social changes and stress: Social changes can lead to increased stress levels as individuals and communities adapt to new norms, roles, and expectations. Rapid social changes, such as migration, urbanization, and technological advancements, can disrupt social networks and support systems, leading to stress-related health issues.

106. The role of the community in public health refers to the collective efforts and responsibilities of individuals, organizations, and institutions within a community to promote and protect the health and well-being of its members. This includes activities such as health education, disease prevention, access to healthcare services, and addressing social determinants of health.

107. Alcoholism is a chronic disease characterized by an inability to control or stop drinking despite negative consequences. It can have significant impacts on an individual's physical and mental health, as well as their relationships and overall quality of life. Health effects of alcoholism can include liver disease, cardiovascular problems, mental health disorders, and increased risk of accidents and injuries.

108. Sociological investigation involves the systematic study of social behavior and social phenomena using various research methods. Some common methods of sociological investigation include surveys, interviews, observations, experiments, and analysis of existing data. These methods help sociologists gather empirical evidence and analyze social patterns, processes, and relationships.

109. Culture can have an impact on health disorders in various ways. Cultural beliefs, values, and practices can influence individuals' attitudes towards health and healthcare, as well as their understanding and management of health conditions. Cultural factors can also affect access to healthcare services, health-seeking behaviors, and the prevalence of certain health disorders within specific cultural groups.

110. Characteristics of culture refer to the fundamental features that define a particular culture. These characteristics can include language, beliefs, values, norms, customs, traditions, symbols, and material artifacts. Culture shapes individuals' behavior, social interactions, and worldview, and it is transmitted from one generation to another through socialization.

111. Health awareness among tribal communities refers to the level of knowledge, understanding, and consciousness about health-related issues and practices within indigenous or tribal populations. It involves promoting health education, disease

prevention, access to healthcare services, and addressing specific health challenges faced by tribal communities.

112. The process of socialization refers to the lifelong learning process through which individuals acquire the knowledge, values, norms, and behaviors of their society or culture. It begins in childhood and continues throughout life, shaping individuals' identities, social roles, and interactions with others. Socialization occurs through various agents such as family, education, peers, media, and religion.

113. Social change can cause stress as it disrupts established patterns, norms, and expectations in society. When individuals and communities experience significant changes in their social, economic, or environmental conditions, it can lead to feelings of uncertainty, anxiety, and stress. Social change can result from factors such as technological advancements, globalization, political shifts, or cultural transformations.

114. Various social factors can affect the geriatric population, which refers to older adults. These factors can include access to healthcare services, social support networks, socioeconomic status, living conditions, and cultural attitudes towards aging. Understanding and addressing these social factors are essential for promoting the health and well-being of older adults.

115. The family plays a significant role in influencing an individual's health. Family dynamics, communication patterns, behaviors, and values can impact health-related decisions, habits, and access to healthcare. Family support, or lack thereof, can also affect an individual's mental and emotional well-being. Additionally, genetic factors can contribute to health conditions that run in families.

116. Social factors can significantly impact an individual's health status. These factors include socioeconomic status, education, occupation, social support networks, access to healthcare services, and exposure to social determinants of health such as poverty, discrimination, and environmental conditions. Understanding and addressing these social factors are crucial for promoting health equity and improving population health.

117. Primary groups are small, intimate, and face-to-face social groups characterized by close and personal relationships. These groups play a significant role in individuals' lives, providing emotional support, companionship, and a sense of belonging. Primary groups typically involve long-term relationships based on mutual trust, shared values, and common interests.

118. Public health plays a vital role in rural communities by addressing their unique health needs and challenges. This includes promoting health education, disease prevention, access to healthcare services, and addressing social determinants of health specific to rural areas. Public health interventions in rural communities aim to improve health outcomes, reduce health disparities, and enhance the overall well-being of residents.

119. Social change refers to the transformation of social structures, institutions, and cultural patterns over time. Factors that can contribute to social change include technological advancements, economic developments, political movements, cultural shifts, and demographic changes. Understanding the factors and processes of social change is essential for analyzing and predicting societal trends and their impacts.

120. The process of socialization refers to the lifelong learning process through which individuals acquire the knowledge, values, norms, and behaviors of their society or culture. It begins in childhood and continues throughout life, shaping individuals' identities, social roles, and interactions with others. Socialization occurs through various agents such as family, education, peers, media, and religion.

121. The study of sociology has several uses and benefits. It helps us understand and explain social phenomena, patterns, and relationships. Sociology provides insights into how society functions, how social structures and institutions shape individuals' behavior, and how social change occurs. Additionally, sociology can inform social policy and interventions aimed at addressing social issues and improving the well-being of individuals and communities.

122. Home remedies refer to natural or traditional remedies used for treating common ailments or minor health issues without the need for medical intervention. These remedies often involve the use of herbs, spices, foods, or other household items believed to have healing properties. Home remedies can vary across cultures and have been passed down through generations as alternative methods of healthcare.

123. The family plays a significant role in shaping human personality. Family dynamics, parenting styles, and the quality of parent-child relationships can influence an individual's self-esteem, social skills, values, beliefs, and overall personality development. The family environment provides the primary socialization and emotional support that contribute to the formation of an individual's personality.

124. Medical social workers are professionals who provide psychosocial support and assistance to individuals and families dealing with health-related challenges. They work in healthcare settings, collaborating with medical teams to address the social,

emotional, and practical needs of patients. Medical social workers help patients navigate healthcare systems, access community resources, cope with illness or disability, and enhance their overall well-being.

125. Social change can lead to deviance, which refers to behavior that deviates from societal norms or expectations. When social norms, values, or cultural patterns change, individuals may engage in behaviors that are considered deviant or outside the accepted boundaries. Social change can challenge existing norms, leading to the emergence of new behaviors, attitudes, and subcultures.

126. Social security refers to a system of public or private measures designed to provide financial and social support to individuals or groups facing various risks and vulnerabilities, such as unemployment, old age, disability, or poverty. Social legislation refers to laws and regulations enacted by governments to address social issues, protect individuals' rights, and promote social welfare.

127. Indian working women face various problems in employment, including gender discrimination, unequal pay, limited career advancement opportunities, work-life balance issues, harassment, and lack of supportive policies and infrastructure. These challenges can impact women's physical and mental health, job satisfaction, and overall well-being. Efforts are being made to address these issues and promote gender equality in the workplace.

128. Social change can be influenced by various factors, including technological advancements, economic developments, political movements, demographic shifts, and cultural changes. These factors interact and influence one another, shaping the direction and pace of social change. Understanding the multiple factors influencing social change helps in analyzing and predicting societal trends and their impacts.

129. Social planning refers to the process of systematically analyzing, evaluating, and designing interventions or policies to address social issues and achieve social goals. It involves identifying social problems, setting objectives, formulating strategies, implementing interventions, and evaluating their effectiveness. Social planning aims to improve social welfare, enhance community well-being, and promote social justice.

130. Beggary refers to the state of extreme poverty and homelessness, where individuals or groups lack the means to meet their basic needs and resort to begging as a means of survival. Beggary is often associated with social and economic inequalities, lack of access to education and employment opportunities, and systemic issues such as

poverty, homelessness, and social exclusion. Efforts are made to address these issues through social welfare programs, poverty alleviation measures, and community support.

131. Informal means of social control: Informal means of social control refer to the ways in which individuals and groups in a society enforce social norms and maintain social order without the use of formal laws or institutions. Examples of informal means of social control include social pressure, peer influence, and informal sanctions such as gossip or ostracism.

132. Cultural meaning of sickness: The cultural meaning of sickness refers to how illness and disease are understood and interpreted within a particular culture or society. Different cultures may have different beliefs, attitudes, and practices related to sickness and healing. These cultural meanings can influence how individuals perceive and experience illness, as well as the types of treatments or remedies that are sought.

133. Influence of Social Factors on Personality: Social factors, such as family, peers, and social institutions, can have a significant impact on the development of an individual's personality. These social factors shape an individual's beliefs, values, and behaviors, which in turn contribute to their personality traits. For example, a person who grows up in a supportive and nurturing family environment may develop a more confident and outgoing personality compared to someone who grows up in a more restrictive or neglectful environment.

134. Impact of Culture on Human Behavior: Culture plays a crucial role in shaping human behavior. It encompasses the beliefs, values, norms, customs, and practices that are shared by members of a particular society. These cultural influences can impact various aspects of human behavior, including communication styles, social interactions, decision-making processes, and attitudes towards certain behaviors or social issues.

135. Characteristics of Joint Family: A joint family is a family structure where several generations live together under one roof and share common resources and responsibilities. Some characteristics of a joint family include strong intergenerational bonds, collective decision-making, shared financial resources, and a sense of unity and cooperation among family members.

136. Social Consciousness and Meaning of Illness: Social consciousness refers to the awareness and understanding of social issues, injustices, and inequalities within a

society. When it comes to the meaning of illness, social consciousness can influence how individuals perceive and respond to illness. For example, individuals with a higher level of social consciousness may be more likely to recognize the social determinants of health and advocate for improved access to healthcare for marginalized groups.

137. Explain Social Security and Social Legislation: Social security refers to a system of programs and policies implemented by governments to provide financial and social support to individuals and families in times of need. Social legislation refers to laws and regulations that are enacted to address social issues and promote social welfare. Examples of social security and social legislation include social insurance programs, welfare benefits, and labor laws aimed at protecting workers' rights.

138. What is Social Consciousness and perception of illness? Social consciousness refers to the awareness and understanding of social issues, injustices, and inequalities within a society. Perception of illness refers to how individuals perceive and interpret their own health conditions or the health conditions of others. Social consciousness can influence an individual's perception of illness by highlighting the social and structural factors that contribute to health disparities and inequalities.

139. List some Home remedies in Treatments: Home remedies are traditional or folk remedies that are used to treat common ailments or health conditions using ingredients and methods that are easily available at home. Some examples of home remedies include drinking warm water with lemon and honey for a sore throat, using aloe vera gel to soothe sunburn, or applying a paste of turmeric and honey to reduce inflammation.

140. How does social change cause stress? Social change can cause stress as it disrupts familiar routines, norms, and social structures. When there is a significant change in society, individuals may experience uncertainty, anxiety, and a loss of social support networks. For example, economic recessions or political upheavals can lead to job loss, financial instability, and a sense of insecurity, which can all contribute to increased stress levels.

141. Process of Socialization: Socialization is the lifelong process through which individuals acquire the knowledge, skills, values, and behaviors that are necessary to function effectively in society. The process of socialization begins in childhood and continues throughout life, as individuals learn from their families, peers, schools, and other social institutions. Through socialization, individuals internalize societal norms

and expectations, develop a sense of self-identity, and learn how to interact with others.

142. Family and Nutrition: The family plays a crucial role in shaping individuals' nutrition and dietary habits. Families provide the context in which individuals learn about food, meal preparation, and eating behaviors. Family members can influence each other's food choices through modeling, shared meals, and the establishment of eating norms and rituals. The family environment, including factors such as socioeconomic status, cultural background, and family dynamics, can also impact access to healthy food options and the development of healthy eating habits.

143. Socialization and Deviance: Socialization can influence an individual's conformity to or deviance from societal norms and expectations. Through the process of socialization, individuals learn the rules and values of society, and those who deviate from these norms may be labeled as deviant. Socialization can either reinforce conformity to societal norms or challenge and reshape existing norms, depending on the socialization agents and experiences an individual encounters.

144. Primary group in the Hospital Settings: In hospital settings, primary groups refer to the small, intimate groups of individuals who have frequent and direct contact with each other. These groups often form among patients, their families, and healthcare providers, such as doctors and nurses. Primary groups in hospital settings can provide emotional support, facilitate communication and information sharing, and contribute to the overall well-being and satisfaction of patients and their families.

145. Types of Society: There are several types of societies, including hunter-gatherer societies, agrarian societies, industrial societies, and post-industrial societies. These types of societies differ in terms of their economic systems, social structures, technological advancements, and cultural characteristics. Each type of society has its own unique set of social dynamics and challenges.

146. Elements of Social Structure: Social structure refers to the patterned social arrangements and relationships that exist within a society. The elements of social structure include social institutions (such as family, education, and government), social roles, social norms, social hierarchies, and social networks. These elements provide a framework for social interaction and help to maintain social order and stability.

147. Origin and Nature of Family: The origin and nature of the family vary across cultures and societies. The family is a social institution that serves various functions, such as

reproduction, socialization of children, and emotional support. The specific form and structure of the family, as well as the roles and responsibilities assigned to family members, are influenced by cultural, historical, and social factors.

148. Role of Medical Social Worker: Medical social workers play a crucial role in healthcare settings, providing psychosocial support and assistance to patients and their families. They help patients navigate the healthcare system, connect them with community resources and support services, provide counseling and emotional support, and advocate for patients' rights and needs. Medical social workers also collaborate with other healthcare professionals to ensure holistic and patient-centered care.

149. Application of sociology in physiotherapy: Sociology can be applied in physiotherapy to understand the social factors that influence health and well-being. By examining the social determinants of health, such as socioeconomic status, gender, and race, sociological perspectives can help physiotherapists identify and address the social inequalities and barriers that may affect their patients' access to healthcare and rehabilitation services.

150. Modern caste system in India: The modern caste system in India refers to the hierarchical social structure that categorizes individuals into different castes or social groups based on birth and hereditary occupation. Although the caste system was officially abolished in India, it continues to exist in varying degrees, influencing social interactions, access to resources, and opportunities for social mobility.

151. Social change and deviance: Social change can lead to deviance, as individuals may engage in behaviors or adopt attitudes that are considered deviant in response to changing social norms and values. For example, during periods of social upheaval or cultural shifts, individuals may challenge existing norms and engage in protest or activism that is seen as deviant by those in power.

152. Social security in relation to the disabled: Social security programs aim to provide financial and social support to individuals who are unable to work or face significant barriers due to disability. These programs may include disability benefits, healthcare coverage, vocational rehabilitation services, and social assistance programs. Social security for the disabled is designed to promote inclusion, independence, and quality of life for individuals with disabilities.

153. Uses of study of sociology: The study of sociology has several practical uses in understanding and addressing social issues. It can help inform public policies and social interventions, contribute to social justice and equality, promote cultural

understanding and tolerance, and provide insights into human behavior and social dynamics. Sociology is also valuable in various professions, such as social work, education, healthcare, and criminal justice.

154. Decision making in taking treatment: Sociology can provide insights into the social factors that influence individuals' decision-making processes when it comes to healthcare and treatment options. Factors such as cultural beliefs, social support networks, socioeconomic status, and access to healthcare resources can all impact an individual's decision-making process. Understanding these social influences can help healthcare professionals provide more patient-centered care and support.

155. Juvenile delinquency: Juvenile delinquency refers to the involvement of minors (individuals under the age of 18) in illegal or antisocial behavior. Sociological perspectives on juvenile delinquency examine the social factors that contribute to delinquent behavior, such as family dynamics, peer influence, socioeconomic status, and community characteristics. Understanding these social influences can help develop prevention and intervention strategies to address juvenile delinquency.

156. Culture-induced symptoms and disease: Culture-induced symptoms and diseases refer to health conditions that are influenced by cultural beliefs, practices, and social factors. For example, certain cultures may have specific beliefs about the causes and treatments of illnesses, which can impact individuals' experiences and perceptions of symptoms. Cultural factors can also influence disease prevalence and patterns, such as diet, lifestyle, and cultural practices related to health and wellness.

157. Sociology as a science of society: Sociology is considered a science of society because it uses systematic methods of inquiry to study and understand social phenomena. It applies scientific principles, such as observation, data collection, analysis, and theory building, to examine social structures, institutions, relationships, and behaviors. Sociology seeks to uncover patterns, explain social dynamics, and contribute to the development of knowledge about human societies.

158. Socialization in hospital: Socialization in a hospital setting refers to the process through which individuals, including patients, families, and healthcare professionals, learn and internalize the norms, values, and behaviors that are expected in that specific healthcare environment. Socialization in a hospital may involve learning about hospital routines, communication styles, professional roles, and patient expectations. It can also involve adapting to the emotional and social dynamics that occur within a healthcare setting.

159. Social change and deviance: Social change can lead to deviance, as individuals may engage in behaviors or adopt attitudes that are considered deviant in response to changing social norms and values. For example, during periods of social upheaval or cultural shifts, individuals may challenge existing norms and engage in protest or activism that is seen as deviant by those in power.

160. Modern trends of caste system in India: The caste system in India continues to evolve and adapt to changing social, economic, and political contexts. Modern trends in the caste system include the emergence of new caste-based political movements, increased social and political activism against caste-based discrimination, and efforts to promote social equality and inclusion. However, challenges and inequalities related to caste still persist in many aspects of Indian society.

SHORT ESSAY

1. Three causes of beggary can include poverty, unemployment, and mental illness.

2. Cultural lag refers to the delay in the adjustment of cultural patterns to new social conditions.

3. Social security means the protection provided by society to individuals and families in need, typically through government programs.

4. Health can be defined as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

5. Sociology is the scientific study of society, human behavior, and social relationships.

6. Cultural lag refers to the delay in the adjustment of cultural patterns to new social conditions.

7. Society can be defined as a group of individuals who share a common geographic territory and are connected by social relationships.

8. Family is a social institution consisting of a group of people related by blood, marriage, or adoption who live together and share economic resources and responsibilities.

9. Social problems are issues or conditions that affect society and its members, often causing harm or distress.

10. Rehabilitation refers to the process of restoring or helping individuals recover from physical, mental, or social challenges or conditions.

11. Types of poverty can include absolute poverty, relative poverty, and situational poverty. For example, absolute poverty refers to a lack of basic necessities, while relative poverty is defined by a person's income in relation to others in society.

12. Social welfare programs are government initiatives or community efforts aimed at providing assistance, support, and resources to individuals and families in need.

13. Four impacts on population explosion can include strain on resources, environmental degradation, increased competition, and social and economic challenges.

14. Rehabilitation refers to the process of restoring or helping individuals recover from physical, mental, or social challenges or conditions.

15. The different stages of socialization include primary socialization (early childhood), secondary socialization (adolescence and adulthood), and tertiary socialization (later life stages or specific situations).

16. A polyandrous family is a form of marriage in which a woman has multiple husbands.

17. Formal agencies of social control include the police, courts, and other government institutions that enforce laws and regulations.

18. Social stratification refers to the division of society into different social classes or levels based on factors such as wealth, power, and prestige.

19. The father of sociology is often credited to Auguste Comte.

20. Factors of the process of socialization can include family, school, peers, media, and religion.

21. Endogamy refers to the practice of marrying within one's own social, cultural, or religious group.

22. Replacement and modification refer to the ways in which cultural traits and practices are either replaced by newer ones or modified to adapt to changing social conditions.

23. Social work is a profession that aims to improve the well-being and quality of life of individuals, families, and communities through direct practice, policy advocacy, and social change.

24. Different types of poverty can include absolute poverty, relative poverty, generational poverty, and rural poverty. For example, absolute poverty refers to a lack of basic necessities, while rural poverty refers to poverty specific to rural areas.

25. Culture can be defined as the beliefs, customs, practices, and behaviors that are characteristic of a particular group or society.

26. Religion can be defined as a system of beliefs, practices, and values related to the worship of a higher power or powers.

27. Modern trends of the caste system can include changes in occupational mobility, inter-caste marriages, and political movements advocating for caste equality.

28. Social security schemes for the elderly can include pension programs, healthcare benefits, and social assistance specifically targeted towards older individuals.

29. Norms are social expectations or rules that guide behavior within a society or group.

30. Perception of illness refers to an individual's subjective understanding and interpretation of their own health condition.

31. Filocentric refers to a perspective or approach that centers or focuses on the experiences and perspectives of women.

32. Cultural trait refers to a specific characteristic, behavior, or practice that is unique to a particular culture or society.

33. "Casta" refers to a social class or caste system that was prevalent in colonial Latin America.

34. Social work is a profession that aims to improve the well-being and quality of life of individuals, families, and communities through direct practice, policy advocacy, and social change.

35. Juvenile delinquents are individuals who are under the legal age of adulthood and have committed a crime or engaged in delinquent behavior.

36. The concept of in-group and out-group was classified by sociologist William Graham Sumner.

37. The father of sociology is often credited to Auguste Comte.

38. The idea of cultural lag was elaborated by sociologist William Fielding Ogburn.

39. The statement "Man is a social animal" is attributed to the Greek philosopher Aristotle.

40. The function of the family can be divided into essential categories such as reproduction and socialization, and non-essential categories such as recreation and emotional support.

41. Two culture-induced diseases are:

    a) Malaria - prevalent in areas with certain cultural practices that promote the breeding of mosquitoes, such as storing water in open containers.

    b) Lung cancer - smoking is often influenced by cultural norms and practices.

42. Two social security schemes are:

    a)   Social Security Disability Insurance (SSDI) - provides income support to individuals with disabilities.

    b)   Unemployment Insurance (UI) - provides temporary financial assistance to individuals who lose their jobs.

43.   Outgroups refer to social groups or categories to which individuals do not belong. They are often perceived as different or inferior to one's own group.

44.   44. The aim of social planning is to improve social conditions and bring about positive social change. It involves identifying social problems, setting goals, and implementing strategies to achieve those goals.

45.   Urban problems refer to the challenges and issues faced by cities and urban areas. These can include issues such as overcrowding, pollution, crime, inadequate infrastructure, and poverty.

46.   Socialization is the process through which individuals learn and internalize the norms, values, and behaviors of their society. It is a lifelong process that begins from infancy and continues throughout one's life.

47.   Forms of family can include nuclear families (parents and children), extended families (including grandparents, aunts, uncles, and cousins), single-parent families, same-sex families, and blended families (stepfamilies).

48.   Cultural lag refers to the time gap that can occur between changes in material culture (technology, tools, etc.) and changes in non-material culture (values, beliefs, norms, etc.). It can lead to social problems and conflicts.

49.   Two home remedies could be:

    a)   Drinking warm honey and lemon water to soothe a sore throat.

    b)   Applying aloe vera gel to a sunburn for relief and healing.

50.   Agencies of social control are institutions or organizations that enforce social norms and maintain social order. Examples include the police, judiciary, schools, and religious institutions.

51.   Types of unemployment include:

    a)   Frictional unemployment - temporary unemployment due to individuals transitioning between jobs.

b)   Structural unemployment - unemployment caused by a mismatch between the skills of workers and the available job opportunities.

c)   Cyclical unemployment - unemployment that occurs due to fluctuations in the business cycle.

52. Family is a social institution that consists of individuals who are related by blood, marriage, or adoption. It provides a structure for the upbringing, socialization, and support of its members.

53. Social survey means collecting data and information from a sample of individuals or groups within a population to gain insights into social attitudes, behaviors, and trends.

54. Three psychosomatic diseases are:

a)   Irritable Bowel Syndrome (IBS) - a disorder that affects the digestive system and is often triggered or worsened by stress.

b)   Migraine headaches - severe headaches that can be triggered by various factors, including stress and emotional factors.

c)   Asthma - a chronic respiratory condition that can be influenced by psychological factors and stress.

55. Geriatric problems refer to the health and social issues faced by elderly individuals. These can include physical health problems, cognitive decline, social isolation, and financial challenges.

56. Juvenile delinquency refers to criminal or antisocial behavior exhibited by individuals who are minors (typically under the age of 18). It can include offenses such as theft, vandalism, drug abuse, and violence.

57. Social change and deviance are interconnected in that deviance can be a catalyst for social change. Deviant behavior challenges existing social norms and can lead to changes in societal values and beliefs.

58. Changing family patterns refer to the shifts and transformations in family structures and dynamics over time. This can include changes in marital patterns, divorce rates, cohabitation, and the roles and responsibilities of family members.

59. Problems faced by women in employment can include gender discrimination, unequal pay, limited career advancement opportunities, work-life balance challenges, and sexual harassment.

60. Sociology as a science of society: Sociology is the scientific study of society, including its social institutions, social relationships, and social behavior. It seeks to understand how society influences individuals and how individuals contribute to the functioning of society.

61. Social survey: A social survey is a research method used in sociology to collect data from a sample of individuals or groups. It involves the systematic collection of information through interviews, questionnaires, or observations to study various social phenomena.

62. Socialization: Socialization refers to the process through which individuals learn and internalize the values, norms, and behaviors of their society. It is a lifelong process that occurs through interactions with family, peers, schools, and other social institutions.

63. Define Family: Family is a social institution that consists of a group of individuals who are related by blood, marriage, or adoption and who live together and share resources, responsibilities, and emotional bonds. It serves as the primary unit of socialization and plays a crucial role in shaping individuals' identities and social interactions.

64. Define social change: Social change refers to the transformation of social institutions, structures, and patterns of behavior over time. It can occur through various processes, such as technological advancements, cultural shifts, political movements, or economic developments.

65. Health programs in India: Health programs in India refer to the initiatives and policies implemented by the government and other organizations to improve the overall health and well-being of the population. These programs aim to address various health issues, such as disease prevention, access to healthcare services, maternal and child health, and public health awareness.

66. Formal group: A formal group is a social group that is deliberately created and structured to achieve specific goals or objectives. It typically has a defined organizational structure, roles, and rules governing its members' behavior. Examples include work teams, committees, and organizations.

67. Meaning of social factors: Social factors refer to the various aspects of social life that influence individuals' thoughts, feelings, and behaviors. These factors can include social institutions, cultural norms, social class, socialization processes, social relationships, and the broader social, economic, and political contexts.

68. Relation to anthropology and sociology: Anthropology and sociology are closely related disciplines that study human societies and social behavior. While sociology

focuses more on the study of society as a whole, including social structures and institutions, anthropology examines human societies from a broader perspective, including their cultural, biological, and historical dimensions.

69. Role of medical social workers: Medical social workers play a crucial role in healthcare settings by providing psychosocial support and assistance to patients and their families. They help patients navigate the healthcare system, address emotional and social issues related to illness or injury, and connect individuals with necessary resources and support services.

70. Types of culture: Culture refers to the shared beliefs, values, norms, behaviors, and artifacts that characterize a particular group or society. There are various types of culture, including material culture (physical objects and artifacts), non-material culture (ideas, beliefs, and values), and subcultures (distinct cultural groups within a larger society).

71. Define health: Health refers to a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. It encompasses not only the absence of illness but also the promotion of overall well-being and the ability to function effectively in daily life.

72. Social survey: (Already answered in question 61)

73. Any three causes of beggary: Some common causes of beggary include poverty, unemployment, mental illness, physical disabilities, social exclusion, and lack of access to education and healthcare. These factors can contribute to individuals becoming dependent on begging as a means of survival.

74. Benefits of ESI act: The Employees' State Insurance (ESI) Act is a social security legislation in India that provides benefits to employees in case of sickness, maternity, disablement, or death due to employment-related injuries. The benefits of the ESI Act include medical care, cash benefits during sickness or maternity, and rehabilitation services for insured individuals and their dependents.

75. Human adaptation and social change: Human adaptation refers to the process through which individuals and societies adjust to their environment by developing new behaviors, technologies, and social structures. Social change can be driven by human adaptation as societies respond to environmental, technological, or social challenges and make adjustments to their social systems.

76. Role of medical social workers: (Already answered in question 69)

77. Concept of health: (Already answered in question 71)

78. Problems of women in employment: Women face various challenges in employment, including gender discrimination, unequal pay, limited career advancement opportunities, work-life balance issues, and sexual harassment in the workplace. These problems can hinder women's professional growth and impact their overall well-being.

79. Health programs in India: (Already answered in question 65)

80. WHO definition of health: The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. It emphasizes the holistic nature of health and the importance of addressing not only physical health but also mental and social aspects.

81. Socialization: (Already answered in question 62)

82. Define alcoholism: Alcoholism, also known as alcohol use disorder, is a chronic and progressive condition characterized by excessive and compulsive consumption of alcohol, despite negative consequences on an individual's physical health, mental well-being, and social and occupational functioning.

83. Three causes of beggary: (Already answered in question 73)

84. Types of culture: (Already answered in question 70)

85. Agencies of socialization: Agencies of socialization are the various social institutions and processes through which individuals learn and internalize the values, norms, and behaviors of their society. These can include family, schools, peer groups, media, religious institutions, and government.

86. Nature of social groups: Social groups are collections of individuals who interact with one another, share a common identity or goal, and have a sense of belonging. They can vary in size, structure, and purpose, and can be formal or informal. Social groups play a significant role in shaping individuals' behaviors, attitudes, and social relationships.

87. Role of secondary groups in hospital setup: Secondary groups refer to larger, impersonal social groups formed for a specific purpose or task. In a hospital setup, secondary groups can include healthcare teams, administrative staff, support staff, and other professionals who work together to provide medical care and support services to patients.

88. Problems of women in employment: (Already answered in question 78)

89. Problems of underprivileged: Underprivileged individuals or groups often face various challenges and disadvantages, including limited access to education, healthcare, employment opportunities, housing, and basic resources. They may also experience

social exclusion, discrimination, and marginalization, which can further exacerbate their difficulties.

90. Cultural lag: Cultural lag refers to the time gap that can occur between changes in material or technological aspects of society and corresponding changes in the beliefs, values, norms, and behaviors of individuals. It can result in social tension and conflicts as societies struggle to adapt to new circumstances and reconcile traditional cultural practices with emerging social realities.

91. Urban problems: The challenges and issues that arise in urban areas, such as overcrowding, traffic congestion, pollution, poverty, and inadequate infrastructure.

92. Social survey: A research method used to collect data and gather information about social phenomena, attitudes, behaviors, and opinions of a particular group or population.

93. Benefits of ESI act: The Employees' State Insurance (ESI) Act provides benefits such as medical, cash, maternity, disability, and dependent benefits to employees working in certain sectors.

94. Three causes of beggary: Poverty, unemployment, and social exclusion are often considered as major causes of beggary.

95. Social change and deviance: The study of how societal norms, values, and behaviors change over time, and how deviant behavior can arise as a result of these changes.

96. Role of medical social workers: Medical social workers provide support and assistance to individuals and families in healthcare settings, helping them navigate medical systems, access resources, and cope with social and emotional challenges.

97. Social security: A system of government programs that provide financial support and assistance to individuals or groups in need, such as the elderly, disabled, or unemployed.

98. Juvenile delinquency: The involvement of minors in illegal activities or behavior that is considered deviant or criminal.

99. Changing family patterns: The shifts and transformations in family structures, roles, and dynamics over time, such as the rise of single-parent households, blended families, and non-traditional family arrangements.

100. Types of unemployment: Frictional, structural, cyclical, and seasonal unemployment are some of the different types of unemployment that can occur in an economy.

101. Urban problem: A specific issue or challenge faced by urban areas, such as inadequate housing, crime, pollution, or traffic congestion.

102. Three causes of beggary: Poverty, unemployment, and social exclusion are often considered as major causes of beggary.

103. Case study: A detailed examination and analysis of a specific individual, group, or situation, often used in research to gain in-depth insights and understanding.

104. Cultural lag: The concept that cultural beliefs, norms, and practices may not keep pace with technological advancements or social changes, resulting in a delay or mismatch between cultural values and societal developments.

105. Human adaptation and social change: The study of how individuals and societies adapt to new circumstances, challenges, or environments, and how this adaptation can lead to social change.

106. Causes of poverty: Factors such as lack of education, unemployment, unequal distribution of resources, and social inequalities can contribute to poverty.

107. Causes of overpopulation: High birth rates, low mortality rates, lack of family planning, and migration can contribute to overpopulation in certain regions.

108. Social group in hospital setup: Refers to the various groups and individuals within a hospital setting, such as doctors, nurses, patients, administrators, and support staff, and how they interact and influence each other.

109. Family and psychosomatic diseases: The study of how family dynamics, relationships, and stress can impact the development and manifestation of psychosomatic diseases, which are physical ailments with underlying psychological causes.

110. Cultural lag: The concept that cultural beliefs, norms, and practices may not keep pace with technological advancements or social changes, resulting in a delay or mismatch between cultural values and societal developments.

111. Social survey: A research method used to collect data and gather information about social phenomena, attitudes, behaviors, and opinions of a particular group or population.

112. Types of culture: Material culture, non-material culture, popular culture, and subcultures are some of the different types of culture that exist within a society.

113. Social change and stress: The study of how societal changes and transformations can lead to stress and psychological challenges for individuals and communities.

114. Causes of unemployment: Economic factors, such as recessions, technological advancements, and structural changes in industries, can contribute to unemployment.

115. Social factors affecting the health status: Social determinants of health, such as socioeconomic status, education, access to healthcare, and social support, can significantly impact an individual's health and well-being.

116. Family and health - Discuss: The influence of family dynamics, relationships, and support systems on an individual's physical and mental health, as well as the role of families in promoting healthy behaviors and lifestyles.

117. Nature of culture: The characteristics, features, and fundamental aspects of culture, including shared beliefs, values, norms, symbols, language, and traditions.

118. Features of rural community: Aspects that distinguish rural communities from urban areas, such as smaller population sizes, agricultural-based economies, close-knit social networks, and a slower pace of life.

119. Role of medical social workers: Medical social workers provide support and assistance to individuals and families in healthcare settings, helping them navigate medical systems, access resources, and cope with social and emotional challenges.

120. Sociology as a science of society: The study of human society, social relationships, and social behavior using scientific methods and theories to understand patterns, structures, and processes within society.

121. Social survey: A research method used to collect data and gather information about social phenomena, attitudes, behaviors, and opinions of a particular group or population.

122. Socialization: The process through which individuals learn and internalize the norms, values, and behaviors of their society or social group, enabling them to become functioning members of society.

123. Define Family: A social institution that typically consists of individuals related by blood, marriage, or adoption, and who live together and share emotional bonds, responsibilities, and resources.

124. Define social change: The process of societal transformation, involving shifts in social structures, cultural norms, values, and behaviors over time.

125. Health programs in India: Various initiatives, policies, and programs implemented by the government and non-governmental organizations in India to improve healthcare access, promote public health, and address specific health issues.

126. Formal group: A group with a defined structure, roles, and rules, often formed for a specific purpose or task, such as a work team, organization, or committee.

127. Meaning of social factors: The external influences and conditions that shape and impact individuals' thoughts, feelings, attitudes, and behaviors, such as culture, social norms, socialization, and social institutions.

128. Relation to anthropology and sociology: The interconnectedness and overlap between the fields of anthropology and sociology, which both study human society, culture, and social relationships but with different focuses and approaches.

129. Role of medical social workers: Medical social workers provide support and assistance to individuals and families in healthcare settings, helping them navigate medical systems, access resources, and cope with social and emotional challenges.

130. Types of culture: Material culture, non-material culture, popular culture, and subcultures are some of the different types of culture that exist within a society.

131. Health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

132. Social survey is a research method used to collect data and gather information about a particular group or population. It involves the systematic collection, analysis, and interpretation of data to understand social phenomena and patterns.

133. Three causes of beggary can include poverty, unemployment, and mental illness.

134. The benefits of the ESI (Employees' State Insurance) Act include providing medical and financial benefits to employees and their dependents in case of sickness, maternity, disablement, or death due to employment-related injuries.

135. Geriatric problems refer to health issues and challenges faced by older individuals, such as chronic diseases, cognitive decline, mobility issues, and social isolation.

136. Juvenile delinquency refers to criminal behavior or antisocial acts committed by individuals who are under the age of 18.

137. Social change and deviance are interconnected concepts. Social change refers to the transformation of social structures, norms, and values over time, while deviance refers to behavior that violates societal norms or expectations.

138. Changing family patterns refer to the shifts and transformations in the structure, roles, and dynamics of families, including changes in marriage patterns, divorce rates, parenting styles, and gender roles.

139. Problems faced by women in employment can include gender discrimination, unequal pay, limited opportunities for career advancement, work-life balance issues, and sexual harassment.

140. Types of unemployment include structural unemployment (resulting from changes in the economic structure), frictional unemployment (temporary unemployment while individuals search for new jobs), and cyclical unemployment (caused by economic downturns).

141. Family can be defined as a social institution that consists of individuals who are related by blood, marriage, or adoption and who live together and share resources, responsibilities, and emotional bonds.

142. Anticipatory socialization means the process through which individuals learn and prepare for future social roles, expectations, and behaviors. It involves acquiring knowledge, skills, and attitudes necessary for a desired social role before actually assuming that role.

143. Three psychosomatic diseases are asthma, irritable bowel syndrome, and tension headaches.

144. Three causes of beggary can include poverty, addiction, and physical or mental disabilities.

145. Cultural lag refers to the situation where cultural elements (such as beliefs, values, and norms) change at a slower pace than technological advancements or social changes, leading to a gap or lag between the two.

146. Social security means a system of government programs and policies designed to provide financial and social support to individuals or groups in need, such as the elderly, disabled, or unemployed.

147. The aim of social planning is to improve the overall well-being and quality of life for individuals and communities by identifying social problems, setting goals, and implementing strategies to address those problems and achieve desired outcomes.

148. Urban problems refer to the challenges and issues specific to urban areas, such as overcrowding, pollution, crime, inadequate infrastructure, and social inequality.

149. 149. Aristotle is commonly attributed with the quote "Man is a social animal" as he emphasized the importance of social interaction and community in human nature.

150. Community can be defined as a group of individuals who share common interests, values, and goals, and who interact and cooperate with one another, often residing in the same geographical area.

151. Polyandry is a form of marriage in which a woman has multiple husbands simultaneously.

152. Auguste Comte is often regarded as the father of sociology for his contributions to the development of the discipline and his emphasis on the scientific study of society.

153. Society refers to a group of individuals who share a common culture, territory, and social structure, and who interact and form social relationships with one another.

154. Psychosomatic diseases are physical illnesses or disorders that are believed to be caused or influenced by psychological factors, such as stress, anxiety, or emotional distress.

155. The Maternity Act is legislation that provides maternity benefits and protection for women during pregnancy and childbirth, including paid leave, healthcare services, and job security.

156. Types of beggars can include the homeless, those with physical disabilities, and individuals involved in organized begging networks.

157. Cultural lag refers to the time gap between the emergence of new cultural elements (such as technology, values, or beliefs) and the adjustment of social institutions, norms, and practices to accommodate or adapt to these changes.

158. Counter culture refers to a subculture or group that opposes or rejects the dominant culture and its values, norms, and practices.

159. Non-material culture refers to the intangible aspects of culture, such as beliefs, values, norms, language, and symbols.

160. Folkways are informal norms or customs that guide everyday behavior and are widely accepted in a particular society but do not carry severe consequences if violated. They are considered to be social conventions rather than strict rules.

161. Two factors of social change are technological advancements and cultural shifts.

162. Sickness can be a factor that influences social change, as it can affect the functioning of individuals and communities.

163. Arya Samaj is a religious and social reform movement in India that has contributed to social change through its emphasis on equality, education, and social welfare.

164. The role of the community in public health is an important factor in social change, as community involvement and support can lead to improved health outcomes and the implementation of effective health policies.

165. Three home remedies for diseases could include drinking honey and lemon for a sore throat, applying aloe vera gel for sunburn, and using ginger for nausea.

166. Cultural lag refers to the delay in social and cultural adjustments to technological advancements, resulting in a mismatch between societal values and technological progress.

167. Socialization is the process through which individuals learn and internalize the norms, values, and behaviors of their society. It helps individuals adapt to their social environment and enables social cohesion.

168. Health can be defined as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

169. Examples of formal groups include government organizations, corporations, academic institutions, and professional associations.

170. Customs refer to established practices and behaviors that are passed down through generations within a society. They often reflect the cultural traditions and values of a community.

171. Cultural lag refers to the phenomenon where cultural beliefs, norms, and values lag behind technological advancements, leading to social tensions and conflicts.

172. Social hierarchy refers to the ranking or ordering of individuals or groups within a society based on their social status, power, or authority.

173. A patriarchal family is a family system in which the male figure, typically the father or eldest male, holds the primary authority and decision-making power within the family unit.

174. Social control refers to the various mechanisms, norms, and institutions that regulate and guide individual and collective behavior in society.

175. Society can be defined as a group of individuals who share a common geographic territory, interact with one another, and share a common culture and social structure.

176. Psychosomatic diseases are physical illnesses or conditions that are influenced or caused by psychological factors, such as stress or emotional distress.

177. Juvenile delinquency refers to the participation of minors in illegal or antisocial activities, such as vandalism, theft, or substance abuse.

178. A medical social worker is a professional who works in healthcare settings to provide support, counseling, and assistance to patients and their families in navigating medical and social issues.

179. Alcoholism refers to a chronic and progressive disorder characterized by excessive and uncontrollable consumption of alcohol, leading to physical and psychological dependence.

180. Socialization in a hospital setting involves the process of adapting to the social and cultural norms, values, and expectations of the healthcare environment, including interactions with healthcare professionals and other patients.

181. Methods of social control refer to the various strategies and mechanisms used by societies to regulate and enforce conformity to societal norms, values, and laws. Examples include formal laws, informal social sanctions, and educational systems.

182. Sanskritization is a process in which lower-caste or lower-status groups in society adopt the customs, rituals, and practices of higher-caste or higher-status groups in order to improve their social standing.

183. The "Looking Glass" concept, introduced by Charles Cooley, suggests that individuals develop their self-concept through their perception of how others view them. It emphasizes the influence of social interactions on the formation of one's self-identity.

184. Ill-health refers to a state of poor physical or mental well-being, often characterized by the presence of illness, disease, or discomfort.

185. Auguste Comte is often referred to as the "Father of Sociology" for his contributions to the development of the discipline and his establishment of the scientific method in studying society.

186. The statement that "Man is a social animal" is attributed to Aristotle, who emphasized the inherent social nature of human beings and their need for social interaction and community.

187. Social change refers to the transformation or alteration of social structures, institutions, and cultural patterns over time. It can be driven by various factors, such as technological advancements, demographic shifts, or social movements.

188. Auguste Comte is often referred to as the "Father of Sociology" for his contributions to the development of the discipline and his establishment of the scientific method in studying society.

189. Four institutions of health could include hospitals, clinics, public health departments, and research institutions.

190. A primary group is a small, intimate, and face-to-face social group characterized by close personal relationships, emotional connections, and a sense of belonging. Examples include families, close friends, and small social circles.

191. Home Remedies: Remedies or treatments for common ailments or health issues that can be done at home using natural ingredients or household items.

192. Folkways: Traditional customs or behaviors that are followed by a particular group or society, often passed down through generations.

193. Sociology: The study of human society, social relationships, and social behavior, including the patterns, structures, and dynamics of social interactions.

194. Different types of Socialization: Primary socialization (learning social norms and values in early childhood), anticipatory socialization (preparing for future roles and statuses), resocialization (learning new norms and values in a different social context), and total institutions (places where individuals are isolated from the larger society and undergo intense resocialization).

195. Two home remedies: 1) Drinking ginger tea to relieve nausea or upset stomach. 2) Applying aloe vera gel to soothe sunburned skin.

196. Cultural lag: The concept that different elements of culture change at different rates, creating a lag or gap between technological advancements or social changes and the corresponding changes in attitudes, values, or norms.

197. Steps in decision making in treatment: 1) Identifying the problem or health issue. 2) Gathering relevant information and evaluating available options. 3) Considering the potential benefits and risks of each option. 4) Making a decision based on the information and personal preferences. 5) Implementing the chosen treatment plan. 6) Evaluating the outcomes and making adjustments if necessary.

198. Social system: A complex network of social relationships, institutions, and structures that work together to maintain order and stability in a society.

199. Culture: The shared beliefs, values, customs, behaviors, and artifacts that characterize a particular group or society.

200. Medical social worker: A professional who provides support and assistance to individuals and families dealing with medical or health-related issues, helping them navigate the healthcare system, access resources, and cope with emotional and social challenges.

201. Socialization: The lifelong process through which individuals learn and internalize the norms, values, and behaviors of their society or culture.

202. Juvenile delinquency: The participation in illegal activities or behaviors by individuals who are under the age of 18 and are considered minors according to the law.

203. Health: A state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.

204. Two remedies to control population explosion: 1) Promoting family planning and access to contraception methods. 2) Implementing educational programs and initiatives to raise awareness about the benefits of smaller family sizes and responsible reproduction.

205. Cultural traits: Specific characteristics, patterns, or features of a particular culture that distinguish it from others, such as language, customs, rituals, or social norms.

206. Psychosomatic diseases: Physical illnesses or symptoms that are primarily caused or influenced by psychological factors, such as stress, anxiety, or emotional distress.

207. Folkways: Traditional customs or behaviors that are considered less serious or significant than mores, often relating to etiquette, manners, or everyday social interactions.

208. Polyandry: A form of marriage in which a woman has multiple husbands at the same time.

209. Culture: The shared beliefs, values, customs, behaviors, and artifacts that characterize a particular group or society.

210. Caste system: A social stratification system based on hereditary social classes or castes, where individuals are assigned a specific social status and occupation at birth.

211. Home remedies in treatment: Remedies or treatments for medical conditions or ailments that can be done using natural ingredients or household items, often passed down through generations or found in traditional medicine practices.

212. Primary group characteristics: Close-knit, intimate, and long-lasting social groups characterized by face-to-face interactions, emotional connections, and a sense of belonging, such as families or close friends.