

CHOICE-BASED CREDIT SYSTEM FOURTH SEMESTER M.Sc. DEGREE EXAMINATION
SEPTEMBER 2020M. Sc. PSYCHOLOGY
BEHAVIOUR MODIFICATION

Time: 3 Hrs

Max. Marks: 70

I Answer any SIX of the following

(6×2=12)

- a) Law of effect
- b) Behavioural deficit and excess
- c) Process of reciprocal inhibition
- d) What is Biofeedback? Mention any two.
- e) What is the operant behaviour involved in fear?
- f) Expand EMDR
- g) Assertiveness training.
- h) Modelling

II Answer any TWO of the following

(2×8=16)

1. Explain the role of punishment in behaviour therapy.
2. Define the concept of self-control with an example and explain its strategies.
3. Life skills training.

III Answer the following questions:

(3×14=42)

- 4 a) Define behaviour modification. Explain its characteristics and areas of application in detail.

Or

- b) Explain behavioural assessment in behaviour therapy and delineate the merits and demerits of behavioural approach.
- 5 a) Explain the theories behind Jacobson's progressive muscular relaxation technique and discuss the indications and contraindications of the same.

Or

- b) Explain Systematic Desensitization and Justify choosing, in-vitro or in-vivo desensitization to help a child overcome a fear of the dark?
- 6 a) Define reinforcement. Discuss the factors that influence the effectiveness of it and elaborate on schedules of reinforcement with examples.

Or

- b) Elucidate Yoga as a relaxation technique in Behaviour Modification.

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SEPTEMBER 2020

M. Sc. PSYCHOLOGY

COUNSELLING CHILDREN AND ADOLESCENTS

Time: 3 Hrs

Max. Marks: 70

I Answer any SIX of the following (6×2=12)

- a) What is the need for counselling in the educational set up?
- b) Define Autism
- c) What is the difference between externalizing and internalizing problems?
- d) List the reasons for school refusal.
- e) Differentiate career and vocation.
- f) What are the characteristics of a bully?
- g) What are the different types of child abuse?
- h) Mention the factors affecting career development.

II Answer any TWO of the following (2×8=16)

1. Write a note on gender and career development.
2. Discuss the impact of psychosocial development on adolescence
3. Write a note on counselling the socially disadvantaged.

III Answer the following questions: (3×14=42)

- 4 a) What are the issues for counselling in pre school.

Or

- b) Explain the process of counselling clients with mobile and internet addiction.

- 5 a) Discuss the theories of career development.

Or

- b) Explain the need for career counselling and its outcome.

- 6 a) Briefly explain the issues and process of counselling adolescents.

Or

- b) How do adolescents cope with stress?

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COUNSELLING ADULTS

Time: 3 Hrs

Max. Marks: 70

I Answer any SIX of the following**(6×2=12)**

- a) Define marriage
- b) Types of family
- c) Types of Crime
- d) Empty nest syndrome
- e) Healthy ageing
- f) Glass Ceiling
- g) Crisis Management
- h) Parasuicide

II Answer TWO of the following**(2×8=16)**

1. What is the scope of family counselling
2. Write a note on counselling a rape victim
3. Explain the process and importance of grief counselling

III Answer the following questions:**(3×14=42)**

- 4 a) Explain the areas of symptom formation in couple relationship

OR

- b) Discuss the role of counsellor in rehabilitation process of accused, victims and witness.

- 5 a) Delineate the challenges and the process of counselling for the caregivers of elderly.

OR

- b) Explain role and process of counselling the terminally ill

- 6 a) Explain the issues and key counselling intervention in HIV care

OR

- b) Illustrate with a case study the stages of Alcoholism and its effects on family and individual.
