F.Y.psycho
sem-II

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F.Y.B.A.Psychology (SFC)
Semester - II
Subject: Fundamentals of Psychology

Date: 10/03/2026 **Duration: 2 hours** **Marks: 60 marks**

Instructions for the candidate:

1. This question paper contains 2 pages
2. Q.1 is Compulsory.
3. Attempt any 3 from Q. 2 to Q.6.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

Q 1 **Answer the following.** **10 marks**

Case Study:

Karan is a 21-year-old college student. During exam season, he begins consuming large amounts of caffeine and occasionally takes prescription stimulant pills from a friend to stay awake and increase concentration. He feels energetic, talks rapidly, and studies for long hours without feeling tired.

On weekends, Karan drinks alcohol at parties. After drinking, he feels relaxed and less anxious, but his speech becomes slurred and his movements less coordinated. Sometimes he forgets conversations that happened while he was intoxicated.

One evening, he experiments with a hallucinogenic substance at a music festival. He reports seeing colors more vividly, hearing sounds differently, and feeling detached from reality for several hours.

Over time, Karan notices he needs higher doses of stimulants to feel alert. When he does not consume caffeine, he experiences headaches and irritability. If he skips alcohol, he feels restless and anxious. His academic performance begins to decline, and he experiences mood swings and difficulty concentrating without substances.

Questions (2 marks each)

1.Define psychoactive substances and explain how they affect consciousness.

2.Identify one stimulant, one depressant, and one hallucinogen mentioned in the case.

3.Explain one effect of stimulants and one effect of depressants as seen in the case.

4.Karan needs higher doses to achieve the same effect. What concept does this illustrate? Define it.

5.Experiencing headaches and irritability when he stops caffeine illustrates which concept? Define it.

Q 2 **Answer the following**

A Explain sleep stages in detail. **8 marks**

B Explain the difference between attention, sensation and perception? **7 marks**

Q 3	**Answer the following**	
A	Differentiate between formal concepts and natural concepts.	**8 marks**
B	Define sexual orientation and explain its types.	**7 marks**
Q 4	**Answer the following**	
A	Explain the differences between physical and psychological dependence of drugs.	**8 marks**
B	Explain Spearman's two-factor theory of intelligence.	**7 marks**
Q 5	**Answer the following**	
A	Explain any 4 Gestalt principles.	**8 marks**
B	Define gender roles and explain how they develop.	**7 marks**
Q 6	**Answer the following**	
A	Explain top down and bottom sensory information processing.	**5 marks**
B	Write a short note on daydreaming.	**5 marks**
C	Write a short note on sexual dysfunction.	**5 marks**

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F.Y.B.A. Psychology
Semester - II
Subject: Psychology of Emotion and motivation

Date: 11/03/2026 **Duration: 1 hour** **Marks: 30 marks**

Instructions for the candidate:

- This question paper contains 1 page.
- Q.1 is Compulsory.
- Attempt any 2 from Q. 2 to Q.4.
- Answers to each new question should begin on a fresh page.
- Figures on the right-hand side indicate full marks.

Q 1 Answer the following **10 marks**

Case study:

During a late evening walk, Aarav suddenly notices a long, thin object lying across the road. Instantly, he jumps back, his heart begins to pound rapidly, and his breathing becomes faster. His hands start trembling and he feels a sudden surge of fear. On becoming aware of these bodily changes, he thinks to himself that he must be scared. A few seconds later, he looks more carefully and realizes that the object is only a rope, not a snake. Gradually, his heartbeat slows down and his body relaxes. He feels embarrassed about his initial reaction but relieved that there was no real danger.

Questions:

a. Explain Aarav's emotional reaction using the high road and low road pathways of emotion, clearly stating which pathway was activated first and the brain structures involved.
b. Explain the situation using the James–Lange theory of emotion.
c. Identify which division of the nervous system was activated initially and explain why.

Q 2 Answer the following

A Describe how gender differences influence emotional expression. **5 marks**

B Define motivation and explain its types with suitable examples. **5 marks**

Q 3 Answer the following

A Explain the facial feedback hypothesis. **5 marks**

B Describe self-determination theory and explain its three basic psychological needs. **5 marks**

Q 4 Answer the following

A Explain the Inverted U hypothesis for performance arousal with an example. **5 marks**

B Discuss the instinct approach to motivation and explain why it declined. **5 marks**

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F.Y.B.A. Psychology
Semester - II
Subject: Media Psychology
Duration: 1 hour

Date: 12/03/2026

Marks: 30 marks

Instructions for the candidate:

1. This question paper contains 1 page.
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

Q 1 **Answer the following** **10 marks**

Casestudy: Megha is a 22-year-old postgraduate student who is deeply obsessed with a famous singer. She spends most of her day watching his videos, interviews, and live sessions. She believes that he sends her "special signs" during performances and feels that they share a unique emotional bond. Megha has spent almost all her savings buying items he once used and even travelled to another city hoping to see him outside his hotel. She has stopped meeting her friends and argues with her family if they question her behaviour. She says she does not need real-life relationships because the singer is her "true soulmate." She becomes extremely angry when someone criticizes him and has blocked several friends who disagreed with her.

Answer the following questions. (2 marks each)

1. What type of relationship is Megha experiencing?
2. Mention one behaviour in the case that shows her involvement is excessive.
3. Is this still a normal parasocial relationship? Explain briefly.
4. How is this relationship different from real friendships?
5. When can admiration for a celebrity become unhealthy?

Q 2 **Answer the following**

A What is Gatekeeping theory in media psychology? **5 marks**

B How do age and gender influence parasocial relationships? **5 marks**

Q 3 **Answer the following**

A How does the media influence beauty standards? **5 marks**

B Why are parasocial relationships important in adolescence? **5 marks**

Q 4 **Answer the following**

A What is the "illusion of truth" effect? Explain with an example. **5 marks**

B Explain the main characteristics of parasocial relationships. **5 marks**

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F.Y.B.A. Psycho - Sem II

DATE: 13-03-06

SEAT NO. _____

Duration: 01 ***hours*** ***Marks: 30***

Instructions: - *(1)* Q.1 is Compulsory.
(2) Attempt any 2 from Q. 2 to Q.4.
(3) Attach the map supplement to the main answer book.
(4) Figures on the right-hand side indicate full marks.
(5) Use of simple calculator is allowed.

Q 1	Name and Mark the following on the World Map provided to you and attach it with the main answer book. 1. A major Mountain Range in North America. 2. An area in India having physical water scarcity. 3. Biggest Hot desert of the World. 4. Longest River in the World. 5. Country having highest HDI in Asia. 6. World's largest producer of Wind energy. 7. Largest producer of Bauxite in the World. 8. A Region affected by Ozone layer depletion. 9. An area of biodiversity hotspot in Brazil. 10. An European country with little or no water scarcity.	**10 marks**
Q 2	Answer the following	
A	Suggest some measures to address population explosion.	**5 marks**
B	Define environmental migration. Explain the main factors responsible for it.	**5 marks**
Q 3	Answer the following	
A	Describe the impact of environment on human health.	**5 marks**
B	Identify the causes of Forests degradation and suggest some measures for protection of world forest resources.	**5 marks**
Q 4	Write Short Notes on	
A	Poverty & Starvation	**5 marks**
B	Acid Rains	**5 marks**

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F.Y.B.A. Pyschology Semester - II
Subject: Effective Communication Skills-II

Date: 14/03/26 **Duration: 1 hour** **Marks: 30 marks**

Instructions for the candidate:

1. This question paper contains one page
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

Q 1	Write an Application Letter with C.V for the job to Mastek India Ltd. Andheri East.	**10 marks**
Q 2	Answer the following	
A	Explain the different parts of formal letter.	**5 marks**
B	What are the important factors in writing impressive project proposal?	**5 marks**
Q 3	Answer the following	
A	Write paragraph on 'My concept of Happiness.'	**5 marks**
B	How you can make Instagram post more visible?	**5 marks**
Q 4	Answer the following	
A	What are the keys to write for LinkedIn?	**5 marks**
B	As an Operation Manager draft a memo for the employees announcing strict new policies regarding use of mobile phone in the office.	**5 marks**

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F.Y.B.A. Psychology
Semester - II
Subject: Introduction to Statistics in Psychology

Date: 16/03/2026 **Duration: 1 hour** **Marks: 30 marks**

Instructions for the candidate:

1. This question paper contains 1 page.
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.
6. Use of simple calculator is allowed.

Q 1 **Answer the following** **10 marks**

A The following table shows the distribution of weekly exercise duration (in minutes) among adults:

Duration (Minutes)	30–45	45–60	60–75	75–90	90–105	105–120
Frequency	5	11	17	13	8	4

Calculate the Variance of the above grouped data.

B **Find the mean of the following:**

marks	34	26	21	14	39
Students	7	6	3	5	2

Q 2 **Answer the following**

A Define discrete and continuous variables with examples. **5 marks**

B Define Z-score. Calculate the Z-score and state whether the score is above or below the mean for a student who scored 82 on a psychology test, given that the class mean is 70 and the standard deviation is 6. **5 marks**

Q 3 **Answer the following**

A State any 2 properties, advantages, and limitations of mean. **5 marks**

B Explain the difference between skewness and kurtosis. **5 marks**

Q 4 **Answer the following**

A The following are the marks obtained by students in a psychology test: **5 marks**
45, 72, 68, 90, 55, 72, 81, 60, 72, 50
a) Calculate the Median of the given data.
b) Find the Mode of the distribution.

B Draw a Normal Curve and label its properties. **5 marks**

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F.Y.B.A. Psychology
Semester - II
Subject: Stress Management II
Duration: 1 hour

Date: 17/03/2026

Marks: 30 marks

Instructions for the candidate:

1. This question paper contains 1 page.
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

Q 1 Answer the following

Case study: **10 marks**

Priya (38) works as a corporate manager in a large company. She is expected to meet very tight deadlines and manage multiple projects at the same time. Her senior management decides the targets and timelines, and she has very little say in how the work should be done. She often works 12–13 hours a day to meet expectations. She feels exhausted and stressed but says she has no control over her workload. Recently, she has developed headaches, high blood pressure, and difficulty sleeping.

At home, she is often irritable and emotionally distant. Her husband feels she is unavailable, and their 8-year-old son has started showing behavioral problems at school. Priya feels guilty about her family but believes reducing her workload would harm her career growth.

Questions (2 Marks each).

1. Identify the occupational stress model that best explains Priya's work situation.
2. List two physical effects of stress seen in this case.
3. Identify two psychological effects of occupational stress present here.
4. Explain one way occupational stress is affecting her family functioning.
5. Suggest two practical stress-management strategies appropriate for Priya.

Q 2 **Answer the following**

A Explain the FAAR model of family stress. Describe its core domains and phases (adjustment, crisis, adaptation). **5 marks**

B Describe the five-stage theory of burnout development. **5 marks**

Q 3 **Answer the following**

A Explain internal and external family stressors. How do they differently affect family relationships? **5 marks**

B Discuss the physiological effects of occupational stress. **5 marks**

Q 4 **Answer the following**

A *Explain the* Social Readjustment Rating Scale (SRRS). Discuss its strengths and limitations. **5 marks**

B Discuss the role of family-friendly workplace policies in reducing occupational stress. **5 marks**

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F.Y.B.A. Psychology
Semester - II
Subject: Introduction to Mental Health
Duration: 1 hour

Date: 18/03/2026

Marks: 30 marks

Instructions for the candidate:

1. This question paper contains 1 page .
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

Q 1 **Answer the following** **10 marks**

Case study:

Arjun tells his friend, "There is no point in living anymore." He says he has been thinking about ending his life and has searched online for ways to do it. He has not been sleeping and has stopped eating properly. He has given away some of his belongings. When his friend asks him to seek help, he says, "Don't tell anyone. Promise me."

Answer the following (2 marks each):

1. Identify two concerning facts in this case.
2. According to the three levels of concern, what level is this? and why?
3. What is the first priority in this situation?
4. Should secrecy be promised? Why or why not?
5. What immediate action should be taken?

Q 2 **Answer the following**

A Discuss the biological determinants of mental health with examples. **5 marks**

B Discuss outpatient versus inpatient mental health services. **5 marks**

Q 3 **Answer the following**

A Explain the difference between neurotic and psychotic disorders. **5 marks**

B Explain the core principles of recognizing when someone may need mental health support. **5 marks**

Q 4 **Answer the following**

A Explain panic disorder and its symptoms. **5 marks**

B Explain what ALGEE stands for in mental health first aid? **5 marks**

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F.Y.B.A. Psychology
Semester - II
Subject: Theories of Personality
Duration: 1 hour

Date: 20/03/2026

Marks: 30 marks

Instructions for the candidate:

1. This question paper contains 1 page.
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

Q 1 **Answer the following** **10 marks**

Case study:

Aman is a 4-year-old boy who wants to spend all his time with his mother. He becomes jealous and upset when his father sits next to her and once said he would marry his mother when he grows up. He sometimes sees his father as a rival but also copies his father's behaviour and wants to be like him. Recently, Aman became afraid when his parents scolded him and asked if something bad would happen to him.

Aman loves chocolates. He cries loudly when he wants chocolates and demands them immediately. However, when his parents explain that his behaviour is wrong, he feels guilty and later waits quietly for permission.

Answer the following (2 marks each):

1. Identify and define the psychosexual stage Aman is in.
2. Identify and define the concept shown in Aman's desire to marry his mother and rivalry with his father.
3. Identify and define the concept reflected in Aman's fear after being scolded by his father.
4. Identify and define the part of personality that demands immediate satisfaction.
5. Identify and define the part of personality that makes Aman feel guilty.

Q 2 **Answer the following**

A Describe the three neurotic trends proposed by Karen Horney. **5 marks**

B Explain Cattell's distinction between surface traits and source traits. **5 marks**

Q 3 **Answer the following**

A Define personality and explain its nature. **5 marks**

B Explain Carl Rogers theory of self. **5 marks**

Q 4 **Answer the following**

A Explain Sheldon's Somatotype Theory **5 marks**

B Explain how interviews are used for personality assessment along with its limitations. **5 marks**

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