

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY**

Term-End Examination

June, 2018

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MCFT-006 : APPLIED SOCIAL PSYCHOLOGY

Time : 3 hours

Maximum Marks : 100

Note : (i) Answer any five questions.

(ii) All questions carry equal marks.

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1. (a) Explain "Socialization." 5
(b) With the help of examples, describe how the various ecological systems of the Ecological Systems Theory influence the socialization of the child in a given culture. 15
 2. Discuss the neo-analytic and ego aspects of personality and adjustment. 20
 3. (a) What do you understand by self concept and self esteem ? 10
(b) Analyse Indian perspectives on self. Give examples to substantiate your answer. 10
 4. Describe the ways by which cognitive restructuring strategies can help to promote well-being. 20

5. (a) Giving examples, distinguish between chronic conflicts and episodic conflicts in families. 10
- (b) Discuss any two strategies to resolve conflicts. 10
6. Discuss how one can work toward more effective communication. Substantiate your answer with examples. 20
7. "Power is an important factor in intimate relationships." Do you agree with this statement? Give reasons and examples to substantiate your answer. 20
8. Discuss the factors which influence marital adjustment and compatibility in a marital/couple relationship. Explain types of marital adjustment. 20
9. Write short notes in about 150 words each, on any four of the following : 5x4=20
- (a) Concept of *Karma*
 - (b) Cognitive Appraisal Theory of Emotions
 - (c) Resilience
 - (d) Conversational skills
 - (e) Sexual orientation
 - (f) Journal writing
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