

**MASTER OF SCIENCE IN COUNSELLING
AND FAMILY THERAPY (MSCCFT)**

Term-End Examination

June, 2022

MCFT-006 : APPLIED SOCIAL PSYCHOLOGY

Time : 3 hours

Maximum Marks : 100

Note : *Answer any **five** questions. All questions carry equal marks. Answer each 20 marks question in about 600 – 800 words.*

1. What are the techniques of managing aggression ? Discuss the causes of human aggression, with appropriate examples. 20

2. Is Freud's theory effective in today's modern lifestyle with sexual expression being open and out ? Discuss psychoanalytic perspective in detail. 20

3. What is Positive Parenting ? Analyse any two contemporary challenges in the context of positive parenting. Give examples to support your answer. 20

4. Discuss any five conditions associated with psychological distress and emotional disturbances. Explain emotion regulation to foster well-being. 20
 5. Differentiate between Verbal and Non-verbal communication. Describe the process of interpersonal communication. 20
 6. What is Conflict ? Describe the forms of conflict. Discuss family conflicts in the present day context. Give examples to support your answer. 20
 7. Discuss the role of a counsellor/family therapist in helping a family undergoing divorce. 20
 8. “Love and commitment is the base of all intimate relationships.” Critically discuss this statement and substantiate your answer with examples. 20
 9. Write short notes on any **four** of the following in about 150 – 200 words each : 4×5=20
 - (a) Sex in Ancient India
 - (b) Spillover
 - (c) Episodic Conflicts
 - (d) Stress
 - (e) Self-efficacy
 - (f) Socialization
 - (g) Adjustment
-