

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

**Term-End Examination**

**December, 2016**

00289

**MCFT-006 : APPLIED SOCIAL PSYCHOLOGY**

*Time : 3 hours*

*Maximum Marks : 100*

*Note : (i) Answer five questions in all.*

*(ii) Question No. 1 is compulsory.*

1. Write short notes, in about 150 words each, on any four of the following : 4x5=20
  - (a) Weaning in India
  - (b) Conflict resolution
  - (c) Johari window
  - (d) Time management
  - (e) Yoga and promoting wellbeing
  - (f) Self schemas
  - (g) Gender differences in pro social behaviour.
  
2. Discuss ecological systems theory. Keeping this theory in view discuss the impact of culture and socialization of a young girl from the region you belong. 20
  
3. Define social cognition. Explain any one important goal of social cognition in detail. 20

4. (a) What are the dimensions of wellbeing ? 5  
(b) Briefly describe role of nervous system in emotions. 5  
(c) Discuss the management of Emotions to enhance wellbeing 10
5. Explain the following terms : 4x5=20  
(a) Subjective self awareness  
(b) Objective self awareness  
(c) Symbolic self awareness  
(d) Identity
6. (a) With help of example, differentiate between 'Sex' and 'gender'. 6  
(b) Discuss the role of sexuality as a basis for couple relationship. 7  
(c) Describe the various issues that are related to sexuality among Indian couples. 7
7. With help of an example, discuss the interplay between mate selection, marital adjustment and maintenance of marriage. 20
8. (a) What is conflict resolution ? Explain conflict resolution process. 10  
(b) Describe characteristics of family conflict. 10
9. With help of a case examples, discuss the role of resilience and adaptation in the family. 20
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