

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY / POST GRADUATE
DIPLOMA IN COUNSELLING AND FAMILY
THERAPY**

Term-End Examination

June, 2016

**MCFT-001 : HUMAN DEVELOPMENT AND FAMILY
RELATIONSHIPS**

Time : 3 hours

Maximum Marks : 100

Note : Answer any five questions. All questions carry equal marks.

1. Define the following in 2 - 3 sentences each : $10 \times 2 = 20$
- (a) Reconstituted families
 - (b) Physical stressors
 - (c) Empty nest syndrome
 - (d) Super ego
 - (e) Women headed households
 - (f) Teratogens
 - (g) Monogamy
 - (h) Socialisation
 - (i) Sandwich generation
 - (j) Autonomy versus shame and doubt

2. (a) Discuss the Indian view on human life span. Write about any one Indian theorist's viewpoints on human/child development. 5+5=10
- (b) With the help of relevant examples, describe the significance of studying human development in the field of counselling and family therapy. 10
3. What are defense mechanisms ? Giving examples, discuss any four defense mechanisms likely to be used by an individual experiencing stress. 4+4+4+4=20
4. (a) Explain the meaning of marriage from the viewpoint of any five major religions. 10
- (b) "In recent times, the age at which a couple chooses to have their first child has gone up considerably". State your views on the given statement and discuss the factors that have led to the shift in the child bearing age of the couple. 10
5. (a) Discuss the features common across all stages in the entire family life cycle. 10
- (b) Outline the roles and responsibilities during the beginning stage of family life cycle. 10
6. "Adolescence, typically, is considered to be a period of transition from childhood to adulthood". Critically analyse and discuss this statement with the help of examples. 20

7. Write short notes on any four of the following : 5x4=20
- (a) Identity confusion
 - (b) Midlife marriage and sexuality
 - (c) Generation gap
 - (d) Socio - emotional support during old age
 - (e) Impact of internet on adolescents
8. Explain the concept of family dynamics. Analyse the factors that influence dynamics of the family in the Indian context. 20
9. Discuss the assumptions and main concepts of the bio-ecological theory. 20
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