

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

Term-End Examination

June, 2021

MCFT-006 : APPLIED SOCIAL PSYCHOLOGY

Time : 3 hours

Maximum Marks : 100

Note :

*Answer any **five** questions in about 600 words each.*

All questions carry equal marks.

1. Explain the Ecological Systems Theory. What, in your view, are the strengths of this theory with regard to explaining human development and behaviour ? Discuss with the help of examples. 20
2. Outline the causes of human aggression. In your view, how can aggression be managed ? Give examples to support your answer. 20
3. What do you understand by the terms “Self”, “Identity” and “Personality” ? Discuss how social learning theories explain the development of self and personality. 20

4. Suppose you have been asked by a company to address a group of young professionals. Discuss the various strategies to promote their well-being, that you will talk about. 20
5. Explain types of conflicts seen in couple relationships. What would you recommend for their conflict resolution ? 20
6. Discuss the processes of adaptation and resilience. With the help of examples, explain the factors which influence family adaptation and cohesion. 20
7. What does the term “Sexuality” mean ? Evaluate the role of gender in influencing attitudes and behaviours related to sexuality. 20
8. Discuss, giving examples, the domains of adjustment and coping after divorce and separation. 20
9. Write short notes on any **four** of the following in about 150 words each : $4 \times 5 = 20$
 - (a) Learned Helplessness
 - (b) Types of Schemas
 - (c) Positive Parenting
 - (d) Sexual Repression
 - (e) Cognitive Appraisal Theory of Emotions
 - (f) Functions of Interpersonal Communication