

MAHATMA GANDHI UNIVERSITY, KOTTAYAM

MGU-UGP (HONOURS)

FIRST SEMESTER EXAMINATION (2024 ADMISION ONWARDS)

MG1DSCPSY100-PSYCHOLOGY FOR PERSONAL GROWTH

Duration: 2 hrs

Maximum Marks: 70

Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.

Part A

Multiple Choice Questions Answer All Questions

Each question carries **1** mark

1. In goal setting, a specific goal is----- **(U, C01)**
 - a. Vague and open-ended
 - b. Flexible and adjustable
 - c. Well-defined and clear
 - d. Based on general aspirations
2. Which non-verbal cue indicates engagement? **(A, CO1)**
 - a. Eye contact
 - b. Crossed arms
 - c. Distracted gaze
 - d. Yawning
3. What is the primary goal of social competence? **(U, C02)**
 - a. Interpersonal effectiveness
 - b. Personal growth
 - c. Career success
 - d. social status
4. What communication climate fosters personal growth? **(K, C05,6)**
 - a. Supportive
 - b. Critical
 - c. Competitive
 - d. Avoidant
5. According to Carl Rogers, what is closely linked to self-confidence? **(K, CO3)**
 - a. Self-concept,
 - b. Popularity among peers
 - c. social media presence
 - d. financial success
6. Which state of consciousness is crucial for self-reflection and personal growth? **(U, C04)**
 - a. Mindfulness
 - b. Flow
 - c. Meditation
 - d. Day dreaming
7. Which of the following is a strategy for developing self- confidence? **(K, C03)**
 - a. Embracing new challenges and learning from failures
 - b. Engaging in constant self-criticism to motivate improvement
 - c. Seeking validation from others before making decisions
 - d. Avoiding situations that may lead to discomfort
8. Which of the following is an outcome of positive self-esteem? **(U, C01)**
 - a. Increased dependence on others
 - b. Higher resilience and

coping skills c. Increased anxiety in social situations
d. Increased self-doubt

9. In Johari window, the 'Open area' represents **(U,C02)**
a. Unknown aspects of oneself b. Known aspect of oneself
unknown to others c. Personal traits hidden from others d.
Aspects known to oneself and others
10. I am watching my friend sleep. If I want them to be able to tell me about
their dreams I should wake them during **(An,CO1)**
a. REM b. N1c. N2 d. N3

(1*10=10)

PART B

Short Answer type **Any 5** out of 7

Each question carries **2** Marks

11. Summarise Psychosocial stages of self-development **(U,C01)**
12. Conclude that setting goals is important for personal and professional
success?
(An, C01)
13. Examine Deferring gratification **(A, C01)**
14. Explain self-assessment inventory? **(U, CO2)**
15. What is the SMART goals framework? **(U, C04)**
16. Define self-worth **(K, C03)**
17. Evaluate the cognitive components of Emotional Intelligence
(E, C05,6)

(2*5= 10)

PART C

Short Essay Type, **Any 4** out of 6

Each question carries **5** Marks

18. Explain the theories of self-confidence **(U,C03)**
19. Apply the time management techniques to improve productivity,
reduce stress, and achieve goals more efficiently
(Ap, CO5)
20. Summarise various listening and conversational skills **(U, C02)**
21. Examine the significance of emotional intelligence in interpersonal
communication. **(A, C0 4)**
22. Appraise the role of self-awareness in personal growth, highlighting its
relationship with emotional intelligence
(E,CO,5 6)
23. Identify the role of non-verbal cues in communication, exploring their
influence on communication effectiveness and relationship-building.
(A, C04)

(5*4 =20)

Part D

Essay type questions, **Any 2** out of 3

Each question carries **15 Marks**

24. Outline the relationship between social support, motivation, and personal growth. Discuss the role of social competence in fostering supportive relationships and promoting resilience. **(U, C02)**
25. Explain various effective inter personal communication skills contributing to the social competence **(U, CO 3)**
26. Identify the role of JoHarris window in personality dynamism **(A, C01)**

(15*2=30)

MAHATMA GANDHI UNIVERSITY, KOTTAYAM

MGU-UGP (HONOURS)

FIRST SEMESTER EXAMINATION (2024 ADMISION ONWARDS)

MG1MDCPSY101 - PSYCHOLOGY OF SPORTS AND EXERCISE

Duration: 1.5 Hours

Maximum Marks: 50

Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.

PART A

ONE MARK QUESTIONS

Answer 10 questions. Each carries 1 mark.

1. Define Sports psychology **(K, CO1, 3)**
2. Who is known as the father of sports psychology? **(K, CO1, 3)**
3. Which Big Five personality trait measures how organized and dependable an individual is? **(K, CO1,3,4)**
4. Define TAIS **(K, CO2, 3)**
5. Match the following. **(K, CO1, 3, 4)**

1. Freudenberger 2. Perfectionism 3. Emotional Exhaustion 4. Body Dissatisfaction	A. A psychological trait that can lead to stress and burn-out in athletes. B. A symptom of burn-out characterized by feeling drained and depleted. C. The first researcher to describe the phenomenon of burn-out. D. A common precursor to eating disorders, especially in athletes.
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- 6. Who are the key proponents of Achievement Goal Theory? **(K, CO2)**
- 7. Outline motivation in the context of sports psychology. **(U, CO1)**
- 8. What does Achievement Goal Theory help to explain in sports? **(K, CO2)**
- 9. What is the most stable level of personality? **(K, CO1,3,4)**
- 10. Who conducted the first known study in sports psychology? **(K, CO1,3)**

(1 X 10= 10 Marks)

PART B

MULTIPLE CHOICE QUESTIONS

Answer 10 questions. Each carries 1 mark.

- 11. Which organization has begun certifying sport and exercise psychology consultants? **(K, CO1, 3)**
 - a) British Psychological Society
 - b) Health Professions Council
 - c) AAASP
 - d) American Psychological Association

- 12. What does it mean that the scientific method is empirical? **(K, CO1, 3)**
 - a) It is based on assumptions
 - b) It relies on experience and objective evidence
 - c) It only considers subjective observations
 - d) It avoids outside evaluation

- 13. What is the main purpose of controlling conditions in scientific research? **(K, CO1, 3)**
 - a) To influence all variables equally
 - b) To ensure the primary relationship between key variables is not affected
 - c) To ignore all other variables
 - d) To enhance variability in the experiment

- 14. For task-oriented individuals, success is primarily attributed to which factor? **(U, CO1, 3, 4)**
 - a) Innate talent
 - b) Effort
 - c) Comparison with others
 - d) Luck

15. Illustrate how high levels of cortisol affect an athlete's performance. **(U,CO1, 2)**
- Improve stamina,
 - Increase muscle strength,
 - Cause fatigue and hinder recovery,
 - Enhances concentration
16. The influence of testosterone on sports behaviour is primarily linked to: **(U, CO1,2)**
- Reduced aggression,
 - Enhanced endurance,
 - Increased strength and competitive drive,
 - Decreased confidence
17. Typical responses in personality are best defined as: **(U, CO1, 3, 4)**
- The unique actions taken in specific situations
 - The consistent behaviours across various situations
 - The adaptive behaviours developed over time
 - The automatic responses to stressors
18. Role-related behaviour in personality is characterized by: **(U, CO1,3,4)**
- Stable characteristics that do not change
 - behaviour that changes according to situational demands
 - The core beliefs that guide an individual's life
 - Responses that are universally applied to all situations
19. Which of the following best represents the order of personality levels from most stable to least stable? **(K, CO1,3,4)**
- Role-related behaviour, typical responses, psychological core
 - Psychological core, typical responses, role-related behaviour
 - Typical responses, role-related behaviour, psychological core
 - Psychological core, role-related behaviour, typical responses
20. Which theory explains how individuals set and pursue goals in sports? **(K, CO2)**
- Achievement Goal Theory
 - Goal Orientation Theory
 - Cognitive Dissonance Theory
 - Motivation Theory

(1 X 10 = 10 Marks)

PART C

SHORT ANSWER QUESTIONS

Answer any 8 questions. Each question carries 2 marks.

21. Outline the main points of Direction of effort. **(U, CO1, 2)**
22. Explain 'Intensity of effort'. **(U, CO1, 2)**
23. What is the importance of research in sport psychology. **(K, CO1, 3)**
24. Outline the consulting role of sport psychologists and provide examples of how they help individual athletes and teams improve performance. **(U, CO1, 3)**
25. What are the techniques to improve self-talk? **(K, CO2, 3)**
26. Explain the psychological core of personality? **(U, CO1,3,4)**
27. Compare how do typical responses differ from the psychological core? **(U, CO1, 3, 4)**
28. Define role-related behaviour in the context of personality. **(K, CO1,3,4)**
29. Outline the factors which can influence a person's psychological core? **(U, CO1,3,4)**
30. What is the difference between undifferentiated and differentiated ability? **(U, CO2, 3)**
31. Explain how does an athlete's role impact their role-related behaviour? **(U, CO1,3,4)**
32. Explain the significance of understanding the psychological core in sports psychology? **(U, CO1,3,4)**
33. "Extraversion influence teamwork in sports". Explain the statement. **(U, CO1,3,4)**

(2X8=16 Marks)

PART D

LONG ANSWER QUESTIONS

Answer any 2 questions. Each question carries 7 marks.

34. Explain how role-related behaviour can impact an athlete's performance and team dynamics. Illustrate your answer with examples of how an athlete's role on a team can influence their interactions with teammates and their overall effectiveness. **(U, CO1,3,4)**
35. Examine the interplay between psychological core, typical responses, and role-related behaviour in an athlete's overall personality and performance. Analyse how understanding this interplay can enhance coaching strategies? **(An, CO1,3,4)**
36. Outline Achievement Goal Theory in sports psychology, highlighting its origins, key concepts, and implications for athlete motivation and behavior. **(U, 2)**
37. Evaluate the differences between task involvement and ego involvement in sports and physical activities, with examples of how each impacts athletes' performance, motivation, and emotional responses. **(E, CO2)**

(7X2=14 Marks)

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
MGU-UGP (HONOURS)
FIRST SEMESTER EXAMINATION
(2024 ADMISION ONWARDS)
MG1MDCPSY100 - COMMUNICATE WITH CONFIDENCE

Duration: 1.30 hrs

Maximum Marks: 50

Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.

PART A

Fill in the blanks – **Answer all questions** (1 mark each)

1. barriers often introduce significant distortion due to technology limitation (CO4, K)
2. Among the different modes of communication,is considered to be the most advantageous one. (CO2, K)
3. Drooping shoulders or bending forward too much conveys a lack of ----- (CO1, K)
4. The of a presentation is the most crucial part (CO3 , U)
5. The process of thinking, formulation, and encoding together forms ----- . (CO2, U)
6. -----occurs when external noise interferes with the clarity of the message being communicated. (CO4, K)
7. -----communication is the most economical ways for teams to stay in touch (CO1, U)
8. Combining graphics and transitions is likely to leave a better impact on the----- (CO3, K)
9. A good presenter should maintainwith the audience while using audio-visual aids. (CO6, K)
10. Ineffective-----can lead to an insufficient closure, potentially distorting the message. (CO5, K)

(1 X10 =10)

PART B

MCQ – **Answer all questions** (1 mark each)

11. A heterogeneous audience requires:
 - a) A one-size-fits-all approach
 - b) A tailored message to address different needs
 - c) Ignoring individual differences
 - d) Using the same communication style for everyone (CO2, U)
12. Which of the following is not a key element of effective presentation?
 - a) Clarity
 - b) Confidence
 - c) Complexity
 - d) Connection (CO3, U)
13. In interpersonal communication, who is considered the sender?
 - a) The person who receives the message

- b) The person who initiates the message
 - c) The person who decodes the message
 - d) The person who provides feedback (CO2, K)
14. Identify what helps to reduce barriers in communication
- a) Increasing complexity
 - b) Active listening
 - c) Ignoring feedback
 - d) Relying solely on written communication (CO4, U)
15. Identify the example for face to face communication
- a) Emails
 - b) Telephone calls
 - c) Text messages
 - d) Interviews (CO1, K)
16. What follow-up activities should you plan after a major presentation?
- a) Send emails summarizing your main points
 - b) Call key stakeholders for feedback
 - c) Schedule additional meetings
 - d) All of the above (CO4, U)
17. which of the following is NOT considered an audio-visual aid?
- a) PowerPoint slide
 - b) Charts and graphs
 - c) handwritten notes
 - d) videos (CO6, U)
18. In the context of assertiveness training, what is one way to practice assertive communication?
- a) Memorizing scripts for every situation
 - b) Avoiding conversations that involve confrontation
 - c) Engaging in role-playing exercises
 - d) Watching assertive communication on television (CO5, U)
19. Some of the guidelines to deal effectively with conflict involves
- a) Assuming responsibility for one's own feelings
 - b) Limit complaints to recent behaviour and to current situation
 - c) Avoid loaded words
 - d) All of the above (CO4, A)
20. Failure to clearly define communication objectives can lead to:
- a) Effective communication
 - b) Misunderstandings
 - c) Strong relationships
 - d) Clear goals (CO2, An)

(1 X 10 = 10)

PART – C

Short answer type – **any 8 out of 13 (2 marks each)**

21. How can active listening help overcome communication barriers? (CO4, A)
22. What are the six essential components of interpersonal communication? (CO2, K)
23. Define barriers to communication (CO4, K)
24. Distinguish between the types of synchronous communication (CO1, K)
25. Discuss the challenges in non-face-to-face communication (CO1, U)
26. What role does peer practice play in reducing communication anxiety? (CO4, E)
27. List three common types of visual aids used in presentations. (CO5, K)
28. What are the main differences between assertive, submissive, and aggressive communication? (CO1, U)
29. Examine the psychological benefits of using assertive communication over aggressive communication (CO4, An)
30. Explain how medium of communication affect distortion (CO4, K)
31. Identify the four distinct types of space in proxemics (CO1, U)
32. What is the role of colour in visual communication through pictures or charts? (CO3, E)
33. What is assertiveness? (CO4, K)

(8 X 2 = 16)

PART – D

Essay type question – **Any 2 out of 4 (7 marks each)**

34. Define visual aids and explain their importance in effective communication (CO3, E)
35. Give an account on modes of communication with examples (CO1, An)
36. Explain the active listening and steps in active listening (CO2, An)
37. Explain the different forms of nonverbal communication (CO1, U)

(7 X 2= 14)