

M. A. (Final) Examination, 2001

PSYCHOLOGY

Paper - IX-B

Behavior Modification

Time 3 Hours
Maximum Marks 100

Attempt **five** questions only,
Selecting at least **two** questions from each Section.
All questions carry equal marks.

SECTION - A

1. What are basic assumptions of Behaviour Modification? Explain. Discuss about the principles of Behaviour Modification in the field of Industry as a Psychologist. **10+10**
2. Discuss about the contribution of Guthrie in the field of Behaviour Modification. **20**
3. What are Self Control Principles? Explain in brief. Show the importance of Self Control Principles in dealing with the problem of 'Overeating'. **10+5+5**
4. What is the difference between Assertion, Aversion and Aggression? Explain. Is it possible to develop Aversion by words? If yes, explain it with the help of any one psychological problem. **6+14**
5. Explain rationale and steps involved in the construction of Hierarchies in the method of Systematic Desensitization. Construct Hierarchy for a client with a Fear of Examination. **4+6+10**

SECTION - B

6. Explain the importance of Assertive Training. Name its various methods. Explain about any one method. **5+5+10**
7. Is Behaviour Modification possible through Modeling? Explain. **20**
8. (A) Define following **10**
 - (i) Anxiety Hierarchy
 - (ii) Bio-feedback Therapy
 - (iii) Stimulus
 - (iv) Irrational
 - (v) Reinforcement(B) Name seven characteristics of irrational beliefs. **10**
9. Explain the use of "Thought Stopping" method with the help of any one problem. **20**

10. Explain the use of Behaviour Therapy in dealing with any Gynae-Sexual Problem.
Discuss about the work of any Psychologist in any one of the field. **10+10**

OR

What are basic assumptions of "Behaviour Modification in Natural Environment"? Explain.