

[This question paper contains 4 printed pages.]

Your Roll No.

6911 A

A

M.A./I

PSYCHOLOGY–Course PS-2

(Personality, Self and Personal Growth)

(Admissions of 2008 and before)

Time : 3 Hours

Maximum Marks : 75

*(Write your Roll No. on the top immediately
on receipt of this question paper.)*

SECTION – A

Each question carries 12 marks.

1. Reflect on the psychoanalytic perspective on Self and share the manner in which you relate to this school of thought as you think about your personal life.

Or

The capacity to 'play', to 'unintegrate' and to 'be' lays the foundation of personal Selfhood. Write an essay on the D.W. Winnicott's psychoanalytic reflections on the development of human Self .

[P.T.O.]

2. Elaborate on the notion of the individual, as it comes to you through your readings and reflective engagement with existentialism.

Or

Delineate the experiential journey of Herman Hesse's protagonist Siddhartha and by doing so highlight the relational path to individuation and engagement with life that the book upholds.

3. Comment on the manner in which existential writers feel that encounters with pain and suffering can help us in transforming the Self. Also write on the ways in which this perspective enables us to live our life in a meaningful manner.

Or

“Kafka’s character Samsa Gregor is child who is never seen and acknowledged and therefore who never really is able to come into psychic life”. With reference to the above mentioned story comment on the relational genesis of our existential birth as human beings.

4. What according to you is the significance of the transpersonal self as understood in the Indian tradition ? How can the transpersonal self impact our everyday life ?

Or

“In accordance with the Indian perspective, we can transcend our narrow confines and move towards a truly expanded experience of

selfhood which will enable a merger and union with the greater Self'.

Write an essay in elaboration of the above viewpoint.

5. As you critically evaluate the role of Cognitive behavior therapy in helping a person handle one's acute stress, also focus on Michenbaum's Stress inoculation theory and delineate its major features.

Or

Develop a programme based on cognitive behavior principles that may help a patient deal with problems of acute anger and difficulties in interpersonal communication. Imagine the steps that such a programme would include as you journey through it with your patient.

SECTION – B

Each question carries 5 marks.

6. Based on your readings of Camus reflect on how the themes of alienation and absurdity entail a return to meaningful living.

Or

Briefly write on the following existential themes : freedom, responsibility and choice

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7. Write in brief on *one* of the following :

(a) Self-expression through poetic language.

(b) Self as articulated through the categories "I," "Me" and "you".

8. Briefly discuss the relationship of Anasakti with well being.

Or

Reflect the relevance of the transpersonal self in the regulation of emotion.