

MA EDUCATION
FOURTH SEMESTER
MENTAL HYGIENE & EDUCATION
MAE – 402

(Use Separate Answer Scripts for Objective & Descriptive)

Duration: 3 hrs.

Full Marks: 70

[PART-A : Objective]

Time: 20 min.

Marks: 20

Choose the correct answer from the following:

1X20=20

1. can served as a platform for solving the mental health issues of students cooperatively:
 - a. Parent teacher association
 - b. Community association
 - c. Student association
 - d. None of the above
2. Who considered sexual dispositions as the main factor behind psychosomatic symptoms?
 - a. Darwin
 - b. Freud
 - c. Rogers
 - d. Jung
3. Parental rejection is an important factor affecting mental health:
 - a. Cultural
 - b. Situational
 - c. Adolescent
 - d. Early childhood
4. According to a person may have either intrinsic or extrinsic religious orientation:
 - a. MacIver
 - b. Gordon Allport
 - c. Drever
 - d. Plato
5. Mental health of the teacher is closely associated with the mental health of his:
 - a. Family, socio-economic and cultural condition
 - b. Friends, family and elders
 - c. Family, economic condition and friends
 - d. Cultural, economic and social conditions
6. There is a similarity between the postulates ofand Patanjali in determining the levels of the mind:
 - a. Freud
 - b. Skinner
 - c. Dalton
 - d. Weber
7. Which of the following statements is correct?
 - a. Mental health affects the efficiency of the individual
 - b. Mental health and efficiency is not the same thing
 - c. Mental illness cannot be cured through medicines
 - d. There may be some people having absolute mental health

8. Cognitive Behavioural Therapy is based ongoals of psychotherapy:
 - a. Insight
 - b. Action
 - c. Both a and b
 - d. Diagnostic
9. A kind of cyclic sleep used as a technique in Yoga is:
 - a. Antarmukha
 - b. Jaap nidra
 - c. Yoga nidra
 - d. None of the above
10. The most important emotional need of a child is:
 - a. Love
 - b. Stability
 - c. Joy
 - d. Permissiveness
11. Which one is not related to Counseling?
 - a. Consultation
 - b. Guiding
 - c. Mutual interchange of opinions
 - d. Define objectivity of life
12. The most important technique and the best method of studying the whole individual is:
 - a. Case study
 - b. Interview method
 - c. Counseling
 - d. Guidance
13.was the main person behind evolution of Person-centred therapy:
 - a. Carl Jung
 - b. Carl Rogers
 - c. Sigmund Freud
 - d. Albert Bandura
14.is a behavioural therapy in which an undesirable behaviour is paired with an aversive stimulus to reduce the frequency of the behaviour:
 - a. Desensitization
 - b. Flooding
 - c. Aversion therapy
 - d. Systematic desensitizing
15.plays an important role in placing common problems of people in a casual meet up session as part of group therapy:
 - a. Group meetings
 - b. Cliques
 - c. Game sessions
 - d. Self-help groups
16. Mental health of the teacher is closely associated with the mental health of his:
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 - c. Family, economic condition and friends
 - d. Cultural, economic and social conditions
17. Group activities in the classroom can help the students to develop:
 - a. The feeling of superiority
 - b. The feeling of belongingness
 - c. The feeling of competition
 - d. None of the above
18. construction should depend on the totality of all the aspects of a person:
 - a. Syllabus
 - b. Course
 - c. Curriculum
 - d. Co-curricular activities

19. The fear and anxieties of examination can be removed by making the system:
- a. Valid
 - b. Subjective
 - c. Comprehensive
 - d. Objective and reliable
20. "Mental health is the full and harmonious functioning of the whole personality" was defined by:
- a. WHO
 - b. Drever
 - c. Hadfield
 - d. None of the above

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PART-B : Descriptive

Time : 2 hrs. 40 min.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. Write in brief about optimum Mental Health and discuss its implications in daily life? 10
2. Discuss how the School Curriculum can be organized in purview of mental health issues. 10
3. Define Psychotherapy. What are the different insight therapies in psychotherapy? 3+7=10
4. Justify the role of religion in maintaining Mental health of a person? 10
5. Discuss about the case study method with its major features. 5+5=10
6. How the technique of Counseling Interview can help in detecting mental issues? 10
7. Discuss the role of Community on the Mental health and hygiene of an individual. 10
8. Write short notes on: 5+5=10
 - a. Social need
 - b. Psychological need

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