

MA EDUCATION
FOURTH SEMESTER [SPECIAL REPEAT]
MENTAL HYGIENE & EDUCATION
MAE – 402

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

1.tend to use a holistic approach in treatment where the natural healing abilities of the body are stimulated:
 - a. Group therapy
 - b. Psycho-dynamic therapy
 - c. Complementary therapy
 - d. Cognitive therapy
2. Bulimia is a form of:
 - a. Obsessive disorder
 - b. Compulsive disorder
 - c. Physical disorder
 - d. Eating disorder
3. Collaborative style refers to:
 - a. Collaboration with God when problems arise.
 - b. Collaboration with the self when problems arise
 - c. Consult a medical practitioner for treatment of mental health
 - d. All of the above
4. Swadhyaya refers to:
 - a. Control breathing
 - b. Introspection and self-analysis
 - c. Love and devotion for God
 - d. Abandon foods that cause unwanted excitement
5. The Humanistic approach of treatment in mental health has been mainly based on the ideas of:
 - a. Sigmund Freud
 - b. Karen Horney
 - c. Carl Rogers
 - d. Mary Jones
6. Religious terrorism indicates:
 - a. Religion can have a positive impact on mental health
 - b. Religion can give a cause to the people to fight
 - c. Religion tends to bind the people together without their personal interests
 - d. Religion can have a negative impact on mental health
7. When the researcher serves as a participant in events and observes the actions and outcomes, it is called:
 - a. Participant observation
 - b. Indirect observation
 - c. Participant interview
 - d. Indirect interview

8. Depression was discussed for the first time by:
 - a. Freud
 - b. Hippocrates
 - c. Beck
 - d. May
9. is an in-depth study of one person, group, or event, where every aspect of the subject's life and history is analyzed to seek patterns and causes of behavior.
 - a. Historical study
 - b. Observation
 - c. Case study
 - d. Psychoanalysis
10. The literal meaning of Psycho-therapy is:
 - a. Brain healing
 - b. Mind treatment
 - c. Brain treatment
 - d. Mind healing
11. The literal meaning of Yoga is to:
 - a. Unite
 - b. Dissociate
 - c. Attach
 - d. Detach
12. refers to dissociation of one's consciousness from the sense organs and fix it on external objects:
 - a. Pranayama
 - b. Pratyahara
 - c. Swadhyaya
 - d. Niksam Seva
13. "Religion is the entirety of the linguistic expressions, emotions and, actions and signs that refer to a supernatural being or supernatural beings" was quoted by:
 - a. Carl Jung
 - b. Maclver and Page
 - c. Antoine Vergote
 - d. Clifford Geertz
14. Group therapy is based on:
 - a. Psychodynamic approach
 - b. Psychoanalysis
 - c. Pharmacological approach
 - d. Humanistic ideas
15. Chlorpromazine is a form of:
 - a. Major tranquilizer
 - b. Anti-psychotic drug
 - c. Neuroleptics
 - d. All of the above
16. is the ability to understand the mental state, of oneself seen as a form of imaginative mental activity that lets us perceive and interpret human behaviour in terms of intentional mental states:
 - a. Psychoanalysis
 - b. Mentalization
 - c. Collaboration
 - d. Imagination
17. refers to the health status of a defined group of people and the actions and conditions, both private and public (governmental), to promote, protect, and preserve their physical and mental health:
 - a. Social health
 - b. Citizens health
 - c. Community health
 - d. Netizens health
18. Word association test is a form of:
 - a. Prognosis
 - b. Probing
 - c. Hypnosis
 - d. Psychoanalysis

19. When the person assumes full responsibility for their problem solving and believes that God has provided the skills necessary for successful coping, it is known as:
- a. Self-directing style
 - b. Deferring style
 - c. Collaborative style
 - d. None of the above
20. Psycho-drama is a form of:
- a. Somatic therapy
 - b. Group therapy
 - c. REBT
 - d. CBT

(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

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| 1. What are the characteristics of a mentally healthy person? How can Family help in the early formational period of the child in the context of Mental Hygiene? | 4+6=10 |
| 2. Highlight the two roles of teacher in maintaining the Mental balance of the students in the classroom. Discuss how the community can organise programmes for the maintenance of Mental Health of the people. | 5+5=10 |
| 3. What do you mean by locus of control in Religion? Explain its prevalence in India in the context of preservation of Mental Health. | 4+6=10 |
| 4. Define Mental hygiene. Discuss the main goals of a well-planned Mental Health programme. | 2+8=10 |
| 5. Discuss Counseling as an important Humanistic therapy in treating mental issues and problems. Explain the role and function of Psycho-drama in diagnosing and treatment of mental instability. | 5+5=10 |
| 6. Explain the different types of Case studies. How is a Case study conducted? | 5+5=10 |
| 7. What is Yoga? How can yogic techniques help in personality development and promotion of health? | 2+8=10 |
| 8. Explain the approaches of Mental Hygiene in detail giving illustrations from daily life. | 10 |

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