

MA EDUCATION  
FOURTH SEMESTER  
MENTAL HYGIENE AND 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. "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
2. The focus of the eye at one single point is for concentration is known as:
  - a. Shavasana
  - b. Kapalbharti
  - c. Bhastika
  - d. Trataka
3. 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
4. According to .....a person may have either intrinsic or extrinsic religious orientation
  - a. Maclver
  - 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. The most important emotional need of a child is:
  - a. Love
  - b. Stability
  - c. Joy
  - d. Permissiveness
7. Parental rejection is an important ..... factor affecting mental health.
  - a. Cultural
  - b. Situational
  - c. Adolescent
  - d. Early Childhood
8. Cognitive Behavioural Therapy is based on .....goals 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. There is a similarity between the postulates of .....and Patanjali in determining the levels of the mind.
- |           |            |
|-----------|------------|
| a. Freud  | b. Skinner |
| c. Dalton | d. Weber   |
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 behavior.
- |                     |                             |
|---------------------|-----------------------------|
| 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. Rest, sleep, physical exercise and cleanliness are a part of
- |                     |                      |
|---------------------|----------------------|
| a. Personal Hygiene | b. Social Hygiene    |
| c. School Hygiene   | d. Community Hygiene |
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. .... 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     |

-- --- --

**(Descriptive)**

Time : 2 Hr. 30 Mins.

Marks : 50

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

1. State one comprehensive definition of Mental Health and discuss its implication in the development of a positive self-concept. 3+7=10
2. Explain in brief the principles of Mental Hygiene keeping in view the inward and outward perspectives of an individual. 5+5=10
3. Discuss any two paths of Yoga in maintenance of a balanced outlook towards life. 5+5=10
4. Define Religion. How can religion play a dual role in inducing a balanced mental set up in an individual? 3+7=10
5. Discuss the place of mental hygiene in school curriculum. Give some suggestions to improve mental health of students in the classroom. 5+5=10
6. What do you understand by a problem child? What are the types of behavior problems commonly observed by the parents and the teachers? 4+6=10
7. Define psychotherapy. Discuss any two types of psychotherapy. 2+8=10
8. Write short notes on: (*Any Two*) 5+5=10
  - a) Criteria of a mentally healthy person.
  - b) Case study
  - c) Counselling

= = \*\*\* = =