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1st Year



GNM Exam Excellence Solved Papers

Behavioral Sciences

2025-2015

As Per the INC Syllabus

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CONTENTS

1. Psychology and Sociology—July 2025 1
2. Psychology and Sociology—December 2024 8
3. Psychology and Sociology—December 2023 16
4. Psychology and Sociology—February 2023 22
5. Psychology and Sociology—October 2022 27
6. Psychology and Sociology—February 2022 34
7. Psychology and Sociology—August 2021 39
8. Psychology and Sociology—January 2021 43
9. Psychology and Sociology—August 2020 47
10. Psychology and Sociology—November 2019 50
11. Psychology and Sociology—July 2019 55
12. Psychology and Sociology—December 2018 60
13. Psychology and Sociology—July 2018 65
14. Psychology and Sociology—November 2017 72
15. Psychology and Sociology—July 2017 82
16. Psychology and Sociology—November 2016 92
17. Psychology and Sociology—May 2016 103
18. Psychology and Sociology—October 2015 112
19. Psychology and Sociology—September 2015 121
20. Psychology and Sociology—February 2015 131

DECEMBER 2023

PSYCHOLOGY AND SOCIOLOGY

Time: 3 hours **Maximum Marks:** 75

Note: Attempt all the questions in serial order.

Q1. Define any five of the following terms: **(5 × 2 = 10)**

a. Attitude
b. Motivation
c. Forgetfulness
d. Emotion
e. Memory
f. Society

Q2. a. Define family. **(2 + 8 + 5 = 15)**
b. Write characteristics and types of family.
c. Write basic needs of family.

Q3. a. Define the term personality. **(2 + 3 + 3 + 7 = 15)**
b. Write types of personality.
c. Assessment of personality.
d. Importance of knowledge of personality for a nurse.

Q4. Explain any three of the following: **(3 × 5 = 15)**

a. Marriage
b. Thinking
c. Intelligence
d. Defence mechanism

Q5. Write short notes on any five of the following: **(5 × 4 = 20)**

a. Addiction
b. Difference between frustration and conflict
c. Divorce
d. Habits
e. Learning

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Q1. Define any five of the following terms:

a. Attitude
b. Motivation
c. Forgetfulness
d. Emotion
e. Memory
f. Society

Ans:

a. Attitude

Attitude refers to a person's mental state of readiness to respond to people, situations, or ideas in a particular way.

b. Motivation

Motivation is the inner drive or desire that prompts an individual to take action and achieve specific goals.

c. Forgetfulness

Forgetfulness is the inability to remember information, events, or details, often due to factors like age, stress, or distraction.

d. Emotion

Emotion is a strong feeling, such as joy, anger, or sadness, that influences an individual's thoughts, behavior, and reactions.

e. Memory

Memory is the mental process that involves storing, retrieving, and recalling information and past experiences.

f. Society

Society is a group of individuals who live together and share common cultural, social, and territorial elements, forming a structured community.

Q2. a. Define family.
b. Write characteristics and types of family.
c. Write basic needs of family.

Ans:

a. Definition of Family

- **Talcott Parsons**: Family is a group that provides emotional support and socializes children.
- **E Durkheim**: Family is a key social institution that helps maintain social stability.

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- **GP Murdock**: Family is a group of people who live together and share responsibilities like economic support and reproduction.

b. Characteristics and Types of Family

Refer to Solved Question Paper, January 2021, Question No. 3a and b.

c. Basic Needs of Family

Refer to Solved Question Paper, July 2017, Section-B (Sociology), Question No. 2c.

Q3. a. Define the term personality.
b. Write types of personality.
c. Assessment of personality.
d. Importance of knowledge of personality for a nurse.

Ans:

a. Personality

Refer to Solved Question Paper, May 2016, Section-A (Psychology), Question No. 2a.

b. Types of Personality

Refer to Solved Question Paper, December 2018, Question No. 2b.

c. Assessment of Personality

- **Interviews:** Direct interaction where the interviewer asks questions to evaluate an individual's personality traits.
- **Questionnaires/inventories:** Standardized tests like the Myers-Briggs Type Indicator (MBTI) or the Minnesota Multiphasic Personality Inventory (MMPI) are commonly used to assess personality traits.
- **Observation:** Personality can be assessed by observing behavior and reactions in different situations.
- **Projective tests:** Tests like the Rorschach inkblot test or the TAT (Thematic Apperception Test) provide insights into unconscious aspects of personality.
- **Self-report:** Individuals assess their own personality traits and behaviors through surveys or written questionnaires.
- **Behavioral assessments:** Observing actions and reactions in natural or controlled settings to assess personality traits.

d. Importance of Knowledge of Personality for a Nurse

- **Improves patient care:** Understanding a patient's personality helps nurses offer tailored care based on individual needs.
- **Enhances communication:** Knowing the personality traits of patients helps nurses communicate more effectively and empathetically.

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- **Builds trust:** Recognizing different personality types helps build rapport and trust between the nurse and patient.
- **Better conflict management:** Understanding personalities aids in handling conflicts and challenging behaviors in patients.
- **Personalized nursing approaches:** Knowledge of personality types allows nurses to provide personalized approaches to treatment and care.
- **Improved teamwork:** Understanding the personalities of colleagues improves teamwork and collaboration in the healthcare setting.
- **Emotional support:** By recognizing the emotional and psychological needs of patients, nurses can provide better emotional support.
- **Stress management:** Helps in offering emotional support.
- **Effective decision-making:** Nurses can make better decisions when they understand how personality influences a patient's behavior, needs, and preferences.

Q4. Explain any three of the following:

a. Marriage
b. Thinking
c. Intelligence
d. Defense mechanism

Ans:

a. Marriage

Marriage is a legally and socially recognized union between two individuals, establishing rights, duties, and responsibilities within a society.

Types of Marriage

1. **Monogamy:** One man marries one woman at a time.
2. **Polygyny:** One man marries multiple women.
3. **Polyandry:** One woman marries multiple men.
4. **Group marriage:** Several people marry and share responsibilities.
5. **Levirate marriage:** A woman marries her deceased husband's brother.
6. **Soratate marriage:** A man marries his deceased wife's sister.

Importance of Marriage

- **Emotional support:** Marriage provides emotional stability and companionship.
- **Social recognition:** It is a socially recognized institution that establishes legal and social status.
- **Family foundation:** Marriage forms the basis for raising children and building family structures.
- **Financial security:** It often offers economic benefits, including shared financial responsibilities.
- **Legal rights:** Married couples gain legal rights related to inheritance, property, and health care decisions.

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- **Cultural and religious significance:** Marriage holds cultural and religious importance in many societies.
- **Personal growth:** Marriage offers opportunities for personal growth, responsibility, and partnership.
- **Health benefits:** Studies suggest married people may experience better physical and mental health.

b. Thinking

Definition of Thinking

According to **RS Woodworth**, "Thinking is the mental activity that helps individuals form concepts, solve problems, make decisions, and reflect on past experiences."

Refer to Solved Question Paper, July 2017, Question No. 3b.

c. Intelligence

Refer to Solved Question Paper, July 2019, Section-A (Psychology), Question No. 2a and b.

d. Defense Mechanism

Refer to Solved Question Paper, May 2016, Section-A (Psychology), Question No. 4b.

Q5. Write short notes on any five of the following:

a. Addiction
b. Difference between frustration and conflict
c. Divorce
d. Habits
e. Learning

Ans:

a. Addiction

Refer to Solved Question Paper, November 2016, Section-A (Psychology), Question No. 4a.

b. Difference between Frustration and Conflict

Basis	*Frustration*	*Conflict*
Meaning	Occurs when a person's needs, desires, or goals are blocked	Occurs when two or more motives, desires, or demands oppose each other
Cause	Due to external obstacles or internal limitations	Due to opposing choices, motives, or demands
Effect	Leads to disappointment, anger, or helplessness	Leads to confusion, stress, and indecisiveness
Nature	Single need or goal is obstructed	Two or more motives/choices are in opposition
Example	A student wants to study but electricity failure prevents it	A person is unable to decide between two equally good career options

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c. Divorce

Refer to Solved Question Paper, October 2022, Question No. 4c.

d. Habits

Habits are regular behaviors or actions performed automatically and consistently.

Formation: They develop through repetition and routine over time.

Positive Habits: Examples include exercising, reading, and healthy eating.

Negative Habits: Smoking, delaying tasks, or overeating are harmful habits.

Influence on Behavior: Habits shape daily routines and overall lifestyle.

Habit Strength: The more often a behavior is repeated, the stronger the habit becomes.

Habit breaking: Challenging habits require time, effort, and self-discipline to change.

Impact on health: Positive habits can improve physical and mental well-being, while negative ones can lead to health issues.

e. Learning

Refer to Solved Question Paper, December 2018, Question No. 1a and b.

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Asha Kapoor is an accomplished nursing academician and Associate Professor at Baba Farid University of Health Sciences (BFUHS), Punjab—one of the leading health sciences universities in India.

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