



INDIAN SCHOOL AL WADI AL KABIR  
DEPARTMENT OF PSYCHOLOGY (2026-27)  
CLASS – XI  
What is Psychology

**1-mark questions**

1. The formal definition of psychology involves the study of \_\_\_\_\_ processes, experiences, and behaviour.
2. What are the three terms used in the definition of psychology?
3. The term psychology derived from the Greek word \_\_\_\_\_, \_\_\_\_\_
4. The range of phenomena psychology studies ranges from individual, \_\_\_\_\_, organizational.
5. Mental processes include activities like \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
6. Experiences are subjective and dependent on a person's \_\_\_\_\_ and \_\_\_\_\_ conditions.
7. Behaviour can be either \_\_\_\_\_ or \_\_\_\_\_.
8. According to psychology, behaviour is an association between \_\_\_\_\_ and \_\_\_\_\_.
9. Who established the first psychology lab in Leipzig, Germany, in 1879?
10. Psychology is considered both a \_\_\_\_\_ and a \_\_\_\_\_ science today.
11. The mind relies on the brain for its existence, but it represents our \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
12. Name the discipline that emphasizes the role of the mind in strengthening the immune system.
13. Which school of psychology used introspection to analyze the structure of the mind?
14. The Behaviourist School of Psychology was founded by \_\_\_\_\_.

15. \_\_\_\_\_ is a broad field in which psychological knowledge is related to community mental and physical health.

16. The humanistic approach in psychology was developed by \_\_\_\_\_.

17. The first psychology lab in India was established in \_\_\_\_\_.

18. State one limitation of the introspection method.

19. Fill in the blanks

School of Psychology	Prominent figures
Psychoanalysis	
	Carl Rogers
Functionalism	
Structuralism	
Behaviourism	

### **Assertion and Reason-Based**

1: Assertion: Psychology is a scientific study of the mind and behaviour.

Reason: It seeks to understand how individuals think, feel, and behave.

- (a) Both assertion and reason are true and related.
- (b) Both assertion and reason are true but not related.
- (c) The assertion is true, but the reason is false.
- (d) The assertion is false, but the reason is true.

2: Assertion: Common sense and psychology both seek to predict behaviour.

Reason: Common sense relies on hindsight, while psychology aims to explain behaviour after it occurs.

- (a) Both assertion and reason are true and related.
- (b) Both assertion and reason are true but not related.

(c) The assertion is true, but the reason is false.

(d) The assertion is false, but the reason is true.

3: Assertion: Gestalt psychology emphasizes that our experiences are more than the inputs received from the environment.

Reason: Experience is holistic, forming a Gestalt.

(a) Both assertion and reason are true and related.

(b) Both assertion and reason are true but not related.

(c) The assertion is true, but the reason is false.

(d) The assertion is false, but the reason is true.

4: Assertion: The Cognitive perspective in psychology focuses on how we know about the world.

Reason: Cognition is the process of learning.

(a) Both assertion and reason are true and related.

(b) Both assertion and reason are true but not related.

(c) The assertion is true, but the reason is false.

(d) The assertion is false, but the reason is true.

5: Assertion: Clinical psychology deals with the assessment and treatment of mental disorders.

Reason: Clinical psychologists work with individuals experiencing physical health problems.

(a) Both assertion and reason are true and related.

(b) Both assertion and reason are true but not related.

(c) The assertion is true, but the reason is false.

(d) The assertion is false, but the reason is true.

### **Short Answer Type Questions**

1. What are the three terms used in the formal definition of psychology?
2. Define "mental processes."
3. Explain what "experiences" refer to in the context of psychology.
4. Differentiate between overt and covert behaviour.
5. Who established the first psychology lab, and where?
6. What is the primary focus of clinical psychology?
7. Name one branch of psychology that studies human development across the lifespan.
8. What does social psychology examine?
9. Briefly describe the role of neuropsychology.
10. How does psychology relate to the field of education?
11. What is introspection?

### **Short Answer Type Questions**

1. Explain the relationship between the mind and the brain, and provide an analogy.
2. Describe the evolution of psychology, including key schools of thought.
3. What is the main concept behind Gestalt psychology?
4. How does behaviourism differ from other schools of psychology?
5. Explain the humanistic perspective in psychology.
6. What is the primary focus of health psychology?
7. Briefly discuss the role of organizational psychologists in the workplace.
8. How does psychology relate to law, and what role does it play in the legal system?

### **Long Answer Type Questions**

1. Discuss the development of psychology in India, highlighting its phases and changes over time.
2. Explain psychology as a natural science and as a social science

3. Explain the main branches of psychology and their respective focuses.
4. Explore the interdisciplinary nature of psychology and its relationship with other disciplines, such as law, medicine, computer science, philosophy, education, and economics.
5. How does psychology find practical applications in everyday life, and how can knowledge of psychology enhance personal and social well-being?
6. How is Psychology becoming an integral part of various other fields and disciplines? Explain with the help of any 3 examples

