

**QP CODE**

**H2071**

**Enrollment Number: .....**

**Name: .....**

**M.A. DEGREE EXAMINATIONS, MARCH 2026**

**Fourth Semester**

**M.A. Sociology**

**M21SO02SC – Personality and Counselling - II**

**(2023 July admissions)**

**Time: 3 Hours**

**Max Marks: 70**

**Section A**

**Answer any ten of the following questions in a word or sentence each. Each question carries 1 mark.**

1. Who developed the concept of self-actualization?
2. State one key idea in Dollard & Miller's theory.
3. Who proposed the concept of "locus of control"?
4. Name one stage in Piaget's cognitive development.
5. What is the core principle of the humanistic approach?
6. Name the theory proposed by George Kelly?
7. State one aim of career counselling.
8. What is meant by "Burnout" in the context of counselling?
9. Who emphasized "Unconditional Positive Regard" in therapy?
10. What is group counselling?
11. Define reinforcement in learning theory.
12. What does "Schema" refer to in Piaget's theory?
13. Mention one outcome of effective counselling.
14. What is the purpose of family counselling?
15. State a common issue in the counselling process.

**(1X10=10)**

**Section B**

**Answer any five of the following questions in two or three sentences each. Each question carries 2 marks.**

16. Explain the meaning of 'Expectancy' in Rotter's theory.
17. What are the main features of Maslow's hierarchy of needs?
18. How is "*phenomenal field*" described in Rogers' approach?

19. List two purposes of career counselling.
20. What are the benefits of group counselling?
21. Briefly describe one issue related to the counselling process.
22. What does “Internal locus of control” mean?
23. How does Piaget define cognitive development?
24. Mention two characteristics of stress in career settings.
25. State two challenges in family counselling.

**(2X5=10)**

### **Section C**

**Answer any five of the following questions in a paragraph each. Each question carries 4 marks.**

26. Discuss the major contributions of Jean Piaget to personality psychology.
27. Explain the process and benefits of marital counselling.
28. How does Carl Rogers’ theory differ from Maslow’s in understanding personality?
29. Evaluate the role of environment in Dollard & Miller’s learning perspective.
30. Analyze the impact of stress and burnout on personal growth.
31. How do group counselling sessions support family relationships?
32. Discuss the core ideas of George Kelly’s cognitive perspective.
33. Examine the outcomes of effective counselling in career decision-making.

**(4X5=20)**

### **Section D**

**Answer any three of the following questions in two pages each. Each question carries 10 marks.**

34. Compare and contrast the learning, cognitive, and humanistic perspectives in personality development.
35. Critically evaluate the significance of career counselling in contemporary society.
36. Discuss major issues and ethical considerations in the counselling process, giving examples from family and marital counselling.
37. Assess the contributions of Maslow and Rogers to the field of counselling.
38. Analyze the influence of cultural and social factors on counselling outcomes.
39. Suggest ways to integrate various counselling approaches for more effective practice.

**(10X3=30)**