



**Progressive Education Society's**  
**Modern College of Arts, Science & Commerce Ganeshkhind, Pune – 16**  
**End Semester Examination December 2023**  
**Arts Faculty**

**Program: BA**

**Semester: III**

**SET: A**

**Program (Specific): Psychology**

**Course Type: Regular**

**Class: SYBA**

**Max. Marks: 70**

**Name of the Course: Psychology of Adjustment**

**Time: 3 Hours**

**Course Code: 23-A2351**

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**Instructions to the candidate:**

- 1. There are 4 major questions in the paper. Write each major question on a separate page.*
  - 2. All major question are compulsory.*
  - 3. Figures to the right indicate full marks.*
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**Section A**

**Q1 Answer the following in 100 words each. (Any Four)**

**20 Marks**

- a. Explain the relationship between Personality and Happiness.
- b. Explain the Challenges faced by the traditional model of Marriage.
- c. Distinguish between Face to Face and Internet Communication.
- d. Describe the Conflict Avoidance Cycle.
- e. Explain the role of Occupational Interest Inventories in career decisions.
- f. Summarize current perspectives on Workaholism.

**Section B**

**Q2 Answer the following in 200 words. (Any Two)**

**20 Marks**

- a. Explain Bandura's Social Cognitive Theory and his concept of Self-Efficacy.
- b. Discuss the Stimulus Value Role Theory given by Bernard Murstein in detail.
- c. Describe the components of the Communication process.
- d. Summarize Holland's hexagonal model of career choice.

**Section C**

**Q3 Answer the following in 400 words. (Any One)**

**20 Marks**

- a. Explain the Psychodynamic perspectives of Adjustment given by Freud, Jung and Adler.
- b. Comment on the vulnerable areas in Marital Adjustment that lead to Divorce.

### **Section D**

**Q4 Write short notes on. (Any Two)**

**10 Marks**

- a. Defence Mechanisms
- b. Remaining Single
- c. Assertiveness
- d. Sexual Harassment at Workplace

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