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# St. Claret College

Autonomous, Bengaluru

ROLL NO:	
DATE:	



PG END SEMESTER EXAMINATION-JAN/FEB 2026

M.Sc. PSYCHOLOGICAL COUNSELLING: SEMESTER I

MPC 1525: THEORETICAL PERSPECTIVES OF PSYCHOLOGY

TIME: 3 hours.

MAX. MARKS: 70

This paper contains TWO printed pages and THREE parts

**Instructions:**

1. Verify and ensure that the question paper is completely printed.
2. Any discrepancies or questions about the exam paper must be reported to the COE within 1 hour after the examination.
3. Students must check the course title and course code before answering the questions.

**PART-A**

Answer FOUR questions out of SIX. Each answer carries FIVE marks.

[5x4 = 20]

1. Explore the significance of the good enough mother and facilitating environment in Winnicott's theory.
2. Explain any two intervening variables from Hull's theory.
3. Summarize McClelland's needs theory.
4. Describe Heider's balance theory with an example.
5. Provide an overview of Brehm's psychological reactance theory and evaluate its significance.
6. Discuss the benefits of yoga as an indigenous healing technique.

**PART-B**

Answer any TWO questions out of THREE. Each answer carries TEN marks.

[10x2=20]

7. Critically analyze how Mowrer's two factor theory explains fear learning. Also evaluate its connection to Pavlov and Skinner's theories.
8. Differentiate between Maslow and Alderfer's theories of motivation.
9. Explain the Buddhist approach to motivation and personality.

**PART-C**

**Answer any TWO questions out of THREE. Each answer carries FIFTEEN marks.**

**[15X2=30]**

10. Summarize the defense mechanisms proposed by Melanie Klein in her theory. Analyze how Klein's theory is different from Freudian theory.
11. Explain Skinner's schedules of reinforcement using suitable examples. Also evaluate the effectiveness of each schedule.
12. Evaluate the influences on the self, according to Rogers' theory.

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