NATIONAL TESTING AGENCY(NTA)

UGC

NET/SET/JRF

PSYCHOLOGY

(PAPER–II)

13 YEARS (2014 - JAN 2026)

TOPIC WISE SORTED PREVIOUS YEAR QUESTIONS WITH DETAILED EXPLANATIONS

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P R E F A C E

Welcome to the **UGC NET Psychology Exam Book**, a comprehensive resource meticulously designed to support candidates preparing for the **National Eligibility Test (NET) in Psychology**. This guide compiles previous years' **solved question papers from 2014 to 2026 (Jan)**, each enriched with detailed solutions to enhance your understanding and exam readiness.

Whether you are a first-time aspirant or aiming to deepen your grasp of psychological concepts, this book provides a structured and focused approach to mastering the extensive UGC NET Psychology syllabus. The **detailed explanations** go beyond just the correct answers, offering step-by-step insights into the reasoning and theories behind each question, thereby strengthening your problem-solving abilities.

We recognize that Psychology is a dynamic and intricate discipline, and preparing for the UGC NET exam demands clarity, dedication, and effective study strategies. This book is crafted to make your preparation more efficient and meaningful by simplifying complex topics and equipping you with the confidence to tackle diverse questions.

Whether your goal is to achieve top scores or build a solid foundation in Psychology, this guide will be your reliable companion on the journey. It aims to empower you with the knowledge and strategies necessary to approach the UGC NET Psychology exam with assurance and competence.

Wishing you the very best as you pursue excellence and success in your academic and professional endeavors!

ABOUT UGC NET EXAM

The National Testing Agency (NTA) has been entrusted by the University Grants Commission (UGC) with the task of conducting UGC-NET, which is a Test to determine the eligibility of Indian nationals for 'Assistant Professor' as well as 'Junior Research Fellowship and Assistant Professor' in Indian Universities and Colleges. The UGC-NET is being conducted by the National Testing Agency (NTA) in Computer Based Test (CBT) mode w.e.f. December 2018 onwards.

Awarding of Junior Research Fellowship (JRF) and/ or Eligibility for Assistant Professorship depends on the aggregate performance of the candidate in Paper-I and Paper-II of UGC-NET. The candidates qualifying only for Assistant Professorship are not eligible to be considered for the award of JRF. Candidates who qualify the eligibility test for Assistant Professorship are governed by the rules and regulations of the concerned Universities/Colleges/State Governments, as the case may be for recruitment of Assistant Professor.

UGC-NET is conducted twice every year (June & December). In order to regularize the UGC-NET examination cycle, the National Testing Agency (NTA), with the concurrence of UGC is conducting UGC NET in 83 subjects, at selected cities across the country.

UGC NET EXAM PATTERN

Paper	Subject	Number of Questions	Maximum Marks	Marking Scheme
Paper 1	Teaching Aptitude, Research Aptitude, Reading Comprehension, Communication, Reasoning (including Maths), Logical Reasoning, Data Interpretation, Information & Communication Technology (ICT), People & Environment, and Higher Education System	50	100	+2 marks for the correct answer. No negative marking is applicable
Paper 2	Psychology	100	200	+2 marks for the correct answer. No negative marking is applicable

Cut - Off

Year	Category	UNRESERVED	OBC (NCL)	EWS	SC	ST	PWD
2026 JAN	Assistant Professor	206	186	188	174	170	216
	JRF & Assistant Professor	234	218	224	208	208	146
2025 JUNE	Assistant Professor	226	208	208	194	190	186
	JRF & Assistant Professor	248	238	240	228	220	214
2024 DEC	Assistant Professor	214	194	198	182	180	186
	JRF & Assistant Professor	238	226	228	214	206	194
2024 JAN	Assistant Professor	198	178	180	164	158	160
	JRF & Assistant Professor	222	210	212	194	194	180
2023 DEC	Assistant Professor	190	170	172	156	156	156
	JRF & Assistant Professor	216	200	204	188	188	168
2023 JUNE	Assistant Professor	194	176	176	162	156	168
	JRF & Assistant Professor	216	200	206	190	184	188
2021 DEC/ 2022 JUNE	Assistant Professor	196	174	174	162	158	160
	JRF & Assistant Professor	216	200	200	184	178	176

SYLLABUS

1. Emergence of Psychology

Psychological thought in some major Eastern Systems: Bhagavad Gita, Buddhism, Sufism and Integral Yoga. Academic psychology in India: Pre-independence era; post-independence era; 1970s: The move to addressing social issues; 1980s: Indigenization; 1990s: Paradigmatic concerns, disciplinary identity crisis; 2000s: Emergence of Indian psychology in academia. Issues: The colonial encounter; Post colonialism and psychology; Lack of distinct disciplinary identity.

Western: Greek heritage, medieval period and modern period. Structuralism, Functionalism, Psychoanalytical, Gestalt, Behaviorism, Humanistic Existential, Transpersonal, Cognitive revolution, Multiculturalism. Four founding paths of academic psychology - Wundt, Freud, James, Dilthey. Issues: Crisis in psychology due to strict adherence to experimental analytical paradigm (logical empiricism). Indic influences on modern psychology.

Essential aspects of knowledge paradigms: Ontology, epistemology, and methodology. Paradigms of Western Psychology: Positivism, Post-Positivism, Critical perspective, Social Constructionism, Existential Phenomenology, and Co-operative Enquiry. Paradigmatic Controversies. Significant Indian paradigms on psychological knowledge: Yoga, Bhagavad Gita, Buddhism, Sufism, and Integral Yoga. Science and spirituality (*avidya* and *vidya*). Theprimacy of self-knowledge in Indian psychology.

2. Research Methodology and Statistics

Research: Meaning, Purpose, and Dimensions.
Research problems, Variables and Operational Definitions, Hypothesis, Sampling.
Ethics in conducting and reporting research
Paradigms of research: Quantitative, Qualitative, Mixed methods approach
Methods of research: Observation, Survey [Interview, Questionnaires], Experimental, Quasi-experimental, Field studies, Cross-Cultural Studies, Phenomenology, Grounded theory, Focus groups, Narratives, Case studies, Ethnography

Statistics in Psychology: Measures of Central Tendency and Dispersion.
Normal Probability Curve. Parametric [t-test] and Non-parametric tests [Sign Test, Wilcoxon Signed rank test, Mann-Whitney test, Kruskal-Wallis test, Friedman]. Power analysis. Effect size.
Correlational Analysis: Correlation [Product Moment, Rank Order], Partial correlation, multiple correlation.
Special Correlation Methods: Biserial, Point biserial, tetrachoric, phi coefficient.
Regression: Simple linear regression, Multiple regression.
Factor analysis: Assumptions, Methods, Rotation and Interpretation.

Experimental Designs: ANOVA [One-way, Factorial], Randomized Block Designs, Repeated Measures Design, Latin Square, Cohort studies, Time series, MANOVA, ANCOVA. Single-subject designs.

3. Psychological testing

Types of tests
Test construction: Item writing, item analysis

Test standardization: Reliability, validity and Norms

Areas of testing: Intelligence, creativity, neuropsychological tests, aptitude, Personality assessment, interest inventories

Attitude scales – Semantic differential, Staples, Likert scale.
Computer-based psychological testing

Applications of psychological testing in various settings: Clinical, Organizational and business, Education, Counseling, Military. Career guidance.

4. Biological basis of behavior

Sensory systems: General and specific sensations, receptors and processes

Neurons: Structure, functions, types, neural impulse, synaptic transmission.
Neurotransmitters.

The Central and Peripheral Nervous Systems – Structure and functions.
Neuroplasticity.

Methods of Physiological Psychology: Invasive methods – Anatomical methods, degeneration techniques, lesion techniques, chemical methods, microelectrode studies. Non-invasive methods – EEG, Scanning methods.

Muscular and Glandular system: Types and functions
Biological basis of Motivation: Hunger, Thirst, Sleep and Sex.
Biological basis of emotion: The Limbic system, Hormonal regulation of behavior.
Genetics and behavior: Chromosomal anomalies; Nature-Nurture controversy [Twin studies and adoption studies]

5. Attention, Perception, Learning, Memory and Forgetting

Attention: Forms of attention, Models of attention

Perception:
Approaches to the Study of Perception: Gestalt and physiological approaches
Perceptual Organization: Gestalt, Figure and Ground, Law of Organization
Perceptual Constancy: Size, Shape, and Color; Illusions
Perception of Form, Depth and Movement
Role of motivation and learning in perception

Signal detection theory: Assumptions and applications
Subliminal perception and related factors, information processing approach to perception, culture and perception, perceptual styles, Pattern recognition, Ecological perspective on perception.

Learning Process:
Fundamental theories: Thorndike, Guthrie, Hull
Classical Conditioning: Procedure, phenomena and related issues
Instrumental learning: Phenomena, Paradigms and theoretical issues;
Reinforcement: Basic variables and schedules; Behaviour modification and its applications
Cognitive approaches in learning: Latent learning, observational learning.
Verbal learning and Discrimination learning
Recent trends in learning: Neurophysiology of learning

Memory and Forgetting
Memory processes: Encoding, Storage, Retrieval
Stages of memory: Sensory memory, Short-term memory (Working memory), Long-term Memory (Declarative – Episodic and Semantic; Procedural)
Theories of Forgetting: Interference, Retrieval Failure, Decay, Motivated forgetting

6. Thinking, Intelligence and Creativity

Theoretical perspectives on thought processes: Associationism, Gestalt, Information processing, Feature integration model
Concept formation: Rules, Types, and Strategies; Role of concepts in thinking
Types of Reasoning
Language and thought

Problem solving: Type, Strategies, and Obstacles
Decision-making: Types and models

Metacognition: Metacognitive knowledge and Metacognitive regulation

Intelligence: Spearman; Thurstone; Jensen; Cattell; Gardner; Stenberg; Goleman; Das, Kar & Parrila

Creativity: Torrance, Getzels & Jackson, Guilford, Wallach & Kogan
Relationship between Intelligence and Creativity

7. Personality, Motivation, emotion, stress and coping

Determinants of personality: Biological and socio-cultural
Approaches to the study of personality: Psychoanalytical, Neo-Freudian, Social learning, Trait and Type, Cognitive, Humanistic, Existential, Transpersonal psychology.
Other theories: Rotter's Locus of Control, Seligman's Explanatory styles, Kohlberg's theory of Moral development.

Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle.
Approaches to the study of motivation: Psychoanalytical, Ethological, S-R Cognitive, Humanistic

Exploratory behavior and curiosity
Zuckerman's Sensation seeking
Achievement, Affiliation and Power
Motivational Competence
Self-regulation
Flow

Emotions: Physiological correlates
Theories of emotions: James-Lange, Canon-Bard, Schachter and Singer, Lazarus, Lindsley.
Emotion regulation

Conflicts: Sources and types
Stress and Coping: Concept, Models, Type A, B, C, D behaviors, Stress management strategies [Biofeedback,

Music therapy, Breathing exercises, Progressive Muscular Relaxation, Guided Imagery, Mindfulness, Meditation, Yogasana, Stress Inoculation Training].

8. Social Psychology

Nature, scope and history of social psychology

Traditional theoretical perspectives: Field theory, Cognitive Dissonance, Sociobiology, Psychodynamic Approaches, Social Cognition.

Social perception [Communication, Attributions]; attitude and its change within cultural context; prosocial behavior

Group and Social influence [Social Facilitation; Social loafing]; Social influence [Conformity, Peer Pressure, Persuasion, Compliance, Obedience, Social Power, Reactance]. Aggression. Group dynamics, leadership style and effectiveness. Theories of intergroup relations [Minimal Group Experiment and Social Identity Theory, Relative Deprivation Theory, Realistic Conflict Theory, Balance Theories, Equity Theory, Social Exchange Theory]

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9. Human Development and Interventions

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Psychopathology: Concept, Mental Status Examination, Classification, Causes

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Applications of theories of motivation and learning in School
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Peace psychology: Violence, non-violence, conflict resolution at macro level, role of media in conflict resolution.

Wellbeing and self-growth: Types of wellbeing [Hedonic and Eudemonic], Character strengths, Resilience and Post-Traumatic Growth.

Health: Health promoting and health compromising behaviors, Life style and Chronic diseases [Diabetes, Hypertension, Coronary Heart Disease], Psychoneuroimmunology [Cancer, HIV/AIDS]

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No. of questions asked from year 2014-2026

UNIT - 1		2014		2015		2016		2017	2018		2019		2020	2021	2022	2023		2024	2025		2026
Emergence of Psychology		Jun	Dec	Jun	Dec	Jul	Dec	Jan	Jul	Dec	Jun	Dec	Sep	Nov	Oct	Jun	Dec	Aug	Jan	June	Jan
1.1	Psychological Thought in some major Eastern Systems: Bhagavad Gita, Buddhism, Sufism and Integral Yoga. Academic psychology in India: Pre Independence era; post-independence era; 1970s: The move to addressing social issues; 1980s: Indigenization; 1990s: Paradigmatic concerns, disciplinary identity crisis; 2000s: Emergence of Indian psychology in academia. Issues: The colonial encounter; Post colonialism and psychology; Lack of distinct disciplinary identity	-	-	-	-	-	-	2	1	-	1	4	2	2	-	6	1	2	4	3	3
1.2	Western: Greek heritage, medieval period and modern period. Structuralism, Functionalism, Psychoanalytical, Gestalt, Behaviorism, Humanistic Existential, Transpersonal, Cognitive revolution, Multiculturalism. Four founding paths of academic psychology - Wundt, Freud, James, Dilthey. Issues: Crisis in psychology due to strict adherence to experimental analytical paradigm (logical empiricism). Indic influences on modern psychology	-	-	-	-	-	-	-	-	2	-	1	2	1	3	1	5	2	1	2	1
1.3	Essential aspects of knowledge paradigms: Ontology, epistemology, and methodology. Paradigms of Western Psychology: Positivism, Post-Positivism, Critical perspective, Social Constructionism, Existential Phenomenology, and Co-operative Enquiry. Paradigmatic Controversies. Significant Indian paradigms on psychological knowledge: Yoga, Bhagavad Gita, Buddhism, Sufism, and Integral Yoga. Science and spirituality (avidya and vidya). The primacy of self-knowledge in Indian psychology	-	-	1	2	-	-	-	-	-	-	2	4	2	3	2	1	5	1	4	4

CHAPTER-1 EMERGENCE OF PSYCHOLOGY

Unit 1.1

Topic Cover: *Psychological thought in some major Eastern Systems: Bhagavad Gita, Buddhism, Sufism and Integral Yoga. Academic psychology in India: Pre Independence era; post-independence era; 1970s: The move to addressing social issues; 1980s: Indigenization; 1990s: Paradigmatic concerns, disciplinary identity crisis; 2000s: Emergence of Indian psychology in academia. Issues: The colonial encounter; Post colonialism and psychology; Lack of distinct disciplinary identity*

Previous Year Exam Questions

[JAN 2017]

1. Utilitarianism provided the description of _____ of thought and behaviour.

(1) what (2) when
(3) why (4) how

[JAN 2017]

2. Match List I with List II and select the correct answer by choosing from the codes given below:

List I (Concept)	List II (Explanation)
A. Monism	I. Brain functions as an undifferentiated whole
B. Dualism	II. Mind and body consists of the same substance
C. Equipotentiality	III. Body is material and mind is non-material
D. Reductionism	IV. Understanding of behavioural phenomenon in terms of biological principles

Codes:

	A	B	C	D
(1)	I	II	III	IV
(2)	II	III	I	IV
(3)	IV	III	II	I
(4)	III	I	IV	II

[JULY 2018]

3. Read the following statements and describe which are correct.

I. Archetypes are themes that have existed in all cultures through history.
II. Personal unconscious is the region next to ego which consists of all the forgotten experiences that have lost their intensity.
III. Masculine archetype in men is called animus.
IV. Persona is a compromise between demands of the environment and necessities of individuals.

Codes:

(1) I, II and III are correct; IV is not correct
(2) II, III and IV are correct; I is not correct
(3) I, II and IV are correct; III is not correct
(4) I, III and IV are correct; and II is not correct

[JUNE 2019]

4. Match List I with List II.

List I (Schools of Psychology)	List II (Concept)
A. Psychoanalysis	I. Elements of conscious experience
B. Behaviourism	II. Self-actualisation
C. Structuralism	III. Unconscious processes
D. Transpersonal Psychology	IV. S-R relations

Codes:

	A	B	C	D
(1)	III	I	IV	II
(2)	III	IV	I	II
(3)	I	IV	II	III
(4)	I	II	IV	III

[DEC 2019]

5. Which of the following school of Buddhism focuses on collective freedom from suffering and feeling the ways of enlightenment?

(1) Nirvana (2) Theravada Buddhism
(3) Mahayana Buddhism (4) Vajrayana Buddhism

[DEC 2019]

6. Arrange the following in temporal sequence.

I. Establishment of Psychology Department in Mysore
II. Establishment of Psychology Department in Calcutta
III. Establishment of Psychology Department in Madras
IV. Establishment of Psychology Department in Pune
V. First Indian Journal of Psychology

Choose the correct option.

(1) II, I, III, V, IV (2) II, I, V, III, IV
(3) II, III, I, IV, V (4) I, II, V, III, IV

[DEC 2019]

7. Given below are two statements one is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A): Philosophically the word pragmatism emphasises results rather than methods.

Reason (R): A pragmatic view of science accepts methodological approaches to knowledge.

In the light of above two statements, choose the correct option.

(1) Both (A) and (R) are true and (R) is the correct explanation of (A)
(2) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
(3) (A) is true, but (R) is false
(4) (A) is false, but (R) is true

[DEC 2019]

8. Which of the following statements are correct?

I. Dilthey opposed reductionism.
II. Dilthey opposed psychophysical parallelism.
III. Dilthey rejected the positivistic approaches to experimental psychology.
IV. Dilthey rejected the idea of description.

Choose the correct option.

(1) I, II and IV are correct
(2) I, III and IV are correct
(3) II and IV are correct
(4) I, II and III are correct

[SEP-2020]

9. Match List I with List II.

List I		List II	
A	Pratibha	I	Samkhya Philosophy
B	Prajma	II	Nyaya-Vaisheshika
C	Vak	III	Tantrik Tradition
D	Bhavas	IV	Patanjali Yoga System

Choose the correct answer from the options given below.

	A	B	C	D
(1)	I	II	IV	III
(2)	II	IV	I	III
(3)	II	IV	III	I
(4)	I	IV	II	III

[SEP-2020]

10. What is the correct sequence of transformation in integral yoga?

I. Transformation of physical
II. Transformation of subconscient
III. Transformation of mind
IV. Transformation of vital
V. Transformation of inconscient

Choose the correct from the options given below.

(1) III, IV, I, II, V (2) I, III, IV, II, V
(3) I, IV, III, II, V (4) III, I, IV, II, V

[NOV 2021]

11. Arrange the following as per the Yogic Concept of Cognition.

I. Sensorial transformation is attended by manes
II. Reaction by budhi to the object of cognition
III. Registration of external object on mind
IV. Assimilation and discrimination by manes
V. Information to Ahamkara

Choose the correct answer from the options given below:

(1) III, I, V, II, IV (2) III, I, IV, V, II
(3) I, III, IV, V, II (4) III, I, II, IV, V

[NOV 2021]

12. Arrange the Nafs (Self in Sufism) from lower to higher self.

I. The self-pleasing to God II. The Pure self
III. Inspired self IV. Serene Self
V. The Pleased self

Choose the correct answer from the options given below:

(1) V, III, I, II, IV (2) III, IV, V, I, II
(3) III, V, I, IV, II (4) II, III, V, IV, I

[JUNE 2023]

13. The Bhagvadgita has 18 chapters (Adhyaya) named after some form of Yoga. Which is not the correct adhyaya out of the following?

(1) Dhyana Yoga
(2) Aksara-Brahma Yoga
(3) Purusottama Yoga
(4) Jagrata Yoga

[JUNE 2023]

14. The basic aspects of the philosophy of early Buddhism fall into

A. Theory of Knowledge
B. Theory of Society
C. Theory of Reality
D. Theory of Perception

Choose the most appropriate answer from the options given below:

(1) A, D only (2) A, B, C only
(3) A, C, D only (4) B, D only

[JUNE 2023]

15. Match List I with List II

LIST I	LIST II
A. Samacariya	I. Transformation wholeness
B. Tanha	II. Desire
C. Satori	III. Healthy virtuous
D. Sammadithhi	IV. Thinking

Choose the correct answer from the options given below:

(1) A-III, B-I, C-II, D-III (2) A-IV, B-I, C-II, D-III
(3) A-III, B-II, C-I, D-IV (4) A-II, B-III, C-I, D-IV

[JUNE 2023]

16. Match List I with List II

LIST I	LIST II
A. Pratyahara	I. Concentration
B. Dharana	II. Attaining Oneness or Integration
C. Dhyana	III. Control over thoughts
D. Samadhi	IV. Meditation

Choose the correct answer from the options given below:

(1) A-II, B-I, C-IV, D-III (2) A-III, B-II, C-I, D-IV
(3) A-III, B-I, C-IV, D-II (4) A-II, B-I, C-III, D-IV

[JUNE 2023]

17. Arrange 'Pancha Kosha' in order:

A. Annamaya Kosha
B. Maanomaya Kosha
C. Vijnanamaya Kosha
D. Pranamaya Kosha
E. Anandamaya Kosha

Choose the correct answer from the options given below:

(1) A, E, B, D, C (2) A, D, B, C, E
(3) A. B, D, C, E (4) A, C, B, E, D

[JUNE 2023]

18. Human personality is analyzed into five factors as viewed by Buddhism. Choose the correct factors included in personality

A. Material, Perception, Feeling
B. Disposition, Consciousness
C. Thinking, Belief. Intelligence
D. Memory, Attention

Choose the most appropriate answer from the options given below:

(1) A, B only (2) B, C only
(3) C, D only (4) A, D only

[DEC 2023]

19. Arrange to Astanga yoga arrange the stages in the correct sequence:

(A) Dhyana (B) Asana
(C) Samadhi (D) Pranayama

Choose the correct answer from the options given below:

(1) (B), (D), (A), (C) (2) (A), (C), (D), (B)
(3) (D), (B), (C), (A) (4) (C), (A), (B), (D)

[AUG 2024]

20. The first psychology department in India was formally started in 1916 by

(1) Girindra Shekhar Bose (2) N.N Sengupta
(3) M.V Gopalaswami (4) S.M Mohsin

[AUG 2024]

21. The five sheaths (pancha kosas) theory is explained in

(1) Katha Upanisad (2) Mandukya Upanisad
(3) Prasna Upanisad (4) Taittiriya Upanisad

[JAN 2025]

22. Which among the following is the correct sequential meaning of 'sat, cit and ananda' according to Upanisadic tradition?

(1) bliss, existence and consciousness
(2) existence, consciousness and bliss
(3) consciousness, bliss and existence
(4) truth, character and happiness

[JAN 2025]

23. In terms of professional development in the field of psychology in India, arrange the following in chronological order based on the year of establishment.

A. Indian Psychological Association
B. National Institution of Mental Health and Neurosciences (NIMHANS)
C. Defense Science Organization
D. Indian Academy of Applied Psychology (IAAP)
E. National Academy of Psychology (NAOP)

Choose the correct answer from the options given below:

(1) A, D, B, C, E (2) B, E, C, D, E
(3) E, D, B, C, A (4) A, C, B, D, E

[JAN 2025]

24. As per Ayurveda, which of the following are considered to be dosha"?

A. Rasa B. Vata,
C. Pitta D. Vairagya
E. Kapha

Choose the correct answer from the options given below:

(1) B, C and E Only (2) A, B and C Only
(3) B, C and D Only (4) C, D and E Only

[JAN 2025]

25. Match the LIST-I with LIST-II

LIST-I	LIST-II
A. Jiva	I. Agent capable of freely choosing a course of action
B. Kartā	II. Knower
C. Jñatā	III. Experience of pleasure and pain
D. Bhoktā	IV. a living being

Choose the correct answer from the options given below:

(1) A-IV, B-I, C-II, D-III (2) A-I, B-II, C-IV, D-III
(3) A-III, B-IV, C-I, D-II (4) A-I, B-II, C-III, D-IV

[JUNE 2025]

26. The four Brahmavihars are relevant in the context of workplace relationship. Which of the following Brahmavihars corresponds to compassion?

(1) Maitri (2) Karuna
(3) Mudita (4) Upeksha

[JUNE 2025]

27. Which of the following is/are true about-Patanjali Yoga-Sutra?

(A) The practice of 'Asana' (posture) precedes 'Pranayama' (control of breath)
(B) Instructions of Yoga-Sutra are not relevant for psychological wellbeing
(C) It consists of eight limbs (Astangas)
(D) Diligent engagement in Yogic practices can lead to- 'Kaivalya'
(E) Yoga-Sutra is based upon ancient 'Nyaya' system

Choose the most appropriate answer from the options given below:

(1) B, D & E only (2) A, B & D only
(3) B, C & E only (4) A, C & D only

[JUNE 2025]

28. Which of the Eastern-Western combination about psychotherapeutic processes are correct?

(A) Asana- Breathing Exercise
(B) Vipasana- Mindfulness Meditation
(C) Manana- Reflection
(D) Upayoga-Argumentation
(E) Sabasana- Progressive Muscle Relaxation

Choose the most appropriate answer from the options given below:

(1) A, B & D only (2) A, C & D only
(3) B, C & E only (4) B, D & E only

[JAN 2026]

29. Which of the following are true with reference to Ashtanga Yoga Sutra?

A. Dharana is the last limb/stage
B. The first five limbs/stages are preparatory stage
C. The practice of last three stages reduces cognitive distraction
D. Yama refers to sensory withdrawal

Choose the correct answer from the options given below:

(1) A, B Only (2) B, C Only
(3) A, C Only (4) B, D Only

[JAN 2026]

30. Which of the following levels of functioning in the 'citta' is considered the central processor

(1) Buddhi (2) Manas
(3) Ahankara (4) Vasana

[JAN 2026]

31. Match the following:

List - I	List - II
A. Kaivalya	I. Intellect
B. Asuya	II. Reasoning
C. Buddhi	III. Self realization
D. Tarka	IV. Jealousy

Choose the correct answer from the options given below:

(1) A-I, B-IV, C-II, D-III (2) A-I, B-II, C-III, D-IV
(3) A-III, B-IV, C-I, D-II (4) A-III, B-I, C-IV, D-II

Answer Key									
1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
(3)	(2)	(3)	(2)	(3)	(2)	(2)	(4)	(3)	(1)
11	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**
(2)	(2)	(4)	(2)	(3)	(3)	(2)	(1)	(1)	(2)
21	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**
(4)	(2)	(4)	(1)	(1)	(2)	(4)	(3)	(2)	(2)
31									
(3)									

SOLUTIONS

1. Correct Answer is (3):- Utilitarianism explains why people act, saying we should do what leads to the best outcomes. It's based on intrinsic value something good on its own and all other values are important because they help achieve this good. Actions are right if they produce the greatest overall benefit or happiness.

2. Correct Answer is (2):- A-II, B-III, C-I, D-IV

A-II: Monism asserts that mental and physical phenomena are unified (e.g., materialism or idealism).

B-III: Dualism (e.g., Descartes' view) separates the physical body from the immaterial mind.

C-I: Equipotentiality suggests brain areas can compensate for damage, opposing strict localization.

D-IV: Reductionism breaks complex phenomena (e.g., behavior) into biological/physiological components.

3. Correct Answer is (3):- Archetypes (I) are universal themes across cultures, and the personal unconscious (II) is just below the ego, containing forgotten experiences. Persona (IV) represents the social mask balancing individual needs and social expectations. However, the masculine archetype in men is **animus**, but in women, it is animus; in men, it's **anima**—so statement III is incorrect, making I, II, and IV correct.

4. Correct Answer is (2):- Let's simplify these different schools of thought in psychology:

- **Psychoanalysis** focuses on the **unconscious mind**. This school of thought, famously associated with Freud, believes our mind has conscious parts we're aware of and a vast unconscious part where painful memories and urges are stored. These hidden unconscious processes are thought to powerfully influence our behavior and personality.
- **Behaviorism** centers on observable **stimulus-response (S-R) relationships**. According to behaviorists, all actions can be explained as reactions to specific stimuli in our environment. For example, a dog salivating when it sees food perfectly illustrates this: the food is the stimulus, and salivation is the learned response.
- **Structuralism** aimed to understand the basic **elements of conscious experience**. Using a method called 'introspection,' researchers would ask individuals to look inward and describe their subjective sensations, thoughts, and feelings to break down consciousness into its smallest components.
- **Transpersonal Psychology**, sometimes called "spiritual psychology," explores human potential and higher

states of consciousness, with a strong focus on **self-actualization**. This means helping individuals achieve and realize their fullest potential, often incorporating spiritual or transcendent experiences.

5. **Correct Answer is (3):- Mahayana Buddhism** uniquely emphasizes the ideal of the **Bodhisattva**, an enlightened being who, out of profound compassion, chooses to delay their own final nirvana to help all other sentient beings achieve liberation from suffering. This core principle leads to a focus on **collective freedom from suffering**, rather than just individual enlightenment, making universal salvation a central tenet of its philosophy and practice.

6. **Correct Answer is (2):-** Here is the order of important events in Indian Psychology history:

1. In **1916**, the Psychology Department was started at **Calcutta University** by Sen Gupta.
2. In **1924**, the Psychology Department was started at **Mysore University** by Charles Spearman.
3. In **1925**, the first Psychology journal in India, called the **Indian Journal of Psychology**, was published, with Sen Gupta as the editor.
4. In **1943**, the Psychology Department was started at **Madras University** by Dr. G. D. Boaz.
5. In **1950**, the Psychology Department was started at **Pune University** by Professor V. K. Kothurkar, who was an experimental psychologist.

7. **Correct Answer is (2):-** Pragmatism is a philosophy that judges theories and beliefs based on their practical success. It focuses on outcomes rather than methods, making statement (A) true. A pragmatic view of science also accepts practical methodological approaches to gaining knowledge, making statement (R) true. However, (R) does not explain (A) because they address different aspects of pragmatism: (A) is about evaluating outcomes, while (R) is about accepting practical methods. Thus, both are true, but (R) is not the reason for (A).

8. **Correct Answer is (4):-** Wilhelm Dilthey, a prominent philosopher, strongly opposed the idea of **reductionism** in understanding human experience, arguing that complex human perceptions, experiences, and actions are best understood through rich narratives, not by simplifying them into basic components. He also rejected **psychophysical parallelism**, believing that attempts to create grand, all-encompassing metaphysical explanations for mind-body relations were ultimately limited because they went beyond direct human experience. Furthermore, Dilthey was critical of **positivistic approaches** that pushed psychology to strictly mimic natural sciences like physics, which focus only on measurable scientific evidence. Instead, he championed psychology as a rigorous "human science", advocating for an approach that delves into lived experience, interpretation (hermeneutics), and the inherent human capacity for meaning-making and choice in relation to the world.

9. **Correct Answer is (3):-** Here's the correct matching for concepts from Indian philosophies/traditions:

A. **Pratibha** matches with **II. Nyaya-Vaisheshika**. In Nyaya-Vaisheshika philosophy (orthodox Indian systems focusing on logic and perception as tools of knowledge), "Pratibha" refers to a spontaneous, intuitive insight or immediate apprehension of truth, a kind of intellectual brilliance or flash of understanding.

B. **Prajña** matches with **IV. Patanjali Yoga System**. In the Patanjali Yoga System (which outlines the eight limbs of classical yoga), "Prajña" signifies profound wisdom or discernment, a higher knowledge gained through yogic practices that leads to self-awareness and liberation.

C. **Vak** matches with **III. Tantrik Tradition**. In the Tantrik tradition, "Vak" refers to speech or the divine word, often seen as a powerful cosmic energy or creative force that manifests the universe, deeply connected to mantra and sound.

D. **Bhavas** matches with **I. Samkhya Philosophy**. In Samkhya philosophy (an Indian philosophical system that posits two fundamental realities: consciousness and cognition), "Bhavas" refer to the mental states or dispositions, the subjective conditions that contribute to human experience and actions.

10. **Correct Answer is (1):-** The correct chronological order of transformation in Integral Yoga, as taught by Sri Aurobindo, is **III. Transformation of mind, IV. Transformation of vital, I. Transformation of physical, II. Transformation of subconscient, V. Transformation of inconscient.**

Integral Yoga aims for a comprehensive transformation of the entire human being, moving from the outer layers to the deepest spiritual core.

III. **Transformation of mind:** This involves purifying and expanding the cognitive mind, moving beyond ordinary intellectual limitations to a higher, more intuitive consciousness.

IV. **Transformation of vital:** This stage focuses on refining the "vital" nature, which encompasses life force, emotions, desires, passions, and sensory experiences, bringing them under spiritual control.

I. **Transformation of physical:** This involves the spiritualization of the physical body and its

consciousness, making it a more conscious instrument for the divine.

II. **Transformation of subconscient:** This addresses the deeper, often habitual and automatic layers of the being, including ingrained notions, habits, impressions, and associations that operate below conscious awareness.

V. **Transformation of inconscient:** This is the deepest transformation, reaching into the fundamental, often unconscious spiritual basis of existence, aiming for the full manifestation of the divine within the physical world.

11. Correct Answer is (2):- Here's a simpler way to understand the flow:

1. **Registration of external object on mind (III):** First, our senses (like eyes or ears) pick up information from an external object, and this initial impression registers on our basic mind.
2. **Sensorial transformation is attended by manes (I):** The raw sensory input is then processed by "manes" (a part of the mind often associated with sensory processing and initial thought). The senses essentially "take on the form" of the object, and manes starts to attend to it.
3. **Assimilation and discrimination by manes (IV):** Manes further processes this sensory content by trying to fit it into existing mental categories (assimilation) and distinguish it from other things (discrimination). It's where initial perceptual understanding begins.
4. **Information to Ahamkara (V):** The processed information is then passed to "Ahamkara," which represents the ego or the sense of "I-ness." Ahamkara takes ownership of this perception, making you feel that "I am the one perceiving this."
5. **Reaction by budhi to the object of cognition (II):** Finally, the refined input reaches "budhi" (intellect or higher discriminative faculty). Budhi makes the final determination about the object, understands its meaning, places it in context (time and space), and prepares you to react or act based on this complete understanding.

12. Correct Answer is (2):- Sufism describes several stages of the "Nafs" (ego or self) as a spiritual journey towards purification and union with God. The general progression is from a lower, self-centered state to a higher, more divine-attuned state:

1. **Inspired Self (Nafs al-Mulhama):** This is the beginning of spiritual awareness, where the individual starts to receive divine inspiration and is guided by conscience, moving beyond pure physical instincts.
2. **Serene Self (Nafs al-Mutma'inna):** The "Self at Peace." At this stage, the individual achieves inner tranquility, detachment from worldly concerns, and a growing awareness of God's presence.
3. **The Pleased Self (Nafs al-Radiyah):** The "Contented Self." This stage signifies the individual's acceptance and contentment with God's will and decrees, marking an initial merging with the divine.
4. **The Self-Pleasing to God (Nafs al-Mardiyah):** The "Satisfying Self." Here, the individual's actions and character become pleasing to God, characterized by total submission and harmony with divine will.
5. **The Pure Self (Nafs al-Kamila/Safiya):** The "Perfected/Pure Self." This is the highest stage, representing complete union with God and the attainment of universal consciousness, where the individual transcends individuality and fully manifests divine attributes.

13. Correct Answer is (4):- The Bhagavad Gita's 18 chapters are named after authentic yogic paths like Karma Yoga, Bhakti Yoga, etc. "Jagrata Yoga" (Yoga of Wakefulness) is not one of them, hence incorrect.

14. Correct Answer is (2):- Early Buddhism includes a theory of knowledge (Four Noble Truths), theory of society (ethical conduct, Sangha rules), and theory of reality (anicca, anatta, dukkha). While perception is mentioned, it is not developed as a separate philosophical theory, making A, B, and C the correct aspects.

15. Correct Answer is (3):- The correct matches for the terms from List I with their meanings in List II are as follows:

A. Samacariya means "harmonious living," "healthy and virtuous life," or "wholesome conduct." This aligns with III. Healthy virtuous.

B. Tanha is a key Buddhist concept referring to "thirst," "craving," or "desire." This aligns with II. Desire.

C. Satori is a Japanese Buddhist term for "awakening" or "enlightenment," signifying a deep intuitive experience of one's true nature, leading to a profound "transformation" and sense of "wholeness." This aligns with I. Transformation wholeness.

D. Sammaditthi is a Pali term meaning "right view" or "right understanding," which is the first factor of the Noble Eightfold Path. It involves a correct intellectual and experiential grasp of the Buddha's teachings. While not perfectly synonymous, of the remaining options, IV. Thinking is the most general mental process related to forming a "view" or me"understanding."

16. Correct Answer is (3):-

A. Pratyahara: This limb of yoga refers to the **withdrawal of the senses** from external objects. It involves gaining **control over thoughts** and sensory distractions. So, A-III.

B. Dharana: This is the initial stage of internal focus, meaning **concentration**. It involves fixing the mind on a single point or object. So, B-I.

C. Dhyana: Following Dharana, Dhyana is sustained **meditation**. It's an uninterrupted flow of concentration, where the mind remains focused on the object of meditation without distraction. So, C-IV.

D. Samadhi: This is the culmination of the yogic path, a state of profound meditative absorption where the meditator achieves **oneness or integration** with the object of meditation, transcending the sense of self. So, D-II.

17. Correct Answer is (2):- The "Pancha Kosha" model describes five layers of human existence, progressing from the outermost to the innermost. It starts with the Annamaya Kosha (physical body), followed by the Pranamaya Kosha (energy/vital functions). Next is the Manomaya Kosha (mind and emotions), then the Vijnanamaya Kosha (intellect and wisdom). The deepest layer is the Anandamaya Kosha (bliss/causal body).

18. Correct Answer is (1):- Buddhism views human personality through five aggregates (skandhas): Material form (body), Feeling (sensations), Perception (recognition), Disposition (mental formations/volitions), and Consciousness (awareness). Options A and B collectively cover all these core factors.

19. Correct Answer is (1):- In Ashtanga Yoga, Asana (body posture) is the third step, followed by Pranayama (breath control), which calms the mind. This leads to Dhyana (meditation), where focus is deepened. Finally, Samadhi represents spiritual absorption or enlightenment. This structured path enables physical, mental, and spiritual discipline and liberation.

20. Correct Answer is (2):- The first formal psychology department in India was started by N.N. Sengupta in 1916 at the University of Calcutta. Sengupta is credited with institutionalizing psychology as an academic discipline in India, establishing the foundation for its growth.

21. Correct Answer is (4):- The *Taittiriya Upanishad* explains the concept of *Pancha Koshas* or five sheaths—*Annamaya*, *Pranamaya*, *Manomaya*, *Vijnanamaya*, and *Anandamaya Kosha*—that cover the Atman and describe the layers of human existence.

22. Correct Answer is (2):- According to Upanishadic tradition, sat (existence), cit (consciousness), and ananda (bliss) represent the three primary aspects of supreme reality. The correct sequence is: existence (sat), consciousness (cit), and bliss (ananda).

23. Correct Answer is (4):- A, C, B, D, E

- Indian Psychological Association (A)
- Defense Science Organization (C)
- National Institution of Mental Health and Neurosciences (NIMHANS) (B)
- Indian Academy of Applied Psychology (IAAP) (D)
- National Academy of Psychology (NAOP) (E)

24. Correct Answer is (1):- In Ayurveda, the doshas (bodily energies) are: Vata, Pitta, Kapha. Rasa and Vairagya are not considered doshas in Ayurveda.

25. Correct Answer is (1):- A-IV, B-I, C-II, D-III

- **Jiva (IV)** refers to the living being.
- **Kartā (I)** refers to the agent capable of choosing actions.
- **Jñatā (II)** is the knower, or the entity that has knowledge.
- **Bhoktä (III)** is the experiencer of pleasure and pain.

26. Correct Answer is (2):- The Brahmavihara "Karuna" corresponds to compassion. It refers to the feeling of empathy and concern for the suffering of others. In the context of workplace relationships, it involves recognizing when colleagues are struggling and offering support, which helps create a caring and supportive environment.

27. Correct Answer is (4):- The practice of 'Asana' precedes 'Pranayama' (A) is correct. It consists of eight limbs (C) is true, as the Yoga-Sutra outlines the Astanga (eight-limbed) path. Diligent engagement can lead to 'Kaivalya' (D), which is liberation or self-realization. Instructions of Yoga-Sutra are relevant for psychological well-being (B) is incorrect.

28. Correct Answer is (3):- Vipasana is a form of mindfulness meditation (B). Manana involves reflection (C). Savasana is related to progressive muscle relaxation (E). The other combinations (A and D) are incorrect in terms of corresponding psychological techniques.

29. Correct Answer is (2):-

Dharana is not the last limb: Dharana (concentration) is the 6th stage, not the last.

The first five limbs are preparatory stages: This is correct. Yama, Niyama, Asana, Pranayama, and Pratyahara prepare the mind and body for higher practices.

The practice of the last three stages reduces cognitive distraction: This is correct. Dharana, Dhyana (meditation), and Samadhi help in reducing mental distractions.

Yama refers to ethical principles, not sensory withdrawal. Sensory withdrawal is Pratyahara.

30. Correct Answer is (2):- In yogic psychology, the Antahkarana (inner instrument or *citta*) is composed of four distinct functional levels. Manas is considered the central processor because it acts as the coordinator of sensory input and motor output. It receives data from the five senses (*jnanendriyas*), organizes these perceptions, and relays them to the higher faculties while also directing the five organs of action (*karmendriyas*).

31. Correct Answer is (3):- A-III, B-IV, C-I, D-II

- Kaivalya refers to ultimate liberation or self-realization in yogic philosophy.
- Asuya refers to jealousy or enviousness.
- Buddhi represents intellect, discernment, or the higher cognitive faculty.
- Tarka refers to reasoning or logical thinking used in philosophical inquiry.

Unit 1.2

Topic Cover: ***Western:*** *Greek heritage, medieval period and modern period. Structuralism, Functionalism, Psychoanalytical, Gestalt, Behaviorism, Humanistic Existential, Transpersonal, Cognitive revolution, Multiculturalism. Four founding paths of academic psychology - Wundt, Freud, James, Dilthey. Issues: Crisis in psychology due to strict adherence to experimental analytical paradigm (logical empiricism). Indic influences on modern psychology.*

Previous Year Exam Questions

[DEC 2018]

1. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R). Read the statements and choose the correct answer using the codes given below.

Assertion (A): The information processing approach is rooted in structuralism.

Reason (R): It attempts to identify the basic capacities and processes that one uses in cognition.

Codes:

(1) Both (A) and (R) are true and (R) is the correct explanation of (A).
(2) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(3) (A) is true, but (R) is false.
(4) (A) is false, but (R) is true.

[DEC 2018]

2. Match List I with List II and select the correct answer using the codes given below.

List I (Books)	List II (Authors)
A. The Analysis of the Self	I. Maslow
B. Motivation and Personality	II. Kohut
C. Freedom to Learn	III. Rollo May
D. Man's Search For Himself	IV. Rogers

Codes:

	A	B	C	D
(1)	I	II	III	IV
(2)	III	IV	I	II
(3)	II	I	IV	III
(4)	IV	III	II	I

[DEC 2019]

3. The three psychologists who illustrated the diversity of approaches to functional psychology at Columbia were

(1) Harvey Carr, James Mckeen Cattell and EL Thorndike
(2) James Angell, Harvey Carr and James Mckeen Cattell
(3) EL. Thorndike, RS Woodworth and James Angell
(4) James Mckeen Cattell, EL. Thorndike and RS Woodworth

[SEP-2020]

4. Which one of the following terms denotes that there are qualities of experience that cannot be explained in terms of combinations of traditional kinds of sensations?

(1) Zeitgeist (2) Tropism
(3) Gestaltqualitäten (4) Conarium

[SEP-2020]

5. Which of the following were considered to be appropriate for psychological study by Wundt?

I. Analysis of cultural products
II: Higher mental processes
III. The totality of psychological phenomena
IV. Self-observation
V. Physiological type of experimentation

Choose the correct answer from the options given below:

(1) II. III and IV (2) II, III, IV and V
(3) I, IV and V (4) I,III, IV and V

[NOV 2021]

6. Which of the following is/are correctly associated with Plato's idea of 'Chariot that is pulled by two horses'?

I. Desiring soul is the charioteer
II. Rational soul is located in the head
III. Rational soul is governed by restraint and modesty
IV. Spirited soul knows the honour

Choose the correct answer from the options given below:

(1) Only III (2) I and II
(3) II and IV (4) I, III and IV

[OCT 2022]

7. Who said, "psychology has a long past but only a short history"?

(1) Hermann Ebbinghaus (2) Skinner
(3) Aristotle (4) Watson

[OCT 2022]

8. "The most important thing a psychologist can study is how a behaviour or thought helps a person navigate the world, rather than how that thought comes to be or what it is made of." This viewpoint probably comes from somebody who believes in what historical theoretical approach?

(1) Structuralism (2) Functionalism
(3) Gestalt (4) Psychoanalysis

[OCT 2022]

9. Functionalism influenced which two major areas in psychology?

(1) Emotion and cognition
(2) Thinking and reasoning
(3) Learning and motivation
(4) Perception and learning

[JUNE 2023]

10. Existentialism is associated with which of the following names.

A. Soren Kierkegaard
B. Vlademier
C. Friedrich Nietzsche
D. Husserl

Choose the most appropriate from the options given below:

(1) A, B only (2) A, B, C only
(3) A, C, D only (4) A, B, D only

[DEC 2023]

11. Which of the following is not true of structuralism?

(1) it provided strong scientific impetus
(2) it provided a thorough test of classical introspective method
(3) it emphasised on basic conscious elements
(4) it provided a strong and clear orthodoxy against which other schools resisted

[DEC 2023]

12. Sigmund Freud was born on _____.

(1) 23-09-1939 (2) 06-05-1939
(3) 23-09-1856 (4) 06-05-1856

[DEC 2023]

13. Which is correct explanation about Rene Descartes:

(A) The mind controls the body both in animals and human beings
(B) He postulated that the mind the body were governed by different laws
(C) The mind was free and possessed only by humans
(D) The duality of mind and body

Choose the correct answer from the options given below:

(1) (A), (C), (D) Only (2) (B), (C), (D) Only
(3) (A), (B), (C) Only (4) (A), (B), (D) Only

[DEC 2023]

14. Which of the following statements is correct about Gestalt psychology?

(A) Gestalt approach is dementistic
(B) Gestalt psychology has sometimes been called phenomenology
(C) Gestalt psychology can be thought of as an attempts to apply field theory from physics
(D) Gestalt psychologists believed that whatever happens to a person influences everything else about the person

Choose the correct answer from the options given below:

(1) (A), (B), (D) Only (2) (A), (C), (D) Only
(3) (A), (B), (C) Only (4) (B), (C), (D) Only

[DEC 2023]

15. Match List - I with List - II.

List - I	List - II
(A) Associationism	(I) Wundt
(B) Staruchuralism	(II) Lashley
(C) Functionalism	(III) Ebbinghaus
(D) Behaviorism	(IV) Stanely Hall

Choose the correct answer from the options given below:

(1) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
(2) (A)-(IV), (B)-(II), (C)-(I), (D)-(III)
(3) (A)-(III), (B)-(I), (C)-(IV), (D)-(II)
(4) (A)-(II), (B)-(IV), (C)-(III), (D)-(I)

[AUG 2024]

16. Arrange the early schools of psychology in order

A. Structuralism
B. Functionalism
C. Behaviourism
D. Humanistic

Choose the correct answer from the options given below:

(1) B, A, C, D (2) B, C, A, D
(3) A, B, C, D (4) A, C, B, D

[AUG 2024]

17. Which of the following terms are associated with Gestalt approach

A. Molar
B. Nativistic
C. Atomistic, Elementistic
D. Cognitive, Phenomenological
E. Objective

Choose the most appropriate answer from the options given below:

(1) A, C, D Only (2) A, B, D, E Only
(3) B, C, D, E Only (4) A, B, D Only

[JAN 2025]

18. Match the LIST-I with LIST-II

LIST-I	LIST-II
A. Structuralism	I. William James
B. Functionalism	II. Carl Rogers
C. Behavioursim	III. Edward Tichner
D. Humanism	IV. John B. Watson

Choose the correct answer from the options given below:

(1) A-III, B-I, C-IV, D-II (2) A-III, B-IV, C-II, D-I
(3) A-I, B-III, C-II, D-IV (4) A-II, B-I, C-IV, D-III

[JUNE 2025]

19. According to Wilhelm Wundt, the analysis of consciousness is known as-

(1) Analytical psychology
(2) Comparative psychology
(3) Content psychology
(4) Individualistic psychology

[JUNE 2025]

20. The assumption that everything happens in the Universe can be accounted for by definite laws of causation in called-

(1) Determinism (2) Operationism
(3) Mechanism (4) Natural Monism

[JAN 2026]

21. According to Wundt, the ability to arrange willfully the elements of thought into any number of configurations is called:

(1) Cognitive map
(2) Confirmable proposition
(3) Creative synthesis
(4) Wishful thinking

Answer Key									
1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
(1)	(3)	(4)	(3)	(3)	(3)	(1)	(2)	(3)	(3)
11	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**
(4)	(4)	(2)	(4)	(3)	(3)	(4)	(1)	(3)	(1)
21									
(3)									

SOLUTION

1. Correct Answer is (1):- The information processing approach traces back to **structuralism**, which aimed to analyze mental processes by breaking them into basic components. This approach seeks to identify fundamental **capacities and cognitive processes** involved in thinking and learning. Thus, both statements are true, and the reason accurately explains the assertion, linking the approach's roots to its focus on basic cognitive functions.

2. Correct Answer is (3):- A-II, B-I, C-IV, D-III

A-II: The Analysis of the Self is a seminal work by Heinz Kohut, foundational to self psychology.

B-I: Motivation and Personality was authored by Abraham Maslow, outlining his hierarchy of needs and humanistic psychology principles.

C-IV: Freedom to Learn is a key text by Carl Rogers, emphasizing student-centered education and self-directed learning.

D-III: Man's Search for Himself was written by Rollo May, exploring existential psychology and the quest for identity.

3. Correct Answer is (4):- At Columbia University, functional psychology was notably diverse thanks to three key figures. **James McKeen Cattell** focused on individual differences and mental testing. **E.L. Thorndike** applied functionalist ideas to animal learning and educational psychology, studying how organisms adapt. **R.S. Woodworth** further expanded the field with his "dynamic psychology," emphasizing motivation and the study of human and animal behavior in real-world contexts. Together, their varied research interests demonstrated the broad scope of functionalism at Columbia.

4. Correct Answer is (3):- "Gestalt Qualitäten," a concept introduced by Christian von Ehrenfels, refers to special qualities that emerge from the way things are put together, and these qualities can't be fully explained by simply looking at their individual parts or through our traditional senses. In Gestalt theory, the emphasis is always on the "whole" being primary. For example, when you hear a melody, you recognize it as a complete tune, even if it's played in a different key with entirely new notes. The melody's essence, its "Gestalt quality," remains the same because you perceive it as a whole, not just a series of disconnected sounds. Other complex concepts like marriage or war are also considered Gestalt Qualitäten because their meaning and nature come from the overall arrangement and interaction of their elements, rather than just the sum of their

individual components. Essentially, it's about how we perceive unified forms and patterns, where the overall structure has a quality that goes beyond what we can sense from its separate pieces.

5. **Correct Answer is (3):-** Wilhelm Wundt considered the **analysis of cultural products, self-observation, and physiological experimentation** to be appropriate methods for psychological study. Wundt is recognized for establishing the first psychological laboratory, which marked psychology as an independent scientific field, and his work in this lab involved rigorous **physiological experimentation**. He also proposed that conscious mental states could be studied through **introspection**, a method of looking inward or self-examination, which is a form of **self-observation**. Furthermore, his pioneering work, "Völkerpsychologie" (Folk Psychology), involved the **analysis of cultural products** like language, myths, and customs, investigating their psychological underpinnings and dynamics, demonstrating his belief that these phenomena could also be systematically studied.

6. **Correct Answer is (3):-** Plato's chariot allegory compares the soul to a chariot pulled by two horses: one noble (spirit) and one unruly (desires), guided by a charioteer (reason). The rational soul (in the head) rules like a philosopher-king, making wise decisions. The spirited soul (in the chest) seeks honor and courage, acting like a soldier. The appetitive soul (in the gut) craves pleasure and must be controlled. A just soul—and a just society—functions best when reason leads, spirit supports, and desires obey, mirroring Plato's ideal city where rulers, warriors, and workers each fulfill their proper role.

7. **Correct Answer is (1):-** Hermann Ebbinghaus famously stated that "psychology has a long past but only a short history," highlighting that while humans have thought about the mind for centuries, psychology as an empirical, scientific discipline is relatively recent, developing primarily in the late 19th century.

8. **Correct Answer is (2):-** Functionalism focuses on understanding the purpose or function of behavior and thought—how they help a person adapt and navigate the world—rather than breaking down mental processes into basic components, which contrasts with Structuralism.

9. **Correct Answer is (3):-** Functionalism's emphasis on the *purpose* of mental processes significantly influenced the development of (3) Learning and motivation in psychology. Functionalists sought to understand how psychological processes help organisms adapt to their environment, making learning (how organisms acquire new behaviors to adapt) and motivation (the driving forces behind behavior) central areas of study.

10. **Correct Answer is (3):-** Kierkegaard (A) and Nietzsche (C) are founding figures of existentialism. Husserl (D) influenced existential thought through phenomenology. Vlademier is not recognized in existential philosophy.

11. **Correct Answer is (4):-** Structuralism focused on analyzing the basic elements of consciousness using introspection and did contribute to the early development of psychology. However, it did not offer a strong or unified orthodoxy, which is why it was quickly challenged by newer schools like functionalism and behaviorism.

12. **Correct Answer is (4):- Sigmund Freud**, the founder of psychoanalysis, was born on **May 6, 1856** in Freiberg, Moravia (now in the Czech Republic). He profoundly influenced psychology with his theories of the unconscious mind and psychosexual development.

13. **Correct Answer is (2):-** Descartes is best known for his dualism theory, where he postulated that the mind and body are distinct entities governed by different laws (Option B). He also believed the mind was free and unique to humans (Option C). His theory of mind-body duality suggests a separation between mental and physical states (Option D).

14. **Correct Answer is (4):-** Gestalt psychology is not deterministic (A is false). It emphasizes holistic perception—(B) it's called phenomenology due to its subjective focus, (C) relates to field theory in physics due to systemic interactions, and (D) shows Gestalt's belief that all experiences are interdependent and influence the whole person.

15. **Correct Answer is (3):-**

- *Associationism* by Ebbinghaus—learning via connection of ideas, memory research.
- *Structuralism* by Wundt—focused on breaking mental processes into basic parts.
- *Functionalism* by G. Stanley Hall—studied function and purpose of behavior.
- (*Behaviorism* by Lashley—though a critic, studied brain behavior connections.

16. Correct Answer is (3):- A, B, C, D

- A (Structuralism, ~1879, Wundt) → Focus on basic elements of consciousness.
- B (Functionalism, ~1890, James, Dewey) → Focus on adaptive functions of behavior.
- C (Behaviourism, ~1913, Watson, Skinner) → Focus on observable behavior.
- D (Humanistic, ~1950s, Rogers, Maslow) → Focus on self-actualization and free will.

17. Correct Answer is (4):- Gestalt psychology emphasizes molar behavior (whole patterns), a nativistic approach (innate organization), and cognitive, phenomenological aspects (perception and experience). Elementistic or atomistic thinking opposes Gestalt's holistic view, and objective is more behaviorist than Gestalt.

18. Correct Answer is (1):-

- **Structuralism**: Edward Titchener is associated with structuralism, focusing on breaking down mental processes into basic components.
- **Functionalism**: William James developed functionalism, focusing on the functions of consciousness and behavior.
- **Behaviorism**: John B. Watson is a key figure in behaviorism, emphasizing observable behavior.
- **Humanism**: Carl Rogers is a major proponent of humanism, emphasizing personal growth and self-actualization.

19. Correct Answer is (3):- According to **Wilhelm Wundt**, the analysis of consciousness is known as **Content psychology**. He focused on examining the content of consciousness, including sensations, feelings, and images, using introspection as a method of study.

20. Correct Answer is (1):- Determinism is the belief that every event or state of affairs, including human actions, is determined by preceding events in accordance with natural laws. This assumption suggests that everything in the universe can be explained by causal laws.

21. Correct Answer is (3):- According to Wilhelm Wundt, creative synthesis refers to the ability to willfully arrange elements of thought into new configurations. It involves combining existing mental elements in novel ways to create new ideas or solutions. This concept is central to his theory of higher mental processes and creativity.

Unit 1.3

Topic Covers: ***Essential aspects of knowledge paradigms:*** *Ontology, epistemology, and methodology. Paradigms of Western Psychology: Positivism, Post-Positivism, Critical perspective, Social Constructionism, Existential Phenomenology, and Co-operative Enquiry. Paradigmatic Controversies. Significant Indian paradigms on psychological knowledge: Yoga, Bhagavad Gita, Buddhism, Sufism, and Integral Yoga. Science and spirituality (avidya and vidya). The primacy of self-knowledge in Indian psychology.*

Previous Year Exam Questions

[JUNE 2015]

1. Match List I with List II and select the correct answer from the codes given below:

List I	List II
A. Mitwelt	I. A person exists in a given particular place at a particular time. Being conscious of it, one can choose the direction of one's life
B. Dasein	II. The experiences and meaning we share with others through our relationships
C. Unwelt	III. Unique presence of human beings of self-awareness and self-relatedness
D. Eigenwelt	IV. The biological and natural environment for human beings and animals including biological needs, drives and instincts.

Codes:

	A	B	C	D
(1)	I	IV	III	II
(2)	III	II	I	IV
(3)	II	I	IV	III
(4)	IV	II	III	I

[DEC 2015]

2. Read each of the following two statements, Assertion (A) and Reason (R) and indicate your answer using the codes given below:

Assertion (A) Language affects our thought process.
Reason (R) Language affects our ability to store information.

Codes:

(1) Both (A) and (R) are true and (R) is the correct explanation of (A)
(2) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
(3) (A) is true, but (R) is false
(4) (A) is false, but (R) is true

[DEC 2015]

3. Match List I with List II and select the correct answer from the codes given below:

List I	List II
A. Phonemes	I. Smallest meaningful combination of sounds
B. Syntax	II. Effective and appropriate use of language in social context
C. Morphemes	III. Basic sound of consonants and vowels
D. Pragmatics	IV. Combination of words to make meaningful phrases and sentences

Codes:

	A	B	C	D
(1)	I	II	III	IV
(2)	II	III	IV	I
(3)	III	IV	I	II
(4)	IV	III	II	I

[DEC 2019]

4. Which of the following correctly describe "Nafs" (Self or ego) in Sufism?

I. It can be viewed along a continuum.
II. It is not meant to please the God.
III. It refers to negative traits only.
IV. It has a potential to function from grossest to highest level.

(1) I and III are correct (2) II and III are correct
(3) II and IV are correct (4) I and IV are correct

[DEC 2019]

5. Match the given concepts in List I with description given in List II.

List I	List II
A. Turiyavastha	I. The state of normal consciousness concerned with material world
B. Prajnavastha	II. Subconscious faculty concerned with the subtler aspects of human knowledge and experience
C. Swapnavastha	III. State of super consciousness when dichotomy between grossness and subtlety disappears
D. Jagrathavastha	IV. Steady state of consciousness when essential nature of atman is experienced

Codes:

	A	B	C	D
(1)	III	II	I	IV
(2)	IV	III	II	I
(3)	III	IV	II	I
(4)	I	III	II	IV

[SEP-2020]

6. Which one of the following branches of philosophy of science deals with the question of existence?

(1) Post-positivism (2) Structuralism
(3) Ontology (4) Scientific realism

[SEP-2020]

7. Vaibhasika and Sautrantika are associated with which of the following?

(1) Theravada (2) Cetasikas
(3) Madbyamikavada (4) Sarvastivadin

[SEP-2020]

8. Which of the following are considered in favor of scientific realism?

I. Corroboration II. Empiricism
III. Miracle argument IV. Selective optimism

Choose the correct answer from the options given below.

(1) I and II (2) II and IV
(3) II and III (4) I, III and IV

[SEP-2020]

9. Which of the following are associated with the path in Sufism?

I. Establishing self and assertion
II. Repentance
III. Renunciation
IV. Poverty
V. Annihilation

Choose the correct answer from the options given below.

(1) II, III and V (2) I, II and IV
(3) I, II, III and IV (4) II, III, IV and V

[NOV 2021]

10. It is possible to accept the world as it is, without experiencing dissatisfaction. This is related to which of the following in Buddhism?

(1) Right thought in eight-fold path
(2) Right mindfulness in eight-fold path
(3) Elimination of craving
(4) Existence of satisfaction/dissatisfaction

[NOV 2021]

11. Match List I with List II.

List I (Concept)	List II (Description)
A. Turiyavastha	I. Trans Cognitive realisation
B. Aparvidya	II. Highest state of consciousness
C. Paravidya	III. Transcendental knowledge
D. Nididhasan	IV. Empirical knowledge

Choose the correct answer from the options given below:

	A	B	C	D
(1)	I	III	II	IV
(2)	II	III	IV	I
(3)	II	I	III	IV
(4)	III	II	IV	I

[OCT 2022]

12. What is 'Supra mentalisation' in integral Yoga?

(1) Realisation of enlightenment
(2) Realisation of the supermind
(3) Realisation of illumination
(4) All of the above

[OCT 2022]

13. Arrange in order the scientific thoughts according to their emergence.

I. Rationalism II. Positivism
III. Critical research IV. Post-positivism

Codes:

(1) I, II, III, IV (2) IV, I II, III
(3) I, II, IV, III (4) II, I, IV, III

[OCT 2022]

14. Arrange the phases of Cooperative Inquiry in sequence of their occurrence.

I. Experiences leading to new fields
II. Reframe
III. Reflection
IV. Action

Codes:

(1) I, II, III, IV (2) IV, III, II, I
(3) III. III, II, IV (4) I, III, II, IV

[JUNE 2023]

15. _____ Vidya is the disciplined and systematic knowledge of the self and the environment attained through precise observation and critical reasoning.

(1) Adhibhoulika (2) Adhyatmika
(3) Bhoutika (4) Atmika

[JUNE 2023]

16. A basic set of beliefs that guide action is called:

(1) Axiology (2) Paradigm
(3) Rhetorical (4) Ontology

[DEC 2023]

17. Which of the following are not the components of yama as per Astanga Yoga:

(A) Ahimsa (B) Shoucha
(C) Asteya (D) Tapas

Choose the correct answer from the options given below:

(1) (A), (C) Only (2) (A), (B) Only
(3) (B), (D) Only (4) (B), (C) Only

[AUG 2024]

18. Arrange the following literary works on different facets of 'Yoga' in chronological order.

A. 'Anashshakti Yoga' by Mahatma Gandhi
B. 'Gitarahasya' by B.G. Tilak
C. 'Gatha' by Tukaram
D. Upadesha' by Raman Maharishi

Choose the correct answer from the options given below:

(1) C, D, B, A (2) C, B, D, A
(3) B, C, D, A (4) B, C, A, D

[AUG 2024]

19. Advaita Vedanta asserts that sensory knowledge is

A. Illusionary
B. Absolutely false
C. Possible in a transcendental state
D. Relatively true, but not absolutely true

Choose the correct answer from the options given below:

(1) C, D Only (2) A, B Only
(3) A, D Only (4) B, C Only

[AUG 2024]

20. Match the List-I with List-II

LIST I Sage Bharata's Classification of Bhavas	**LIST II The English Equivalent**
A. Krodha	I. Disgust
B. Bhaya	II. Wonder/Astonishment
C. Jugupsa	III. Anger
D. Vismaya	IV. Fear

Choose the correct answer from the options given below:

(1) A-III, B-IV, C-I, D-II (2) A, I, B-IV, C-II, D-III
(3) A-II, B-IV, C-I, D-III (4) A-IV, B-III, C-II, D-I

[AUG 2024]

21. Match the List-I with List-II

LIST I	**LIST II**
A. Dukha	I. Suffering is part of life
B. Dukha-Samudaya	II. Suffering has an end
C. Dukha- Nirodha	III. Suffering has a cause
D. Dukha-nirodha marga	IV. There is a way to end suffering

Choose the correct answer from the options given below:

(1) A-I, B-II, C-IV, D-III (2) A-II, B-I, C-III, D-IV
(3) A-III, B-I, C-II, D-IV (4) A-I, B-III, C-II, D-IV

[AUG 2024]

22. Match the List-I with List-II

LIST I	**LIST II**
A. Material form	I. Vedana
B. Feeling or sensation	II. Vinnana.
C. Perception	III. Rupa
D. Reason or intelligence	IV. Sana

Choose the correct answer from the options given below:

(1) A-III, B-I, C-IV, D-II (2) A-II, B-I, C-III, D-IV
(3) A-I, B-IV, C-II, D-III (4) A-III, B-II, C-I, D-IV

[JAN 2025]

23. Which of the following doctrine asserts that the individual person is neither part of, no different from, nor a modification of the supreme consciousness?

(1) Ayurveda (2) Jainism
(3) Adavita (4) Buddhism

[JUNE 2025]

24. Match the following as enumerated in Mimansa to explain personality:

List-I	List-II
A. Inference	I. 'Anupalabdhi'
B. Analogy	II. 'Arthapatti'
C. Implication	III. 'Anumana'
D. Negation	IV. 'Upamana'

Choose the correct answer from the options given below:

(1) A-I, B-III, C-II, D-IV (2) A-I, B-IV, C-III, D-II
(3) A-III, B-IV, C-II, D-I (4) A-III, B-II, C-I, D-IV

[JUNE 2025]

25. According to Tittiraiya Upanishad, Jiva' (Human Being) is a multi-layered entity. Arrange those layers in order-

(A) Vigyanamaya Kosa (B) Annamaya Kosa
(C) Manomaya Kosa (D) Anandamaya Kosa
(E) Pranamaya Kosa

Choose the correct answer from the options given below:

(1) C, B, A, D, E (2) C, D, A, B, E
(3) B, E, C, A, D (4) B, C, A, D, E

[JUNE 2025]

26. According to Buddhist perspective, which of the following represents, the cognitive aspects of the personality?

(1) Rupa (2) Sanna
(3) Vedana (4) Sukha

[JUNE 2025]

27. There are several schools of Yoga. Which of the following represent some of those schools?

(A) Dwanda Yoga (Path of conflict)
(B) Bhakti Yoga (Path of devotion)
(C) Karma Yoga (Path of selfless service)
(D) Gyana Yoga (Intellectual path)

Choose the most appropriate answer from the options given below:

(1) A, B & C only (2) B, C & D only
(3) C, D & A only (4) D, A & B only

[JAN 2026]

28. According to Pancha Kosha Theory, what is the correct sequence:

A. Vijnanamaya Kosha B. Annamaya Kosha
C. Manomaya Kosha D. Pranamaya Kosha
E. Anandamaya Kosha

Choose the correct answer from the options given below:

(1) B, C, A, D, E (2) B, D, C, A, E
(3) C, B, E, A, D (4) C, E, A, B, D

[JAN 2026]

29. Which one of the following combination is not correct?

(1) Physical World - Umwelt
(2) Psychological World - Eigen welt
(3) Social World - Life welt
(4) Spiritual World - Uber welt

[JAN 2026]

30. The limb (anga), which signifies concentration according to Yog-sutra, is:

(1) Dhyana (2) Dharana
(3) Samadhi (4) Pranayam

[JAN 2026]

31. Match List - I with List - II.

List - I	List - II
A. Right View	I. Samma - Samadhi
B. Right Effort	II. Samma - Sankalpa
C. Right Concentration	III. Samma - Dithi
D. Right Intention	IV. Samma - Vayama

(1) A-II, B-III, C-I, D-IV (2) A-I, B-IV, C-II, D-III
(3) A-II, B-I, C-IV, D-III (4) A-III, B-IV, C-I, D-II

Answer Key									
1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
(3)	(2)	(3)	(4)	(2)	(3)	(4)	(4)	(4)	(3)
11	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**
(1)	(2)	(3)	(4)	(2)	(2)	(3)	(2)	(3)	(1)
21	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**
(4)	(1)	(3)	(3)	(3)	(2)	(2)	(2)	(3)	(2)
31									
(4)									

SOLUTION

1. Correct Answer is (3):- A-II, B-I, C-IV, D-III.

A. Mitwelt refers to the social world—our relationships and shared experiences with others. It emphasizes how meaning is created through interactions and connections with people around us.

B. Dasein is a German term meaning "being there" or "existence." It highlights that a person exists at a particular time and place and is aware of this existence, allowing them to make conscious choices about the direction of their life.

C. Unwelt represents the natural and biological environment, including physical needs, instincts, and drives that humans share with other animals.

D. Eigenwelt means "own world" and refers to the inner world of self-awareness and self-reflection, where a person experiences their unique sense of identity and relationship to themselves.

2. Correct Answer is (2):- Language does influence our thought processes by shaping how we perceive and organize information. It also affects how we store and retrieve information, as language provides the structure and symbols for encoding memories. However, the reason about language affecting storage does not fully explain how language impacts thought processes,
so (R) is true but not the correct explanation for (A).

3. Correct Answer is (3):- A-III, B-IV, C-I, D-II

A. Phonemes are the basic sounds that make up speech, like individual consonants and vowels.

B. Syntax refers to the rules and structure for combining words into meaningful sentences and phrases.

C. Morphemes are the smallest units of language that carry meaning, such as prefixes, suffixes, or root words.

D. Pragmatics deals with using language effectively and appropriately in social situations, understanding context and implied meanings.

4. Correct Answer is (4):- In Sufism, an Islamic mystical path focused on directly experiencing divine love, the concept of the self or ego is called "**Nafs**." Far from being solely negative, the Nafs is understood to exist along a **continuum**, capable of functioning from its most base, primal state to its purest, most elevated form. At its lowest level, the Nafs is driven by desires, urges, and negative traits. However, through spiritual practice and growth, the Nafs can progress through various stages towards its highest level, where it becomes completely pure and aligned with the divine.

5. Correct Answer is (2):- These terms describe different states of consciousness, particularly in spiritual traditions.

- **Jagrathavastha** is our familiar **waking state**, where we are fully aware of and engaged with the material world around us, often seeking its pleasures.
- Moving deeper, **Swapnavastha** is the **dream state**, a subconscious level where our minds explore more subtle aspects of knowledge and experience, sometimes with a glimpse of the divine.
- Beyond that is **Prajnavastha**, a state of **super-consciousness** where the distinctions between the physical and the subtle dissolve, and desires are elevated into profound spiritual experiences.
- **Turiyavastha** represents the highest and most profound state of consciousness. It's a truly **pure and tranquil** experience where one directly perceives the essential nature of the Atman (the true self), transcending all ordinary discriminating qualities and differences.

6. Correct Answer is (3):- Ontology is a field of study that explores what it means to **exist**. It's essentially the study of **being** itself. The word "ontology" comes from "onto," meaning "being," and "logia," meaning "discourse" or "study." So, you can think of it as having a deep conversation about existence. Ontology also looks at big ideas like **reality**, what it means to **be** something, and the process of **becoming** something new.

7. Correct Answer is (4):- Vaibhasika and Sautrantika are two important sub-schools associated with the **Sarvastivadin** tradition of Buddhism. The Sarvastivadins were an early Buddhist school, emerging around the 3rd century BCE, and were known for their "realist" approach. They believed that all states of experience (whether material or mental) truly exist across all three times: past, present, and future. The Vaibhasika sub-school further refined this by asserting that while all "dharmas" (elements of existence) from past, present, and future exist, only present dharmas have "efficacy" or active power. The Sautrantikas, on the other hand, differed by emphasizing the authority of the Buddhist sutras (scriptures) themselves, rather than relying on the extensive commentaries that were central to the Sarvastivadin's main text, the Mahavibhasa Sastra.

8. Correct Answer is (4):- The concepts considered in favor of scientific realism are **Corroboration, the Miracle argument, and Selective optimism**. Scientific realism is the belief that scientific theories accurately describe both observable and unobservable aspects of reality. **Corroboration** supports this by suggesting that if a phenomenon is detected through various methods and these detections consistently confirm each other, it strongly indicates that the phenomenon truly exists. The **Miracle argument**, also known as the "no-miracles argument," posits that the extraordinary predictive success of scientific theories would be a sheer miracle if these theories were not, at least approximately, true. It argues that scientific success is best explained by assuming that our best theories are indeed close to the truth. Finally, **Selective optimism** acknowledges that while some scientific theories might be entirely false, certain aspects or components within those theories could still be genuinely true or very close to the truth, and we should be optimistic about identifying and valuing these epistemically noteworthy parts.

9. Correct Answer is (4):- The path in Sufism involves **Repentance, Renunciation, Poverty, and Annihilation**. Sufism is a mystical branch of Islam focused on seeking the truth of divine love and attaining knowledge through a direct, personal experience with God. Key concepts associated with this spiritual journey include: **Repentance**, which signifies a sincere return to God; **Renunciation**, meaning the deliberate detachment from worldly possessions and pleasures to purify the soul and focus on the divine; **Poverty**, which is interpreted as a lack of interest in anything other than God; and finally, **Annihilation (fana)**, referring to the spiritual