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MCFT-006

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY
(MSCCFT)**

Term-End Examination

December, 2025

MCFT-006 : APPLIED SOCIAL PSYCHOLOGY

Time : 3 Hours

Maximum Marks : 100

Note : Answer any *five* questions. All questions carry equal marks. Answer each question in about **600-800** words.

1. Explain the meaning of the term 'Developmental Niche'. With the help of examples, describe how the *three* major aspects of a culture, that constitute the developmental niche, influence the development of the child. 20

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2. "Aggression is said to be influenced by situational factors." Discuss management of aggression. 20
3. Discuss Indian perspectives on 'Self'. Give examples to support your answer. 20
4. In the context of positive parenting, state your views on the following : $4 \times 5 = 20$
 - (a) Individualistic and collectivistic world views
 - (b) Extending focus beyond the mother
 - (c) Adopting a developmental perspective
 - (d) The significant role of grandparents
5. What are the strategies for conflict resolution ? Explain with the help of examples. 20
6. Discuss the processes of adaptation and resilience. With the help of examples, explain the factors which influence family adaptation and cohesion. 20
7. Describe how as a counsellor and family therapist you would help a couple who has decided to separate. 20

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8. Discuss the factors which influence marital adjustment and compatibility. Explain the types of marital adjustment. 20
9. Write short notes on any *four* of the following in about **150-200** words each :
4×5=20
- (a) Mental imagery
 - (b) Psychosomatic illness
 - (c) Cognitive appraisal theory of emotions
 - (d) Prosocial behaviour
 - (e) Communication competence

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