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MCFT-006

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

Term-End Examination

June, 2025

MCFT-006 : APPLIED SOCIAL PSYCHOLOGY

Time : 3 Hours

Maximum Marks : 100

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

1. Describe ecological systems theory. Discuss the application of this theory in the context of counselling and family therapy. 20
2. Discuss how one can work toward more effective communication in marriage. Substantiate your answer with examples. 20

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3. In the Indian scenario, discuss the factors that influence divorce. 20
4. “Gender and self-development are critically linked.” Justify this statement with the help of examples. 20
5. Discuss the features of Indian Socialization. Given the increased display of aggression in the society, how can socialization help to improve the situation ? Give examples to support your answer. 20
6. As a counsellor and family therapist, what strategies would you suggest to an individual to promote well-being ? Explain any *four* such strategies. 20
7. Giving examples, distinguish between chronic conflicts and episodic conflicts in families. Discuss any *two* strategies to resolve conflicts. 20
8. Discuss the needs of reconstituted individuals in India. Support your answer with examples. 20

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9. Write short notes in about **150-200** words each on any *four* of the following : 4×5=20

- (i) Concept of *Karma*
- (ii) Cohabitation
- (iii) Empathic listening
- (iv) Johari Window
- (v) Learned helplessness

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