

Reg. No.: .....



Name: .....

**University of Kerala**

**U9006**

Second Semester FYUGP Degree Examination, April 2025

Discipline Specific Core Course

**PSYCHOLOGY**

**UK2DSCPSY114 - PSYCHOLOGY OF RELATIONSHIPS**

Academic Level: 100-199

**Time: 1 Hour 30 Minutes(90 Mins.)**

**Max. Marks: 42**

**Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark Each.Answer all questions**

| Qn No. | Question                                                                                                                                                                                                                                                                | CL | CO |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|
| 1      | Which theory emphasizes fairness and balance in relationships?<br><br>Options :<br>A)Relational Dialectics Theory<br>B) Social Exchange Theory<br>C)Equity Theory<br>D)Interdependence Theory                                                                           | RE | 1  |
| 2      | Taking a "time-out" is an effective conflict resolution technique because ..<br><br>Options :<br>A)It helps in calming down and preventing escalation<br>B)It avoids discussing the issue permanently<br>C)It gives control to one person<br>D)It increases frustration | RE | 1  |
| 3      | How do unresolved past conflicts affect relationships?<br><br>Options :<br>A)They build trust and intimacy<br>B)They lead to recurring disputes and misunderstandings<br>C)They improve problem-solving skills<br>D)They strengthen emotional intelligence              | UN | 1  |
| 4      | Which among the following is a theory of relationship maintenance?<br><br>Options :<br>A)Social Exchange Theory<br>B)Triangular Theory of Love<br>C)Equity Theory<br>D)Attachment Theory                                                                                | UN | 2  |
| 5      | Which of the following is NOT a type of relationship discussed in relationship psychology?<br><br>Options :<br>A)Familial<br>B)Professional                                                                                                                             | UN | 1  |

| Qn No. | Question                                                                                                                                                                                                                                                                                                  | CL | CO |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|
|        | C)Political<br>D)Romantic                                                                                                                                                                                                                                                                                 |    |    |
| 6      | Why do LGBTQ+ relationships face unique societal challenges?<br><br>Options :<br>A)Due to legal, cultural, and social barriers to acceptance<br>B)Because they lack emotional connection<br>C)Since they follow the same norms as heterosexual relationships<br>D)Because they do not experience breakups | UN | 4  |

**Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions**

| Qn No. | Question                                                                                        | CL | CO |
|--------|-------------------------------------------------------------------------------------------------|----|----|
| 7      | Identify two common causes of conflicts in friendships.                                         | UN | 1  |
| 8      | Differentiate grief and breakup distress in romantic relationships.                             | UN | 4  |
| 9      | Use Attachment Theory to predict how an avoidant adult might behave in a romantic relationship. | AP | 3  |
| 10     | Use an example to show how time-out for de-escalation can prevent conflict from worsening.      | AP | 2  |

**Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options \* within each question**

| Qn No. | Question                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | CL | CO   |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|------|
| 11     | A)<br><br>Discuss how changing gender roles have influenced modern relationships and family dynamics.<br><br>OR<br>B)<br><br>In a romantic relationship, one partner makes all major decisions without consulting the other, leading to resentment and frequent arguments. The other partner feels unheard and powerless in decision-making. Illustrate how power and control dynamics contribute to conflict in relationships.                                                             | AP | 4, 5 |
| 12     | A)<br><br>Analyze the psychological stages of grief experienced after the end of a romantic relationship. How might these stages differ from those experienced during bereavement due to death?<br><br>OR<br>B)<br><br>A married couple often argues because one partner prioritizes work while the other prioritizes quality time. Their unspoken expectations lead to repeated conflicts. Analyze how differences in expectations lead to conflict and suggest strategies for compromise. | AN | 4, 4 |

| Qn No. | Question                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | CL | CO   |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|------|
|        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |    |      |
| 13     | <p>A)</p> <p>Evaluate the role of attachment styles in predicting the success of romantic relationships.</p> <p>OR</p> <p>B) Assess the impact of social media on friendships. Does it strengthen or weaken relationships? Support your answer with relevant examples.</p>                                                                                                                                                                                                                            | EV | 5, 3 |
| 14     | <p>A)</p> <p>A government organisation is planning to launch a nationwide campaign to promote effective communication in marriage counselling. They seek expert input on how to structure the program. Design a communication skills training program for married couples, incorporating both verbal and non-verbal communication techniques.</p> <p>OR</p> <p>B)</p> <p>Develop a research-based model outlining the key psychological principles for building trust in workplace relationships.</p> | CR | 5, 5 |