

MIZORAM PUBLIC SERVICE COMMISSION
TECHNICAL COMPETITIVE EXAMINATIONS FOR
CASE WORKER UNDER SOCIAL WELFARE & TRIBAL AFFAIRS
DEPARTMENT, GOVERNMENT OF MIZORAM, FEBRUARY-2024

TECHNICAL PAPER - II
(SOCIAL WORK)

Time Allowed : 2 hours

FM : 200

All questions carry equal marks of 2 each.
Attempt all questions.

1. The method employed by Social workers to help individual find solution to problem
 - (a) Social Case Work
 - (b) Social Group Work
 - (c) Community Organisation
 - (d) Social Work Research
2. 'Social case work is the art of bringing about the better adjustments in the social relationship of individual men or women or children', definition offer by
 - (a) Hamilton
 - (b) Moffet and Hollis
 - (c) Porter R. Lee
 - (d) Mary Richmond
3. In Social Diagnosis, Richmond advocated for
 - (a) Working with client
 - (b) Poor people
 - (c) Beggars
 - (d) Working with group
4. While working with an individual client on a one-to-one basis, the relationship is
 - (a) Friendly association
 - (b) Purposeful to meet psycho-social needs of the client
 - (c) A contract
 - (d) A sympathetic
5. Which among the following is not a component of client case worker relationship?
 - (a) Autonomy
 - (b) Confidentiality
 - (c) Empathy
 - (d) Sympathy
6. The techniques of social case work
 - (a) Universalization
 - (b) Encouraging
 - (c) Both Universalization and Encouraging
 - (d) Neither Universalization or Encouraging
7. One of the following is not a part of social case work process
 - (a) Treatment
 - (b) Assessment
 - (c) Study
 - (d) Content Analysis
8. Diagnostic School of Social Case Work was developed by
 - (a) Mead
 - (b) Ross
 - (c) Jung
 - (d) Rank
9. In Social Case Work, interview is an important
 - (a) Tool
 - (b) Method
 - (c) Technique
 - (d) Principle

10. Case work is the _____ method of social work
 - (a) Primary
 - (b) Secondary
 - (c) Both primary and Secondary
 - (d) Tertiary
11. Which of the following is the objective of social casework?
 - (a) To solve the community problems
 - (b) To solve the psychological problem of an individual
 - (c) To promote social work education
 - (d) To bring social change and social development in the society
12. Which is not the component of social casework?
 - (a) Place
 - (b) Person
 - (c) Program
 - (d) Problem
13. While working with an individual a one to one relationship is
 - (a) A friendly association
 - (b) A contract
 - (c) Purposeful to meet the psycho – social needs of the client
 - (d) A sympathetic understanding of the client
14. One is not the principles of social case work
 - (a) Forgiveness
 - (b) Individualization
 - (c) Acceptance
 - (d) Nonjudgmental attitudes
15. Case study involves
 - (a) Careful observation of a person
 - (b) Complete observation of a person
 - (c) Very careful observation of a person
 - (d) Very careful and complete observation of a person
16. Case study aims to
 - (a) Established statistical correlation
 - (b) Expose person's danger to society
 - (c) Treats cases requiring self help
 - (d) Highlight the strength of the client
17. Which one of the following is not a technique of case work?
 - (a) Interviewing
 - (b) Observation
 - (c) Counseling
 - (d) Lobbying
18. The first step in Social Case Work
 - (a) Treatment
 - (b) Psycho- social study
 - (c) Evaluation
 - (d) Diagnosis
19. Putting oneself in the shoe of another person and understanding his/her perceptual world is
 - (a) Empathy
 - (b) Positive regards
 - (c) Genuineness
 - (d) Goodwill
20. What are the 4 Ps stand for
 - (a) Person, profession, people, progress
 - (b) Person, problem, place, process
 - (c) Priority, plan, profound, potential
 - (d) Priority, plan, people, progress
21. Which of the following is not a primary group?
 - (a) Gang
 - (b) Crowd
 - (c) Family
 - (d) Peer group

22. Teaching of Social Group work as primary method began in India with the foundation of
(a) Tata School of Social work (b) School of Social work, Delhi
(c) Servant of India (d) Baroda school of Social work
23. The concept of Secondary group is given by
(a) Mac Iver (b) CH. Cooley
(c) Ogburn (d) Hamilton
24. Treatment is in which stage of Social Group Work process
(a) Planning (b) Beginning
(c) Middle Stage (d) Ending Stage
25. Which of the following is not a principle of group work?
(a) Progressive programme experience (b) Specific objectives
(c) Continuous evaluation (d) Group experiment planning
26. Which one of the following is a 'secondary group'?
(a) Nuclear family (b) Peer group
(c) Association (d) Joint family
27. The success of group work does not depend on
(a) Achievement of goals
(b) Understanding and agreement on major problems
(c) Handling of behavioural problems
(d) Ignoring individual problems
28. The basic objective of group work is
(a) Personality development (b) Problem solving
(c) Readjustment (d) Remediation
29. The book "Social Group Work – A Helping Process" is authored by
(a) H.B. Trecker (b) G. Konopka
(c) G.H. Mead (d) Peter Samuel
30. One of the following is NOT a stage of social group work process
(a) Conforming (b) Norming
(c) Storming (d) Performing
31. Programme in social group work is based on interest and resources of the
(a) Agency (b) Worker
(c) Member of the group (d) Sponsor
32. One of the following is not the purpose of social group work
(a) Social adjustment of individual (b) Social consciousness of the group
(c) Personality development (d) Inter-group rivalry
33. The success of group work is hampered by
(a) Achievement of goals
(b) Understanding and agreement on major problems
(c) Ignoring individual problems
(d) Handling of behavioural problems

34. One of the following do not influences group dynamics
- (a) Leadership style
 - (b) Group size
 - (c) Group Goals
 - (d) Communication patterns
35. Group norms are
- (a) Theoretical models of group dynamics
 - (b) Unwritten rules and expectations that guide behavior within the group
 - (c) Communication patterns and styles
 - (d) Techniques and methods used in social group work
36. A common challenge in group work that can result in low levels of engagement and limited progress
- (a) Groupthink
 - (b) Power struggles
 - (c) Resistance
 - (d) Ethical considerations
37. The purpose of the engagement stage in the social group work process
- (a) To assess the needs, strengths, and challenges of group members
 - (b) To gather feedback and evaluate the effectiveness of the group intervention
 - (c) To implement the planned interventions
 - (d) To build relationships of trust and respect with group members
38. Social Group work in India began with the foundation of
- (a) Servant of India
 - (b) Tata Graduate School of Social Work
 - (c) Baroda School of Social Sciences
 - (d) TCSW of Nagpur
39. Social group work is a method of social work which develops the ability of individuals through
- (a) Group activity
 - (b) Organization program
 - (c) Human interaction
 - (d) Relationship
40. Democratic group self- determination and guided group interaction are
- (a) Models
 - (b) Process
 - (c) Principles
 - (d) Method of Practice
41. Services provided for weaker sections of the society are called
- (a) Community Services
 - (b) Voluntary Services
 - (c) Public Welfare Services
 - (d) Social Welfare Services
42. Which among the following is not a symptom of schizophrenia?
- (a) Paranoia
 - (b) Vocational function
 - (c) Auditory hallucination
 - (d) Disorganized thinking
43. Difficulty in falling asleep is called
- (a) Hyposomnia
 - (b) Anorexia nervosa
 - (c) Insomnia
 - (d) Bulimia nervosa
44. Health is the absence of
- (a) Pain
 - (b) Illness
 - (c) Disease
 - (d) Worries and tensions
45. DSM stands for
- (a) Diagnostic and statistical manual of major disorders
 - (b) Diagnostic and scientific manual of mental disorders
 - (c) Diagnostic and scientific manual of minor disorders
 - (d) Definition and statistics of mental disorders

46. ICMR stands for
(a) Indian Council of Medical Research (b) Indian Christian Medical Research
(c) Indian Council for Medicine and Research (d) International Council for Medical Research
47. Rashtriya Swasthya Bima Yojana (RSBY) is a
(a) 100% centrally sponsored scheme
(b) Conditional cash transfer scheme
(c) Does not cover pre-existing diseases
(d) Cashless insurance for hospitalization in public as well as private hospitals
48. The District Mental Health Program (DMHP) was launched under NMHP in the year
(a) 2000 (b) 1996
(c) 2005 (d) 2015
49. The District Mental Health Program (DMHP) is based on
(a) Bellary Model (b) Social Model
(c) Psychodynamic model (d) Behavioral model
50. World Mental Health day is observed on
(a) 12th November (b) 10th October
(c) 30th July (d) 1st December
51. Social worker in psychiatric setting did not
(a) Performs Intakes and Evaluations
(b) Provides Treatment and Other Services
(c) Formulates Treatment Plans and Intervenes in Crisis Situations
(d) finance a client
52. Which of the following day is celebrated as 'World AIDS Day'?
(a) 1st December (b) 31st March
(c) 31st December (d) 1st March
53. The diagnosis of mental illness is generally carried out by which of the following?
(a) Clinical psychologist (b) Counselor
(c) Psychiatric nurse (d) Psychiatrist
54. Which organ of the body is affected by excessive intake of alcohol?
(a) Lungs (b) Liver
(c) Kidney (d) Spleen
55. The goals of The National Health Policy (NHP) includes
(a) Increase life expectancy
(b) Reduce infant mortality
(c) Both Increase life expectancy and Reduce infant mortality
(d) Neither Increase life expectancy or Reduce infant mortality
56. Psychology is defined as the scientific study of
(a) People and environment (b) Emotions and beliefs
(c) Perception and religion (d) Mind and behaviour
57. Psychology is a
(a) Natural science (b) Social science
(c) Physical science (d) Biological science

58. Identify the false statement

- (a) In social work practice, we seek the help of psychology to understand and analyze human behaviour
- (b) The fundamental assumptions, concepts, principles, theories, methods, techniques and tools of social work are developed by its own social work discipline
- (c) In resolving problems related to adjustment, psychology helps social work
- (d) The method of social case work profession is dependent on psychology

59. Perception means the way something is

- (a) Recorded
- (b) Understood
- (c) Respond
- (d) Thinking

60. Who is the father of Intelligence Quotient?

- (a) Lewis Madison Terman
- (b) Albert Einstein
- (c) LL Thorndike
- (d) Jean Piaget

61. Serious loss of global cognitive ability is

- (a) Dementia
- (b) Schizophrenia
- (c) Repression
- (d) Depression

62. The ability to control one's emotions is known as

- (a) Facial feedback
- (b) Interpersonal intelligence
- (c) Emotional regulation
- (d) Emotional contingency

63. The act of expressing the deep emotions which are associated with the part of life is

- (a) Dementia
- (b) Depression
- (c) Schizophrenia
- (d) Catharsis

64. Development is a _____ process

- (a) Stable
- (b) Firm
- (c) Continuous
- (d) Both Stable and Firm

65. The unconditional stimulus brings out a natural response in

- (a) Classical conditioning
- (b) Operant conditioning
- (c) Theory of insight learning
- (d) Social learning theory

66. The need stands at the top of Maslow's hierarchy of needs is

- (a) Self esteem
- (b) Self actualization
- (c) Social acceptance
- (d) Basic Needs

67. Personality has been derived from the Latin word "persona" which means

- (a) Mask
- (b) Habit
- (c) Attitude
- (d) Idea

68. Who gave the three dimensional model of personality-the child, the adult, the parent

- (a) Sigmund Freud
- (b) Otto Rank
- (c) Eric Berne
- (d) Joseph Wolpe

69. According to Freud's Psychoanalytic theory. What is the role of super ego?

- (a) Establishes the rules and prohibitions, telling us the right thing to do using guilt to override our id impulses
- (b) It works out realistic ways to satisfying the id's demands
- (c) It demands immediate satisfaction
- (d) All of these

70. A hungry baby crying until he was fed is an example of
(a) Super ego (b) Id
(c) Ego (d) Conscious
71. The term "counseling" is coined by
(a) Frank Parsons (b) Carl Rogers
(c) Clifford Beers (d) Sigmund Freud
72. Existential Therapy is
(a) More a way of thinking, or an attitude about psychotherapy
(b) Emphasize on empathy
(c) Psychoanalytic principles and techniques
(d) Particular style of practicing psychotherapy
73. Counseling is an _____ process through which guidance and support is provided to persons with psychological problems.
(a) Interpersonal (b) Intrapersonal
(c) continuous (d) End
74. Maintaining eye contact, being alert and attentive while listening and talking during counseling shows
(a) Guidance (b) Advocacy
(c) Genuine interest (d) Protection
75. The stage meant for entering into the counselee's frame of reference in order to accurately understand how she/he experiences the world
(a) Preparatory stage (b) Exploratory stage
(c) Action stage (d) Termination stage
76. Psychotherapy was developed
(a) Alfred Adler (b) Carl Jung
(c) Sigmund Freud (d) James Cattell
77. Theory that states that events in our childhood have a great influence on our adult lives, shaping our personality
(a) Psychodynamic (b) Humanistic
(c) Existential (d) Cognitive Behaviourl Theory
78. The first theory of counseling was formulated by
(a) Sigmund Freud (b) E. G Williamson
(c) RL. Parkinson (d) BF. Skinner
79. Counseling is an _____ process through which guidance and support is provided to persons with psychological problems.
(a) Interpersonal (b) Intrapersonal
(c) Continuous (d) Indulgence
80. Specific, measurable, achievable, relevant, and time-bound (SMART) goal setting in counseling is
(a) Primary responsibility of the Client
(b) Primary responsibility of the Counselor
(c) A collaborative process between the counselor and client
(d) Responsibility of the Agency

81. _____ Protect against differences in memory between client and counselor.
- (a) Recording (b) Preparation
(c) Termination (d) Monitoring
82. Counseling stage in which the client and the counselor approach each other and try to understand the possibilities of working out an agreement between them
- (a) Evaluation (b) Preparatory
(c) Intervention (d) Termination
83. A systematic observation of symptoms of the client to determine the specific felt needs
- (a) Intervention (b) Monitoring
(c) Implementation (d) Needs Assessment
84. What is the last counseling process?
- (a) Monitoring (b) Evaluation
(c) Needs & Assessment (d) Intervention
85. Patient going off track or talking in circles then get him back to maintain the theme without hurting feelings
- (a) Refocusing (b) Connecting
(c) Feedback (d) Evaluation
86. Polygyny is
- (a) One man marries more than one woman at a given time
(b) One woman marries more than one man at a given time
(c) One man marries one woman
(d) Two or more women marries two or more man
87. A crucial aspect of assessment in family social work
- (a) Individual personality assessment (b) Family genogram and ecomap
(c) Community assessment (d) Economic status assessment
88. The ecological perspective in social work emphasizes understanding individuals and families within the context of
- (a) Multiple interacting systems (b) Isolated internal factors
(c) Short-term interventions only (d) Individual strengths only
89. Family Counseling is
- (a) Macro social work practice (b) Mezzo social work practice
(c) Micro social work practice (d) Both Macro and Mezzo social work practice
90. At the beginning of family-centered practice, it is important for the social worker to make a/an ____
- (a) judgment (b) assessment
(c) arrest report (d) contract
91. The word Family is derived from the Latin word
- (a) Famulus (b) Famulus
(c) Famoulous (d) Familus
92. According to The Mizo marriage divorce and inheritance of property Act is implemented in the year.
- (a) 2014 (b) 2000
(c) 2016 (d) 1999

- 93. Genogram primarily represent**
- (a) Family relationships and history
 - (b) Economic status of the family
 - (c) Medical history of family members
 - (d) Family's educational background
- 94. In family social work, what does "strengths-based approach" emphasize?**
- (a) Identifying family weaknesses
 - (b) Correcting family behaviors
 - (c) Building on family strengths
 - (d) Assigning blame
- 95. Juvenile crime can be prevented mainly by**
- (a) Nuclear family
 - (b) Extended family
 - (c) Single-parent family
 - (d) Blended family
- 96. Which of the following is a primary goal of social work with families?**
- (a) Community development
 - (b) Individual empowerment
 - (c) Economic growth
 - (d) Political advocacy
- 97. Patriarchal Family is a**
- (a) Mother Centered family
 - (b) Mother Dominated family
 - (c) Father Centered family
 - (d) Mother Centered family, Father Dominated family
- 98. In family social work the main focus is**
- (a) Community engagement
 - (b) Advocacy for policy change
 - (c) Enhancing family dynamics
 - (d) Addressing individual issues
- 99. Key role of a social worker in family intervention**
- (a) Financial management
 - (b) Providing medical prescriptions
 - (c) Legal representation
 - (d) Facilitating communication and problem-solving
- 100. A key factor in effective engagement with families**
- (a) Imposing solutions
 - (b) Active listening and empathy
 - (c) Promoting individualism
 - (d) Maintaining distance

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