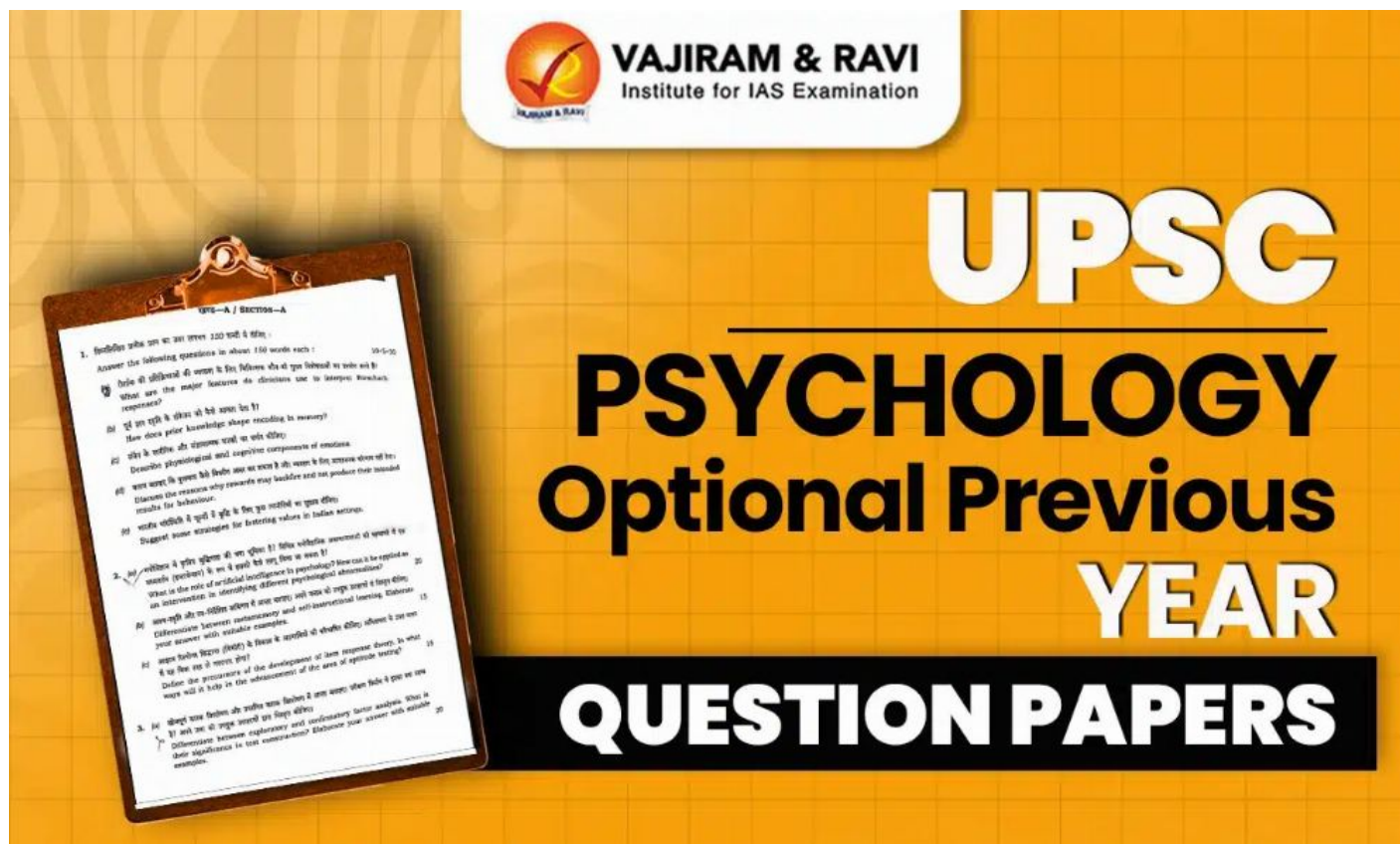


UPSC Psychology Optional Previous Year Question Papers, Download PDF

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UPSC Psychology Optional Previous Year Question papers can help candidates understand the UPSC Optional exam pattern. Practicing UPSC psychology optional can help in understanding the types of questions asked, repetitions and the topics that are most important. In this article, we are going to provide PDF's of all UPSC Psychology optional previous year papers.

UPSC Psychology Optional Paper 2025

Psychology has always been one of the interesting yet practical optional subjects in the UPSC CSE. Unlike many other optionals that demand rote memorization of facts or heavy diagrams, Psychology blends scientific understanding of human behavior with its practical application in governance and society.

For the UPSC Mains 2025, the Psychology Optional will be held on 31 August 2025 in two sessions:

- Paper I: 9:00 A.M. – 12:00 Noon
- Paper II: 2:30 P.M. – 5:30 P.M.

Each paper carries 250 marks, making a total of 500 marks, a significant portion of the Mains examination. The UPSC Psychology Optional 2025 PDF's will be uploaded once the exam is conducted.

UPSC Psychology Optional Previous Year Papers

Here is a list of UPSC Psychology Optional Previous year question papers of the past 8 years that can help in understanding the demand of the questions and their recurring themes.

Year	Paper I	Paper II
2025	Download	Download
2024	Download	Download
2023	Download	Download
2022	Download	Download
2021	Download	Download
2020	Download	Download
2019	Download	Download

UPSC Psychology Optional Significance

UPSC Psychology Optional has the following importance:

- Psychology accounts for 25% of the Mains marks (excluding Interview) when chosen as an optional. Its uniqueness lies in the fact that it is:
- Psychology follows evidence-based theories and experiments.
- Its application is visible in administration, decision-making, leadership, stress management, social change, and governance.
- With increasing focus on mental health, emotional intelligence, and behavioral sciences, Psychology provides valuable insights for policymakers and administrators.

UPSC Psychology Optional Success Rate

Psychology has maintained a moderate to good success rate compared to other optionals.

Year	Appeared	Selected	Success Rate
2020	155	11	7.1%
2019	164	15	9.1%
2018	128	9	7.0%
2017	193	21	10.9%
2016	244	38	15.6%

UPSC Psychology Optional Previous Year Analysis

- UPSC has been shifting towards application-based questions rather than purely theoretical ones.
- For example, instead of asking only about "Motivation theories," UPSC might frame questions like: "How can motivation theories be used by administrators to improve efficiency in public offices?"
- This means aspirants must connect concepts with governance and society while writing answers.

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