

Class XII Session 2025-26
Subject - Psychology
Sample Question Paper - 3

Time Allowed: 3 hours

Maximum Marks: 70

General Instructions:

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1-14 in Section A carry 1 mark each. You are expected to answer them as directed.
3. Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. The answer to each question should not exceed 30 words.
4. Question Nos. 20-23 in Section C are short answer type-II questions carrying 3 marks each. The answer to each question should not exceed 60 words.
5. Question Nos. 24 - 27 in Section D are long answer type-I questions carrying 4 marks each. The answer to each question should not exceed 120 words.
6. Question Nos. 28-29 in Section E are long answer type-II questions carrying 6 marks each. The answer to each question should not exceed 200 words.
7. Question Nos. 30–33 in Section F are based on two cases given. The answer to each onemark question should not exceed 20 words. The answer to each two-mark question should not exceed 30 words.

Section A

1. When a person tries to make unreasonable feelings/behaviours seem reasonable and acceptable, it is called _____. **[1]**
 - a) Reaction Formation
 - b) Denial
 - c) Projections
 - d) Rationalisation
2. According to experts who deal with Post Traumatic Stress Disorder, one of the key attitudes to develop in the survivors is that of: **[1]**
 - a) Self-concept
 - b) Self-efficacy
 - c) Self-confidence
 - d) Self-worth
3. According to Sternberg, intelligence involves: **[1]**
 - a) Ability to adapt to the environment
 - b) Mechanical abilities
 - c) Musical abilities
 - d) Being obedient and respectful of others
4. It refers to the practice of focusing attention on the breath or an object or thought or Mantra. **[1]**
 - a) Yoga
 - b) SKY
 - c) Vipasana
 - d) Meditation

5. Which kind of therapies are completed in 10 to 15 sessions? [1]
 a) Psychodynamic b) Cognitive behaviour
 c) Behavior d) Existential
6. What is the name of therapy which combines cognitive therapy with behavioural techniques? [1]
 a) Gestalt Therapy b) Client centred Therapy
 c) Cognitive Behaviour Therapy d) Biomedical Therapy
7. Which of the following are the basic sources of stress? [1]
 a) Social Stressors b) Physiological
 c) The Environment d) All of these
8. Which type of a feeding disorder leads to an individual in having a distorted body image that leads him or her to see him or her as over weight? [1]
 a) Bulimia nervosa b) Binge eating
 c) Anorexia nervosa d) Over eating
9. In which period of ancient history, demonology and superstition gained renewed importance in the explanation of abnormal behaviour? [1]
 a) Middle Ages b) Age of Enlightenment
 c) Renaissance period d) Age of Reason
10. Which type of group is a family, caste and religion? [1]
 a) Secondary b) Formal
 c) Primary d) Ingroup
11. The Human Resource Manager found that as the number of employees increased in the company, the productivity reduced. What steps can be taken to reduce this phenomenon called **social loafing**? [1]
 i. Making the effort of each person identifiable
 ii. Decreasing group cohesiveness to impact motivation
 iii. Making group members committed to successful task performance
 iv. Making group members feel less responsible for the task being performed
 a) (i) and (iii) b) (i), (iii) and (iv)
 c) (i), (ii) and (iv) d) (iii) and (iv)
12. The strengthening of the group's initial position as a result of the group interaction and discussion is referred to as _____. [1]
 a) Bandwagon effect b) Social influence
 c) Group polarisation d) Conformity
13. You like your mother. Your mother does not like pets. You like pets. The tried is - [1]
 a) Balanced for your mother but imbalanced for you b) Imbalanced
 c) Balanced d) ImBalanced for your mother but balanced

for you

14. What is that stage in group formation where once the function is over the group can be disbanded? [1]
- a) Adjourning b) Performing
- c) Storming d) Norming

Section B

15. Latika worked for a multinational company. She was shifting houses due to frequent transfers. During this time, she also lost her father to a major heart ailment. This caused a lot of stress. Explain this particular source of stress that Latika faced. [2]
16. What is an interview? Explain its limitations. [2]
17. How can a therapist maintain the trust of his client? [2]
18. What is an audience? [2]
19. Differentiate between aptitude and interest. [2]

OR

What is CAS?

Section C

20. What is attitude? Explain its various components. [3]
21. Why are projective techniques also called as indirect methods of assessing personality? Enumerate their characteristics. [3]
22. How does stress affect the immune system? [3]
23. Due to the present challenges in her life, Alvira finds herself quite often asking questions like - What is her aim in life or the purpose of her life? She consults a therapist as she finds her present life meaningless and inauthentic. How will the humanistic-existential therapist alleviate her distress and help her to achieve a sense of wholeness? Explain. [3]

OR

What kind of problems is cognitive behaviour therapy best suited for?

Section D

24. A person may be a member of different types of groups. With the help of examples, discuss the major types of these groups that people belong to. [4]
25. What are phobias? If someone had an intense fear of snakes, could this simple phobia be a result of faulty learning? Analyse how this phobia could have developed. [4]
26. Elaborate the status of intelligence testing in India. [4]

OR

What are the uses of aptitude tests?

27. How do projective techniques assess personality? Explain any two well-known projective techniques. [4]

Section E

28. Is behaviour always a reflection of one's attitude? Explain with the help of suitable examples. **[6]**
29. Discuss the main observational methods used in personality assessment. What problems do we face in using these methods? **[6]**

OR

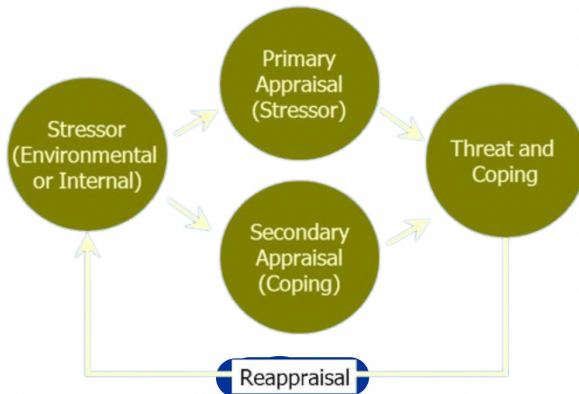
Evaluate psycho-analytical theory of personality critically.

Section F

Question No. 30 to 31 are based on the given text. Read the text carefully and answer the questions: [3]

According to Richard Lazarus's theory of stress appraisal, reappraisal is the stage of looking back at a choice to see how things have turned out. During the reappraisal stage, the person learns from the decision. Lazarus was a pioneer in the area of emotion, and his theory is often referred to as the Lazarus theory of emotion. According to appraisal theories of emotion, thinking must occur first before experiencing emotion. Lazarus and Folkman identified appraisal as central to the stress process. Their Transactional Model of Stress and Coping states that an event will likely fall into one of three main categories:

- Irrelevant: It will have no impact on your well-being.
- Benign-Positive: It will have a positive impact on your well-being.
- Stressful: It will likely involve harm or loss and may challenge or threaten you.



30. How many stages of appraisals are there in this model? Name them. (1)

31. What is the difference between primary appraisal and secondary appraisal? (2)

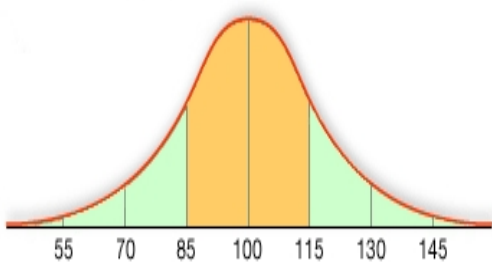
Question No. 32 to 33 are based on the given text. Read the text carefully and answer the questions:

[3]

An intelligence quotient (IQ) is a score derived from a set of standardized tests or subtests designed to assess human intelligence. The abbreviation "IQ" was coined by the psychologist William Stern for the German term Intelligenzquotient.

IQ is a measure of your ability to reason and solve problems. It reflects how well you did on a specific test compared to other people of your age group. The average IQ on many tests is 100, and 68% of scores lie between 85 and 115.

IQ is traditionally derived by dividing an individual's mental age by his chronological age and multiplying the result by 100. For IQ to remain stable, MA must increase with CA over time. This is true until around 18 years when intellectual abilities are usually fully developed.



32. How to calculate the IQ of a person? (1)

33. What will be the IQ of a 20-year-old individual with the mental age of 22? What is the IQ of a normal person? (2)

Solution

Section A

1.
(d) Rationalisation
Explanation:
Freud has described many different kinds of Defence mechanisms. One of them is rationalisation in which a person will make unreasonable feelings or behaviour seem very acceptable.
2.
(b) Self-efficacy
Explanation:
Self-efficacy is another important aspect of our self. People differ in the extent to which they believe they themselves control their life outcomes or the outcomes are controlled by luck. A strong sense of self-efficacy allows people to select, influence, and even construct the circumstances of their own life. People with a strong sense of self-efficacy also feel less fearful.
3. **(a) Ability to adapt to the environment**
Explanation:
Sternberg views intelligence as “the ability to adapt, to shape and select the environment to accomplish one’s goals and those of one’s society and culture”.
4.
(d) Meditation
Explanation:
Meditation is a practice where an individual uses a technique such as mindfulness or focusing the mind on a particular object, thought, or activity – to train attention and awareness.
5. **(a) Psychodynamic**
Explanation:
The duration of classical psycho-analysis may continue for several years however several recent versions of psychodynamic therapy are completed in 10-15 sessions.
6.
(c) Cognitive Behaviour Therapy
Explanation:
CBT works by changing people's attitudes and their behavior by focusing on the thoughts, beliefs and attitudes that are held (a person's cognitive processes) and how these processes relate to the way a person behaves.
7.
(d) All of these
Explanation:
Stress is often explained in terms of characteristics of the **environment** that are disruptive to the individual. **Stressors** are events that cause our body to give a stress response. Different stressors may produce somewhat different patterns of stress reaction, and different individuals may have different characteristic modes of response. Very often, these stressors result in a variety of stress reactions, which may be **physiological**, behavioural, emotional, and cognitive.
8.
(c) Anorexia nervosa
Explanation:

An eating disorder causing people to obsess about weight and what they eat. Anorexia is characterised by a distorted body image, with an unwarranted fear of being overweight.

9. (a) Middle Ages

Explanation:

In the middle ages demonology and superstition gained importance in the explanation of abnormal behaviour. Demonology related to a belief that people with mental problems are evil and are occupied by witch.

10.

- (c) Primary

Explanation:

Primary groups such as a family, caste and religion are usually given to the individual and are pre-existing.

11. (a) (i) and (iii)

Explanation:

(i) and (iii)

12.

- (c) Group polarisation

Explanation:

Group polarization refers to the tendency for a group to make decisions which are more extreme than the initial inclination of its members alone.

13.

- (b) Imbalanced

Explanation:

Imbalanced

14. (a) Adjourning

Explanation:

In the adjourning stage, most of the team's goals have been accomplished. The emphasis is on wrapping up.

Section B

15. Latika faced multiple sources of stress, including frequent transfers in her job, which disrupted her stability and required constant adjustment. Additionally, the loss of her father added significant emotional and psychological strain to her life.

16. **Interview** refers to a purposeful conversation between two or more people in a face-to-face situation.

Interviews involve interacting with the person being assessed and asking questions. It is of two types. **Unstructured** and **Structured**.

Limitations of Interviews:

- a. Time-consuming and demanding.
- b. Maturity of psychologists is a precondition for getting valid data.

17. The therapist encourages the client to discharge his/her emotions and feel free from the conflicts and anxiety by providing unconditional positive regard and empathy.

The therapist provides an accepting, empathic, genuine, non-judgmental and warm relationship so that the client may confide in him.

18. An audience is a collection of people who have assembled for a special purpose may be to watch a cricket match or a movie.

Audiences are generally passive but sometimes they go into a frenzy and become mobs.

19. In psychology, interest and aptitude are two distinct concepts related to individual preferences and abilities. Here's the difference between interest and aptitude:

- **Aptitude:** This refers to an individual's inherent or natural ability, talent, or potential to acquire or perform certain skills or tasks. It represents the capacity to learn or excel in specific areas. It can be cognitive, physical, artistic or related to other domains. Aptitudes are relatively stable and can be assessed through various psychometric tests or evaluations.
- **Interest:** This refers to a person's liking or attraction towards a particular subject, activity, or domain. It reflects an individual's curiosity, enthusiasm, and enjoyment in engaging with a specific topic or area. Interests can change over time

and can vary among individuals. They are subjective and driven by personal motivations and inclinations.

OR

J.P. Das and Naglieri have developed a battery of tests, known as Cognitive Assessment System (CAS).

- i. It consists of verbal as well as non-verbal tasks that measure basic cognitive functions.
- ii. These are independent of schooling.
- iii. The battery of tests is meant for individuals between 5 and 18 years of age.
- iv. It measures the intelligence of normal as well as of retarded children.

Section C

20. An attitude is a state of mind, a set of views thoughts or ideas regarding some topic, which have an evaluative feature (positive, negative or neutral quality). These are relatively stable predispositions.

Various components of an attitude are as follows:

1. The thought component is referred to as the cognitive aspect of attitude.
2. The emotional component is known as the affective aspect.
3. The tendency to act is called the behavioural (conative) aspect.

These three aspects have been referred to as the A-B-C components (Affective-behavioral-cognitive) of attitude.

21. Projective techniques are often referred to as indirect methods of assessing personality because they involve presenting individuals with ambiguous stimuli. The idea is that people will project their unconscious thoughts, feelings, and desires onto these ambiguous stimuli, revealing aspects of their personality that might not be accessible through direct questioning.

Ambiguity of Stimuli: This ambiguity encourages individuals to project their own interpretations, which can reveal underlying thoughts and feelings. Examples include the Rorschach Inkblot Test and the Thematic Apperception Test.

Free-Response Format: Projective techniques typically allow for a wide range of responses. There are no right or wrong answers, and individuals are free to respond in any way they choose.

Unstructured Administration: These techniques are often administered in an unstructured manner, meaning there are few standardized instructions or scoring methods. This flexibility allows for a more personalized assessment of each individual.

Revealing Unconscious Processes: The primary goal of projective techniques is to uncover unconscious processes. By analyzing the responses to ambiguous stimuli, psychologists can gain insights into an individual's unconscious motives, desires, and conflicts.

Interpretation Requires Expertise: Interpreting the results of projective techniques requires specialized training and expertise. Psychologists must be skilled in understanding the nuances of the responses and what they might indicate about the individual's personality.

22. Stress can cause illness by impairing the workings of the immune system. The immune system guards the body against attackers, both from within and outside. The white blood cells (leucocytes) within the immune system identify and destroy foreign bodies (antigens) such as viruses. It also leads to the production of antibodies. There are several kinds of white blood cells or leucocytes within the immune system, including T cells, B cells, and natural killer cells. T cells destroy invaders, and T-helper cells increase immunological activity. It is these T-helper cells that are attacked by the Human Immuno Deficiency Virus (HIV), the virus causing Acquired Immuno Deficiency Syndrome (AIDS). B cells produce antibodies. Natural killer cells are involved in the fight against both viruses and tumors.

23. As Alvira finds her present life meaningless and inauthentic, she can alleviate her distress through logotherapy.

Victor Frankl, a psychiatrist and neurologist propounded the Logotherapy. Logos is the Greek word for soul and Logotherapy means treatment for the soul. Frankl calls this process of finding meaning even in life-threatening circumstances as the process of meaning-making. The basis of meaning-making is a person's quest to find the spiritual truth of one's existence.

The goal of logotherapy is to help patients find meaning and responsibility in their lives irrespective of their life circumstances.

The therapist emphasizes the unique nature of the patient's life and encourages them to find meaning in their life.

In logotherapy, the therapist is open and shares her/his feelings, values and his/her existence with the client. The emphasis is on here and now. Transference is actively discouraged, and the therapist reminds the client about the immediacy of the present. The goal is to facilitate the client to find the meaning of her/his being.

OR

CBT is a short and effective treatment for a wide range of psychological disorders such as anxiety, depression, panic attacks and borderline personality, etc.

- i. It combines cognitive therapy and behavioural technique.
 - ii. According to CBT, the cause of client's distress is biological, psychological and social relations in combination.
 - iii. CBT focuses on the biological aspects through relaxation procedures and the psychological ones through behaviour therapy.
- Social aspects are dealt with environmental manipulations,

- iv. This multi-axial approach makes CBT a comprehensive technique, which is easy to use, applicable to a variety of disorders and has full potential to deal effectively with psychological disorders.

Section D

24. A Group is defined as an organized system of two or more individuals, who interact with one another, are interdependent, driven by common motives and goals, and have norms that regulate the group and maintain order and harmony in it.

There are 3 types of groups that have been explained below:

Primary and Secondary Groups

Primary groups: They are pre-existing formations that are usually given to the individual. People usually remain a part of it throughout their lifetime. Includes face-to-face interaction and close physical proximity. Members share warm and emotional bonds. Major role in developing values and ideals. For example: Family, Caste, Religion, etc.

Secondary groups: These are those groups which an individual joins by choice. Relationships among members are more impersonal, indirect and less frequent. These may or may not be short-lived. For example: A group of friends, a volunteer group, membership of a political party, etc.

Formal and Informal Groups

Formal groups: In these groups, functions are stated explicitly, and members have a definite role also the group structure is properly defined and organized. For example: Office organization.

Informal groups: Functions are stated explicitly, the roles of members are not properly defined, and the group structure is unorganized as well. For example: A group of 5 friends.

Ingroup and Outgroup

Ingroup: Refers to one's group and it is denoted by the term 'We'. Members in the group, viewed favourably, have desired traits.

Outgroup: Refers to another group and it is often denoted by the term 'they'. Members of the outgroup are viewed differently, negatively in comparison to the ingroup.

25. An intense, persistent irrational fear of something that produces conscious avoidance of the feared subject, activity or situation is called a phobia.

Phobias can vary in degree and how much they interfere with healthy adaptation to the environment. Some otherwise normal and well-adjusted persons also have phobias.

Phobias are mainly of three types :

- i. **Specific phobias** are those directed towards specific objects and situations and can be varied, e.g., acrophobia (fear of heights), pyrophobia (fear of fire), and hydrophobia (fear of water).
- ii. **Social phobia** is a fear of social situations, and people with this phobia may avoid a wide range of situations in which they fear they will be exposed to, scrutinized and possibly humiliated by other people.
- iii. **Agoraphobia:** is the term used when people developed a fear of entering unfamiliar situations.

Social learning theories work on the principle that our experience be it positive or negative such as a phobia of lizards/cockroaches are the result of the learning process which starts early in life. Small children can play with snakes; they are not aware of the danger involved. For them it is just another play object, as they grow up the fear of these things are instilled by their parents and society which is reinforced and accounts for reactions like a phobia.

26. The development of intelligence tests in India has for long remained one of the fascinating and popular academic pursuits.
- i. The first systematic attempt to standardize a test of intelligence was Binet's intelligence test which was adopted by **Dr. Rice** in Urdu and Punjabi in the 1930s.
 - ii. **Mahalanobis** also attempted to standardize Binet's test of intelligence in Bengali. Attempts were also made to develop Indian norms for some other foreign tests like WAIS, RPM and Kohs' Block Design test and others.
 - iii. The first doctorate on test construction was awarded to K.G. Desai in 1954 for the development of a group test of intelligence in Gujarati.
 - iv. **Dr. S.M. Mohsin** developed the first group test of intelligence in Hindi.
 - v. Some tests developed in India include the Group test of intelligence by Prayag Mehta, Draw a man test by Promila Pathak, CIE Non-verbal test, etc.

OR

Aptitude refers to special capacity or capacities. Tests designed to measure capacities, i.e., to predict what one can accomplish with training are called **aptitude tests**. They serve some useful purposes:

- i. **Aptitude tests measure mere specific abilities:** Mechanical aptitude tests measure various types of eye-hand coordination.
- ii. **Selection:** Aptitude tests are used for employee selection. They test specific abilities required for a particular job.
- iii. **Career guidance:** Aptitude tests also provide career guidance to the student. Aptitude tests help them to select a proper career by discovering the abilities they possess.

iv. **Prediction:** Aptitude tests are used to predict success in various specific professions.

27. Projective techniques is indirect method of assessment of personality. This provides us with a real picture of an individual's personality using indirect method.

Projective techniques were developed to assess unconscious motives and feelings. These techniques are based on the assumption that a less structured or unstructured stimulus or situation will allow the individual to project her/his feelings, desires and needs on to that situation.

The projective tests of personality which are widely used by psychologists are :-

1. The Rorschach Inkblot Test :- This test was developed by Hermann Rorschach. The test consists of 10 inkblots. Five of them are in black and white, two with some red ink, and the remaining three in some pastel colours. The blots are symmetrical in design with a specific shape or form. Each blot is printed in the centre of a white cardboard of about 7"×10" size. The blots were originally made by dropping ink on a piece of paper and then folding the paper in half (hence called inkblot test). The cards are administered individually in two phases. In the first phase, called performance proper, the subjects are shown the cards and are asked to tell what they see in each of them. In the second phase, called inquiry, a detailed report of the response is prepared by asking the subject to tell where, how, and on what basis was a particular response made.

2. The Thematic Apperception Test (TAT) :- This test was developed by Morgan and Murray. It is a little more structured than the Inkblot test. The test consists of 30 black and white picture cards and one blank card. Each picture card depicts one or more people in a variety of situations. Each picture is printed on a card. Some cards are used with adult males or females. Others are used with boys or girls. Still others are used in some combinations. Twenty cards are appropriate for a subject, although a lesser number of cards (even five) have also been successfully used. The cards are presented one at a time. The subject is asked to tell a story describing the situation presented in the picture.

Section E

28. An individual's attitude may not always be exhibited through behaviour. Likewise, one's actual behaviour may be contrary to one's attitude towards a particular topic. Psychologists have found that there would be consistency between attitude and behaviour when:

- i. The attitude is strong and occupies a central place in the attitude system.
- ii. The person is aware of his/her attitudes.
- iii. Person's behaviour is not being watched or evaluated by others.
- iv. The person thinks that the behaviour would have positive consequences.

Richard La Piere, an American social psychologist, conducted the following study. He asked a Chinese couple to travel across the United States, and stay in different hotels. Only once during these occasions, they were refused service by one of the hotels. La Piere sent out questionnaires to managers of hotels and tourist homes in the same areas where the Chinese couple had traveled asking them if they would give accommodation to Chinese guest. A very large percentage said that they would not do so. This response showed a negative attitude towards the Chinese, which was inconsistent with the positive behaviour that was actually shown towards the traveling Chinese couple. Attitudes may not always predict the actual pattern of one's behaviour.

29. Observational method is a very powerful tool of psychological enquiry. It is an effective method of describing behaviour. A scientific observation differs from day-to-day observation in many respects.

- i. **Selection:** Psychologists do not observe all the behaviour that they encounter. Rather, they select a particular behaviour for observation.
- ii. **Recording:** While observing, a researcher records the selected behaviour using different means, such as marking tallies for the already identified behaviour whenever they occur, taking notes describing each activity in greater detail using short hand or symbols, photographs, video recording, etc.

Observation can be of the following types :

i. **Non-participant observation**

- a. To observe the person or event from a distance.
- b. The observer may become part of the group being observed.
- c. In the first case, the person being observed may not be aware that he/she is being observed. For example, you want to observe the pattern of interaction between teachers and students in a particular class.

ii. **Participant observation**

- a. In participant observation, the observer becomes a part of the school or the group of people being observed.
- b. the observer takes some time to establish a rapport with the group so that they start accepting him/her as one of the group members.

c. the degree of involvement of the observer with the group being observed would vary depending upon the focus of the study.

OR

- i. Many psycho-analytical concepts are vague and not operationally defined and the hypotheses derived from them can not be tested. Thus, much of the theory is difficult to evaluate scientifically.
- ii. Several of Freud's postulates are not consistent with the findings of modern research—for instance, his ideas about the meaning of dreams.
- iii. The theory is based on a small number of clinical case studies especially of upper-class women, which cannot be considered as representative of human beings generally.
- iv. This theory is criticized for having a male-centred perspective and it views women as more sensitive and dependent on men.
- v. The theory has been criticized for over-emphasis on the sexual desires of the Id because social and cultural factors also influence personality development.

However some aspects of Freud's theory continue to gain acceptance as they are modified and improved through empirical scrutiny, e.g., the role of childhood experience in personality development is being recognized.

Section F

- 30. Two stages. These are primary appraisal and secondary appraisal.
- 31. Primary appraisal involves determining whether the stressor poses a threat. Secondary appraisal involves the individual's evaluation of the resources or coping strategies at his or her disposal for addressing any perceived threats.
- 32. $IQ = MA/CA \times 100$
- 33. The IQ of a 20-year-old individual with the mental age of 22 will be 110. People with IQ scores in the range of 90-110 have normal intelligence.