

**Additional Practice Question Paper**  
**Psychology (037) 2023-2024**  
**Class- XII**

**Time – 3 Hours**

**Max Marks – 70**

- **General instructions**
- **All questions are compulsory except where internal choice has been given.**
- **Question Nos. 1-15 in Section A carry 1 mark each. You are expected to answer them as directed.**
- **Question Nos. 16-21 in Section B are very short answer Type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.**
- **Question Nos. 22-24 in Section C are short answer questions type-II carrying 3 marks each. Answer to each question should not exceed 60 words.**
- **Question Nos. 25 - 28 in Section D are long answer Type-I questions carrying 4 marks each. Answer to each question should not exceed 120 words.**
- **Question Nos. 29-30 in Section E are long answer type-II questions carrying 6 marks each. Answer to each question should not exceed 200 words.**
- **Question Nos. 31 – 34 in Section F are based on two cases given. Answers to each one-mark question should not exceed 20 words. Answer to each two-mark question should not exceed 30 words.**

**SECTION A**

- 1 Anil did not get any positive feedback from his teacher for his project work. Instead of being disappointed, Anil motivates himself to make his project better. Identify the type of intelligence being demonstrated by Anil. 1
- a. Logical-Mathematical
  - b. Naturalistic
  - c. Emotional
  - d. Spatial
- 2 Given below are two statements labelled as Assertion (A) and Reason (R). Select the most appropriate answer from the options given below: 1

Assertion (A): Cognitive Assessment System can be used to assess cognitive deficits in children with learning problems.

Reason (R): It consists of verbal and non-verbal tasks that measure basic cognitive functions.

Options:

- a. Both A and R are true, and R is the correct explanation of A.
- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true but R is false.
- d. A is false but R is true.

3 While discussing the mountain ranges in the class, Sujata became aware of a trip to the mountains some years ago. Freud referred to this level of awareness as lying in the \_\_\_\_\_.

- a. Conscious
- b. Preconscious
- c. Unconscious
- d. Instinct

4 \_\_\_\_\_ may occur between two or more incompatible needs or motives. 1

- a. Frustration
- b. Conflicts
- c. Stress
- d. Social Pressure

5 Jasmine was tensed about her medical entrance examination. Her cousin, Veer, who had earlier cleared the same entrance examination, gave her tips for the preparation and management of time. This is a form of \_\_\_\_\_ social support. 1

- a. Informational
- b. Tangible
- c. Emotional
- d. Genuine

6 In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option. 1

Assertion (A): Psychoneuroimmunology focuses on the link between the brain, body and the immune system.

Reason (R): Psychological stress is accompanied by negative emotions and associated behaviours, including depression, hostility and aggression.

Options:

- a. Both A and R are true and R is the correct explanation of A.
- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true, but R is false.
- d. A is false, but R is true.

- 7 Deepak has been diagnosed with schizophrenia. When he was given the news of the death of his close family member, he did not show any emotion at all. This symptom is called \_\_\_\_\_. 1
- a. Alogia
  - b. Flat affect
  - c. Blunted Affect
  - d. Avolition
- 8 Seema belongs to a small town that emphasises strict gender roles and limited interactions outside the family. After moving to a big city, she experiences social anxiety leading to feelings of isolation and depression. The model that best explains Seema's condition is \_\_\_\_\_. 1
- a. Diathesis Stress Model
  - b. Biological Model
  - c. Psychodynamic Model
  - d. Socio-cultural Model
- 9 Nimisha has been diagnosed with somatic symptom disorder. Which of the following statements are not true for her disorder? 1
- i. A person with persistent body-related symptoms may or may not be related to a serious medical condition.
  - ii. Reports loss of part or all of some basic bodily functions.
  - iii. Rarely visits the doctor and is never concerned about any diagnostic results.
  - iv. Experiences significant distress and disturbances in one's daily life.
- a. i and iv
  - b. ii and iii
  - c. ii and iv
  - d. i and iii
- 10 In one of the therapy sessions, Sarah opened up about the pressures she faced to be perfect. Her therapist validated Sarah's emotions and emphasized her inherent worth as a person. The therapist showed \_\_\_\_\_. 1
- a. Intellectual understanding
  - b. Regard
  - c. Unconditional positive regard
  - d. Sympathy

- 11 The \_\_\_\_\_ of an attitude indicates how positive or negative an attitude is. 1
- a. Valence
  - b. Extremeness
  - c. Complexity
  - d. Centrality

- 12 Henna lost an arm in an accident. Now her friends do not invite her to play with them in the park. This is an example of \_\_\_\_\_. 1
- a. Stereotype
  - b. Prejudice
  - c. Polarisation
  - d. Discrimination

- 13 In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option. 1

Assertion (A): The cognitive components of an attitude must be 'consonant' (opposite of 'dissonant'), i.e., they should be logically in line with each other.

Reason (R): If an individual finds that two cognitions in an attitude are dissonant, then both of them should be changed.

Options:

- a. Both A and R are true and R is the correct explanation of A.
  - b. Both A and R are true and R is not the correct explanation of A.
  - c. A is true but R is false.
  - d. A is false but R is true
- 14 In which type of group is the relationship amongst members impersonal, boundaries permeable and meetings less frequent? 1
- a. Ingroup
  - b. Primary group
  - c. Formal group
  - d. Secondary group

- 15 In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option. 1

Assertion (A): It is difficult to leave a cohesive group or gain membership of a group which is highly cohesive.

Reason (R): As the group becomes more cohesive, group members start to think, feel and act as a social unit.

Options:

- a. Both A and R are true and R is the correct explanation of A.
- b. Both A and R are true and R is not the correct explanation of A.
- c. A is true but R is false.
- d. A is false but R is true.

### **SECTION B**

- 16 What are the characteristics of the information processing approach to understanding intelligence? 2

**OR**

State the features of a normal curve with respect to intelligence quotient.

- 17 There are individual differences in the level of creativity. How can we explain this variation in the potential for creativity? 2
- 18 Art, religion, myths and dreams are not individually acquired, but are inherited. Justify this statement with reference to analytical psychology. 2
- 19 Alika has been struggling with the expression of her emotions. During the therapy sessions, the therapist encourages her to act out fantasies about feelings and conflicts. Identify and explain this therapy. 2
- 20 Some children throw temper tantrums every time their demand is not fulfilled. Suggest the most appropriate behavioural technique that would help modify this behaviour. 2
- 21 Tapan felt that higher education was not important for success in life. However, he changed his attitude after observing his aunt, who was a scientist. Referring to Mohsin's two-step concept, explain the process of identification. 2

### **SECTION C**

- 22 Akram loved his job but he was unhappy with his team leader. When Akram was approached with a better job offer, he recommended the name of his team leader who willingly accepted it. According to Sternberg, explain the type of intelligence Akram used to modify the environment. 3

**OR**

Dia wants to choose subjects in Grade XI in order to pursue a successful career later in life. Which psychological attributes will be assessed by the counsellor in order to help Dia make an informed choice? Give reasons for your answer.

- 23 What are the effects of stress on an individual's psychological functioning? 3
- 24 Kamla, a typically quiet four-year-old girl, exhibited sudden and unusual behaviour by painting the walls green and attributing it to her friend named Janiya. Over the past week, she has been spending time in her room, engaging in conversations with this imaginary companion. 3
- Does Kamla's behaviour fit into the definition of 'abnormality'? Justify.

### **SECTION D**

- 25 Sonam's intelligence tests reveal that she has exceptional general ability. Identify this variation of intelligence and its characteristics. How can the school help her reach her full potential? 4
- 26 Manas belongs to a family of Chartered Accountants but he himself wants to become a painter. His family members strongly disapprove of his career choice which makes him unhappy. Using Carl Rogers' theory, describe the influence of these family conditions on Manas' personality. 4
- 27 Why is it important to rehabilitate individuals with psychological disorders? Explain the effective strategies used in the rehabilitation of these individuals. 4
- 28 Shrishti opposes the idea of underage children in TV reality shows. After attending a discussion on the same, Shrishti's opinion not only strengthened but she also started a protest group. Identify the group phenomenon taking place here. Why does this phenomenon occur? 4

### **OR**

Sahil is a member of a sales team but he just sits back and waits for the rest of the team to achieve the sales targets. He then takes credit for their work. His lack of effort is affecting the team's productivity and morale.

Which social phenomenon is taking place? How can this phenomenon be reduced so that the team's productivity and morale are enhanced?

### **SECTION E**

- 29 Enumerate the key features of the trait approach in the understanding of personality. Explain any two of the trait approaches in detail. 6

### **OR**

What are the characteristics of the indirect methods of personality assessment? Explain any two such tests used to assess personality.

- 30 Give a brief account of how psychological disorders have been viewed over the ages. 6

**OR**

Describe neurodevelopmental disorders.

**SECTION F  
(CASE BASED)**

**CASE 1**

Read the following passage and answer question numbers 31 and 32.

There is a secret to having children with a good attitude towards school. It's for you, the parent, to have a great attitude towards school. This connection isn't just common sense. It's confirmed in a review of several years of educational research.

For example, if children observe their parents and other adults sharing stories from their college years, the children absorb the message that education is important and something they'll eventually look back on as both fun and valuable.

Harris and Robinson also found that many Asian families, regardless of financial status, still communicate the value of education to their children.

You do not have to live in a rich neighbourhood or spend your weekends hanging out with highly degreed scholars to let your children know that education can bring financial and social benefits.

Source:

<https://www.verywellfamily.com/your-attitude-towards-school-and-your-child-2601480>

- 31 Identify the factor that influences attitude formation in the above passage. 1
- 32 “If children observe their parents and other adults sharing stories from their college years, the children absorb the message that education is important and something they'll eventually look back on as both fun and valuable”. Which two processes of attitude formation can be identified here? 2

**CASE 2**

Read the following passage and answer question numbers 33 and 34.

Arunima Sinha is a true inspiration, having overcome incredible odds to become the first female amputee to climb Mount Everest. Her journey to the top of the world's highest peak is a story of courage, perseverance, and an unbreakable spirit.

A former national-level volleyball player, Arunima lost one of her legs in a tragic train

accident. Instead of giving up, she decided to pursue mountaineering, a passion she had always had. She trained hard for two years, enduring countless hardships, and finally achieved her dream of climbing Mount Everest in 2013.

Arunima's inspiring story doesn't end there. Since then, she has gone on to climb six of the world's highest peaks, becoming an inspiration to people all over the world.

Arunima's story is a powerful reminder that no obstacle is too great to overcome. Her determination and resilience in the face of adversity are an inspiration to us all, and her commitment to helping others is a testament to her character and strength. Her legacy will continue to inspire people for generations to come.

Source:

<https://knowtales.com/the-story-of-arunima-sinha/>

- 33 'Her journey to the top of the world's highest peak is a story of courage, perseverance, and an unbreakable spirit'. According to Kobasa, which personality trait is being referred to here? 1
- 34 Explain any two stress buffers that have helped Arunima in the face of adversity. 2



**Marking Scheme**  
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**Class- XII**

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**Max Marks – 70**

**SECTION A**

- 1 Anil did not get any positive feedback from his teacher for his project work. Instead of being disappointed, Anil motivates himself to make his project better. Identify the type of intelligence being demonstrated by Anil. 1
- a. Logical-Mathematical
  - b. Naturalistic
  - c. Emotional
  - d. Spatial

**Answer: c. Emotional Pg. 17**

- 2 Given below are two statements labelled as Assertion (A) and Reason (R). Select the most appropriate answer from the options given below: 1

Assertion (A): Cognitive Assessment System can be used to assess cognitive deficits in children with learning problems.

Reason (R): It consists of verbal and non-verbal tasks that measure basic cognitive functions.

- a. Both A and R are true, and R is the correct explanation of A.
- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true but R is false.
- d. A is false but R is true.

**Answer: a. Both A and R are true, and R is the correct explanation of A. Pg. 9,10**

- 3 While discussing the mountain ranges in the class, Sujata became aware of a trip to the mountains some years ago. Freud referred to this level of awareness as lying in the \_\_\_\_\_. 1
- a. Conscious
  - b. Preconscious
  - c. Unconscious
  - d. Instinct

**Answer b. Preconscious Pg. 34**

- 4 \_\_\_\_\_ may occur between two or more incompatible needs or motives. 1
- a. Frustration
  - b. Conflicts
  - c. Stress
  - d. Social Pressure

**Answer b. Conflicts Pg. 55**

- 5 Jasmine was tensed about her medical entrance examination. Her cousin, Veer, who had 1  
earlier cleared the same entrance examination, gave her tips for the preparation and  
management of time. This is a form of \_\_\_\_\_ social support.
- a. Informational
  - b. Tangible
  - c. Emotional
  - d. Genuine

**Answer: a. Informational Pg. 66**

- 6 In the question given below, there are two statements marked as Assertion (A) and Reason 1  
(R). Read the statements and choose the correct option.

Assertion (A): Psychoneuroimmunology focuses on the link between the brain, body and the immune system.

Reason (R): Psychological stress is accompanied by negative emotions and associated behaviours, including depression, hostility and aggression.

Options:

- a. Both A and R are true and R is the correct explanation of A.
- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true, but R is false.
- d. A is false, but R is true.

**Answer: d. A is false, but R is true Pg. 59**

- 7 Deepak has been diagnosed with schizophrenia. When he was given the news of the death 1  
of his close family member, he did not show any emotion at all. This symptom is called  
\_\_\_\_\_.
- a. Alogia
  - b. Flat affect
  - c. Blunted Affect
  - d. Avolition

**Answer: b. Flat affect Pg. 82**

- 8 Seema belongs to a small town that emphasises strict gender roles and limited interactions

outside the family. After moving to a big city, she experiences social anxiety leading to feelings of isolation and depression. The model that best explains Seema's condition is \_\_\_\_\_.

- a. Diathesis Stress Model
- b. Biological Model
- c. Psychodynamic Model
- d. Socio-cultural Model

**Answer: d. Socio-cultural Model Pg. 75**

9 Nimisha has been diagnosed with somatic symptom disorder. Which of the following statements are not true for her disorder? 1

- i. A person with persistent body-related symptoms may or may not be related to a serious medical condition.
  - ii. Reports loss of part or all of some basic bodily functions.
  - iii. Rarely visits the doctor and is never concerned about any diagnostic results.
  - iv. Experiences significant distress and disturbances in one's daily life.
- a. i and iv
  - b. ii and iii
  - c. ii and iv
  - d. i and iii

**Answer: a. i and iv Pg. 78**

10 In one of the therapy sessions, Sarah opened up about the pressures she faced to be perfect. Her therapist validated Sarah's emotions and emphasized her inherent worth as a person. The therapist showed \_\_\_\_\_. 1

- a. Intellectual understanding
- b. Regard
- c. Unconditional positive regard
- d. Sympathy

**Answer: c. Unconditional positive regard Pg. 91**

11 The \_\_\_\_\_ of an attitude indicates how positive or negative an attitude is. 1

- a. Valence
- b. Extremeness
- c. Complexity
- d. Centrality

**Answer : b. Extremeness Pg. 109**

12 Henna lost an arm in an accident. Now her friends do not invite her to play with them in 1

the park. This is an example of \_\_\_\_\_.

- a. Stereotype
- b. Prejudice
- c. Polarisation
- d. Discrimination

**Answer: d. Discrimination Pg. 115-116**

- 13 In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option. 1

Assertion (A): The cognitive components of an attitude must be 'consonant' (opposite of 'dissonant'), i.e., they should be logically in line with each other.

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- d. A is false but R is true

**Answer c. A is true but R is false. Pg. 110**

- 14 In which type of group is the relationship amongst members impersonal, boundaries permeable and meetings less frequent? 1

- a. Ingroup
- b. Primary group
- c. Formal group
- d. Secondary group

**Answer. d. Secondary group Pg. 135**

- 15 In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option. 1

Assertion (A): It is difficult to leave a cohesive group or gain membership of a group which is highly cohesive.

Reason (R): As the group becomes more cohesive, group members start to think, feel and act as a social unit.

Options:

- a. Both A and R are true and R is the correct explanation of A.

- b. Both A and R are true and R is not the correct explanation of A.
- c. A is true but R is false.
- d. A is false but R is true.

**Answer a. Both A and R are true and R is the correct explanation of A. Pg. 135**

### **SECTION B**

- 16 What are the characteristics of the information processing approach to understanding intelligence? 2

**Answer:**

- Information-processing approach describes the processes people use in intellectual reasoning and problem-solving.
- The major focus of this approach is on how an intelligent person acts.
- Rather than focusing on the structure of intelligence or its underlying dimensions, information-processing approaches emphasise studying cognitive functions underlying intelligent behaviour.

(Any two of the above characteristics)

**(1+1=2) Pg. 5, 6**

**OR**

State the features of a normal curve with respect to intelligence quotient.

**Answer:**

- IQ scores are distributed in the population in such a way that the scores of most people tend to fall in the middle range of the distribution.
- Only a few people have either very high or very low scores. The frequency distribution for the IQ scores tends to approximate a bell-shaped curve, called the normal curve.
- This type of distribution is symmetrical around the central value, called the mean.

(Any two characteristics)

**(1+1=2) Pg. 11**

- 17 There are individual differences in the level of creativity. How can we explain this variation in the potential for creativity? 2

**Answer:**

- Limits of creative potential set by heredity
- Environmental factors like motivation, commitment, family support etc. stimulate the development of creativity

**(1+1=2) Pg. 19**

- 18 Art, religion, myths and dreams are not individually acquired, but are inherited. Justify this statement with reference to analytical psychology. 2

**Answer:**

- Jung claimed that there was a collective unconscious.
- Collective unconscious consists of archetypes or primordial images.
- Archetypes are not individually acquired but are inherited.
- The God or Mother Earth is a good example of archetypes.
- Archetypes are found in myths, dreams and arts of all mankind. Jung held that the self-strives for unity and oneness.
- It is an archetype that is expressed in many ways. He devoted much of his efforts to the study of such expressions in various traditions.

(Any two of the above)

**(1+1=2) Pg. 37-38**

- 19 Alike has been struggling with the expression of her emotions. During the therapy sessions, the therapist encourages her to act out fantasies about feelings and conflicts. Identify and explain this therapy. 2

**Answer:**

Gestalt therapy-1mk

- The client is taught to recognize bodily processes and emotions that are being blocked out from awareness.
- This helps in increasing self-awareness and self-acceptance.

(Any one of the above)

**(1+1=2) Pg. 101**

- 20 Some children throw temper tantrums every time their demand is not fulfilled. Suggest the most appropriate behavioural technique that would help modify this behaviour. 2

**Answer:**

The technique that would help is differential reinforcement.

- Unwanted behaviour can be reduced and wanted behaviour can be increased simultaneously.
- Positive reinforcement of the wanted behaviour and negative reinforcement or ignoring the behaviour for unwanted behaviour.

**(1+1=2) Pg. 98**

- 21 Tapan felt that higher education was not important for success in life. However, he changed his attitude after observing his aunt, who was a scientist. Referring to Mohsin's two-step concept, explain the process of identification. 2

**Answer:**

According to Mohsin, attitude change takes place in the form of two steps.

- In the first step, the target (Tapan) of change identifies with the source (Aunt).
- Identification means that the target has liking and regard for the source.

**(1+1=2) Pg. 110-111**

### **SECTION C**

- 22 Akram loved his job but he was unhappy with his team leader. When Akram was approached with a better job offer, he recommended the name of his team leader who willingly accepted it. According to Sternberg, explain the type of intelligence Akram used to modify the environment. 3

**Answer:**

- Contextual/ Practical Intelligence
- It can help people succeed in life because it involves the ability to deal with environmental demands encountered on a daily basis.
- People high on this aspect easily adapt to their present environment or select a more favourable environment or modify the environment.
- Street Smartness or business sense

(Any three points)

**(1+1+1=3) Pg. 9**

### **OR**

Dia wants to choose subjects in Grade XI in order to pursue a successful career later in life. Which psychological attributes will be assessed by the counsellor in order to help Dia make an informed choice? Give reasons for your answer.

**Answer:**

- Aptitude -Definition
- Interest - Definition
- Importance of both to predict success in future
- Use generalized aptitude test in the form of test batteries which measure aptitude in several separate but homogenous areas

(Any three points)

**(1+1+1=3) Pg. 17,18**

- 23 What are the effects of stress on an individual's psychological functioning? 3

**Answer:**

Emotional: Anxiety, depression, mood swings, erratic behaviour

Behavioural- use of tranquilisers, alcohol, disrupted sleep patterns, absenteeism, reduced work performance

Cognitive effects: decision making, concentration, argumentative, reduced short term memory

**(1+1+1= 3) Pg. 57-58**

- 24 Kamla, a typically quiet four-year-old girl, exhibited sudden and unusual behaviour by painting the walls green and attributing it to her friend named Janiya. Over the past week, she has been spending time in her room, engaging in conversations with this imaginary companion. 3

Does Kamla's behaviour fit into the definition of 'abnormality'? Justify.

**Answer:**

Yes or No. 1 mk

The four D's and their explanation of how Kamla's behaviour is deviant, dysfunctional, dangerous and distressing or why it is not.

Abnormality means away from the normal- deviation from social norms and being maladaptive.

**(1+2=3) Pg. 71-72**

#### **SECTION D**

- 25 Sonam's intelligence tests reveal that she has exceptional general ability. Identify this variation of intelligence and its characteristics. How can the school help her reach her full potential? 4

**Answer:**

Sonam is intellectually gifted.

She is showing characteristics of intellectual giftedness - Superior intelligence, high creativity, intrinsic motivation and good performance in school exams.

To reach her full potential, Sonam would require special attention and different educational programmes beyond those provided to normal children in regular classrooms. These may include life enrichment programmes that can sharpen children's skills in productive thinking, planning, decision-making, and communication.

**(1+1+2=4) Pg. 12, 13**

- 26 Manas belongs to a family of Chartered Accountants but he himself wants to become a painter. His family members strongly disapprove of his career choice which makes him unhappy. Using Carl Rogers' theory, describe the influence of these family conditions on Manas' personality. 4

**Answer:**

- Roger views personality development as a continuous process. It involves learning to evaluate oneself and mastering the process of self-actualisation.
- He recognises the role of social influences in the development of self-concept. When social conditions are positive, the self-concept and self-esteem are high. In contrast,



when the conditions are negative, the self-concept and self-esteem are low.

- People with high self-concept and self-esteem are generally flexible and open to new experiences so that they can continue to grow and self-actualise.
- This situation warrants that an atmosphere of unconditional positive regard must be created in order to ensure the enhancement of people's self-concept.
- When there is a correspondence between the real self and the ideal self, a person is generally happy.
- Discrepancy between the real self and the ideal self often results in unhappiness and dissatisfaction.

(Explanation of any four of the above with reference to Manas)

**(1+1+1+1=4) Pg. 40-42**

- 27 Why is it important to rehabilitate individuals with psychological disorders? Explain the effective strategies used in the rehabilitation of these individuals. 4

**Answer:**

Rehabilitation of the mentally ill is required to help such patients become self-sufficient.

The aim is to empower the patient to become a productive member of the society. 1mk

- Occupational therapy
- Social skills training
- Vocational therapy.
- Cognitive retraining

(Explanation of any three)

**(1+3=4) Pg. 103-104**

- 28 Shrishti opposes the idea of underage children in TV reality shows. After attending a discussion on the same, Shrishti's opinion not only strengthened but she also started a protest group. Identify the group phenomenon taking place here. Why does this phenomenon occur? 4

**Answer:**

- Group Polarization -Definition
- It occurs as
  - i. In the company of like-minded people, people are likely to hear newer arguments favouring their viewpoints.
  - ii. When people find others also favouring their viewpoint, they feel that their view is validated by the public. This is a sort of bandwagon effect.
  - iii. When people find others having similar views, they are likely to perceive them as in-group.

**(1+3=4) Pg. 138, 139**

**OR**

Sahil is a member of a sales team but he just sits back and waits for the rest of the team to achieve the sales targets. He then takes credit for their work. His lack of effort is affecting the team's productivity and morale.

Which social phenomenon is taking place? How can this phenomenon be reduced so that the team's productivity and morale are enhanced?

**Answer:**

Social Loafing- Definition -1mk

To reduce social loafing

- Making the effort of each individual identifiable
- Making group members committed to the work
- Increasing the value of the tasks
- Making individuals feel their individual contribution is important
- Strengthening group cohesiveness

(Explanation of any three)

**(1+3=4) Pg. 137**

## **SECTION E**

- 29 Enumerate the key features of the trait approach in the understanding of personality. 6  
Explain any two of the trait approaches in detail.

**Answer:**

Trait theories are mainly concerned with the description or characterisation of basic components of personality.

- They try to discover the 'building blocks' of personality.
- Traits are relatively stable over time.
- They are generally consistent across situations.
- Their strengths and combinations vary across individuals leading to individual differences in personality.

(Any two points)

Trait theories:

- Allport's Trait Theory
- Cattell: Personality Factors
- Eysenck's Theory

(Explanation of any two theories)

**(2+2+2=6) Pg. 31-33**

## **OR**

What are the characteristics of the indirect methods of personality assessment? Explain any two such tests used to assess personality.

**Answer:**

- Projective techniques (indirect 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 and desires onto that situation. These projections are interpreted by experts.
- The person being assessed is usually not told about the purpose of assessment and the method of scoring and interpretation.
- The person is informed that there are no correct or incorrect responses. Each response is considered to reveal a significant aspect of personality.
- Scoring and interpretation are lengthy and sometimes subjective.

(Explanation of any two of the above)

Projective tests:

- The Rorschach Inkblot Test
- The Thematic Apperception Test (TAT)
- Rosenzweig's Picture-Frustration Study (P-F Study)
- Sentence Completion Test
- Draw-a-Person Test

(Explanation of any two tests)

(2+2+2=6) Pg. 43-46

30 Give a brief account of how psychological disorders have been viewed over the ages. 6

**Answer:**

Perspectives:

- Supernatural
- Biological
- Psychological

Viewpoint over the ages:

- Organismic
- Middle ages
- Renaissance
- Age of reason and enlightenment
- Interactional approaches.

(Any six of the above)

(1+1+1+1+1+1=6) Pg. 71-72

**OR**

Describe neurodevelopmental disorders.

**Answer:**

Definition of neurodevelopmental disorders. 2 mks

- Attention Deficit Hyperactivity Disorder
- Specific Learning Disorder
- Intellectual Disability
- Autism Spectrum Disorder

(Brief explanation of all)

**(2+ 4=6) Pg. 83-84**

## **SECTION F (CASE BASED)**

### **CASE 1**

Read the following passage and answer question numbers 31 and 32.

There is a secret to having children with a good attitude towards school. It's for you, the parent, to have a great attitude towards school. This connection isn't just common sense. It's confirmed in a review of several years of educational research.

For example, if children observe their parents and other adults sharing stories from their college years, the children absorb the message that education is important and something they'll eventually look back on as both fun and valuable.

Harris and Robinson also found that many Asian families, regardless of financial status, still communicate the value of education to their children.

You do not have to live in a rich neighbourhood or spend your weekends hanging out with highly degreed scholars to let your children know that education can bring financial and social benefits.

Source:

<https://www.verywellfamily.com/your-attitude-towards-school-and-your-child-2601480>

- 31 Identify the factor that influences attitude formation in the above passage. 1

**Answer:**

- Family and school environment
- Reference groups

(Any one)

**1 mk Pg. 111**

- 32 “If children observe their parents and other adults sharing stories from their college years, the children absorb the message that education is important and something they'll 2

eventually look back on as both fun and valuable”. Which two processes of attitude formation can be identified here?

**Answer:**

- Learning attitudes by association, reward or punishment
- Learning attitudes through modelling
- Learning attitudes through group or cultural norms
- Learning attitude through exposure to information

(Description of any two)

**( 1 +1=2) Pg. 110**

## **CASE 2**

Read the following passage and answer question numbers 33 and 34.

Arunima Sinha is a true inspiration, having overcome incredible odds to become the first female amputee to climb Mount Everest. Her journey to the top of the world’s highest peak is a story of courage, perseverance, and an unbreakable spirit.

A former national-level volleyball player, Arunima lost one of her legs in a tragic train accident. Instead of giving up, she decided to pursue mountaineering, a passion she had always had. She trained hard for two years, enduring countless hardships, and finally achieved her dream of climbing Mount Everest in 2013.

Arunima’s inspiring story doesn’t end there. Since then, she has gone on to climb six of the world’s highest peaks, becoming an inspiration to people all over the world.

Arunima’s story is a powerful reminder that no obstacle is too great to overcome. Her determination and resilience in the face of adversity are an inspiration to us all, and her commitment to helping others is a testament to her character and strength. Her legacy will continue to inspire people for generations to come.

Source:

<https://knowtales.com/the-story-of-arunima-sinha/>

- 33 ‘Her journey to the top of the world’s highest peak is a story of courage, perseverance, and an unbreakable spirit’. According to Kobasa, which personality trait is being referred to here? 1

**Answer:**

Hardiness: commitment, control and challenge

**1 mk. Pg. 63**

- 34 Explain any two stress buffers that have helped Arunima in the face of adversity. 2

**Answer:**

Stress buffers:

- Exercise
- Positive attitude
- Positive thinking

(Explanation of any two)

**(1 +1 =2) Pg. 65-66**