

SAMPLE QUESTION PAPER - 1

Psychology (037)

Class XII (2024-25)

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 children face difficulty being in a room by themselves or going to school alone, it is called _____. [1]
 - a) Panic disorder
 - b) SAD
 - c) Compulsive disorder
 - d) Phobia
2. Systematic desensitization begins with some form of _____ [1]
 - a) Relaxation conditioning
 - b) Instrumental training
 - c) Instrumental conditioning
 - d) Relaxation training
3. _____ refers to a stable, persistent, and specific way of behaving. [1]
 - a) Habit
 - b) Trait

c) Temperament

d) Disposition

4. Agents causing physical illness are called _____. [1]

a) Leucocytes

b) B cells

c) Pathogens

d) T cells

5. Stress Inoculation training is an effective stress management technique developed by _____. [1]

a) Lazarus and Folkman

b) Meichenbaum

c) Kobasa

d) Hans Seyle

6. **Assertion (A):** Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short term. [1]

Reason (R): Perfectionists have difficulty in varying standards according to factors such as time available, consequences of not being able to stop work, and the effort needed.

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. _____ is a dynamic situation-specific reaction to stress. [1]

a) Lifestyle

b) Psychoneuroimmunology

c) Coping

d) Pathogens

8. People who remain motionless or silent for long stretches of time suffer from _____.

a) Catatonic stupor

b) Catatonic posturing

c) Catatonic rigidity

d) Avolution

9. As per the American Psychiatric Association, the manual which describes and classifies mental disorders is called _____ . [1]

a) International Classification of Diseases-11

b) Diagnostic and Statistical Manual-V

c) Diagnostic and Statistical Manuscript-V

d) International Classification of Disorders-11

10. Who propounded the Logotherapy? [1]

a) Laura Perls

b) Carl Rogers

c) Victor Frankl

d) Fritz

11. The cognitive component of attitudes which form the ground on which they stand is [1]

a) Values

b) Stereotype

c) Beliefs

d) Prejudice

12. State in which a person feels he has lost something valuable and is not getting what he deserves is known as [1]

a) Deprivation

b) Disadvantage

c) Discrimination

d) Poverty

13. **Assertion (A):** Horney's major contribution lies in her challenge to Adler's treatment of women as inferior. [1]

Reason (R): According to her, each sex has attributes to be admired by the other and neither sex can be viewed as superior or inferior.

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.

14. Individuals work less hard in a group than they do when performing alone. This is called [1]

a) Intergroup conflict

b) Polarisation

c) Social loafing

d) Adjourning

Section B

15. What is cohesiveness? [2]
16. What do you mean by individual differences? [2]

OR

How is giftedness different from talent? Explain.

17. How does Erich Fromm differ from Freud's approach to personality? [2]
18. How stress is a basic ingredient of life? [2]
19. What is the super-ordinate goal? [2]

Section C

20. Explain the nature of the therapeutic relationship between the client and the therapist in different Psychotherapies. [3]
21. State symptoms of Depersonalisation. [3]
22. Why are projective techniques also called as indirect methods of assessing personality? Enumerate their characteristics. [3]

OR

What functions do dream serve according to Freud?

23. Mary found herself very lonely when she joined a new college, but soon felt at ease [3]
when she made friends and became a member of a **hobby group** too. With the help
of this example, discuss the conditions that lead to group formation.

Section D

24. Discuss the various techniques used in behaviour therapy to eliminate faulty [4]
behaviours.

OR

Explain cognitive behavioural therapy.

25. Elaborate the status of intelligence testing in India. [4]
26. What are the causes/sources of the emergence of prejudice? Give an example. [4]

27. What role does culture play in the conceptualisation of intelligence? Explain in the context of western and Indian cultures with the help of suitable examples. [4]

Section E

28. Discuss Freud's psycho-analytic theory of personality. [6]

OR

What are the broad dimensions of personality proposed by H. J. Eysenck?

29. Can a long-standing pattern of deviant behaviour be considered abnormal? Elaborate. [6]

OR

Physicians make the diagnosis of looking at a person's physical symptoms. How are psychological disorders diagnosed?

Section F

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

Stress has the ability to negatively impact our lives. It can cause physical conditions, such as headaches, digestive issues, and sleep disturbances. It can also cause psychological and emotional strains, including confusion, anxiety, and depression. According to the American Psychological Association, untreated chronic stress, or stress that's constant and lasts over an extended period of time, can result in high blood pressure or a weakened immune system. It can also contribute to the development of obesity and heart disease. There are four major effects of stress associated with the stressed state-emotional, physiological, cognitive, and behavioral. Chronic daily stress can divert an individual's attention from caring for herself/himself. When stress is prolonged, it affects physical health and impairs psychological functioning. People experience exhaustion and attitudinal problems when the stress due to demand from the environment and constraints are too high and little support is available from family and friends. Selye noticed a similar pattern of bodily responses in animals. he called this pattern the General Adaptation Syndrome(GAS).

30. what is burnout? when does it occurs?

31. What is GAS? What are the three stages of GAS? (2)

Question No. 32 to 33 are based on the given text. Read the text carefully and answer [3] the questions:

Intelligence test series of tasks designed to measure the capacity to make abstractions, to learn, and to deal with novel situations. The most widely used intelligence tests include the Stanford Binet intelligence scale and the Wechsler scales. The Stanford-Binet is the American adaptation of the original French Binet-Simon intelligence test; it was first introduced in 1916 by Lewis Terman, a psychologist at Stanford University. The test is scored in terms of intelligence quotient, or IQ, a concept first suggested by German psychologist William Stern and adopted by Lewis Terman in the Stanford-Binet Scale. Intelligence tests have provoked a great deal of controversy about what kinds of mental abilities constitute intelligence and whether the IQ adequately represents these abilities, with debate centering on cultural bias in test construction and standardization procedures. Intelligence tests are of several types. one can choose a test depending on the purpose of use. They can be classified as individual or group; verbal or performance; and culture fair or culture biased. Intelligence is assessed with the help of specially designed tests. At two extremes of intelligence are the intellectually deficient persons and the intellectually gifted.

32. Define Intelligence Quotient. (1)

33. How IQ is calculated? What will be the IQ of the Severe retarded people? (2)

Solution
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Section A

1.
(b) SAD
Explanation:
Separation anxiety disorder(SAD) a disorder in which a child becomes excessively anxious when separated from parents.Children are especially prone to separation anxiety during times of stress.
2.
(d) Relaxation training
Explanation:
Relaxation training
3.
(b) Trait
Explanation:
Trait refers to stable, persistent and specific way of behaving.
4.
(c) Pathogens
Explanation:
Stressed individuals may be more likely to expose themselves to pathogens which are agents causing physical illness.
5.
(b) Meichenbaum
Explanation:
Stress inoculation training is one effective method developed by Meichenbaum. In this approach, you replace your negative thoughts with positive ones.
6. **(a) Both A and R are true and R is the correct explanation of A.**
Explanation:
Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short term. Perfectionists have difficulty in varying standards according to factors such as time available, consequences of not being able to stop work, and the effort needed.
7.
(c) Coping

Explanation:

Coping is a dynamic situation-specific reaction to stress. It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress.

The way we cope with stress often depends on rigid deep-seated beliefs, based on experience

8. **(a)** Catatonic stupor

Explanation:

Catatonic stupor -people may hold rigid poses (stupor), an inability to speak (mutism), or waxy flexibility, in which they maintain positions after being placed in them by someone else.

9.

(b) Diagnostic and Statistical Manual-V

Explanation:

Diagnostic and Statistical Manual-V

10.

(c) Victor Frankl

Explanation:

Logotherapy means treatment for the soul. Victor Frankl, a psychiatrist and neurologist propounded Logotherapy.

11.

(c) Beliefs

Explanation:

Attitude is closely related to concepts of beliefs and values. Beliefs refer to the cognitive component of attitudes and form the ground on which attitudes stand.

12. **(a)** Deprivation

Explanation:

Deprivation

13.

(d) A is false but R is true.

Explanation:

Horney's major contribution lies in her challenge to Freud's treatment of women as inferior. According to her, each sex has attributes to be admired by the other and neither sex can be viewed as superior or inferior.

14.

(c) Social loafing

Explanation:

If your teacher assigned work on a class project with a group of 20 other students and since you are part of a group, the social loafing tendency makes it likely that you would put less effort into the project.

Section B

15. Cohesiveness is the team spirit or 'we feeling' or a sense of belongingness to the group. It refers to togetherness, binding, or mutual attraction among group members. As the group becomes more cohesive, group members start to think, feel and act as a social unit and less like isolated individuals.
16. i. Individual differences refer to distinctiveness and variations among people's characteristics.
- ii. Different traits can exist in varying degrees in an individual.
- iii. Each one of us is unique as we possess a novel or typical combination of various traits.

OR

Giftedness and talent, while often used interchangeably, have key differences:

- **Gift:** Giftedness refers to exceptional natural abilities, often intellectual but potentially encompassing creativity, leadership, or social skills. It's a high level of potential across a broad range.
- **Talent:** Talent refers to a developed skill or ability honed through practice and training. It's the result of applying your gifts or natural inclinations in a specific area.

Think of it this way:

- **Giftedness:** Having a box full of valuable tools (potential)
- **Talent:** Taking those tools and crafting something remarkable (developed skill)

Someone can be gifted in many areas, while talent is usually focused on a specific skill they've cultivated.

17. i. According to Freud, approachable personality is biologically oriented whereas **Erich Fromm's** theory of personality has a social orientation.
- ii. He viewed human beings basically as social beings.
- iii. For him, personality traits develop due to social interaction whereas, according to **Freud**, the roots of personality development lies in innate tendencies and unconscious desires.
18. i. Stress is a basic ingredient of life.
- ii. Our biological system is equipped with some stress alarms that are essential for survival and allow one to function effectively in many situations.
- iii. Without undergoing stress, there can be no constructive and creative activity.
- iv. For example, a certain level of stress is necessary to perform better in examinations.

19. A **Superordinate goal** is a goal to which personal goals were subordinated. It refers to a higher and more important goal that is normally pursued by individuals within a group which is beneficial for both parties. Superordinate goals could be achieved only through cooperation between the groups. It is mutually beneficial to both parties, hence both groups work cooperatively.

Research often shows that prejudice and hostility between groups can be reduced, at least temporarily, if both groups are involved in pursuing such a common goal. For example, in times of war, many social prejudices would be put aside as people join forces against a common enemy.

Section C

20. **Psychodynamic therapy** assumes that the therapist understands the intrapsychic conflicts of the client better because of his training and maturity. He interprets the thoughts and feelings of the client and provides insight into the same to the client.

Behaviour therapy assumes that the therapist is capable of finding out the correct behaviour and thought patterns, which would be adaptive for the client.

Existential and humanistic therapy assumes that the therapist simply listens and develops a relationship with the client in which the client himself resolves his problems.

21. i. Involves a dream-like state.

ii. The person has a sense of being separated both from self and reality.

iii. Estrangement.

iv. Changed self-perception.

v. A person's sense of reality is temporarily lost or changed.

22. 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.

OR

Dreams are considered as the royal road to the unconscious. Mainly they serve the following purposes:

- i. They work as safeguards of sleep.
 - ii. They work as wish fulfilment devices. We can give expression to impulses and desires we find unacceptable during our waking hours.
 - iii. Dreams release unconscious tension arising out of conflicts between Id and Ego.
23. There are certain basics like contact and interaction that facilitates group formation. The following conditions can make Mary's interaction easier:
- i. **Proximity:** Repeated interactions with the same set of individuals give us a chance to know them, and their interests and attitudes. Common interests, attitudes, and backgrounds are important determinants of getting connected with those people.
 - ii. **Similarity:** Being exposed to someone over a period of time makes us assess our similarities and paves the way for the formation of groups. One explanation is that people prefer consistency and like relationships that are consistent. When two people are similar, there is consistency and they start liking each other. Another explanation given by psychologists is that, when we meet similar kinds of people, they reinforce and validate our opinions and values we feel we are right, and thus, we start liking them.
 - iii. **Common motives and goals:** When people have common motives or goals, they get together and prefer to be in touch with them to form a group that may facilitate their goal attainment.

Section D

24. Behaviour therapies postulate that psychological distress arises because of faulty behaviour patterns or thought patterns. The foundation of behaviour therapy is on formulating dysfunctional or faulty behaviours, the factors which reinforce and maintain these behaviours, and devising methods by which they can be changed. The following methods are employed in behaviour treatment to get rid of undesirable or faulty behaviours:

- i. **Positive reinforcement:** If the therapist observes an adapted behaviour, he or she may use positive reinforcement. For example, on days when the child was frequently caught with his thumb in his mouth, his mother would prepare his favourite meal.
- ii. **Negative reinforcement:** This term refers to the process of responding negatively to an unpleasant or unfavourable outcome. A mother can, for example, cover her son's thumb with a bitter neem paste to prevent him from developing a thumbsucking habit. Because of the bitterness, the child will stop thumb-sucking and will try to avoid or remove the bitterness of the thumb.
- iii. **Aversive conditioning:** It establishes a connection between negative behaviour and negative outcomes. Aversive therapy is a type of psychotherapy that involves exposing a person to painful stimuli in order to change their abnormal behaviour.
- iv. **Differential conditioning:** This technique employs both positive and negative stimuli at the same time. This technique can be used to reduce undesirable behaviour while increasing desirable behaviour.

OR

This is a short effective technique to treat anxiety, depression, panic attacks and borderline personality, etc.

- i. CBT adopt a bio-psycho-social approach to the treatment of psychopathology.
 - ii. It combines cognitive therapy and behavioral techniques.
 - iii. The biological aspect of disorder is treated through relaxation exercises, psychological aspect are addressed through behavioral techniques and cognitive therapies whereas social aspect is treated through environmental manipulation.
25. 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.
26. Prejudice are learnt. Following are the probable causes for the development of prejudices:
- i. **Learning:** Prejudices are learnt through associations, reward and punishment, modelling, child-rearing practices and social and cultural norms.

- ii. **High Social Identity:** Social identity refers to persons definitions of who he or she is. If the individual starts identifying with his community and develops proud for that gradually, he starts perceiving others as inferior which causes prejudices.
 - iii. **Scapegoating:** It is aggression displaced toward a person or group that is the object of prejudice particularly the individual or the group belongs to weaker section.
 - iv. **Self-fulfilling Prophecy:** Self-fulfilling prophecy refers to behaving in a way that confirms the prediction others make. It is behaving according to once own expectation in such a way that this behaviour influences a situation and brings about what is expected.
 - v. **Kernel of Truth:** It is individual beliefs that if a particular opinion developed by so many people then there must be truth behind it because majority can't be wrong.
27. Culture plays a crucial role in shaping how intelligence is defined and valued. In **Western cultures**, intelligence is often viewed as individual cognitive ability, emphasizing analytical thinking and measurable skills, exemplified by standardized IQ tests. Success in education and careers is a primary indicator of intelligence.
- In contrast, **Indian culture** adopts a more holistic perspective, valuing emotional and social intelligence alongside cognitive abilities. Intelligence is often linked to wisdom and moral values, with concepts like "Buddhi," which encompasses ethical discernment. For example, while Western society might celebrate innovators like Steve Jobs for their analytical skills, Indian culture may honor figures like Mahatma Gandhi for their wisdom and ability to connect with people, highlighting diverse aspects of intelligence across cultures.

Section E

28. i. One of the most comprehensive approaches to personality and its development was formulated by **Sigmund Freud**.
- ii. According to him, the behaviour is determined by the interplay of events and conflicts within the inner life of the individual is central to his approach.

Following are the postulates of psychoanalytic theory:

- i. **Levels of Consciousness:** Freud compared the human mind to an iceberg. The small part that shows above the surface of the water is **conscious**. It is individuals awareness. Beneath this conscious realm is the much larger **Preconscious** which contains information that is not currently on our mind but we could bring into consciousness if called upon to do so.
- ii. **Structure of Personality:** Freud divided personality into three major systems - Id, Ego, and Superego—that interact to govern human behaviour.
ID: ID is the most primitive part of the personality, it is the storehouse of all basic primitive needs. The ID works on the pleasure principle and seeks immediate

gratification of the impulses.

Ego: Ego is the reality-based aspect of self. It develops out of Id. It is governed by the reality principle - the gratification of impulses must be delayed until the situation is appropriate.

- iii. **Ego-defence Mechanism:** When conflicts among Id, ego and the superego is not resolved then the ego experiences anxiety, intense feeling of nervousness, tension and worry. According to **Freud**, the ego uses a defence mechanism for the maintenance of the self.

OR

- **H.J. Eysenck** proposed that personality could be reduced to two dimensions.
- These dimensions are presumed to be biologically and genetically based.
- They are opposed to each other. These dimensions include numerous specific traits.

These dimensions are as follows:

Neuroticism vs. Emotional Stability:

- It refers to the degree to which people have control over their feelings.
- At one extreme of this dimension are highly neurotic people.
- They are anxious, moody, touchy, restless and quickly lose control.
- People, who are calm, even-tempered, reliable and remain under control, occupy the other extreme.

Extroversion vs. Introversion:

- It refers to the extent to which people are socially outgoing or socially withdrawn.
- At one extreme are those who are active, gregarious, impulsive and thrill-seeking.
- At other extremes are the people who are passive, quiet, cautious and reserved.

- **Psychoticism vs. Sociability:** A third dimension was developed by Eysenck later.

This dimension results due to interaction with the above-mentioned two dimensions. A person who scores high on the psychoticism dimension tends to be hostile, ego-centric and anti-social.

Sociability refers to the tendency of an individual to follow social norms.

29. ○ Abnormal behaviour is a relative term. It is a matter of degree. It is a qualitative difference. There is no quantitative difference between normal and abnormal.
- The word 'Abnormal' literally means away from the normal. It implies a deviation from some clearly defined norms or standards.
- **Various Views to explain Abnormality:**

i. Abnormality as Deviation from Social Norms:

- a. Each society has social norms, which are stated or unstated rules for proper conduct.

Behaviours, thoughts, and emotions that break societal norms are called **abnormal**.

- b. Behaviour violates social norms or threatens or makes anxious those observing it. Violation of norms makes abnormality a relative concept; various forms of unusual behavioural can be tolerated depending on the prevailing cultural norms. Yet this component is also at once too broad and too narrow.

ii. **Abnormality in terms of Maladaptive Behaviour:**

- a. The recent approach views abnormal behaviour as **maladaptive**. Many psychologists believe that the best criterion for determining the normality of behaviour is not whether society accepts it but whether it **facilitates the well-being of the individual** and eventually of the group to which he/she belongs.
- b. Well-being is not simply maintenance and survival but also includes **growth** and fulfilment. Maladaptive behaviour refers to - Behaviour that causes problems in life.

- iii. **Concept of four D's:** Now-a-days many psychologists believe that if an individual's behaviour manifests significant deviance, distress, danger, and dysfunction in his/ her behavioural pattern, then it should be treated as abnormal.

OR

Psychological disorders are diagnosed on the basis of two classifications, i.e., DSM or IV ICD-10.

- i. Classification of psychological disorders consists of a list of categories of specific psychological disorders grouped into various classes on the basis of some shared characteristics.
- ii. International Classification of Diseases (ICD-10) is a classification of behavioral and mental disorders.
- iii. **ICD-10** refers to the international classification of diseases and its 10th revision is being used.
- iv. It is developed by **WHO** under one broad heading 'Mental Disorders' which is based on symptoms. (The classification scheme is officially used in India)
- v. The **American Psychiatric Association (APA)** has published an official manual of psychological disorders: The Diagnostic and Statistical Manual of Mental Disorders, Vth Edition (DSM-V).
- vi. It Evaluates the patient on five axes or dimensions rather than just one broad aspect of 'mental disorder'.
- vii. These dimensions relate to biological, psychological, social and other aspects.

Uses of Classification:

- i. Classifications are useful because they enable psychologists, psychiatrists and social workers to communicate with each other about the disorders.
- ii. Helps in understanding the causes of psychological disorders and the processes involved in their development.

iii. It helps in Clinical diagnosis.

Section F

30. Burnout is the state of physical, emotional and psychological exhaustion. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.
31. General adaptation syndrome (GAS) describes the process your body goes through when you are exposed to any kind of stress, positive or negative. It has three stages: alarm, resistance, and exhaustion. If you do not resolve the stress that has triggered GAS, it can lead to physical and mental health problems.
32. The ratio that states the relationship between the mental age and the chronological age is called the Intelligence Quotient (IQ).
33. We use the following formula to calculate IQ: $\frac{MA}{CA} \times 100$
Severe retarded people have the IQ ranging from 25 to 39.