

General Instructions:

SAMPLE QUESTION PAPER - 4
SUBJECT- Psychology (037)
CLASS XII (2023-24)

Maximum Marks: 70

- 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 type-II questions 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. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

Section A

1. What is the term used when people develop a fear of entering unfamiliar situations? **[1]**
 - a) Panic disorder
 - b) Anxiety
 - c) Social Anxiety Disorder
 - d) Agoraphobia
2. What is the name of therapy which combines cognitive therapy with behavioural techniques? **[1]**
 - a) Client centred Therapy
 - b) Gestalt Therapy
 - c) Biomedical Therapy
 - d) Cognitive Behaviour Therapy
3. Lana is focused on achievement, self-disciplined, and keen to do his duty. He would be expected to score highly on: **[1]**
 - a) Conscientiousness
 - b) Neuroticism
 - c) Agreeableness
 - d) Extraversion

a) frustration

b) eustress

c) distress

d) exhaustion

5. Ananya is in a state of physical, emotional and psychological exhaustion. Thus, she is experiencing _____. [1]

a) Breakdown

b) Burnout

c) Resistance

d) Coping

6. **Assertion (A):** Hardiness is a set of beliefs about oneself, the world, and how they interact. [1]

Reason (R): It improves the efficiency of the heart, reduces fat in the blood, and improves the body's immune system.

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. The study that focuses on the link between the brain, mind, and immunity system is called: [1]

a) Psychoimmunology

b) Psychoimmunoneorology

c) Neuroimmunology

d) Psychoneuroimmunology

8. The inability to stop thinking about a particular idea or topic is called _____. [1]

a) Impulsive behavior

b) Obsessive behavior

c) Compulsive behavior

d) Hyperactive behavior

9. 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) Binge eating

b) Bulimia nervosa

c) Anorexia nervosa

d) Over eating

10. Cognitive therapy for the treatment of depression is given by: [1]

c) Aaronoeck

d) Albert Ellis

11. Which feature of the attitude tells us whether an attitude is positive or negative towards the attitude object? [1]

a) Centrality

b) Complexity

c) Valence

d) Extremeness
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):** Allport considered traits more like intervening variables that occur between the stimulus situation and response of the person. [1]
Reason (R): Gordon Allport proposed that individuals possess a number of traits, which are dynamic in nature.

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. Why does group polarisation occur? [1]

a) Ingroup support becomes natural.

b) Like minded people give newer arguments favouring a particular viewpoint.

c) Validation of the view happens when others also favour a viewpoint.

d) All of these
15. Which type of group is a family, caste and religion? [1]

a) Formal

b) Primary

c) Ingroup

d) Secondary

Section B

OR

What do you mean by psychological assessment?

17. What is social loafing? [2]
18. What is self? How does the Indian notion of self differ from the Western notion? [2]
19. 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]
20. How group influences are different from social influences? [2]
21. How values are based on belief or attitude? [2]

Section C

22. What is self-esteem? [3]

OR

How does Erich Fromm differ from Freud's approach to personality?

23. Explain the various techniques of self-control. [3]
24. What is the diathesis-stress model? [3]

Section D

25. Abira integrates different experiences in an original way to suggest novel solutions. According to Sternberg, she is high on which type of intelligence? [4]
26. Define attitude. Discuss the components of an attitude. [4]
27. What are the uses of aptitude tests? [4]
28. What are dysfunctional cognitive structures? [4]

OR

Describe the process of rehabilitation of the mentally ill in detail.

Section E

29. How does Freud explain the structure of personality? [6]

OR

Discuss post Freudian approach to personality.

30. Identify the symptoms associated with depression and mania. [6]

negative symptom of schizophrenia? Describe the other symptoms and sub-types of schizophrenia.

Section F

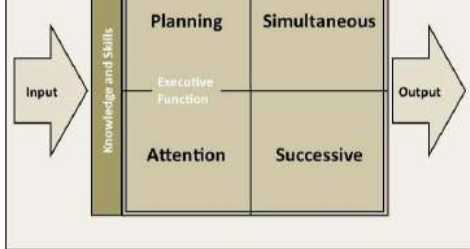
Question No. 31 to 32 are based on the given text. Read the text carefully and answer the questions: [3]

Various factors have been identified which facilitate the development of positive health. Health is a state of complete physical, mental, social, and spiritual well-being and not merely the absence of disease or infirmity. Positive health comprises the following constructs: “a healthy body, high quality of personal relationships, a sense of purpose in life self-regard, mastery of life’s tasks and resilience to stress, trauma, and change”. Specifically, factors that act as stress buffers and facilitate positive health are diet, exercise, positive attitude, positive thinking, and social support. It is essential to have a healthy lifestyle for handling stress and effective coping. Assertiveness, time management, rational thinking, improving relationships, self-care, and overcoming unhelpful habits are life skills that help us to meet life's challenges. Positive health and well-being come through a balanced diet, exercise, positive attitude, positive optimistic thinking, and social support. There is also a need for overall harmonious conditions in society. We must avoid taking unhealthy escape routes of smoking, alcohol, drugs, and other harmful behaviors.

31. Identify the behavior or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts. (1)
32. What are the traits of hardiness? Explain them. (2)

Question No. 33 to 34 are based on the given text. Read the text carefully and answer the questions: [3]

The PASS (Planning, Attention, Simultaneous and Successive cognitive processing) theory of intelligence identifies three operational units that are important to understanding mental functioning: attention, simultaneous and successive processing, and planning. The PASS THEORY of intelligence has been developed by J.P Das, Jack Naglieri, and Kirby (1994). They proposed that three functional units of the brain determine the intellectual activity of an individual. These three units are responsible for planning, arousal/attention and simultaneous/Successive processing These PASS processes are interactive in nature yet each has its own distinctive functions.



33. What is the full form of the pass model? Who developed this model? (1)

34. What is simultaneous processing? When does it take place? (2)

Section A

Solutions

1.

(d) Agoraphobia

Explanation: Agoraphobia is a condition where sufferers become anxious in **unfamiliar** environments or where they perceive that they have little control. Triggers for this anxiety may include wide-open spaces, crowds (social anxiety), or traveling (even short distances).

2.

(d) 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.

3. **(a)** Conscientiousness

Explanation: Those who score high on Conscientiousness are achievement-oriented, dependable, responsible, prudent, hardworking and self-controlled. On the opposite are people who are impulsive.

4.

(c) distress

Explanation: Research has demonstrated that social support effectively reduces psychological **distress** such as depression or anxiety, during times of stress.

5.

(b) Burnout

Explanation: Burnout

6.

(c) A is true but R is false.

Explanation: Hardiness is a set of beliefs about oneself, the world, and how they interact. People with high levels of stress and low levels of illnesses share three characteristics which are referred to as the personality traits of hardiness. It takes shape as a sense of personal commitment to what you are doing, a sense of control over your life, and a feeling of challenge.

7.

(d) Psychoneuroimmunology

Explanation: Psychoneuroimmunology focuses on the links between the mind, the brain, and the immune system. It studies the effects of stress on the immune system.

8.

(b) Obsessive behavior

Explanation: Thoughts, urges or behaviours that persist despite negatively affecting

9. **(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.
10. **(c) Aaronoeck**
Explanation: Aaronoeck
11. **(c) Valence**
Explanation: Valence (Positivity or Negativity): The valence of an attitude tells us whether the attitude is positive or negative toward the attitude object. It means attitudes are directional. There can be a neutral valence too that means neither positive nor negative.
12. **(a) Deprivation**
Explanation: Deprivation
13. **(b) Both A and R are true but R is not the correct explanation of A.**
Explanation: Allport considered traits more like intervening variables that occur between the stimulus situation and response of the person. This meant that any variation in traits would elicit a different response to the same situation because traits determine behaviour in such a manner that an individual approaches different situations with similar plans.
14. **(d) All of these**
Explanation: Group polarization occurs due to (i) In the company of like-minded people, people are likely to hear newer arguments favouring their view-points. (ii) When people find others also favouring their view-point, they feel that their view is validated by the public (iii) in group support is perceived
15. **(b) Primary**
Explanation: Primary groups such as a family, caste and religion are usually given to the individual and are pre-existing.

Section B

16. **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.

Psychological Assessment uses **systematic testing procedures** to evaluate the abilities, behaviours and personal qualities of individuals. Our assessment may be formal or informal.

Formal assessment is objective, standardized and organized. **Informal assessment** varies from case to case and from one assessment to another and therefore is open to subjective interpretations.

17. Social loafing can be defined as reductions in motivation and effort when individuals work collectively in a group, compared to when they work individually. An example of such a task is the game of tug-of-war. It is not possible for you to identify how much force each member of the team has been exerting. Such situations give opportunities to group members to relax and become free riders.
18. **Self** is an organized cognitive structure. It can be understood in terms of subject and object or I and Me. It refers to the totality of one's conscious thoughts, and feelings which pertain to one's own self.

Indian Concept of Self

 - i. Self is characterized by the shifting nature of the boundaries.
 - ii. The Indian view does not make rigid dichotomies.
 - iii. It is based on collectivistic Indian society.

Western Concept of Self

 - i. The boundaries between self and the group are rigid.
 - ii. It holds clear dichotomies between self and group.
 - iii. It is based on individualistic society of the West.
19. 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.
20. In **group influences**, the real presence of people is essential. These are social facilitation, social loafing, and group polarization; whereas, in **social influences**, the presence of people may be real or imaginary. There are three important group influence processes, i.e. conformity, compliance, and obedience.
21. Values are formed when a particular belief or attitude becomes an inseparable part of the person's outlook on life.

Section C

22.
 - i. Self-esteem is a cognitive component of self.
 - ii. The value judgment of a person about herself/himself is called self-esteem.
 - iii. It can be high or low. To assess it, we present a variety of statements to a person and ask him to indicate the extent to which they are true for him. e.g., we may ask a child to what extent the statement "I am good at homework" or "I am highly liked by my

OR

- 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.

23. There are several techniques of self-control that can help individuals manage their impulses and regulate their behavior. Some common techniques include setting specific goals, practicing mindfulness and meditation, developing self-awareness, using positive self-talk and affirmations, employing distraction techniques, utilizing time management strategies, seeking social support, and implementing behavior modification techniques such as reward systems and self-monitoring. These techniques can enhance self-control and promote healthier decision-making and behavior.
24. **The Diathesis-stress model** views abnormal behaviour as the result of stress operating on an individual with a biological, psycho-social or socio-cultural predisposition toward developing a specific disorder. Diathesis refers to biological predisposition. This model has three components:
- i. Diathesis or presence of some biological aberrations which may be inherited.
 - ii. May carry a vulnerability to develop the psychological disorder.
 - iii. Presence of pathological stressors may lead to psychopathology.

Section D

25. According to Robert J. Sternberg's triarchic theory of intelligence, Abira would be considered high in creative intelligence. Creative intelligence refers to the ability to generate unique and innovative ideas by combining different experiences or elements in original ways. Individuals with high creative intelligence are adept at thinking outside the box, seeing connections between seemingly unrelated concepts, and proposing novel solutions to problems. They possess the cognitive flexibility and openness to new experiences that allow them to approach challenges from fresh perspectives. Abira's ability to integrate different experiences in an original way suggests her proficiency in creative intelligence.
26. Attitudes are state of the mind, set of views or thoughts or ideas regarding some topic which has an evaluative feature (positive, negative or neutral). These are relatively stable predispositions.
- Various components of an attitude are as follows:
- i. The thought component is referred to as the cognitive aspect of attitude.
 - ii. The emotional component is known as the effective aspect.
 - iii. The tendency to act is called the behavioral (conative) aspect.

These three aspects have been referred to as the A-B-C (affective-behavioral-

component which cannot be observed from outside.

27. **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.
28. i. Some negative thoughts develop in the mind due to core schemata established in childhood. Such negative thoughts are characterised by cognitive distortions.
- ii. Cognitive distortions are ways of thinking which are general in nature but which distort the reality in a negative manner.
 - iii. These patterns of thoughts are called **dysfunctional cognitive structures**.
 - iv. They lead to errors of cognition about social reality.

OR

Reducing symptoms and raising functioning or quality of life are the two main goals of treating psychological disorders. In the case of milder diseases like reactive depression, phobia, or generalized anxiety, a decrease in symptoms is associated with an improvement in quality of life. However, a patient's symptoms may lessen without necessarily improving in severe mental disorders like schizophrenia. Negative symptoms in these individuals include apathy or a lack of drive, as well as a decline in their cognitive, social, and occupational abilities. They need rehabilitation so badly.

Rehabilitation entails the following steps:

- i. **Occupational Therapy:** Patients are taught techniques such as weaving, making paper bags, and making candles to help them develop work discipline.
- ii. **Social Skill Training:** Patients' interpersonal skills are developed through role-playing, imitation, and instruction.
- iii. **Cognitive Retraining:** It helps patients improve their basic cognitive abilities, such as executive memory and attention functions.
- iv. **Vocational Training:** Following the patient's ability to support themselves, vocational training is provided to assist the patient in developing the skills required to find gainful employment.

Section E

29. The Id:

- ii. It consists of everything that is inherited, including the instinctual drives - sex and aggression.
- iii. It is closely linked to the biological processes and provides the energy source - the libido for the operation of all three systems.

The Ego:

- i. The ego develops out of Id because of the necessity for dealing with the real world. The ego's task is to hold the Id in check until conditions allows for satisfaction of its impulses.
- ii. It operates on reality principles. For example, a hungry man would want to have food at any cost due to id impulses, but it is the ego which delays this hunger impulse until the appropriate conditions are found.
- iii. Ego mediates between the demands of id, the realities of the world and the demands of the super ego.

The Super Ego:

- i. It is related to the values and morals of the society as taught to us by our parents and others. It works according to social norms.
- ii. It is concerned with morality—whether various ways that could satisfy id impulses are right or wrong.

OR

Post-Freudian Approach: Post Freudians are those psychologists who separated themselves from Freud on two basic issues:

- Biological determinism, i.e., life instinct and death instinct regulate human behaviour.
- Freud's too much emphasis on libido as a source of energy.

i. Carl Jung:

- a. He developed his own theory, i.e., **analytical psychology**.
- b. **Basic assumption**—personality consists of competing forces within the individual rather than between the individuals.
—According to Jung, an individual's aims and aspirations are the sources of energy.
- c. Jung proposed a concept of **Collective Unconsciousness**, i.e., inherited part of the unconscious.

ii. Alfred Adler:

- a. His theory is known as Individual Psychology.
- b. Basic assumption-human behaviour is purposeful and goal-directed.
- c. Personal goals are the source of our motivation like dominance and status.

iii. Karen Horney:

- a. She said we are social beings.

c. She was opposed to Freud's gender discrimination.

iv. **Erich Fromm:**

- a. He viewed human beings as basically socially beings who could be understood in terms of their relationship with others.
- b. He argued that psychological qualities such as growth and self-actualization occur from a desire for freedom and striving for justice and truth.
- c. According to him, personality develops from our experiences with other individuals.

v. **Erik Erikson:**

- a. He believed that personality development is a continuous social process.
- b. He gave the concept of identity during adolescence.
- c. His theory lays stress on rational, conscious ego processes in personality development.

30. Depression and Mania are mood disorders. These are characterized by disturbances in mood or prolonged maladaptive emotional state.

The main types of mood disorders include:

- i. Major depressive disorders are defined as a period of depressed mood and/or loss of interest or pleasure in most activities, together with other symptoms which may include.

Symptoms of Depression:

- a. Loss of energy, great fatigue.
- b. Constant sleep problems.
- c. Inability to think clearly.
- d. Greatly slowed behaviour.

ii. **Factors Predisposing towards Depression:**

a. **Genetic make-up**

Heredity is an important risk factor for major depression and bipolar disorders.

- b. **Age** is also a risk factor. For instance, women are particularly at risk during young adulthood, while for men the risk is highest in early middle age.
- c. **Gender** also plays a great role in this differential risk addition. For example, women in comparison to men are more likely to report a depressive disorder.

iii. **Bipolar Disorders:**

Mood disorder, in which both mania and depression are alternately present, is sometimes interrupted by periods of normal mood. This is known **as a bipolar mood disorder**. (Bipolar mood disorders were earlier referred to as **manic-depressive disorders**.)

- a. It is cyclic in nature.
- b. Speech is often rapid as if she has to say as many words as possible in the time allotted.

While speaking in public, the patient changes topics frequently. This is a symptom of derailment. This is one of the positive symptoms of schizophrenia. Schizophrenia is the descriptive term to a **group of psychotic disorders** in which personal, social and occupational functioning deteriorate as a result of disturbed thought processes, strong perceptions, unusual emotional states, and motor abnormalities. The social and psychological causes of schizophrenia are tremendous, both to patients as well as to their families and society.

Symptoms of schizophrenia:

i. Positive Symptoms of Pathological Excesses :

a. Disorganized Thinking and Speech:

i. People with schizophrenia may not be able to think logically, and may speak in peculiar ways.

ii. **Formal thought disorders** can make communication extremely difficult.

b. **Delusion:** It is a false belief that is firmly held on inadequate grounds. It is not affected by emotional argument, and has no basis in reality.

i. **Delusion of Persecution:** belief that they are being plotted against, spied on, slandered, threatened, attacked or deliberately victimized.

ii. **Delusions of Reference:** in which they attach special and personal meaning to the actions of others or to objects and event. They believe that they can read others mind.

ii. Negative symptoms are 'pathological deficits'

i. Alogia—poverty of speech, i.e., a reduction in speech and speech content.

ii. Blunted effect—reduced expression of emotions.

iii. Psychomotor Symptoms:

i. Schizophrenics move less spontaneously or make odd gestures. These symptoms may take extreme forms known as **catatonia**.

ii. Catatonic stupor: motionless and silent for long stretches of time.

Section F

31. Assertiveness is the behavior or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.

32. The traits of hardiness are

- Challenge: Seeing problems or stressors as challenges and opportunities.
- Control: Believing that you influence your environment and your destiny.
- Commitment: Having a tendency to get involved in anything you do.

33. The full form of PASS is the Planning, Attention, Simultaneous, and Successive. The PASS model was developed by J. P. Das and is based on the work of A. R. Luria.

34. Simultaneous processing is the process of combining discrete and unconnected stimuli into a single group or whole to assist in comprehension and interpretation. It involves the comprehension of the relationships of and between separate entities and their

pattern for comprehension.