

General Instructions:

SAMPLE QUESTION PAPER - 2
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. Alolia is a term used for _____. [1]
 - a) No emotions at all
 - b) All of these
 - c) Poverty of speech
 - d) Less anger
2. Therapy introduced by Wolpe for treating phobias and irrational behaviour is _____. [1]
 - a) Systematic desensitisation
 - b) Token economy
 - c) Modelling
 - d) Positive reinforcement
3. Which of the following is an example of repression? [1]
 - a) Stopping yourself from behaving the way you want to
 - b) Suppressing your natural instincts
 - c) Stopping others from behaving inappropriately

4. Cognitive theory of stress was propounded by _____. [1]
- a) Lazarus and his colleagues b) Kobasa
c) Endler and Parker d) Hans Seyle
5. Psychoneuroimmunology is a branch of psychology that focuses on the links between _____. [1]
- a) The brain and the immune system b) The mind, the brain and the body
c) The mind, the brain and the immune system d) The mind and the brain
6. **Assertion (A):** Stress can affect natural killer cell cytotoxicity which is of major importance in the defense against various infections and cancer. [1]
Reason (R): Natural killer cells are involved in the fight against both viruses and tumors.
- 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. A real or perceived threat or challenge that causes the body to produce a response is a(n) _____. [1]
- a) frustration b) injury
c) stressor d) phobia
8. **I can control things in the world according to my moods.** This is a statement made by a person suffering from a delusion of _____. [1]
- a) Persecution b) Control
c) Grandeur d) Reference
9. Perceptions that occur in the absence of external stimuli are known as _____. [1]

c) Hallucinations

d) Catatonic stupor

10. Name the practice taught in the USA which has been found to be effective in the treatment of mental disorders. [1]

a) Kundalini Yoga b) Pranayama

c) SKY d) Vipasana meditation

11. During the COVID-19 pandemic, our society has witnessed many deplorable instances of discrimination, with prejudice. If you devise a plan to handle prejudice, it will include _____. [1]

a) Minimising opportunities for learning prejudices b) All of these

c) De-emphasising a narrow social identity based on the in-group d) Changing such attitudes

12. You like your mother. Your mother does not like pets. You like pets. The tried is - [1]

a) Imbalanced b) Balanced

c) None of these d) Balanced for your mother but imbalanced for you

13. **Assertion (A):** According to Carl Jung, for achieving unity and wholeness, a person must become increasingly aware of the wisdom available. [1]
Reason (R): Personality consists of competing forces and structures within the individual rather than between the individual and the demands of the society.

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. When group cohesion interferes with effective leadership and lead to disaster decisions, this phenomenon is known as [1]

a) Identification b) Obedience

c) Conformity d) Groupthink

a) Intergroup conflict

b) Polarisation

c) Social loafing

d) Adjourning

Section B

16. Briefly summarise the concept of situationism by giving an example. [2]

OR

What is situationist perspective of human behaviour?

17. Do you think extreme cohesiveness of a group is always in a group's interest? State your answer with a valid reason. [2]

18. How Oedipus and Electra complex are different? [2]

19. Tahir is unable to decide whether to study dance or music as he likes both. Is he frustrated or facing a conflict? Explain very briefly. [2]

20. What is social facilitation? [2]

21. What do you mean by values? [2]

Section C

22. How does Erich Fromm differ from Freud's approach to personality? [3]

OR

What is an interview? Explain its limitations.

23. What is Empathy? How it is different from sympathy? [3]

24. State symptoms of Separation Anxiety Disorder. [3]

Section D

25. Elaborate the status of intelligence testing in India. [4]

26. Quite often we see people getting themselves photographed while helping others or even when they are offering donations to the needy. Can we identify the attitudes of these people through their behaviour? When would there be consistency between attitude and behaviour? Explain. [4]

27. Discuss uses and abuses of intelligence test. [4]

28. Discuss the main features of Humanistic-existential therapies. [4]

Section E

29. Evaluate psycho-analytical theory of personality critically. [6]

OR

Discuss the main observational methods used in personality assessment. What problems do we face in using these methods?

30. What are the consequences of alcohol substance addiction? [6]

OR

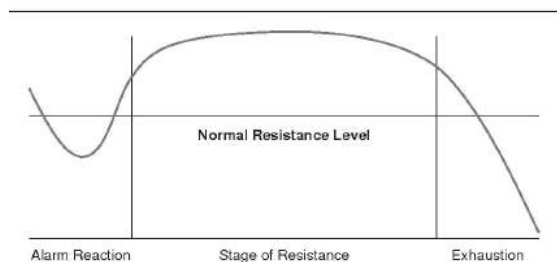
Describe psychological models explaining abnormal behaviour.

Section F

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

Stress is a common occurrence. While you can't remove every single stressor from your life, it's possible to manage stress and maintain your health. This is important because stress can cause mental fatigue, irritability, and insomnia. But even if you know the physical effects of stress, you may be unaware of the different stages of stress, known as general adaptation syndrome (GAS). When you understand the different stages of stress and how the body responds in these stages, it's easier to identify signs of chronic stress in yourself.

Selye found that over time, resistance to stress can cause the body to become exhausted. As a result of weakened resistance, the body is more susceptible to inflammatory diseases, chronic fatigue, and a shorter life.



31. Which stage is considered a level of normal resistance? (1)
32. What are the 3 stages of stress response? Explain. (2)

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

Multiple intelligences is a theory developed by Harvard psychologist Howard Gardner in 1983. The theory suggests that there are eight different types of intelligence:

The theory posits that individuals possess various distinct types of intelligence, rather than a single general intelligence. These types encompass areas like:

- The use of words, numbers, pictures, and music
- The importance of social interactions, introspection, physical movement, and being in tune with nature

The theory describes the different ways students learn and acquire information. For example, children with musical intelligence learn well through songs, patterns, rhythms, instruments, and musical expression.



33. Which type of intelligence involves skills in scientific thinking and problem-solving? (1)

34. What is the importance of the theory of multiple intelligences? (2)

Section A

Solutions

1.

(c) Poverty of speech

Explanation: Alogia, also known as poverty of speech, can make speaking difficult due to lack of content.

2. **(a)** Systematic desensitisation

Explanation: Systematic desensitization is a behavioral technique commonly used to treat fear, anxiety disorders and phobias. Using this method, the person is engaged in some type of relaxation exercise and gradually exposed to an anxiety-producing stimulus, like an object or place.

3.

(d) Suppressing bad memories or current thoughts that cause anxiety

Explanation: Repression is one of the defence mechanisms in which anxiety-provoking behaviours or thoughts are totally dismissed by the unconscious. When people repress a feeling or desire, they become totally unaware of that wish or desire. Thus, when a person says, "I do not know why I did that", some repressed feeling or desire is expressing itself. Suppressing bad memories or current thoughts that cause anxiety is also repression.

4. **(a)** Lazarus and his colleagues

Explanation: The stress process based on the cognitive theory of stress founded by Lazarus and his colleague describes that an individual response to a stressful situation depends largely on the perceived events and how they are interpreted.

5.

(c) The mind, the brain and the immune system

Explanation: Psychoneuroimmunology studies the effects of the stress on the immune system and revolves around how brain, mind and immune system work in inter-relation with each other.

6.

(b) Both A and R are true but R is not the correct explanation of A.

Explanation: Stress can affect natural killer cell cytotoxicity which is of major importance in the defense against various infections and cancer. Natural killer cells are involved in the fight against both viruses and tumors.

7.

(c) stressor

Explanation: **Stressors** are events that cause our body to give a stress response. Such events include noise, crowding, a bad relationship, or the daily commuting to school or office. The reaction to external stressors is called 'strain'.

Explanation: Delusion of grandeur is a person's belief that they are someone other than who they are, such as a supernatural figure or a celebrity. A delusion of grandeur may also be a belief that they have special abilities, possessions, or powers.

9.

(c) Hallucinations

Explanation: A hallucination is a psychotic disorder experienced in the absence of an external stimulus, as distinct from an illusion, which is a misperception of an external stimulus.

10. **(a) Kundalini Yoga**

Explanation: The Institute for Non linear Science, University of California, San Diego USA has found that Kundalini Yoga is effective in the treatment of obsessive-compulsive disorder.

11.

(b) All of these

Explanation: All of these

12. **(a) Imbalanced**

Explanation: Imbalanced

13.

(b) Both A and R are true but R is not the correct explanation of A.

Explanation: According to Carl Jung, for achieving unity and wholeness, a person must become increasingly aware of the wisdom available in one's personal and collective unconscious and must learn to live in harmony with it. Jung held that self strives for unity and oneness. It is an archetype that is expressed in many ways.

14.

(d) Groupthink

Explanation: In groupthink, the group consensus interferes with rational decision making and lead to disastrous results as no one expresses any dissent.

15.

(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

16. Situationism proposes that behavior is influenced more by the situation or context than by internal traits. For example, a person may act aggressively in a heated argument but be calm in a different situation.

OR

The situationist perspective views human behaviour as resulting from the **interaction of external and internal factors**. It is a product of traits and environmental factors.

17. No, extreme cohesiveness of a group is not always in the group's interest. While cohesiveness can promote unity and collaboration, it may also lead to groupthink, where critical thinking and diverse perspectives are suppressed, potentially hindering effective decision-making and innovation.
18. In the phallic stage, **Freud** speculated that at this time the child **fraternizes sexual relations with parents of the opposite sex** which Freud termed as the **Oedipus complex** for boys and **Electra complex** for girls.
- A male child experiencing the Oedipus complex tends to get **sexually attracted toward** his mother and his hostility toward his father. They come to know this is unlikely, boys give up their sexual feelings for their mother and start to see their fathers as **role models**.
- A female child experiencing Electra complex tries to act **as his mother** in order to get that love from **his father**. They have a feeling of hostility toward their mother. Later on, girls when realising that this is highly unlikely then they give up their sexual desire and start seeing their mother as a role model.
19. Tahir is facing a conflict. He is experiencing a decision-making dilemma where he has to choose between two desirable options (dance and music), and the inability to choose one is causing him uncertainty and indecision.
20. Social facilitation refers to positive influence due to the presence of others. It is a psychological concept relating to the tendency for the presence of others to improve a person's performance on a task rather than alone. In general, social facilitation stems from concerns over being judged by others which are often arousing. It suggests that the presence of others leads to arousal and can motivate individuals to enhance their performance if they are already good at solving something. This enhancement occurs when a person's efforts are individually evaluated.
21. Values are attitudes or beliefs that contain a 'should' or 'ought' aspect such as moral and ethical values.

Section C

22. 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.

OR

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

Interviews involve interacting with the person being assessed and asking questions. It is

- a. Time-consuming and demanding.
 - b. Maturity of psychologists is a precondition for getting valid data.
23. i. Empathy means understanding things from the other person's perspective, i.e., putting oneself in the other person's shoes.
- ii. Empathy is present when one is able to understand the plight of another person and feel like another person.
- iii. Empathy enriches the therapeutic relationship and develops a healing relationship.
- iv. It is a cognitive process. **Sympathy** is different from empathy.
- v. It is compassion and pity towards the suffering of another but not being able to feel like the other person.
- vi. It is an effective process.
24. This is a type of anxiety disorder **Symptoms/Clinical features:**
- i. Fearful and anxious about separation from attachment figures.
 - ii. Difficulty being in rooms by themselves.
 - iii. Difficulty in going to school alone.
 - iv. Fearful of entering into new situations.
 - v. Love clinging with parents.
 - vi. Love shadow parenting.
 - vii. If forced to go school or left alone may fuss, scream, throw severe tantrums, show suicidal gestures.

Section D

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. People getting themselves photographed while helping others have the attitude of getting recognition or attention. It is possible to establish logical cause-and-effect relationships that explain social behaviour through systematic and objective observations and the use of scientific methods. People, often in need of social recognition, take photos while assisting others. Their attitude can be identified through their behaviour. We usually expect behaviour to follow logically from attitudes.

- i. The attitude is strong and occupies a central place in the attitude system.
- ii. The person is aware of her/his attitude.
- iii. There is very little or no external pressure for the person to behave in a particular way. For example, when there is no group pressure to follow a particular norm.
- iv. The person's behaviour is not being watched or evaluated by others.
- v. The person thinks that the behaviour would have a positive consequence, and therefore, intends to engage in that behaviour.

27. Intelligence tests serve many useful purposes if used by trained professionals.

Uses of Intelligence Test: Intelligence test assists in selection, counselling, guidance, self-analysis and diagnosis.

Abuses of Intelligence Test: Intelligence test causes ill effects/misuses/abuses if used by naive testers.

- i. Poor performance on a test is a stigma to children which affects adversely the performance.
 - ii. Test results may lead to discriminating practices from parents, teachers and elders.
 - iii. Most of the intelligence tests favour the middle class and higher class populations because of cultural bias.
 - iv. Most intelligence tests ignore creativity and practical aspects of life.
28. i. The humanistic-existential therapy postulates that psychological distress arises from a feeling of loneliness, alienation and an inability to find meaning and genuine fulfilment of life.
- ii. Human beings are motivated by the desire for personal growth and self-actualization and an innate need to grow emotionally.
 - iii. Society believes that free emotional expression can harm social networks. So emotional control is to be developed in the individual for once owned growth and for the healthy social network which leads to distinctive behaviour and negative emotions.
 - iv. The therapy creates a permissive, non-judgmental and accepting atmosphere in which the client's emotions can be freely expressed and the complexity, balance, and integration in personality could be achieved.
 - v. The fundamental assumption of this therapy is that the client has the freedom and responsibility to control his/her own behaviour. The therapist is merely a facilitator and guide. It is the client who is responsible for the success of therapy.
 - vi. The chief aim of the therapy is to expand the client's awareness.

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.

therapies whereas social aspect is treated through environmental manipulation.

Section E

29. 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.

OR

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.

30. Disorders relating to maladaptive behaviours resulting from regular and consistent use of the substance involved are called **substance abuse disorders**.

These disorders include problems associated with using and abusing such drugs as alcohol, cocaine and which alter the way people think, feel and behave.

There are **two sub-groups of substance-use disorders**:

i. **Substance Dependence** refers to **intense craving for the substance** to which the person is addicted.

The person shows tolerance, withdrawal symptoms and compulsive drug taking.

Tolerance means that the person has to use more and more of a substance to get the same effect.

ii. **Substance Abuse** refers to recurrent and significant adverse consequences related to the use of substances.

People, who regularly consume drugs, damage their family and social relationships, perform poorly at work, and create physical hazards.

The three most common forms of substance abuse:

Alcohol Abuse and Dependence:

i. People, who abuse alcohol, drink large amounts regularly and rely on it to help them face difficult situations.

ii. Eventually, the drinking interferes with their social behaviour and ability to think and work.

Heroin Abuse and Dependence:

i. Heroin intake significantly interferes with social and occupational functioning.

ii. Most abusers further develop a dependence on heroin, revolving their lives around the substance, building up a tolerance for it, and experiencing a withdrawal reaction when they stop taking it.

OR

Psychological models maintain that psychological and interpersonal factors have a significant role to play in abnormal behaviour. These factors include:

i. **Maternal deprivation** (separation from the mother, or lack of warmth and stimulation during the early year of life).

ii. **Faulty parent-child relationships** (rejection, overprotection, over-permissiveness, faulty discipline, etc).

iii. **Maladaptive family structures** (inadequate or disturbed family) and severe stress.

The psychological models include the psychodynamic, behavioural, cognitive, and humanistic-existential models.

i. **The Psychodynamic Model:** This model is the oldest and most famous of the modern psychological models. **Abnormal behaviour** is viewed as the result of intrapsychic conflicts.

maladaptive ways of behaving.

iii. **The Cognitive Model:**

- a. This model states that abnormal functioning can result from cognitive problems like negative thinking and irrational beliefs.
- b. People may hold assumptions and attitudes about themselves that are irrational and inaccurate.

iv. **The Humanistic-Existential Model:**

- a. **Humanists** believe that human beings are born with a natural tendency to be friendly, cooperative and constructive, and are driven to self-actualize, i.e., to fulfil this potential for goodness and growth.
- b. **Existentialists** believe that from birth we have total freedom to give meaning to our existence or to avoid that responsibility. Those who shirk from this responsibility would live empty, inauthentic and dysfunctional lives.

Section F

31. The alarm reaction stage is considered a level of normal resistance. During the alarm stage, your brain sends an emergency signal to other parts of your body, which lets those parts know that you're in a dangerous situation. As your body mobilizes itself to react, you can choose between a fight or flight response.
32. There are three stages to stress: the alarm stage, the resistance stage and the exhaustion stage.
 1. **The alarm stage** is when the central nervous system is awakened, causing your body's defenses to assemble. This SOS stage results in a fight-or-flight response.
 2. **The resistance stage** is when your body begins to repair itself and normalize heart rate, blood pressure, etc. After the initial shock of a stressful event, your body enters this recovery phase but remains on high alert for a while.
 3. **The exhaustion stage** is when activation in the first two stages continues over time, causing a breakdown in the balance within your body. This is when certain diseases, such as diabetes or heart disease, may begin.
33. Logical-mathematical intelligence involves skills in scientific thinking and problem-solving.
34. The theory of multiple intelligences is important because it **allows us to think about different types of mental strengths and abilities**. Learning more about which types of intelligence you lean towards may help you learn to recognize your own preferences.