

Class XII Session 2025-26
Subject - Psychology
Sample Question Paper - 1

Time Allowed: 3 hours

Maximum Marks: 70

General Instructions:

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

Section A

1. When a person experiences loud noise at intervals and in an unpredictable manner, the **noise** will be **[1]**
 - a) Less disturbing
 - b) Not disturbing at all
 - c) Controllable and intense
 - d) More disturbing
2. Name the biomedical therapy in which mental problems are treated by giving electric shocks. **[1]**
 - a) Cognitive behaviour therapy
 - b) Electro-convulsive Therapy
 - c) Logotherapy
 - d) Behavior Therapy
3. According to Adler, to develop a healthy personality it is necessary to learn to express: **[1]**
 - a) Sexual urges
 - b) Superego
 - c) Self-interest
 - d) Social interest
4. The stage of general adaptation syndrome marked by intense physiological efforts to adapt to the stressor is called the: **[1]**
 - a) Alarm
 - b) Exhaustion
 - c) Resistance
 - d) Reaction
5. Ananya is in a state of physical, emotional and psychological exhaustion. Thus, she is experiencing _____. **[1]**

Section B

15. What is a team? [2]
16. What is interest? [2]

OR

Mention main characteristics of a bell-shaped curve.

17. Define observation. Explain the limitations of observation as a method to evaluate personality. [2]
18. Explain the relationship between stress and the immune system. [2]
19. What is the bandwagon effect? [2]

Section C

20. How dream interpretation is used in psycho-analysis to elicit the nature of intrapsychic conflict? [3]
21. Classify and explain the symptoms of eating disorders. [3]
22. What is self? How does the Indian notion of self differ from the Western notion? [3]

OR

How would Horney's explanation of depression be different from that of Alfred Adler?

23. When groups are formed, they pass through some developmental sequences or stages. Explain these stages with the help of an example. [3]

Section D

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

OR

How would the therapist formulate the problem of a client?

25. How is **aptitude** different from **interest** and intelligence? How is aptitude measured? [4]
26. You strongly believe that people do not treat street animals properly and as a result you have joined an NGO to work for this cause. What processes should be kept in mind while trying to bring about a change in the attitude of people? Explain. [4]
27. How psychometric approach of intelligence is different from information processing approach? [4]

Section E

28. Discuss psycho-sexual stages of development. [6]

OR

Discuss various projective techniques to assess personality.

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

OR

What are psychological disorders? Explain any three psychological disorders with examples.

Section F

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

Stress is a normal reaction the body has when changes occur, resulting in physical, emotional, and intellectual responses. Stress management training can help you deal with things in a healthier manner. The body's autonomic nervous system controls your heart rate, breathing, vision changes, and more. Its built-in stress response, the "fight-or-flight response," helps the body face stressful situations. When a person has long-term (chronic) stress, continued activation of the stress response causes wear and tear on the body. Physical, emotional, and behavioral symptoms develop. Some physical symptoms are pains, aches, high blood pressure; emotional and mental symptoms are anxiety, panic attacks; behavioral symptoms are smoking, gambling, drinking, and many more. There are three major types of stress which are physical and environmental, psychological, and social. All these types of stress are interrelated.

30. What is frustration? What are some causes of frustration among students? (1)

31. What are the physical symptoms of stress? (2)

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

[3]

Creativity is a mental and social process involving the generation of new ideas or concepts, or new associations of the creative mind between existing ideas or concepts. An alternative conception of creativeness is that it is simply the act of making something new. From a scientific point of view, the products of creative thought are usually considered to have both originality and appropriateness. Creativity has been attributed variously to divine intervention, cognitive processes, the social environment, personality traits, and chance. The study of the mental representations and processes underlying creative thought belongs to the domains of psychology and cognitive science. There has been debate in the psychological literature about whether intelligence and creativity are part of the same process or represent distinct mental processes. Researchers have found out that the relationship between creativity and intelligence is positive. The creative tests came into existence to assess variation in terms of the potential for creativity in contrast to intelligence.

32. Mention any two barriers to creativity. (1)

33. Write down a few characteristics of creativity. (2)

Solution

Section A

1.
(d) More disturbing
Explanation:
More disturbing
2.
(b) Electro-convulsive Therapy
Explanation:
ECT involves a brief electrical stimulation of the brain while the patient is under anesthesia.
3.
(d) Social interest
Explanation:
Adler's theory is known as individual psychology. His basic assumption is that human behaviour is purposeful and goal-directed. Each one of us has the capacity to choose and create. He viewed human beings as basically social beings who could be understood in terms of their relationship with others. In to develop a healthy personality it is necessary to learn to express social interest.
4. **(a)** Alarm
Explanation:
The presence of a noxious stimulus or stressor leads to activation of the adrenal pituitary-cortex system at the **alarm reaction stage**. This triggers the release of hormones producing the stress response. Now the individual is ready for fight or flight.
5.
(c) Burnout
Explanation:
Burnout
6. **(a)** Both A and R are true and R is the correct explanation of A.
Explanation:
Social discrimination, interpersonal hurt, low grades in school, are causes of frustration. Frustration occurs where a party fails to perform its contractual obligations due to an event that is beyond the control of either party.
7.
(b) Pathogens
Explanation:
Stressed individuals may be more likely to expose themselves to pathogens which are agents causing physical illness.
8.
(b) 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).
9.
(b) WHO

Explanation:

ICD-10 is the 10th revision of the psychological disorders list maintained and developed by WHO. It contains codes for diseases, signs and symptoms, abnormal findings, complaints and diagnostic guidelines.

10.

(b) 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.

(c) Self fulfilling prophecy

Explanation:

In a self-fulfilling prophecy, an individual's expectations about another person finally result in the other person or entity acting in ways that confirm the expectations.

12.

(d) Affective-Behavioural-Cognitive

Explanation:

The thought component is referred to as the cognitive aspect, the emotional component is known as the affective aspect, and the tendency to act is called the behavioural aspect. Taken together, these three aspects have been referred to as the A-B-C components (Affective-Behavioural-Cognitive components) of attitude.

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.

(b) Social facilitation

Explanation:

Social facilitation

Section B

15. **Teams** are special kinds of groups. Members of teams often have complementary skills and are committed to a common goal or purpose. Members are mutually accountable for there is a positive synergy attained through the coordinated efforts of the members.

The teams in cricket and football or any sports are its best examples. Also, at our work places we have teams who work on a common project for a common goal and works in sync with each other.

16. Interest refers to what one enjoys doing. It is an individual's preference for engaging in one or more specific activities relative to others, e.g., Interest Inventory developed by NCERT, Comprehensive Interest Schedule (CIS).

OR

i. Bell-shaped curve involves symmetrical distribution i.e., the left half of the curve is a mirror image of the right half.

ii. It is a Uni Modal distribution.

iii. The values of mean, median and mode all coincide.

iv. The curve never touches the X-axis. It is asymptotic.

17. i. Observation refers to systematic, organised and objective gathering and recording relevant information by a trained observer from a natural setting.

ii. It is a careful perception.

iii. It is a sophisticated method and cannot be carried out by untrained people. It requires the careful training of the observer.

Limitations of Observational Method:

- i. Professional training is required for the collection of useful data though these methods are quite demanding and time-consuming.
 - ii. Maturity of the psychologist is a precondition for obtaining valid data through these techniques.
 - iii. Mere presence of the observer may contaminate the results.
18. Stress and the immune system have a complex relationship. Short-term stress can boost immunity, but chronic stress suppresses it. This imbalance can lead to increased susceptibility to infections and autoimmune disorders.
19. The bandwagon effect is a psychological phenomenon in which people do something primarily because other people are doing it, regardless of their own beliefs, which they may ignore or override. When people find that others are favouring their viewpoint, they feel that their view is validated by the public also. They do so under the bandwagon effect. This tendency of people to align their beliefs and behaviors with those of a group is also called a herd mentality.

Section C

20. According to **Freud**, dreams are the royal road to the unconscious.
- The client is asked to write down his/her dreams. Psycho-analysts believe that dream satisfy the repressed libidinal desires which get many in the dreams in disguised ah' symbolic form.
- The images of dreams are symbols which signify intra-psychic forces. These symbols are interpreted and the client develops awareness with his/her unfulfilled desires and conflicts at conscious level.
21. Eating disorders are a range of psychological conditions that cause severe and persistently abnormal eating behaviors.
- Anorexia Nervosa:** The individual has a distorted body image that leads her/him to see herself/himself as overweight. People with this type often refuse to eat, engages in excessive exercising, develops unusual habits.
- Bulimia Nervosa:** The individual may eat excessive amounts of food, then purge her/his body of food by using medicines such as laxatives or diuretics or by vomiting. The person often feels disgusted and ashamed when he/she binges and is relieved of tension and negative emotions after purging.
- Binge Eating:** In this disorder, there are frequent episodes of out-of-control eating. The individual tends to eat at a higher speed than normal and continues eating till she/he feels uncomfortably full.
22. **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.

OR

While **Karen Homey** focuses more on interpersonal relationships during childhood, **Alfred** gives greater importance to personal goals of an individual.

There are, in my opinion, Horney would attribute the cause of depression to parental relations with children which are characterized by excessive interference or indifference.

Alfred Adler would, on the other hand, attribute depression to the feeling of inadequacy and guilt arising within the individual, due to the inability to achieve his/her personal goals. These goals provide an individual with security and are important in overcoming feelings of inadequacy. If individual is not able to attain the goals and could not overcome inferiority appropriately then it leads to depression.

23. Psychologist Bruce Tuckman suggested that groups pass through below developmental sequences:

Forming: When group members first meet, there is a great deal of uncertainty about the group, the goal, and how it is to be achieved. People try to know each other and assess whether they will fit in. There is excitement as well as apprehension.

Storming: In this stage, there is conflict among members about how the target of the group is to be achieved, who is to control the group and its resources, and who is to perform what task. When this stage is complete, some sort of hierarchy of leadership in the group develops and a clear vision as to how to achieve the group goal.

Norming: Group members by this time develop norms related to group behaviour. This leads to the development of a positive group identity.

Performing: At this level, the structure of the group has evolved and is accepted by group members. The group moves towards

achieving the group goal.

Adjourning: In this stage, group wraps up its work and then dissolves.

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

Steps in the Formulation of a Client's Problem:

Understanding of the Problem: The therapist tries to understand the full implications of the distress being experienced by the client. It is done during the first few sessions of establishing a therapeutic relationship.

Identification of the Areas to be targeted for Treatment in Psychotherapy: The theoretical formulation clearly identifies the problem areas to be targeted for therapy. Thus, if a client seeks help for an inability to hold a job and reports an inability to face superiors, the clinical formulation in behaviour therapy would state it as a lack of assertiveness skills and anxiety. The target areas have thus been identified as the inability to assert oneself and heightened anxiety.

Choice of Techniques for Treatment: The choice of techniques of treatment depends on the therapeutic system in which the therapist has been trained. However, even within this broad domain, the choice of techniques, timing of the techniques, and expectations of the outcome of the therapy depend upon the clinical formulation.

The clinical formulation is an ongoing process, formulations may require reformulations as clinical insights are gained in the process of therapy. Usually, the first one or two sessions yield enough clinical material for the initial clinical formulation. It is not advisable to start psychotherapy without a clinical formulation.

25. Aptitude:

- i. Aptitude refers to a combination of characteristics indicative of an individual's potential to acquire some specific skills with training.
- ii. It is the specific mental ability or teaches the ability of an individual to learn a particular skill.
- iii. It is the potentiality to perform a particular activity.
- iv. Aptitude is a determiner to learn a particular skill.

Interest:

- i. Interest refers to a preference for a particular activity or what one enjoys doing.
- ii. Interest are acquired/learned.
- iii. Interest is a facilitator.

An individual with high scientific aptitude having a strong interest in mechanical activities is more likely to be a successful mechanical engineer.

- i. Intelligence is a global and aggregate capacity of an individual to think rationally, act purposefully and to deal effectively with her/his environment.
- ii. Intelligence is a general mental ability.
- iii. It is a product of heredity and environment.
- iv. It does not require training for growth.

26. To bring about a change in attitudes toward street animals, several key processes should be implemented:

- i. **Awareness Campaigns:** Launch educational initiatives to inform the public about the needs and rights of street animals. Use social media, workshops, and community events to disseminate information.

- ii. **Community Engagement:** Foster community involvement by organizing volunteer opportunities, such as feeding programs and rescue efforts. Encourage residents to participate in caring for street animals.
 - iii. **Behavior Change Programs:** Implement workshops on responsible pet ownership and the importance of spaying/neutering. Promote positive reinforcement by recognizing individuals or groups that contribute to animal welfare.
 - iv. **Advocacy:** Work with local authorities to strengthen animal protection laws and promote humane treatment policies. Engage in dialogue with community leaders to garner support.
 - v. **Storytelling:** Share compelling success stories of rescued animals to evoke empathy and inspire action. Use visual content to illustrate the impact of community involvement.
 - vi. **Feedback Mechanisms:** Gather community input through surveys to understand perceptions and concerns. Adapt strategies based on feedback to ensure relevance and effectiveness.
27. i. The psychometric approach of intelligence is also known as the **structural approach**.
- ii. It considers intelligence as an **aggregate of abilities**. It explains an individual's performance in terms of a single index of cognitive abilities.
 - iii. It focuses on the structure of intelligence, i.e., **what** is intelligence, e.g., the benefactor theory, the two-factor theory, the theory of primary mental abilities, etc.
 - iv. **Information processing** approach **describes the processes** people use in intellectual reasoning and problem-solving.
 - v. The major focus of this approach is on **how** an intelligent person acts. It emphasizes studying cognitive functions underlying intelligent behaviour.
e.g., theory of multiple intelligences, PASS model and triarchic theory of intelligence.

Section E

28. Stages of Personality/Psycho-sexual Development (Five Stage Theory of Personality):

- i. The core aspects of personality are established early, remain stable throughout life, and can be changed only with great difficulty.
- ii. Problems encountered at any stage may arrest development, and have a long-term effect on a person's life.

Stage	Age	Pleasure-seeking Centre	Development
Oral	Infancy	Mouth (feeding, thumb sucking)	Basic feelings about the world are established.
Anal	2-3 years	Anus (experience pleasure in moving their bowels)	i. Learns to respond to demands of society. ii. Basis for conflict between the Id (desire for babyish pleasure) and the ego (demand for adult, controlled behaviour).
Phallic	4-5 years	Phallus	i. Begin to realize the differences between males and females. ii. Become aware of sexuality and the sexual relationship between their parents.
Latency	7- Puberty		i. Grows physically, but sexual urges are relatively inactive. ii. Energy is channelled into social or achievement-related activities.
Genital	Puberty +	Genitals	i. Attains maturity in psychosexual development ii. Sexuality, fears and repressed feelings of earlier stages are once again exhibited iii. Learn to deal with members of the opposite sex in a socially and sexually mature way
Oedipus Complex (Male)			Electra Complex (Female)
Love for the mother, hostility towards the father, and fear of punishment or castration by the father.			Attaches her love to the father and tries to symbolically marry him and raise a family.

OR

The projective techniques were developed to assess personality based on the psychoanalytic theory of personality. Some of the projective techniques are:

i. The Rorschach Inkblot Test:

- i. A German psychiatrist, **Herman Rorschach** developed this technique.

ii. This test consists of 10 symmetrical unstructured Inkblots. Five of them are black and white and five are coloured.

ii. **The Thematic Apperception Test (TAT):**

- i. The test was developed by **Morgan and Murray** in 1935.
- ii. It consists of a series of 30 unstructured picture cards and one blank card. Some cards are for males (M), some for females (F), and some for boys (B) and girls or combination.

iii. **Rosenzweig Picture Frustration Study (The P-F Study):**

- i. This test was developed by Rosenzweig.
- ii. This test uses frustration and aggression as the main focus.
- iii. It presents a series of cartoons in which one cartoon frustrates another.
- iv. Its Indian adaptation developed by Pareek is also available.
- v. **Sentence Completion Test:** In this test, a number of stems consisting of a few words are presented. The task is to complete the sentence, e.g. my father.... It is expected that the type of ending used reflects the motivation, conflicts and attitudes of the person.
- vi. **Draw-A-Person Test:** The examinee in this test is asked to draw a person, and then he/she is asked to draw the figure of another person of the opposite sex.

29. 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.
- c. The risk of a suicide attempt is highest in case of bipolar mood disorders

OR

Psychological disorders are conditions that affect your thinking, feeling, mood, and behavior. Some examples of psychological disorders include: Anxiety disorders, Depression, Bipolar disorder, Post-traumatic stress disorder (PTSD), Schizophrenia, Eating disorders, Dementia.

(1) Anxiety disorder: Anxiety disorder due to a medical condition includes symptoms of intense anxiety or panic that are directly caused by a physical health problem. Generalized anxiety disorder includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues.

(2) Obsessive-compulsive disorder (OCD) is a long-lasting disorder in which a person experiences uncontrollable and recurring thoughts (obsessions), engages in repetitive behaviors (compulsions), or both. People with OCD have time-consuming symptoms that can cause significant distress or interfere with daily life.

(3) Depressive disorder, also known as depression, is a common mental disorder that can cause a persistent feeling of sadness and loss of interest. It can affect how you feel, think, and behave, and can lead to a variety of emotional and physical problems.

Section F

30. Frustration is an emotional response to stress. Social discrimination, interpersonal hurt, low grades in school, etc., are causes of frustration.

31. **Physical signs of stress**

- Difficulty breathing.
- Panic attacks.
- Blurred eyesight or sore eyes.
- Sleep problems.
- Fatigue.
- Muscle aches and headaches.
- Chest pains and high blood pressure.
- Indigestion or heartburn.

32. 1. Self-constraining beliefs

2. Fear of criticism

3. Lack of confidence

- 33.
- Originality: The ability to develop ideas that are statistically unusual, novel, or unique
 - Novelty: A creative work brings something new into being, which presents a new conceptual framework and/or modifies or violates an existing one
 - Divergent thinking: Sometimes used as a synonym for creativity in psychology literature or is considered the necessary precursor to creativity
 - Curiosity: An example of curiosity would be a painter who wants to travel everywhere to find inspiration for new works