

ISC SEMESTER 2 EXAMINATION
SAMPLE PAPER - 2
PSYCHOLOGY

Maximum Marks: 35

Time allowed: One and a half hour

Candidates are allowed an additional 10 minutes for only reading the paper.

*They must **NOT** start writing during this time.*

Answer all questions in Section A, Section B and Section C.

Section-A

Question 1.

- (i) In the context of coping techniques, _____ is a process through which individuals cope up with stress.
- (ii) An anxiety disorder in which an individual has an irrational, overwhelming persistent fear of a particular object or situation is known as _____.
- (iii) In which source of prejudice do the group that is the target of prejudice is itself responsible for continuing the prejudice?
- (iv) Ashu is in class XII and he is good in study. But from some time he has been getting some apprehensive feeling about the future. He thinks he will not be able to score good marks and this cause him tension. Identify the name of anxiety disorder Ashu is suffering from?
- (v) Which one of the following is **NOT** the type of phobia?
 - (a) Delusions
 - (b) Specific phobia
 - (c) Agoraphobia
 - (d) Social phobia
- (vi) Which type of disorder is Hallucinations an example of?
 - (a) Dissociative disorder
 - (b) Conversion disorder
 - (c) Phobic disorder
 - (d) Psychotic disorder
- (vii) People with obsessive behaviour are unable to get an idea _____.
 - (a) out of their zones
 - (b) out of their sights
 - (c) out of their ways
 - (d) out of their minds

Section-B

Answer the following questions briefly.

Question 2.

Give the full form of GAS. Briefly explain mood disorder.

Question 3.

- (i) Briefly explain Self-Serving Bias with an example.

OR

- (ii) Briefly explain any two biases in forming judgements about other people behaviour.

Question 4.

Rajat used to be in stress and to overthink the normal situation. He was not able to sleep properly, eat properly and to do any work with focus. After realising that this is not good for his mental or physical health he started doing regular exercise and tries to keep his body fit.

Briefly explain the stress management technique he applied in his life.

Question 5.

Your friend is in class XII and feel she is going through the feeling of prejudice. Briefly discuss any two ways of resisting prejudice.

Question 6.

Briefly explain what is meant by Phobia.

Question 7.

Briefly explain any two ways in which health of an individual can be affected by stress.

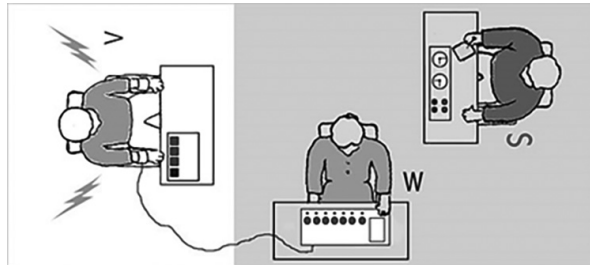
Section-C

Question 8.

Explain how the different perspectives of Abnormal Behaviour is viewed, emphasising on the biological, psychological and socio-cultural aspects.

Question 9.

Study the image given below and answer the questions that follow:



- (i) Identify the classic study depicted in the picture above.
- (ii) What was the subject supposed to do in this experiment?
- (iii) What did this experiment reveal about human behaviour and why?

Question 10.

Radha belongs to a village where people have negative attitude towards girl's education. She tried to convince her family members by telling them the advantages of education for the girls. She also requested a senior female police officer of nearby area to enlighten the people in her village on the importance of education.

- (i) Who is the role model in the case study?
- (ii) Name the process used by Radha to bring attitudinal change.
- (iii) Briefly explain any two ways of attitude formation.

Question 11.

- (i) Give any two causes and any two symptoms of Schizophrenia.

OR

- (ii) Give any two causes and any two symptoms of depression.



Section-A

Answer 1.

- (i) coping behaviour
- (ii) a phobic disorder
- (iii) Self-Fulfilling prophecy

- (iv) Ashu is suffering from generalised anxiety disorder
- (v) (a) Delusions
- (vi) (d) Psychotic disorder
- (vii) (d) out of their minds

Section-B

Answer 2.

GAS stands for General Adaptation Syndrome.

Mood disorder is defined as a psychological disorder in which the individuals experience swings in their emotional states that are more extreme and prolonged than most people, such as depression or bipolar disorder.

Answer 3.

- (i) **Self-serving bias:** This bias involves ascribing all successes (positive events) to internal (own character) or dispositional causes and all failures (negative events) to external causes. It mainly occurs because a person expects to succeed in life hence, he/she tends to ascribe their successes to internal causes.

For example: A person getting a promotion ascribes it to his hard work, sincere efforts to each dead-lines, dedication and commitment towards work (internal causes). The same person when refused promotion may ascribe it to unfair boss, flaws in the management, luck (external causes).

OR

- (ii) Biases in forming judgements about other people behaviour are (any two) :

1. **Anchoring:** This is the common human tendency to rely too heavily, or “anchor,” on one trait or particular information while making decisions.
2. **Attentional Bias:** This is the implicit cognitive bias defined as the tendency of emotionally dominant stimuli in one’s environment to preferentially draw and hold attention.
3. **Backfire effect:** The backfire effect is a cognitive bias that causes people who encounter evidence that challenges their beliefs to reject that evidence, which proves that they are wrong. This is the evidence disconfirming that the beliefs only strengthens them.

Answer 4.

The stress management technique he applied is Altering life style by exercise.

One way to control stress is doing regular exercise and keep the body fit. Regular jogging, swimming or cycling are the exercises which increase heart rate and oxygen consumption eventually and lead to significantly lower heart rates and blood pressure in response to stress situation than others.

Answer 5.

The two ways of resisting prejudice are as follows:

- (a) **Inter-group contact:** Direct contact with members of other groups (out-group) help to combat stereotypes and resist prejudice. This fact is suggested by what is called contact hypothesis.
- (b) The groups interacting must belong to more or less same social status. The contact between them must involve cooperation and interdependence. Each group must view the members of out-group as typical to their respective group. Contact must ensure that each group gets to know the members of out-group individually.

Answer 6.

Phobia is an anxiety disorder. It means extreme and irrational fear of some specific object or situation that leads to avoidance to these objects or situation by the person. According to DSM-IV-TR there are three kinds of phobia-Specific, Social and Agoraphobia.

Answer 7.

Two ways in which health of an individual can be affected by stress are:

1. **Diabetes:** When stressed, the blood sugar level rises. Stress hormone like cortisol and epinephrine are released as they raise blood sugar to help boost energy when it is needed the most. Both physical and emotional stress can prompt and increase these hormones resulting in an increase in blood sugar.
2. **Ulcer and High Blood Pressure (Hypertension):** Stress causes psycho-physiological (mind-body) illness. This illness which include certain forms of hypertension, ulcers and headaches, are not caused by known physical disorders.

Section-C

Answer 8.

The different perspectives of how Abnormal Behaviour is viewed are as follows:

1. **The medical perspective:** This focuses on biological and physiological factors as causes of abnormal behaviour. Such behaviour is treated as a disease, or mental illness, and is diagnosed through symptoms and cured through treatment like any physical illness.
2. **The psychodynamic perspective:** The psychodynamic perspective came up as an alternative to the medical model, evolved from Freudian psychoanalytic theory, which argues that psychological disorders are a result of anxiety produced by unresolved, unconscious conflicts.
3. **The behavioural perspective:** Those promoting a behavioural perspective contend that abnormal behaviour results from faulty or ineffective learning and conditioning.
4. **The cognitive perspective:** According to the cognitive perspective, people engage in abnormal behaviour because of specific thoughts and behaviours that are often based upon their false assumptions.
5. **The social-cultural perspective:** From the social-cultural perspective, abnormal behaviour is learned within a social context ranging from the family, to the community which extends to the culture.

Answer 9.

- (i) Milgram's Obedience Experiment
- (ii) The real subject was asked to give electric shock to the participant for every wrong answer.
- (iii) The experiment revealed that people would obey instructions from those who were in authority, even if the instructions were to harm someone else. This is because the subjects thought that they are not directly responsible for the act and one should follow the instructions of the person who is in authority.

Answer 10.

- (i) Senior Police Officer
- (ii) Persuasion
- (iii) The two ways of attitude formation are:
 1. **Classical Conditioning:** When attitudes are formed by association. For example: A student starts developing interest in the subject because the teacher teaching the subject is his/her favourite teacher.
 2. **Operant Conditioning:** When attitudes are formed through reward or punishment. For example: A child starts coming to the school on time because she/he is rewarded and develops a positive attitude towards punctuality.

Answer 11.

- (i) The causes of Schizophrenia are :
 1. Having a family history of schizophrenia.

2. Some pregnancy and birth complications, such as malnutrition or exposure to toxins or viruses that may impact brain development.
3. Taking mind-altering (psychoactive or psychotropic) drugs during teen years and young adulthood.
(Any two)

The symptoms of Schizophrenia are:

1. **Hallucinations:** These usually involve seeing or hearing things that don't exist. Yet, a person suffering with schizophrenia have the full force and impact of a normal experience.
2. **Disorganized thinking (speech):** Disorganized thinking is inferred from disorganized speech. Effective communication can be impaired, and answers to questions may be partially or completely unrelated.
3. **Negative symptoms:** This refers to reduced or lack of ability to function normally. For example, the person may neglect personal hygiene or appear to lack emotion (doesn't make eye contact, doesn't change facial expressions or speaks in a monotone).

OR

(ii) Factors that are likely to cause depression include:

- (1) genetic features
- (2) changes in the brain's neurotransmitter levels
- (3) environmental factors
- (4) psychological and social factors
- (5) additional conditions, such as bipolar disorder (Any two)

The symptoms of depression can include:

- (1) a depressed mood
- (2) reduced interest or pleasure in activities once enjoyed
- (3) a loss of sexual desire
- (4) changes in appetite
- (5) unintentional weight loss or gain
- (6) sleeping too much or too little
- (7) agitation, restlessness, and pacing up and down
- (8) slowed movement and speech
- (9) fatigue or loss of energy (Any two)