
CBSE Question Paper 2018
Class 12 Psychology (Theory)

Time allowed : 3 hours

Maximum Marks : 70

General Instructions :

1. All questions are compulsory.
 2. Marks for each question are indicated against it.
 3. Answers should be brief and to the point.
 4. Questions no. 1 – 10 in Part A has Learning Checks (very short answer type) questions carrying 1 mark each. You are required to answer them as directed.
 5. Questions no. 11 – 16 in Part B are Very Short Answer type questions carrying 2 marks each. Answer to each question should not exceed 30 words.
 6. Questions no. 17 – 20 in Part C are Short Answer Type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
 7. Questions no. 21 – 26 in Part D are Short Answer Type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
 8. Questions no. 27 and 28 in Part E are Long Answer Type questions carrying 6 marks each. Answer to each question should not exceed 200 words.
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PART A

1. **Emotional competence refers to**
 - a. Self-monitoring of emotions
 - b. Self-competence to handle behaviour
 - c. Discrimination of behaviour
 - d. Persistence in behaviour

Ans. Self - monitoring of emotions

2. _____ is a way of reducing anxiety by distorting reality.

Ans. Defence Mechanism

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3. **Frustration is one of the sources of psychological stress. (True/False)**
Ans. True
4. **Extreme pain without any identifiable biological symptom is an example of _____ disorder.**
Ans. Pain / Somatoform
5. **A dream-like state separating self from reality is known as _____.**
Ans. Depersonalisation / Dissociative Disorder
6. **Electro-convulsive therapy (ECT) is a form of bio-medical therapy. (True/False)**
Ans. True
7. **The process of assigning causes to the behaviour shown in specific social situations is known as _____.**
Ans. Attribution / causal attribution / attribution of causality
8. **Extreme cohesiveness in groups results in _____.**
Ans. Groupthink
9. **_____ perspective suggests that physical environment exists mainly for use by human beings for their comfort.**
Ans. Instrumental
10. **Interpersonal communication involves communicating with two persons. (True/False)**
Ans. English version of the question is ambiguous, both answers, True/False are correct.
Hindi version is correctly worded

PART B

11. **What do you understand by Type-C personality?**

Ans. Type - B Personality

- absence of Type - A traits / opposite of Type A traits
- which are high motivation, impatient, in a hurry, feels burdened with work, feels short of time, not relaxed

OR

Low motivation, has patience, not in a hurry, does not feel burdened with work, does not feel short of time, feel relaxed

12. Explain the behavioural effects of stress.

Ans. Emotion - oriented coping strategy:

- a. efforts to maintain hope and to control one's emotions
- b. involves in venting feelings of anger and frustration
- c. deciding that nothing can be done to change things
- d. support answer with any relevant and appropriate example

13. What is substance dependence?

Ans. Interactional approach to psychological disorders

- a. bio-psycho - social approach
- b. all three factors i.e. biological, psychological and social play important roles in influencing the expression and outcome of psychological disorders

14. Explain separation anxiety disorder (SAD).

Ans. Separation – anxiety disorder – an internalising / behavioural disorder unique to children

OR

Symptoms – prominent symptom is excessive anxiety/ panic experienced by children at being separated from their parents
and

1. Difficulty being in a room by themselves
2. Going to school alone
3. Fearful of entering new situations and clings to and shadow their parents' every move
4. To avoid separation, children with SAD may fuss, scream, throw severe tantrums or make suicidal gestures

15. Explain discrimination in the context of poverty.

Ans. Poverty cycle:

- poverty begets poverty
- low income and lack of resources
- the poor go through low health and nutrition
- lack of education
- lack of skills

This leads to low employment opportunities and again causes poverty

16. What is paraphrasing ?

Ans. Intrapersonal communication – involves communicating with yourself

- activities as thought processes
- personal decision making
- focusing on self

PART C

17. Explain the interactional approach to understand personality.

Ans. Self Control

Psychological techniques of self control are:

- Observation of own behaviour
- Self instruction
- Self reinforcement

Brief explanation of each

18. What is social facilitation?

Ans. Fundamental Attribution Error:

- Gives greater weightage to internal or dispositional factors, than to external or situational factors.
- Generally success is attributed to internal factors and failure is attributed to external factors.
- It varies from culture to culture

19. State any three causes of aggression.

Ans. Effects of Watching TV:

- TV provides a large amount of information, entertainment in the visual mode a powerful mode of education but reduces habit of reading & writing and outdoor activities.
- Affects children's ability to concentrate on one target, creativity and ability to understand & also social interaction.
- TV watching also develops a consumerist attitude.
- Studies suggest that watching violence on TV is linked to greater aggressiveness in viewers, on the other hand it may reduce natural aggressive tendency through catharsis.

Any three

20. **Explain the role of culture in listening.**

OR

Explain non-verbal communication.

Ans. Role of Culture in listening:

- Silent communication by listening.
- Controlling attention, mindfulness
- Listening, keeping in mind the speaker's culture

OR

Components of human communication

- involves (source) the sender & the receiver.
- sender encodes (getting an idea, giving some meaning, framing in message form and sending it)
- receiver decodes (translating the message in understandable form).
- message is influenced by noise, length of material, artifacts, channel etc.
- it includes verbal and non-verbal language.

OR

- speaking with the use of language.
- Effective communicator must know how to use correct language appropriately within a relevant context and avoid slang.
- Listening is an important skill. It may appear passive as it involves silence though it is an active process involving patience & being non-judgemental yet having the capacity to analyse & respond.
- It includes various aspects of listening like reception, attention, assigning meaning, role and listeners response to message. Marks to be given for both the process and components

PART D

21. **Explain Emotional Intelligence. State any two characteristics of emotionally intelligent persons.**

Ans. Contextual Intelligence:

- It is a component of Sternberg's triarchic theory, also known as practical intelligence.
- Involves the ability to deal with environmental demands encountered on a daily basis.
- It may be called 'street smartness' or 'business sense'.
- Persons high on this aspect easily adapt to their present environment or select a more favourable environment than the existing one.
- Modify the environment to fit their need and hence turn out to be successful in life.

22. Describe the key features of self-report measures used in personality assessment.

Ans. Part of 'PASS' model

- Simultaneous processing:
 1. - takes place when we perceive the relations among various concepts and integrate them into a meaningful pattern for comprehension
 2. - in RPM test, by grasping the meaning and relationship between the given option of designs and the given abstract figure, the correct option is chosen. Simultaneous processing of all given figures helps in choosing the correct option
- Successive processing:
 1. - takes place when all the information is remembered serially so that recall of one leads to the recall of another, e.g. learning of digits, alphabet, multiplication tables etc.

23. Explain briefly four factors which facilitate development of positive health.

Ans. Effects of stress on psychological functioning

- Emotional - Experience mood swings and show erratic behaviour that alienates them from family and friends. E.g. feeling 'of anxiety and depression, increased physical tension, increased psychological tension and mood swings.
- Physiological - Increased physical or psychological stress increases the production of hormones such as adrenaline and cortisol. These hormones produce marked changes in heart beats, blood pressure levels, metabolism and physical activities e.g. release of epinephrine and nor epinephrine, slow down of the digestive system, expansion of air passages in the lungs etc.

- Cognitive - Continued pressure due to stress may cause mental overload. This may make the sufferer lose his ability to make sound decisions. Poor concentration and reduced short term memory capacity
- Behavioural - Stress affects our behavior in the form of eating less nutritional food, increasing intake of stimulants such as caffeine, excessive consumption of cigarettes, alcohol and other drugs. Disruptive sleep pattern increased absenteeism and reduced work performance

24. Explain mental disorders from a cognitive perspective.

Ans. Forms of Eating disorders – Anorexia nervosa, Bulimia nervosa and Binge eating.

Anorexia nervosa - The individual has a distorted body image that leads her/him to see herself/ himself as overweight. Often refusing to eat in front of others. The anorexic may lose large amount of weight and even starve herself/himself to death.

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 s/he binges and is relieved of tension and negative emotion after purging.

Binge eating - there are frequent episodes of out - of - control eating

25. Describe the relationship between attitude and behaviour with the help of suitable examples.

Ans. usually behaviour follows logically from attitude but sometimes actual behaviour may be contrary of ones attitude towards an object/topic.

There would be consistency between attitudes and behaviour.

- the attitude is strong and occupies a central place in the attitude system.
- the person is aware of her/his attitude.
- there is very little or no external pressure for the person to behave in a particular way.
e.g. when there is no group pressure to follow, a particular norm.
- the persons behaviour is not being watched or evaluated by others.
- the person thinks that the behaviour would have a positive consequence and therefore intends to engage in that behaviour.

any relevant example or Richard La Piere study on a Chinese couple travelling in the USA

26. Discuss the main propositions of the humanistic approach to personality.

OR

Describe any two procedures of behavioural analysis.

Ans. Humanistic approach to personality:

Rogers believed that all human beings are fully - functional beings and feeling of fulfillment is the main motivational force.

Basic Assumptions:

- Behaviour is goal directed and worthwhile.
- All human beings have an innate tendency to choose adaptive and self actualizing behaviours.

According to Rogers there are two types of self:

- Real Self - What I am
- Ideal Self - What I want to be

Congruence between the two leads to development of balanced integrated personality.

- Unconditional positive regard develops adaptive behaviour which enhances self esteem and self efficacy to self actualize.
- According to Maslow everybody wants to self actualize and attain their highest potential.
- Focus on survival needs reduces him/her to the level of animals and focus on higher needs leads to self actualization.

OR

- According to behaviourists, the structural unit of personality is the response. Personality can be best understood as a response of an individual to the environment.
- Theories of classical conditioning, instrumental conditioning and observational learning view learning and maintenance of behaviour differently and explain development of personality from different perspectives.
- If a particular response is positively reinforced or rewarded then we repeat it again in similar situations and this results in a habit.
- Observational learning theory emphasizes social learning.
- Behaviourists believe in data which they feel are definable, observable and

measurable.

PART E

27. **Explain the causes of group conflict. Discuss any three strategies for resolving conflicts.**

OR

Explain group polarisation. Give reasons for occurrence of group polarisation.

Ans. Social loafing - is a reduction in individual effort when working on a collective task i.e. in which outputs are pooled with those of other group members.

Example – Tug of war or Latane's clapping experiment Group polarization – strengthening of the group's initial position as a result of group interaction and discussion.

Groups may take extreme decisions i.e. from very weak to very strong decisions.

Reasons:

- Like – minded people will favour your view points.
- Bandwagon effect – one view is validated by public
- People having similar views are perceived as ingroup.
- Explanation of group – polarization with a relevant example.

OR

Inter group conflict – a process in which either an individual or a group perceives that others have opposing interests, try to contradict each other. Intense feeling of 'we' and 'other'/'they'.

A. Reasons:

- Lack of communication/ faulty communication
- Relative deprivation.
- One party's belief that it is better than the other.
- A feeling that the other group does not respect the norms of my group.
- Desire for retaliation
- Biased perceptions
- When acting in groups, people are more competitive as well as aggressive.
- Perceived inequity

- Gardner Murphy's explanation
- Listing of any six points or brief explanation of any three points.

B. Strategies for conflict resolution

- Introduction of super ordinate goals
- Altering perceptions
- Increasing intergroup contacts
- Redrawing group – boundaries
- Negotiations
- Structural solutions
- Respect for other group's norms
- Listing of any six points and brief explanation of any three points

28. Explain the importance of therapeutic relationship in psychotherapy. State the ethical standards in psychotherapy.

OR

A person has a phobia of cockroaches. Explain this phobia from the social learning perspective and psychoanalyst viewpoint giving examples.

Ans. Different types of psychotherapy are

- Psycho dynamic uses methods of free association and dream interpretation to illicit intra psychic conflicts.
- Behavioural identifies faulty conditioning patterns and sets up alternate behavioural contingencies to improve behaviour. This therapy uses different techniques to treat different disorders.
- Cognitive
Negative thinking, irrational beliefs and faulty generalization are the cause of all disorders e.g RET. Beck's cognitive therapy and cognitive behavioural therapy..
- Humanistic- Existential.
Inability to find meaning in life and personal growth
- Bio-medical:
Disorders are treated using drugs. In case they fail ECT is given.
- Alternative Therapies
When conventional therapies are not helping then alternate methods such as Yoga and meditation are used.

Principles of Humanistic – Existential theory

- Inability to find meaning and fulfilment in life.
- Curbing of growth needs by society and family leads to psychological distress.
- Therapist as facilitator and guide provides therapy in permissive, non judgmental and accepting environment.
- Aim of therapy is to expand the client's awareness.

OR

A phobia is an irrational fear

- Specific phobias are the most commonly occurring type of phobia. It includes irrational fears such as intense fear of a certain type of animal or of being in an enclosed space.
- It is explained differently by the social learning theorists and the psycho analysts.
- According to social learning perspective the observer/individual acquires behaviour/ knowledge by observing and imitating the model's behaviour, but performance is influenced by model's behaviour being reinforced (rewarded or punished).
- Example - a child sees the mother shouting and screaming when she sees a cockroach and the child reacts in the same manner in a similar situation.
- According to the Psychoanalysts unfulfilled desires of childhood and unresolved childhood fears lead to intrapsychic conflicts and cause fixation
- Example a cockroach may have fallen on a child leading to screaming & jumping by him/her or people around and it was not resolved adequately at that stage due to which repression took place leading to phobia.

Give due weightage to the therapy if mentioned.