

ISC SEMESTER 2 EXAMINATION
SAMPLE PAPER - 1
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) According to Gordon Allport, "an _____ is a mental or neural state of readiness, organized experience, exerting a directive and dynamic influence upon the individual's response to objects and situations with which it is related."
- (ii) A condition in which the pressure within the blood vessels is abnormally high is known as _____.
- (iii) In which type of disorder do there are recurrent obsessions or compulsions that are severe enough to be time consuming or caused marked distress?
- (iv) A person consciously tries to face the stress and it implies successful compromise in the management of stress. It is expected to control his/her reactions to stressor and give directions to them.
Identify the strategy/technique of handling stress used by him/her.
- (v) Which one of the following is **NOT** the part of Defence Mechanism?
 - (a) Regression
 - (b) Reaction formation
 - (c) Displacement
 - (d) Dream analysis
- (vi) Which type of coping stress strategy is Pratyahara an example of ?
 - (a) Relaxation training
 - (b) Yoga
 - (c) Diet
 - (d) Positive thinking
- (vii) People who have phobias have irrational fears related to _____.
 - (a) environment
 - (b) shortness of breath
 - (c) specific objects, people or situations
 - (d) counting

Section-B

Answer the following questions briefly.

Question 2.

Give the full form of ADHD. Briefly explain Autism.

Question 3.

- (i) Briefly explain Automatic Vigilance with an example.

OR

- (ii) Briefly explain any two techniques of behavioural therapy based on classical conditioning.

Question 4.

Disha, who has witnessed her grandfather vomit while dying developed a strong and persistent vomiting fear. Identify the factor of cause that Disha is phobic to. Briefly explain the phobia Disha is suffering from.

Question 5.

Your friend is in class XII and he/she is suffering from Schizophrenia . Briefly discuss any two characteristics of it.

Question 6.

Briefly explain what is meant by Attitude.

Question 7.

Briefly explain any two situational causes of stress.

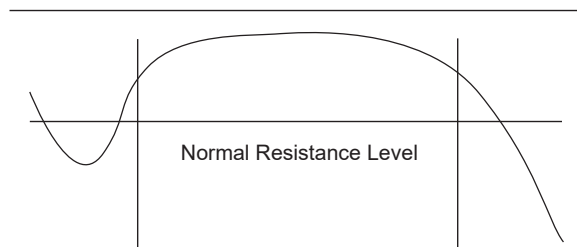
Section-C

Question 8.

Explain how work related situations cause stress in an individual.

Question 9.

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



- (i) Which model of stress is depicted in the graph?
- (ii) In which stage of this model, the body is prepared for fight-flight response?
- (iii) Briefly mention the criticism of this model.

Question 10.

A 20-year-old girl visits the clinical psychologist along with her mother. The mother tells the psychologist that my daughter hear sounds and talks all alone in the room. Sometimes, the daughter screams and says someone is following me and wants to kill me. She has started developing problems in speaking fluently and is less expressive than before.

- (i) Which psychological disorder is the girl suffering from?
- (ii) Which symptom can be identified from this statement- "my daughter hear sounds and talks all alone in the room"?
- (iii) Briefly explain the other two symptoms of this disorder.

Question 11.

- (i) Give any two causes and any two symptoms of Antisocial personality disorder.

OR

- (ii) Give any two causes and any two symptoms of Dependent personality disorder.



Section-A

Answer 1.

- (i) attitude
- (ii) hypertension
- (iii) Obsessive Compulsive Disorder
- (iv) Coping technique
- (v) (d) Dream analysis
- (vi) (b) Yoga
- (vii) (c) specific objects, people or situations

Section-B

Answer 2.

ADHD stands for Attention Deficit Hyperactive Disorder.

Austism is a neurodevelopments disorder characterized by difficulties with social interaction communication and by restricted and repetitive behaviour.

Answer 3.

- (i) Individuals have a tendency to direct attention towards events that may have undesirable consequences for a perceiver's well-being. It is adaptable and alerts a to danger. Example- Leon, Oden and Anderson (1973) in comparative judgement of a person criminal offences found that more serious crimes (rape, murder) have more extreme weight than less serious crimes (forgery, fraud).

OR

- (ii) Two techniques of behavioural therapy based on classical conditioning are :

1. **Flooding:** A type of behaviour therapy, behaviour modification which tries to eliminate fear by exposing the patient over and over again to the stimuli which arouse the fear based on the principle of extinction.
2. **Systematic desensitization:** A form of behaviour therapy for phobias in which individuals first learn how to induce a relaxed state in their own bodies. Then, while on a relaxed state, they are exposed to stimuli that elicit fear.

Answer 4.

The factor of cause that Disha is phobic to is Psychosocial factor.

Disha is suffering from 'vicarious conditioning of phobic fears'. In this, People learn irrational phobic fears by simply watching a phobic person. This can be distressing to the observer and can result in fear being transmitted from one person to another through vicarious or observational learning.

Answer 5.

Schizophrenia is a serious psychotic condition. The name is coined after the two Greek word : 'Schizo' meaning 'split' and 'phrenia' meaning 'mind'. Thus, schizophrenia means split or fragmentation of mind or personality.

The two characterstics of schizophrenia are:

1. **Disordered thinking and speech:** It includes moving from one topic to another, in a nonsensical fashion. Individuals may also make up their own words or sounds, rhyme in a way that doesn't make sense, or repeat words and ideas. Speech may include putting together meaningless words that can't be understood, sometimes known as word salad.
2. **Disorganised behaviour:** This can range from having problems with routine behaviours like hygiene or choosing appropriate clothing for the weather, to unprovoked outbursts, to impulsive and uninhabited actions. A person may also have movements that seem anxious, agitated, tense or constant without any apparent reason.

Answer 6.

Attitude is a preparation or readiness to response. It is also defined as learned response to a person or an object in either a favourable or an unfavourable way. According to Gordon All port. "an attitude is a mental or neural state of readiness, organized through experience, exerting a directive and dynamic influence upon the individual's response to objects and situations with which it is related."

Answer 7.

The two situational causes of stress are :

1. **Stressful life events:** These range from cataclysmic events such as death of one's spouse or being fired from a job. This also includes events such as childhood sexual abuse, rape, man-made or natural disasters such as World Trade Centre attack.

2. **Daily hassles:** Daily hassles have a cumulative impact on health and illness. Such hassles include being stuck in a traffic jam, waiting in line, doing household chores, living in poverty, daily leaving or returning home of a child from school, etc.

Section-C

Answer 8.

Work-related stress occurs when the demands of work exceed resources for managing them. It has been found through studies that most jobs will involve some level of stress, and this will vary from time to time depending on multiple variables. However, when occupational stress becomes chronic, it can result in immense problems for an individual's physical health; it also increases anxiety and mood swing related problems.

Occupational Stress may be caused by many factors:

1. Job specific factors such as poor working conditions, safety and security related issues, unrealistic deadlines set by seniors, long and inflexible working hours, or unrealistic workload.
2. Individual Role specific factors like lack of clarity regarding responsibilities, poor job-person fit, time management related issues, hazards related to managing conflicting roles within an organisation (for example, managing supervisor on one hand and subordinate on the other), etc.
3. Career development issues like Job Security, Promotion, etc.
4. Relationship issues with fellow employees including conflict with co-workers, harassment by colleagues or seniors or discrimination.
5. Organization structure related issues like excessive supervision, lack of involvement by seniors and colleagues, etc.

Answer 9.

- (i) General Adaptation Syndrome (GAS) model
- (ii) Alarm Reaction Stage
- (iii) The model has been criticized because it focuses only on physiological aspects of stress and ignores the role of the psychological factors and appraisal process.

Answer 10.

- (i) Schizophrenia
- (ii) Auditory Hallucination
- (iii) The other symptom of schizophrenia includes:
 1. **Delusion:** A false belief held strongly on inadequate grounds. Example: Delusion of grandeur.
 2. **Formal Thought Disorders:** Speech related problems where people speak in peculiar ways and are unable to think logically. Example: Derailment, which is rapid shifting from one topic to another.

Answer 11.

- (i) Symptoms (according to DSM-IV-TR) of Anti-Social Personality Disorder are:

A pervasive pattern of disregard for and violation of the rights of others occurring since the age of 15 years as indicated by at least three of the following :

 - (1) Failure to consider social norms and repeated law breaking.
 - (2) Deceitfulness.
 - (3) Impulsivity or failure to plan ahead.
 - (4) Irritability and aggressiveness.
 - (5) Reckless disregard for safety of self or others.
 - (6) Consistent irresponsibility.
 - (7) Lack of remorse. (Any two)

Causes :

1. **Biological factors:**

- (a) **Genetic influences:** There is moderate heritability for anti-social or criminal behaviour. Researchers found that individuals with low MAO-A activity are more likely to develop Anti-social personality disorder, if they had experienced early maltreatment.
- (b) **Neurological factors:** Certain brain areas like temporal lobe and pre-frontal cortex regulate mood and behaviour. Serotonin is the neurotransmitter that can be linked with impulsive and aggressive behaviour.

2. **Psychosocial factors :**

- (a) **Low fear hypothesis:** Research suggests that psychopaths have low trait anxiety and show poor conditioning of fear. They are slow at learning and stop responding in order to avoid punishment.
- (b) **Emotional deficits:** There is a more general difficulty among psychopaths to process and understand the meaning of emotional stimuli. There is a lack of empathy.
- (c) **Early parental loss, rejection and inconsistency:** The aggression is a result of damaging effects of parental rejection, abuse and neglect accompanied by inconsistent discipline.

OR

(ii) According to DSM-IV-TR, symptoms of Dependent Personality Disorder are:

A pervasive and excessive need to be taken care of that leads to submissive and clinging behaviour and fear of separation as indicated by at least five of the following :

- 1. Difficulty in making everyday decisions without advice or assurance from others.
- 2. Need others to take responsibility for major areas of life.
- 3. Difficulty in expressing disagreement with others because of fear of loss of support.
- 4. Difficulty in initiating project.
- 5. Goes to excessive lengths to obtain nurturance or support from others.
- 6. Feels uncomfortable or helpless when left alone.
- 7. Urgently seeks another relationship when a close one ends.
- 8. Unrealistic preoccupation with fears of being left to take care of himself/herself. (Any two)

Causes :

1. **Biological factors:**

Genetic and personality factors: There may be a very small genetic influence on dependent personality trait. Personality traits such as neuroticism and agreeableness are predominant in dependent personality disorder.

2. **Psycho-social factors:**

- (a) **Environmental factors:** People with partially genetic based predisposition to dependence and anxiousness may be prone to adverse effects of parents who are authoritarian and over protective (not promoting autonomy and individuation) in their child, instead reinforcing dependent behaviour.
- (b) **Cognitive factors:** Cognitive theorists describe the underlying maladaptive schemes as involving core beliefs about weakness and competence and needing others to survive such as "I am completely helpless", "I can function only if I have access to somebody competent".

□□