

ISC SEMESTER 2 EXAMINATION
SAMPLE PAPER - 3
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) Stress caused due to encountering traffic on the way to work will be categorised under _____ cause of stress.
- (ii) _____ is the rule which determines how we ought to behave in a social situation.
- (iii) Name any one attribute of the influencer which makes them effective at persuasion.
- (iv) Nadine eats a lot of chocolates coming back from work. She justifies her behaviour saying that the chocolates will be ruined due to the weather. What is the defence mechanism used by Nadine?
- (v) Which of the following is **NOT** a role of organisational psychologist?
 - (a) Recruitment
 - (b) Training
 - (c) Rehabilitation
 - (d) Conflict management
- (vi) Reva tells her therapist that they remind her of her sister and interacts with the therapist as she does with her sister. What is Reva is experiencing according to psychodynamic therapies.
 - (a) Insight
 - (b) Transference
 - (c) Confrontation
 - (d) Interpretation
- (vii) Rohan has a negative attitude toward a particular musical band, but he listens to their songs with his friends. Rohan is experiencing _____.
 - (a) Compliance
 - (b) Cognitive dissonance
 - (c) Stress
 - (d) Obedience

Section-B

Answer the following questions briefly.

Question 2.

What does the biological perspective of abnormal behaviour suggests?

Question 3.

- (i) Briefly write about any two components of attitude.

OR

- (ii) Briefly explain any two ways of how we can combat prejudice.

Question 4.

Deepan feels hopeless all the time. He has lost interest in his work or cricket which used to be his favourite sport. What might be Deepan experiencing? Define mood disorders?

Question 5.

A student is experiencing extreme stress of exam. Briefly explain any two effects of stress that she would be experiencing due to exams.

Question 6.

Give any two ways in which a psychologist can help a teacher in managing students.

Question 7.

What is the difference between Eustress and Distress?

Section-C

Question 8.

What are the four traits associated with a leader?

Question 9.



- (i) Which picture will make you more eager to buy a ORS-Picture A or B?
- (ii) What phenomena is depicted in this picture?
- (iii) Briefly explain any 2 factors that influence attitude change based on this picture.

Question 10.

Mira was attacked by a dog when she was young. She started avoiding those places where she could meet a dog. Now she refuses to go out due to fear of dogs.

- (i) What is Mira experiencing?
- (ii) Define this disorder.
- (iii) Briefly explain any two Behavioural therapies that can be helpful to Mira in overcoming her fears.

Question 11.

- (i) Explain the cognitive appraisal model of stress given by Lazarus.

OR

- (ii) Explain four stress management techniques.



Section-A

Answer 1.

- (i) Daily Hassles
- (ii) Social Norms
- (iii) Attractiveness/Experts
- (iv) Rationalisation

- (v) (c) Rehabilitation
- (vi) (b) Transference
- (vii) (b) Cognitive dissonance

Section-B

Answer 2.

Biological perspective of abnormal behaviour suggests that changes in the structure and functioning of the brain play an important role in several forms of abnormal behaviour. Genetic factors may also play a role in abnormal behaviour.

Answer 3.

- (i) Two components of attitude are - Affective/ Emotional component, Cognitive component.
The thought component is known as the cognitive component.
The emotional component is known as the affective component.

OR

- (ii) 1. **Direct intergroup contact:** It allows for direct communication, removal of mistrust between the groups.
- 2. **Re-Categorization:** Resetting boundaries between us and them.

Answer 4.

Deepan might be experiencing Major Depressive Disorder.

Mood disorders: These are the psychological disorders in which individuals experience swings in their emotional states that are extreme and prolonged than is true to most people.

Answer 5.

Stress can affect physical well-being – can cause asthma, High blood pressure, ulcer and it can affect our immune system. Stress can cause reduced performance level and burn out.

Answer 6.

- 1. Psychologist help teachers create tools for classroom where all type of learners could benefit.
- 2. Educational psychologist enables a teacher to know how to initiate the learning process, how to inspire, how to remember or how to learn.

Answer 7.

- 1. Eustress is the level of stress that is good for us and it helps in achieving peak performance and managing minor crisis. It is healthy.
- 2. Distress is the high level of stress that deteriorates our performance and causes negative effects like health issues. It is harmful.

Section-C

Answer 8.

Traits of a leader are:

- 1. Honesty and Integrity
- 2. Leadership and Motivation
- 3. Self-confidence
- 4. Cognitive ability

Answer 9.

- (i) Picture A will make me more eager to buy ORS as the message is coming from a more credible source.
- (ii) Process of attitude change is depicted in this picture.

(iii) **Source characteristics:** Source credibility and attractiveness are two features that affect attitude change.

1. Attitudes are more likely to change when the message comes from a highly credible source rather than from a low-credible source. E.g. People who are planning to buy ORS are more convinced by a doctor who points out the benefit of it rather than media transmission.

Message characteristics: The message is the information that is shown in order to bring about an attitude change.

2. Whether the message contains a rational or an emotional appeal also makes a difference.

Answer 10.

- (i) Mira is experiencing Phobia of dogs.
- (ii) Phobias are irrational fears related to specific objects, people or situation.
- (iii) **Flooding:** This involves exposure to the feared stimuli or a mental representation of the stimuli under conditions where the client cannot escape from it. And hence leads to extinction of the learned fear towards the stimuli.

Systematic desensitization: In systematic desensitization the client learns how to induce relaxed state in their physical bodies and in the relaxed state they are exposed to the stimuli that elicit fear and hence the association is formed between relaxed state and the feared stimuli.

Answer 11.

- (i) The stress process, based on the cognitive theory of stress is given by LAZARUS and his colleagues. An individual's response to stressful situation largely depends upon perceived events and how they are interpreted or appraised.

There are two types of appraisals- primary appraisals and secondary appraisals.

1. Primary appraisal refers to the perception of a new or changing environment as positive, neutral or negative in its consequences.
2. Negative events are appraised for their possible harm, threat or challenge.
Harm is the assessment of the damage that has already been done by the event.
Threat is the assessment of possible future damage that can occur by the event.
Challenge is associated with confidence to cope with the stressful event, overcoming it, and taking advantage of the event.
3. Secondary appraisal is the assessment of one's coping abilities and resources available to meet the harm, threat and challenge of the event.

OR

- (ii) Stress is a silent killer. It plays an important role in physical illness and disease. Stress is on increase due to lifestyle changes.

Stress management techniques are:

1. **Relaxation techniques:** It is an active skill that reduces symptoms of stress and decreases the incidence of illness such as high B.P and heart disease. Relaxation starts from the lower part of the body and progresses up to facial muscles and finally relaxes the whole body.
2. **Meditation procedures:** The yogic method of meditation consists of a sequence of learned techniques for refocusing of attention that brings about an altered state of consciousness.
3. **Biofeedback:** It is a procedure to monitor and reduce the physiological aspects of stress by providing feedback about current physiological activity and is done with relaxation training.
4. **Creative visualisation:** It is a subjective experience that uses imagery and imagination. Before visualising one must set oneself a realistic goal as it helps in building confidence.

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