

Psychology (037)
Class- XII
Sample Question Paper 2020-2021

Time – 3 Hours

Max Marks – 70

GENERAL INSTRUCTIONS

- All questions are compulsory except where internal choice has been given.
- Answers should be brief and to the point. Marks for each question are indicated against it.
 - Question No. **1- 14** in **Section I** are objective type questions carrying 1 mark each. You are expected to answer them as directed.
 - Question No. **15-16** in **Section II** are case based with objective type questions. Question No. **15** has three questions carrying 1 mark each. Question No. **16** has four questions carrying 1 mark each. You are expected to answer each one of them.
 - Question No. **17-22** in **Section III** are very short answer type questions carrying 2 marks each. Answers to each question should not exceed 30 words.
 - Question No. **23-25** in **Section IV** are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
 - Question No. **26-29** in **Section V** are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
 - Question No. **30 and 31** in **Section VI** are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

| | Section I | Marks |
|------|---|--------------|
| Q1A) | _____ is an individual's preference for engaging in one or more specific activities relative to others. | 1 |

OR

| | | |
|------|--|---|
| Q1B) | tests involve divergent thinking and assess such abilities as ability to produce a variety of ideas. | 1 |
| Q2) | The notion of self-esteem is based on Bandura's social learning theory. True/False | 1 |
| Q3) | The state of physical, emotional, and psychological exhaustion is known as_____. | 1 |
| Q4) | Which of the following is true of depression? a. It affects men more frequently than women. b. It is a component of Dissociative Identity Disorder. c. It is caused by low activity of serotonin. d. It is more prevalent among the wealthy than the poor. | 1 |
| Q5A) | Which one of the following best describes a crowd? a. Collection of people b. Collection of people by chance | 1 |

- c. Feeling of interdependence amongst members
- d. Positive synergy amongst the members

OR

- Q5B) A _____ is a cluster of ideas regarding the characteristics of a specific group. 1
- a. Prejudice
 - b. Discrimination
 - c. Scapegoating
 - d. Stereotype
- Q6) Bindu is a remarkable singer and has won many accolades. She is known as a child prodigy. Which of the following terms best describe Bindu's abilities? 1
- a. Talent
 - b. Giftedness
 - c. Naturalistic intelligence
 - d. Interest
- Q7) If 16 PF questionnaire is used for vocational exploration then _____ is a self-report measure used to identify varieties of psychopathology. 1
- Q8A) Mir had no recollection of the bicycle he received as a gift on his tenth birthday. But when Nita reminded him about the same, he was able to recall it. This is because memories of his birthday were lying in the _____ level. 1
- a. Unconscious
 - b. Preconscious
 - c. Conscious
 - d. Superconscious

OR

- Q8B) Anupam lacks patience, exhibits high motivation, feels burdened with work and always seems to be in a hurry. He needs to take care of himself as such people are prone to ailments like: 1
- a. Cancer
 - b. Depression
 - c. Coronary Heart Disease
 - d. None of the above
- Q9) Ritu was unable to decide about the topic of the project she had to submit for the final examination. She, therefore, did not complete the work before the deadline, was unable to concentrate on the task at hand and seemed to suffer from mental overload. The above signs are exhibiting _____ effect of stress. 1

- Q10 A) After several years of living and working in a small town in Gujarat, Harsh wakes up one morning insisting that his name is Dhruv and that he has to report to his job in Mumbai. He does not recognise the furniture in his apartment or the clothing hanging in his closet. He is completely confused about his current life. He may be experiencing 1
- a. Dissociative fugue
 - b. Depersonalisation
 - c. Generalized anxiety disorder
 - d. Post-traumatic stress disorder

OR

- Q10 B) Neha, a 17-year old girl, has been bingeing on large quantity of food, more than what most people of her age would eat. She, then, engages in purging behaviour as often as 3 or 4 times a week. She feels, as if, she has no control over it. She is most likely to be suffering from: 1
- a. Anorexia Nervosa
 - b. Bulimia Nervosa
 - c. Binge Eating
 - d. Eating disorder not otherwise specified

- Q11 A) A particular therapist teaches clients in a group setting to recognise bodily processes and emotions that they have blocked from their awareness. The therapist is using client-centred therapy. True/ False 1

OR

- Q11 B) When a behaviourist praises the client for using kind words during their conversation and ignores when the client is rude; she/he is employing positive reinforcement. True/ False 1

- Q12) Ritesh sees his parents achieve financial success through hard work. He considers his mother to be his role model. As a result, Ritesh develops a strong attitude towards success and hard work. This is an example of: 1
- a. Learning attitude through exposure to information
 - b. Learning attitude through observation
 - c. Learning attitude through group or cultural norms
 - d. Learning attitude through rewards and punishment

- Q13) On being assessed for intelligence, Vivan scored high in aspects such as attention, observation, analysis, achievement orientation and Ajay scored high in social and emotional skills, self-reflection and 1

collectivistic orientation. Which of the following statements reflect these differences seen in Ajay and Vivan?

- a. Ajay is high in technological intelligence.
- b. Vivan is not high in integral intelligence.
- c. Vivan lacks technological intelligence and Ajay lacks integral intelligence.
- d. Vivan is high in technological intelligence and Ajay is high in integral intelligence.

Q14) Choose the correct match for each behaviour with the aspects related to structure of personality

1

| | |
|---|-------------------------|
| I) grabbing the candy and eating it immediately | i) reality principle |
| II) asking for permission to eat the candy | ii) moral principle |
| III) eating the candy is ethically right | iii) pleasure principle |

| |
|------------------------|
| a. I i, II ii, III iii |
| b. I iii, II ii, III i |
| c. I iii, II i, III ii |
| d. I ii, II i, III iii |

Section II

Q15) Read the case and answer the questions that follow.

1x3=3

Mr. John is a twenty-seven year old man who consulted a psychologist to discuss what he calls his 'silly habits'. He reports that for several years he had to check and recheck electrical appliances, as well as doors and windows, before leaving home each morning and again before going to bed. At times, the checking has made him late for work and has disturbed his sleep such that he had to get up to check everything several times yet again. When questioned about the reasons for this behaviour, Mr. John reported that he could not stop thinking that electrical appliances may short circuit and cause a disastrous fire or that his house may be broken into and he will lose all valuables. He recognises these concerns and the resulting checking as excessive and unreasonable, yet feels compelled to do something to alleviate the anxiety associated with the thoughts. During counselling, the psychologist found out that some time before the checking rituals

started, a major fire had broken in Mr. John's office and all important papers were destroyed.

Q15 i) Identify Mr. John's disorder.

- a. Generalised anxiety disorder
- b. Major depressive disorders
- c. Obsessive - compulsive disorder
- d. Somatic symptom disorder

Q15 ii) Which of the following statements represents his repetitive thoughts?

- a. For a number of years, he had to check and recheck electrical appliances.
- b. He had to get up to check everything a number of times.
- c. The checking has made him late for work.
- d. He could not stop thinking that electrical appliances may short circuit and cause a disastrous fire.

Q15 iii) Which disorder also comes under the category of obsessive-compulsive and related disorders?

- a. Excoriation disorder
- b. Acute stress disorder
- c. Adjustment disorder
- d. Cyclothymic disorder

Q16 A) Read the case and answer the questions that follow.

1x4=4

On November 26, 2008, about 35 employees of Taj Hotel Mumbai, led by a 24-year old banquet manager, Mallika, were assigned to manage the event in a second-floor banquet room. As they served the main course, they heard what they thought were fireworks at a nearby wedding. In reality, these were the first gunshots from terrorists who were storming the Taj Hotel, Mumbai.

The staff quickly realised something was wrong. Mallika locked the doors and turned off the lights. She asked everyone to lie down quietly under tables and refrain from using cell phones. The group stayed there all night, listening to the terrorists rampaging through the hotel, hurling grenades, firing automatic weapons, and tearing the place apart. During the onslaught on the Taj Mumbai, 31 people died and 28 were hurt, but the very next day the hotel received praise. Its guests were overwhelmed by employees' dedication to duty, their desire to protect guests without considering their own personal safety, and their quick thinking. As many as 11 Taj Mumbai employees—a third of the hotel's casualties—laid down their lives while helping around 1,200 to 1,500 guests escape.

With reference to the above case, answer the following questions:

Q16A i) In reality, these were the first gunshots from terrorists who were storming the Taj Hotel, Mumbai. The staff quickly realised something was wrong.

Which stage of the General Adaptation Syndrome model were the staff in?

- a. Resistance
- b. Alarm reaction
- c. Exhaustion
- d. Burnout

Q16A ii) *'Mallika locked the doors and turned off the lights. She asked everyone to lie down quietly under tables and refrain from using cell phones'.* From these lines, identify the coping strategy used by Mallika.

- a. Task-oriented
- b. Avoidance-oriented
- c. Emotion-oriented
- d. Biofeedback

Q16 A iii) Which of the following set of words best describe Mallika's hardiness?

- a. Commitment, confidence, control
- b. Challenge, control, calmness
- c. Commitment, control, challenge
- d. Control, commitment, conviction

Q16 A iv) Selye's GAS model has been criticised largely for assigning limited role tofactors.

- a. Biological
- b. Physical
- c. Physiological
- d. Psychological

OR

Q16 B) Read the case and answer the questions that follow.

1x4=4

In the Army, one cannot sit back and relax. A few years after the Kargil War, Deepchand's regiment was posted to Rajasthan. While setting up an ammunition store, a bomb was accidentally detonated. In the explosion, Deepchand lost his fingers. Later both his legs and right arm were amputated. After 24 hours and 17 bottles of blood, he finally gained consciousness.

After the accident, lying on the hospital bed, Deepchand mulled over why he met with an accident. Being an athlete, he felt bad about not being able to run for the state again. But as they say, once a soldier, always a soldier. *"I trained myself to walk with the help of prosthetics. I learnt to ride a scooter and use a computer. And there has been no looking back,"* he said.

Deepchand has worked for the country without flinching even an eyelid. And in doing so, in an unfortunate event, he met with an accident and lost his limbs. Does he regret his childhood dream to become an army jawan? The proud man who stands on his prosthetic feet says he does not.

“The accident could have happened to me in any profession. At least it happened in the line of fire. I want to be reborn a soldier. There’s nothing greater than serving your country,” he said.

Q16 B Identify the phenomenon that Deepchand is experiencing immediately after regaining consciousness in the hospital.

- i)
 - a. Eustress
 - b. Distress
 - c. Social Pressure
 - d. Hassles

Q16B Deepchand’s secondary appraisal of the event would be _____

- ii)
 - a. Appraisal of the threat
 - b. Appraisal of the harm
 - c. Appraisal of his coping abilities and resources
 - d. Appraisal of the challenges ahead

Q16B Based on the below given statement, what will determine Deepchand’s cognitive appraisal of the event:

“The accident could have happened to me in any profession. At least it happened in the line of fire. I want to be reborn a soldier. There’s nothing greater than serving your country,” he said.

- a. Controllability only
- b. Past and present experiences
- c. Present situation only
- d. Past experiences and controllability

Q16B What was the source of Deepchand’s stress?

- iv)
 - a. Life events
 - b. Traumatic events
 - c. Hassles
 - d. Environmental

SECTION III

- | | | |
|------|--|---|
| Q17) | Distinguish between social pressures and social stress. | 2 |
| Q18) | Fatima is experiencing generalised anxiety disorder. Enumerate any two causes with reference to diathesis stress model which may have led to the disorder. | 2 |
| Q19) | Differentiate between hostile aggression and proactive aggression. | 2 |

Q20A) What are life skills? List any two life skills. 2

OR

Q20B) What is psychoneuroimmunology? 2

Q 21) What is group polarisation? 2

Q22 A) A client experiences irrational thoughts that are self-defeating in nature. Suggest a suitable therapy that will help her/him to reduce her/his distress. Also provide the rationale for selecting this therapy. 2

OR

Q22 B) Analyse the chief benefit to the client in both behaviour and humanistic therapies? 2

SECTION IV

Q23) Ananya is a good dancer who is well adjusted in school as she cooperates with her teachers and classmates in all school related activities. She is also liked by friends and family. Identify and explain the types of intelligences that Ananya is exhibiting. 3

Q24) What is a trait? Describe Cattell's trait theory. 3

Q25A) Explain the processes involved in the learning of attitudes. 3

OR

Q25 B) Explain the relationship between attitude and behaviour. 3

SECTION V

Q26 A) Raj would often be seen talking to himself. On questioning, he would state that there were people around him whom he could see and hear when there was no one else around. Identify and describe this symptom of schizophrenia. 4

OR

Q26 B) Aman is an eight-year old who has profound difficulty in relating to other people. Often, he is found to be unresponsive to other people's feelings and exhibits stereotypical patterns of behaviour. Identify this disorder and describe its features. 4

Q27) Robin is terribly afraid of snakes. His phobia has made him so dysfunctional that he had to take a long leave from his job at the local zoo. This happened when he heard that a new snake enclosure would soon open. Identify the therapeutic technique that would help Robin deal with this problem and explain its process. 4

Q28) Radhika was fond of junk food and ate it too often. However, she always felt guilty as she knew junk food was harmful for her health and wanted to give it up. Explain the process that will lead to change in her attitude. 4

Q29) Explain the reasons that make people join groups. 4

SECTION VI

Q30 A) Explain the concept of personality. Describe the cultural approach to understand personality. 6

OR

Q30 B) How does behavioural analysis help us in assessing personality? Explain any two methods of behavioural analysis with their limitations. 6

Q31 A) Raj and Raghu are exceptionally intelligent children of highly successful doctor parents. While Raj is their biological child, Raghu is an adopted one. How can you explain the similarities in their intelligence with their doctor parents? What type of test would you suggest to assess their intelligence? 6

OR

Q31 B) As a student of Class XII, you wish to score very high marks in your Board examination. You start planning for the same by attending classes regularly, taking notes, setting study targets, etc. Identify and explain the theory of intelligence which includes planning as an essential feature. 6

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Marking Scheme

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Max Marks – 70

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| | Section I | Marks |
|-----------|--|--------------|
| Q1 A) | _____ is an individual's preference for engaging in one or more specific activities relative to others. Ans: Interest, Pg. 4 | 1 |
| OR | | |
| Q1 B) | tests involve divergent thinking and assess such abilities as ability to produce a variety of ideas. Ans: Creativity, Pg. 20 | 1 |
| Q2) | The notion of self-esteem is based on Bandura's social learning theory. True/False Ans: False, Pg.27 | 1 |
| Q3) | The state of physical, emotional, and psychological exhaustion is known as_____. Ans: c. Burnout, Pg.59 | 1 |
| Q4) | Which of the following is true of depression? a. It affects men more frequently than women. | 1 |

- b. It is a component of Dissociative Identity Disorder.
- c. It is caused by low activity of serotonin.
- d. It is more prevalent among the wealthy than the poor.

Ans: c. It is caused by low activity of serotonin, Pg.74

- Q5A) Which one of the following best describes a crowd? 1
- a. Collection of people
 - b. Collection of people by chance
 - c. Feeling of interdependence amongst members.
 - d. Positive synergy amongst the members.

Ans: b. Collection of people by chance, Pg.131

OR

- Q5 B) A _____ is a cluster of ideas regarding the characteristics of a specific group. 1
- a. Prejudice
 - b. Discrimination
 - c. Scapegoating
 - d. Stereotype

Ans: d. Stereotype, Pg.118

- Q6) Bindu is a remarkable singer and has won many accolades. She is known as a child prodigy. Which of the following terms best describe Bindu's abilities? 1
- a. Talent
 - b. Giftedness
 - c. Naturalistic intelligence
 - d. Interest

Ans: a. Talent, Pg.12

- Q7) If 16 PF questionnaire is used for vocational exploration, then _____ is a self-report measure used to identify varieties of psychopathology. 1

Ans: Minnesota Multiphasic Personality Inventory/MMPI, Pg.42

- Q8A) Mir had no recollection of the bicycle he received as a gift on his tenth birthday. But when Nita reminded him about the same, he was able to recall it. This is because memories of his birthday were lying in the _____ level. 1
- a. Unconscious
 - b. Preconscious

- c. Conscious
- d. Superconscious

Ans: b. Preconscious, Pg.34

OR

Q8B)

1

Anupam lacks patience, exhibits high motivation, feels burdened with work and always seems to be in a hurry. He needs to take care of himself as such people are prone to ailments like:

- a. Cancer
- b. Depression
- c. Coronary Heart Disease
- d. None of the above

Ans: c. Coronary Heart Disease, Pg.31

Q9)

Ritu was unable to decide about the topic of the project she had to submit for the final examination. She, therefore, did not complete the work before the deadline, was unable to concentrate on the task at hand and seemed to suffer from mental overload. The above signs are exhibiting _____ effect of stress.

1

Ans: cognitive, Pg.57

Q10A)

After several years of living and working in a small town in Gujarat, Harsh wakes up one morning insisting that his name is Dhruv and that he has to report to his job in Mumbai. He does not recognise the furniture in his apartment or the clothing hanging in his closet. He is completely confused about his current life. He may be experiencing

1

- a. Dissociative fugue
- b. Depersonalisation
- c. Generalised anxiety disorder
- d. Post-traumatic stress disorder

Ans: a. Dissociative fugue, Pg.79

OR

Q10B)

Neha, a 17-year old girl, has been bingeing on large quantity of food, more than what most people of her age would eat. She, then, engages in purging behaviour as often as 3 or 4 times a week. She feels, as if, she has no control over it. She is most likely to be suffering from:

1

- a. Anorexia Nervosa
- b. Bulimia Nervosa
- c. Binge Eating
- d. Eating disorder not otherwise specified

Ans: b. Bulimia Nervosa, Pg.84

- Q11 A) A particular therapist teaches clients in a group setting to recognise bodily processes and emotions that they have blocked from their awareness. The therapist is using client-centred therapy. True/ False 1

Ans: False, Pg.101

OR

- Q11 B) When a behaviourist praises the client for using kind words during their conversation and ignores when the client is rude; she/he is employing positive reinforcement: True /False 1

Ans: False, Pg.98

- Q12) Ritesh sees his parents achieve financial success through hard work. He considers his mother to be his role model. As a result, Ritesh develops a strong attitude towards success and hard work. This is an example of 1
- a. Learning attitude through exposure to information
 - b. Learning attitude through observation
 - c. Learning attitude through group or cultural norms
 - d. Learning attitude through rewards and punishment

Ans: b. Learning attitude through observation Pg.110

- Q13) On being assessed for intelligence, Vivan scored high in aspects such as attention, observation, analysis, achievement orientation and Ajay scored high in social and emotional skills, self-reflection, and collectivistic orientation. Which of the following statements reflect these differences seen in Ajay and Vivan? 1
- a. Ajay is high in technological intelligence.
 - b. Vivan is not high in integral intelligence.
 - c. Vivan lacks technological intelligence and Ajay lacks integral intelligence.
 - d. Vivan is high in technological intelligence and Ajay is high in integral intelligence.

Ans: d. Vivan is high in technological intelligence and Ajay is high in integral intelligence, Pg.16

- Q14) Choose the correct match for each behaviour with the aspects related to structure of personality: 1

| | |
|---|-------------------------|
| I) grabbing the candy and eating it immediately | i) reality principle |
| II) asking for permission to eat the candy | ii) moral principle |
| III) eating the candy is ethically right | iii) pleasure principle |

| |
|------------------------|
| a. I i, II ii, III iii |
| b. I iii, II ii, III i |
| c. I iii, II i, III ii |
| d. I ii, II i, III iii |

Ans: c. I iii, II i, III ii Pg.34, 35

Section II

Q15) Read the case and answer the questions that follow.

1x3=3

Mr. John is a twenty-seven year old man who consulted a psychologist to discuss what he calls his 'silly habits'. He reports that for several years he had to check and recheck electrical appliances, as well as doors and windows, before leaving home each morning and again before going to bed. At times, the checking has made him late for work and has disturbed his sleep such that he had to get up to check everything several times yet again. When questioned about the reasons for this behaviour, Mr. John reported that he could not stop thinking that electrical appliances may short circuit and cause a disastrous fire or that his house may be broken into and he will lose all valuables. He recognises these concerns and the resulting checking as excessive and unreasonable yet feels compelled to do something to alleviate the anxiety associated with the thoughts. During counselling, the psychologist found out that some time before the checking rituals started, a major fire had broken in Mr. John's office and all important papers were destroyed.

- Q15 i) Identify Mr. John's disorder.
- Generalised anxiety disorder
 - Major depressive disorders

- c. Obsessive -compulsive disorder
- d. Somatic symptom disorder

Ans: c. Obsessive -Compulsive Disorder, Pg.77

- Q15 ii) Which of the following statements represents his repetitive thoughts?
- a. For a number of years, he had to check and recheck electrical appliances.
 - b. He had to get up to check everything a number of times.
 - c. The checking has made him late for work.
 - d. He could not stop thinking that electrical appliances may short circuit and cause a disastrous fire.

Ans: d. He could not stop thinking that electrical appliances may short circuit and cause a disastrous fire. Pg.77

- Q15 iii) Which disorder also comes under the category of obsessive-compulsive and related disorders?
- a. Excoriation disorder
 - b. Acute stress disorder
 - c. Adjustment disorder
 - d. Cyclothymic disorder

Ans: a. Excoriation disorder, Pg. 78

- Q16 A) Read the case and answer the questions that follow.

1x4=4

On November 26, 2008, about 35 employees of Taj Hotel Mumbai, led by a 24-year old banquet manager, Mallika, were assigned to manage the event in a second-floor banquet room. As they served the main course, they heard what they thought were fireworks at a nearby wedding. In reality, these were the first gunshots from terrorists who were storming the Taj Hotel, Mumbai.

The staff quickly realised something was wrong. Mallika locked the doors and turned off the lights. She asked everyone to lie down quietly under tables and refrain from using cell phones. The group stayed there all night, listening to the terrorists rampaging through the hotel, hurling grenades, firing automatic weapons, and tearing the place apart. During the onslaught on the Taj Mumbai, 31 people died and 28 were hurt, but the very next day the hotel received praise. Its guests were overwhelmed by employees' dedication to duty, their desire to protect guests without considering their own personal safety, and their quick thinking. As many as 11 Taj Mumbai employees—a third of the hotel's casualties—laid down their lives while helping around 1,200 to 1,500 guests escape.

With reference to the above case, answer the following questions:

- Q16 A i) In reality, these were the first gunshots from terrorists who were storming the Taj Hotel, Mumbai. The staff quickly realized something was wrong. Which stage of the General Adaptation Syndrome model were the staff in?
- a. Resistance
 - b. Alarm reaction
 - c. Exhaustion
 - d. Burnout

Ans: b. Alarm Reaction, Pg. 59

- Q16 A ii) *'Mallika locked the doors and turned off the lights. She asked everyone to lie down quietly under tables and refrain from using cell phones.'* From these lines, identify the coping strategy used by Mallika.
- a. Task-oriented
 - b. Avoidance-oriented
 - c. Emotion-oriented
 - d. Biofeedback

Ans: a. Task-oriented, Pg. 61

- Q16 A iii) Which of the following set of words best describe Mallika's hardiness?
- a. Commitment, confidence, control
 - b. Challenge, control, calmness
 - c. Commitment, control, challenge
 - d. Control, commitment, conviction

Ans: c. Commitment, control, challenge, Pg.63

- Q16 A iv) Selye's GAS model has been criticised largely for assigning limited role tofactors.
- a. Biological
 - b. Physical
 - c. Physiological
 - d. Psychological

Ans: d. Psychological, Pg.59

OR

- Q16 B) Read the case and answer the questions that follow. 1x4=4

In the Army, one cannot sit back and relax. A few years after the Kargil War, Deepchand's regiment was posted to Rajasthan. While setting up an ammunition store, a bomb was accidentally detonated. In the explosion, Deepchand lost his fingers. Later both his legs and right arm were amputated. After 24 hours and 17 bottles of blood, he finally gained consciousness.

After the accident, lying on the hospital bed, Deepchand mulled over why he met with an accident. Being an athlete, he felt bad about not being able to run for the state again. But as they say, once a soldier, always a soldier.

"I trained myself to walk with the help of prosthetics. I learnt to ride a scooter and use a computer. And there has been no looking back," he said.

Deepchand has worked for the country without flinching even an eyelid. And in doing so, in an unfortunate event, he met with an accident and lost his limbs. Does he regret his childhood dream to become an army jawan? The proud man who stands on his prosthetic feet says he does not.

"The accident could have happened to me in any profession. At least it happened in the line of fire. I want to be reborn a soldier. There's nothing greater than serving your country," he said.

Q16 B Identify the phenomenon that Deepchand is experiencing immediately after regaining consciousness in the hospital.

i)

- a. Eustress
- b. Distress
- c. Social Pressure
- d. Hassles

Ans: b. Distress, Pg.52

Q16 B Deepchand's secondary appraisal of the event would be _____.

ii)

- a. Appraisal of the threat
- b. Appraisal of the harm
- c. Appraisal of his coping abilities and resources
- d. Appraisal of the challenges ahead

Ans: c. Appraisal of his coping abilities and resources, Pg.53

Q16 B Based on the below given statement, what will determine Deepchand's cognitive appraisal of the event:

iii)

"The accident could have happened to me in any profession. At least it happened in the line of fire. I want to be reborn a soldier. There's nothing greater than serving your country," he said.

- a. Controllability only
- b. Past and present experiences
- c. Present situation only
- d. Past experiences and controllability

Ans: d. Past experiences and controllability, Pg.53

Q16 B What was the source of Deepchand's stress?

iv)

- a. Life events
- b. Traumatic events
- c. Hassles
- d. Environmental

Ans: b. Traumatic events, Pg. 55

SECTION III

Q17) Distinguish between social pressures and social stress. 2

Answer:

- Social pressures are brought about from people who make excessive demands on us. It is the stress that we generate in our minds and is an internal source of stress.
- Social stress is induced externally and result from our interaction with people.

Pg. 55-56 (1 + 1)

Q18) Fatima is experiencing generalised anxiety disorder. Enumerate any two causes with reference to diathesis stress model which may have led to the disorder. 2

Answer:

- presence of biological aberration
- person may carry a vulnerability
- presence of pathogenic stressors

(explain any two relating to the case provided, 1 mark each: 1+1=2)

Pg. 75

Q19) Differentiate between hostile aggression and proactive aggression. 2

Answer:

- Hostile aggression: directed at inflicting injury; 1 mark
- Proactive aggression: dominating and bullying others without provocation; 1 mark, **Pg. 84**

Q20A) What are life skills? List any two life skills. 2

Answer:

- Life skills – abilities for adaptive and positive behaviour that enable individuals to deal effectively with challenges of everyday life – 1 mark

- Assertiveness, Time Management, Rational Thinking, Improving Relationships, Self-care, Overcoming Unhelpful Habits (any 2) – ½ + ½ mark, **Pg. 64**

OR

Q20B)

2

What is psychoneuroimmunology?

Answer:

- It focuses on the links between the mind, the brain and the immune system. -1 ½ marks
- It studies the effects of stress on the immune system.-1/2 mark

Pg. 59

Q 21)

What is group polarisation?

2

Answer:

- Extreme decisions taken by the group than when individuals do it alone - 1 mark
- Initial position gets strengthened due to discussions and interaction - 1 mark

Pg. 38

Q22 A)

A client experiences irrational thoughts that are self-defeating in nature. Suggest a suitable therapy that will help her/him to reduce her/his distress. Also provide the rationale for selecting this therapy.

2

Answer:

- Cognitive therapy – 1 mark
- Rationale– faulty or irrational thoughts – 1 mark

Pg. 99

OR

Q22 B)

Analyse the chief benefit to the client in both behaviour and humanistic therapies.

2

Answer:

- Behaviour therapies: Changing faulty behaviours and cognitions to adaptive ones – 1 mark
- Humanistic therapies: Achieving personal growth, i.e. increasing understanding of oneself and one's aspirations, emotions and motives – 1 mark

Pg. 93

SECTION IV

Q23)

Ananya is a good dancer who is well adjusted in school as she cooperates with her teachers and classmates in all school related activities. She is also

3

liked by friends and family. Identify and explain the types of intelligences that Ananya is exhibiting.

Answer:

- Bodily - Kinaesthetic Intelligence – Identification – ½ mark
- explanation – 1 mark
- Interpersonal Intelligence - Identification – ½ mark
- explanation – 1 mark

Pg.7

Q24) What is a trait? Describe Cattell's trait theory. 3

Answer:

- Building blocks of personality – 1 mark

Or

Components of personality

Or

Relatively enduring attribute or quality on which one individual differs from another

- Source traits: Stable and are the building blocks of personality – 1 mark
- Surface traits: Result out of interaction of source traits – 1 mark

Pg.32

Q25 A) Explain the processes involved in the learning of attitudes. 3

Answer:

- Learning of attitudes usually takes place by association
- through rewards and punishments
- through modelling
- through group and cultural norms
- through exposure to information

Explanation of any 3 points (1x3)

Pg. 110

OR

Q25 B) Explain the relationship between attitude and behaviour. 3

Answer:

- We usually expect behaviour to follow logically from attitudes. However, an individual's attitudes may not always be exhibited through behaviour. Likewise, one's actual behaviour may be contrary to one's attitude towards a particular topic.

It is found that there would be consistency between attitudes and behaviour when:

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

Any 3 points (1x3=3), **Pg. 117**

SECTION V

- Q26 A) Raj would often be seen talking to himself. On questioning, he would state that there were people around him whom he could see and hear when there was no one else around. Identify and describe this symptom of schizophrenia. 4

Answer:

- Positive symptom – ½ mark
- Hallucinations are perceptions that occur in the absence of external stimuli, positive symptoms of schizophrenia – 1 mark
- Auditory and visual hallucination – ½ mark
- Listing and description of other types of hallucinations – 2 marks

Pg.82

OR

- Q26 B) Aman is an eight year old who has profound difficulty in relating to other people. Often, he is found to be unresponsive to other people's feelings and exhibits stereotypical patterns of behaviour. Identify this disorder and describe its features. 4

Answer:

- Autism Spectrum Disorder under the category of Neurodevelopmental disorders – 1 mark
- Children with autism spectrum disorder have marked difficulties in social interaction and communication.
- They have restricted range of interests.
- They have strong desire for routine.
- They are unable to share experiences and emotions.
- They show serious abnormalities in communication and language that persist over time.

- Many never develop speech, those who do have repetitive deviant patterns.
- They show narrow patterns of interests and repetitive behaviours such as lining up objects or stereotyped body movements.

(any 3 points from above other than the ones mentioned in the question – 3 marks) **Pg. 83**

Q27) Robin is terribly afraid of snakes. His phobia has made him so dysfunctional that he had to take a long leave from his job at the local zoo. This happened when he heard that a new snake enclosure would soon open. Identify the therapeutic technique that would help Robin deal with this problem and explain its process. 4

Answer:

- Systematic desensitisation (1 mark)
Explain any three points from below:
- Establishing hierarchy (1 mark)
- Relaxation procedure (1 mark)
- Thinking of least anxiety-provoking situation to most (1 mark)
- Principle of reciprocal inhibition (1 mark)

Pg. 98

Q28) Radhika was fond of junk food and ate it too often. However, she always felt guilty as she knew junk food was harmful for her health and wanted to give it up. Explain the process that will lead to change in her attitude. 4

Answer:

- The concept of cognitive dissonance was proposed by Leon Festinger.
The cognitive components of an attitude must be 'consonant' (opposite of 'dissonant'), i.e. they should be logically in line with each other.
- If an individual finds that two cognitions in an attitude are dissonant, then one of them will be changed in the direction of consonance.
- Explanation of cognitive consistency to reduce mental discomfort.
- Explanation by referring to Radhika

(1x4=4) **Pg. 112**

Q29) Explain the reasons that make people join groups. 4

Answer:

- Security
- Status

- Self-esteem
- Goal achievement
- Knowledge and information
- Satisfaction of psychological and social needs

A brief description of any four of the above (1x4). **Pg. 132**

SECTION VI

Q30 A) Explain the concept of personality. Describe the cultural approach to understand personality. 6

Answer:

- Personality refers to our characteristic ways of responding to individuals and situations.

OR

Personality is characterised by the following features:

- It has both physical and psychological components.
- Its expression in terms of behaviour is fairly unique.
- Its main features do not easily change with time.
- It is dynamic.

(Any 2 points from above)

AND

(Any 4 points from the points given below)

It proposes:

- Group's 'economic maintenance system'
- The climatic conditions, the nature of terrain, flora and fauna, settlement patterns, social structures, division of labour, and other features such as child-rearing practices
- People's skills, abilities, behavioural styles, and values
- Rituals, ceremonies, religious practices, arts, recreational activities, games and play
- Any one example

(2+4=6) **Pg. 39-40**

OR

Q 30 B) How does behavioural analysis help us in assessing personality? Explain any two methods of behavioural analysis with their limitations. 6

Answer:

- Observation of behaviour serves as the basis of behavioural analysis. An observer's report may contain data obtained from interview, observation, ratings, nomination, and situational tests.

AND

Explanation of any 2 of the following:

- Interview
- Observation
- Behavioural ratings
- Nomination
- Situational Tests

(2+2 +2=6), **Pg. 46, 47**

Q31 A) Raj and Raghu are exceptionally intelligent children of highly successful doctor parents. While Raj is their biological child, Raghu is an adopted one. How can you explain the similarities in their intelligence with their doctor parents? What type of test would you suggest to assess their intelligence? 6

- Intelligence is an interplay of nature and nurture - 1 mark
- Influence of heredity explained through table with correlational values - 1.5 marks
- Influence of environment explained to bring out how IQ moves closer to that of adoptive parents - 1.5 marks
- Linking these concepts to Raj and Raghu - 1 mark
- Any one type of intelligence test - 1 mark

(1+1.5+1.5 + 1+ 1= 6), **Pg. 10, 13**

OR

Q31 B) As a student of Class XII, you wish to score very high marks in your Board examination. You start planning for the same by attending classes regularly, taking notes, setting study targets, etc. Identify and explain the theory of intelligence which includes planning as an essential feature. 6

Answer:

- Brief introduction to PASS model of intelligence -1 mark
- Explanation of
 - Planning - 1 mark
 - Attention /Arousal - 1 mark
 - Simultaneous and Successive processing - 2 marks
- Linking this theory to the given situation - 1 mark

(1+1+1+2+1 =6) **Pg. 9**

or

Marks can also be awarded if student writes about Triarchic Theory of Intelligence

- ❖ Brief introduction to Triarchic Theory of Intelligence - 1 mark

❖ Explanation of

- Componential intelligence - 1 mark
- Knowledge Acquisition, Meta/higher order planning component/ Performance - 1 mark
- Experiential intelligence - 1 mark
- Contextual intelligence - 1 mark

❖ Linking this theory to the given situation - 1 mark

(1+4+1=6), **Pg. 8, 9**