

SAMPLE QUESTION PAPER - 5
SUBJECT- Psychology (037)
CLASS XII (2023-24)

Time Allowed: 3 hours

Maximum Marks: 70

General Instructions:

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 16-21 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question Nos. 22-24 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question Nos. 25 - 28 in Section D are long answer type - I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question Nos. 29-30 in Section E are long answer type - II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question Nos. 31 – 34 in Section F are based on two cases given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

Section A

1. Children who have marked difficulties in social interaction and communication, desire for routine and restricted interests are suffering from: **[1]**

a) Impulsively

b) Hyperactivity

c) Autism

d) Alogia

2. What is the term used when a client learns to behave in a certain way by observing the behaviour of a role model or the therapist? **[1]**

a) Modelling

b) Inhibition

c) Differential reinforcement

d) Vicarious learning

3. The Minnesota Multiphasic Personality Inventory was developed by _____. **[1]**

a) Eysenck

b) Hathaway and McKinley

c) Raymond Cattell

d) Allport

4. Stress Inoculation training is an effective stress management technique developed by _____. [1]
- a) Lazarus and Folkman b) Meichenbaum
c) Kobasa d) Hans Seyle
5. Which of the following are the basic sources of stress? [1]
- a) Social Stressors b) Physiological
c) All of these d) The Environment
6. **Assertion (A):** Social discrimination, interpersonal hurt, low grades in school, are causes of frustration. [1]
Reason (R): Frustration occurs where a party fails to perform his/her contractual obligations due to an event that is beyond the control of either party.
- a) Both A and R are true and R is the correct explanation of A. b) Both A and R are true but R is not the correct explanation of A.
c) A is true but R is false. d) A is false but R is true.
7. When you are pressurized to take any action that may be against the values held by you, then you are undergoing _____. [1]
- a) Conflict b) Internal pressure
c) Frustration d) Social pressure
8. Which of the following constitutes Trigunas as per Ayurveda? [1]
- a) Vata, pitta, kapha b) Sattva, rajas and tamas
c) Sattva, rajas, kapha d) Vatta, pitta, rajas
9. When children face difficulty being in a room by themselves or going to school alone, it is called _____. [1]
- a) Panic disorder b) SAD
c) Compulsive disorder d) Phobia
10. Who propounded the Logotherapy? [1]
- a) Laura Perls b) Carl Rogers

c) Victor Frankl

d) Fritz

11. In 1957, Leon Festinger published his theory of [1]

a) Balance

b) Cognitive Dissonance

c) Learning

d) Attitude

12. In many cases, the group that is the target of prejudice is itself responsible for continuing the prejudice, this phenomenon is called _____. [1]

a) Kernel of truth

b) Scapegoating

c) Ingroup bias

d) Self fulfilling prophecy

13. **Assertion (A):** The way we perceive ourselves and the ideas we hold about our competencies and attributes is called self-concept. [1]

Reason (R): We base it on the ways others react and respond to us.

a) Both A and R are true and R is the correct explanation of A.

b) Both A and R are true but R is not the correct explanation of A.

c) A is true but R is false.

d) A is false but R is true.

14. The strengthening of the group's initial position as a result of the group interaction and discussion is referred to as _____. [1]

a) Group polarisation

b) Social influence

c) Conformity

d) Bandwagon effect

15. _____ occurs most readily for strong responses in situations where the presence of others is motivating. [1]

a) None of these

b) Social facilitation

c) Social Relationship

d) Socialization

Section B

16. If you form a committee to plan for the annual day in your school, you will see how everyone goes ahead. Give everyone full autonomy to do all the planning. Other members of the class also observe each other as they function. Enlist the stages that you feel are likely to emerge. [2]

OR

Why does the behaviour of an individual vary from situation to situation?

17. What is a group? [2]
18. How does Erich Fromm differ from Freud's approach to personality? [2]
19. Tahir is unable to decide whether to study dance or music as he likes both. Is he frustrated or facing a conflict? Explain very briefly. [2]
20. What is a mob? [2]
21. How does self-fulfilling prophecy help in strengthening prejudices? Give an example to support your answer. [2]

Section C

22. What is an interview? Explain its limitations. [3]

OR

How would Horney's explanation of depression be different from that of Alfred Adler?

23. Shyam believes that he should be loved by everybody, all the time. Most of his beliefs have a **must** or **should** component. When things don't go his way, he feels distressed. Suggest a suitable therapy that will make Shyam think deeper into his irrational belief system and help him to feel better. [3]
24. What is OCD? [3]

Section D

25. Abira integrates different experiences in an original way to suggest novel solutions. According to Sternberg, she is high on which type of intelligence? [4]
26. What are the causes/sources of the emergence of prejudice? Give an example. [4]
27. What is creativity? [4]
28. What is self-actualisation? [4]

OR

How RET is different from Aaron Reek's Cognitive therapy?

Section E

29. Discuss psycho-sexual stages of development. [6]

OR

What are the broad dimensions of personality proposed by H. J. Eysenck?

30. Identify the symptoms associated with depression and mania. [6]

OR

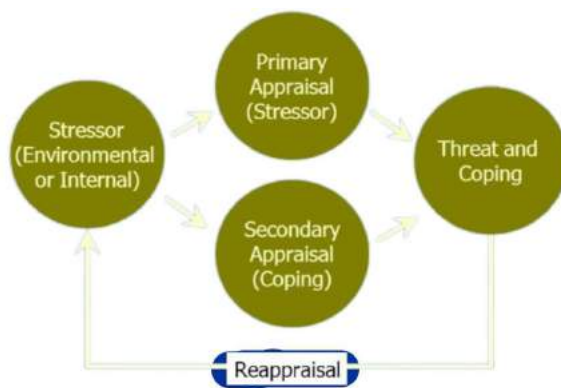
Describe psychological models explaining abnormal behaviour.

Section F

Question No. 31 to 32 are based on the given text. Read the text carefully and answer the questions: [3]

According to Richard Lazarus's theory of stress appraisal, reappraisal is the stage of looking back at a choice to see how things have turned out. During the reappraisal stage, the person learns from the decision. Lazarus was a pioneer in the area of emotion, and his theory is often referred to as the Lazarus theory of emotion. According to appraisal theories of emotion, thinking must occur first before experiencing emotion. Lazarus and Folkman identified appraisal as central to the stress process. Their Transactional Model of Stress and Coping states that an event will likely fall into one of three main categories:

- Irrelevant: It will have no impact on your well-being.
- Benign-Positive: It will have a positive impact on your well-being.
- Stressful: It will likely involve harm or loss and may challenge or threaten you.



31. How many stages of appraisals are there in this model? Name them. (1)

32. What is the difference between primary appraisal and secondary appraisal? (2)

Question No. 33 to 34 are based on the given text. Read the text carefully and answer the questions: [3]

Creativity is a mental and social process involving the generation of new ideas or concepts, or new associations of the creative mind between existing ideas or concepts. An alternative conception of creativeness is that it is simply the act of making something new. From a scientific point of view, the products of creative thought are usually considered to have both originality and appropriateness. Creativity has been attributed variously to divine intervention, cognitive processes, the social environment, personality traits, and chance. The study of the mental representations and processes underlying creative thought belongs to the domains of psychology and cognitive science. There has been debate in the psychological literature about whether intelligence and creativity are part of the same process or represent distinct mental processes. Researchers have found out that the relationship between creativity and intelligence is positive. The creative tests

came into existence to assess variation in terms of the potential for creativity in contrast to intelligence.

33. Mention any two barriers to creativity. (1)

34. Write down a few characteristics of creativity. (2)

Solutions

Section A

1.

(c) Autism

Explanation: Autism

2. (a) Modelling

Explanation: Modelling is one way in which behavior is learned. When a person observes the behavior of another and then imitates that behavior, he or she is modeling the behavior.

3.

(b) Hathaway and McKinley

Explanation: The Minnesota Multiphasic Personality Inventory was developed by Hathaway and McKinley as a helping tool for psychiatric diagnosis, but the test has been found very effective in identifying varieties of psychopathology.

4.

(b) Meichenbaum

Explanation: Stress inoculation training is one effective method developed by Meichenbaum. In this approach, you replace your negative thoughts with positive ones.

5.

(c) All of these

Explanation: Stress is often explained in terms of characteristics of the **environment** that are disruptive to the individual. **Stressors** are events that cause our body to give a stress response. Different stressors may produce somewhat different patterns of stress reaction, and different individuals may have different characteristic modes of response. Very often, these stressors result in a variety of stress reactions, which may be **physiological**, behavioural, emotional, and cognitive.

6. (a) Both A and R are true and R is the correct explanation of A.

Explanation: Social discrimination, interpersonal hurt, low grades in school, are causes of frustration. Frustration occurs where a party fails to perform its contractual obligations due to an event that is beyond the control of either party.

7. (a) Conflict

Explanation: Conflict may occur between two or more incompatible needs or motives, example whether to study dance or psychology, to study or take up a job. This causes conflict of values within you.

8.

(b) Sattva, rajas and tamas

Explanation: As per Charak Samhita, the three **Gunas** are: Sattva, Rajas and Tamas,

ordered from “best” to “worst”. **Ayurveda** is always striving to boost Sattva that includes cleanliness, truthfulness, discipline etc

9.

(b) SAD

Explanation: Separation anxiety disorder(SAD) a disorder in which a child becomes excessively anxious when separated from parents.Children are especially prone to separation anxiety during times of stress.

10.

(c) Victor Frankl

Explanation: Logotherapy means treatment for the soul. Victor Frankl, a psychiatrist and neurologist propounded Logotherapy.

11.

(b) Cognitive Dissonance

Explanation: Cognitive Dissonance

12.

(d) Self fulfilling prophecy

Explanation: In a self-fulfilling prophecy, an individual’s expectations about another person finally result in the other person or entity acting in ways that confirm the expectations.

13. **(a) Both A and R are true and R is the correct explanation of A.**

Explanation: The way we perceive ourselves and the ideas we hold about our competencies and attributes is called self-concept. We base it on the ways others react and respond to us.

14. **(a) Group polarisation**

Explanation: Group polarization refers to the tendency for a group to make decisions which are more extreme than the initial inclination of its members alone.

15.

(b) Social facilitation

Explanation: Social facilitation

Section B

16. In this scenario, the stages of group development that are likely to emerge are forming, where the committee members come together; storming, where conflicts and power struggles may arise; norming, where roles and norms are established; performing, where the group works together effectively; and adjourning, where the project is completed or the committee disbands.

OR

An individual's behaviour varies from situation to situation because although our behaviours are influenced by our personal traits, it is also influenced by situational factors.

Situations and circumstances in which one is placed influence a person’s behaviour.

17. A group may be defined as an organised system of two or more individuals, who are interacting and interdependent, who have common motives, have a set of role relationships among its members, and have norms that regulate the behaviour of its members for e.g., family, class and playgroup.
18. i. According to Freud, approachable personality is biologically oriented whereas **Erich Fromm's** theory of personality has a social orientation.
ii. He viewed human beings basically as social beings.
iii. For him, personality traits develop due to social interaction whereas, according to **Freud**, the roots of personality development lies in innate tendencies and unconscious desires.
19. Tahir is facing a conflict. He is experiencing a decision-making dilemma where he has to choose between two desirable options (dance and music), and the inability to choose one is causing him uncertainty and indecision.
20. When audiences go into a frenzy it becomes a **mob** that has a definite sense of purpose. There is a polarization in attention, and the actions of persons are in a common direction. The behaviour of a mob is characterized by the homogeneity of thought and behaviour as well as impulsivity.
21. In some cases, the group that is the target of prejudice is itself responsible for continuing the prejudice. The target group may behave in ways that justify the prejudice, that is, confirm the negative expectations. For example, if the target group is described as 'dependent' and therefore unable to make progress, the members of this target group may actually behave in a way that proves this description to be true. In this way, they strengthen the existing prejudice.

Section C

22. **Interview** refers to a purposeful conversation between two or more two people in a face-to-face situation.
Interviews involve interacting with the person being assessed and asking questions. It is of two types. **Unstructured** and **Structured**.

Limitations of Interviews:

- Time-consuming and demanding.
- Maturity of psychologists is a precondition for getting valid data.

OR

While **Karen Homey** focuses more on interpersonal relationships during childhood, **Alfred** gives greater importance to personal goals of an individual.

There are, in my opinion, Horney would attribute the cause of depression to parental relations with children which are characterized by excessive interference or indifference.

Alfred Adler would, on the other hand, attribute depression to the feeling of inadequacy and guilt arising within the individual, due to the inability to achieve his/her personal goals. These goals provide an individual with security and are important in

overcoming feelings of inadequacy. If individual is not able to attain the goals and could not overcome inferiority appropriately then it leads to depression.

23. The therapy that will force Shyam to reflect more deeply on his illogical beliefs and improve his emotional state is known as Rational Emotive Therapy (RET). The central thesis of this therapy is that irrational beliefs mediate between antecedent events and their consequences.

Irrational beliefs are assessed through questionnaires and interviews. The first step in RET is the Antecedent-Belief-Consequence (ABC) analysis. In the process of RET, the irrational beliefs are refuted by the therapist through a process of non-directive questioning. The nature of questioning is gentle, without probing or being directive. The questions make the client think deeper into her/his assumptions about life and problems. Gradually, the client is able to change irrational beliefs by making a change in her/his philosophy about life. The rational belief system replaces the irrational belief system and it brings a reduction in psychological distress.

24. Obsessive-Compulsive Disorder refers to an inability to control their preoccupation with specific ideas or the inability to prevent themselves from repeatedly carrying out a particular act or series of acts that affect their ability to carry out normal activities. The obsessive disorder is the inability to stop thinking about a particular idea or topic. These thoughts are mostly unpleasant and shameful. Compulsive disorder needs to perform certain behaviours repeatedly such as counting, checkup washing, etc.

Section D

25. According to Robert J. Sternberg's triarchic theory of intelligence, Abira would be considered high in creative intelligence. Creative intelligence refers to the ability to generate unique and innovative ideas by combining different experiences or elements in original ways. Individuals with high creative intelligence are adept at thinking outside the box, seeing connections between seemingly unrelated concepts, and proposing novel solutions to problems. They possess the cognitive flexibility and openness to new experiences that allow them to approach challenges from fresh perspectives. Abira's ability to integrate different experiences in an original way suggests her proficiency in creative intelligence.

26. Prejudice are learnt. Following are the probable causes for the development of prejudices:

- i. **Learning:** Prejudices are learnt through associations, reward and punishment, modelling, child-rearing practices and social and cultural norms.
- ii. **High Social Identity:** Social identity refers to persons definitions of who he or she is. If the individual starts identifying with his community and develops proud for that gradually, he starts perceiving others as inferior which causes prejudices.
- iii. **Scapegoating:** It is aggression displaced toward a person or group that is the object of prejudice particularly the individual or the group belongs to weaker section.
- iv. **Self-fulfilling Prophecy:** Self-fulfilling prophecy refers to behaving in a way that confirms the prediction others make. It is behaving according to once own

expectation in such a way that this behaviour influences a situation and brings about what is expected.

- v. **Kernel of Truth:** It is individual beliefs that if a particular opinion developed by so many people then there must be truth behind it because majority can't be wrong.
27. i. Creativity refers to the ability to think in novel and unusual ways and to come up with unique solutions to problems.
- ii. Creativity is reality-oriented, appropriate, constructive and socially desirable.
 - iii. Individuals vary in terms of the level and the areas in which they exhibit creativity.
 - iv. It may be related to simple occupations and may be higher levels i.e., related to the artists, the scientists, the inventors, etc., however, they are not working at the same level.
 - v. Creativity may be doing things differently. It is working on what has already been done earlier by way of modifications, by putting things in new perspectives or to new use.
 - vi. It is determined by both heredity and environment. Limits of creative potential are set by heredity. Environmental factors stimulate the development, e.g., Motivations, commitment, family support, peer influences, opportunities, etc.
28. i. Self-actualisation is defined as an innate or inborn force that moves the person to become more complex, balanced and integrated, i.e., achieving the complexity and balance without being fragmented.
- ii. 'Integrated' means a sense of the whole, being a complete person, being the same person in spite of the variety of experiences that one is subjected to.
 - iii. In short 'self-actualization' refers to an individual's innate tendency to make the best use of his potential, for one's own growth and well-being.
 - iv. The concept of self-actualization was given by **Abraham Maslow**.

OR

- i. Ellis in RET probes the client's behaviour and belief system by gentle questioning and sometimes challenging the irrational beliefs and negative thinking of the client.
- ii. **Aaron Beck** in his Cognitive therapy does not attempt to disprove the ideas held by a depressed person rather the therapist and client work together to identify the individual's faulty assumptions. **Beck** uses 'pointed, but friendly questioning' to root out depressed people's faulty cognitions.
- iii. **Ellis** focuses on the client's present circumstances to search the cause of irrational beliefs.
- iv. **Aaron Beck** emphasises client's core schemata formed during childhood as dysfunctional cognitive structure causing depressive behavioural pattern.

Section E

29. **Stages of Personality/Psycho-sexual Development** (Five Stage Theory of Personality):
- i. The core aspects of personality are established early, remain stable throughout life, and can be changed only with great difficulty.

- ii. Problems encountered at any stage may arrest development, and have a long-term effect on a person's life.

Stage	Age	Pleasure-seeking Centre	Development
Oral	Infancy	Mouth (feeding, thumb sucking)	Basic feelings about the world are established.
Anal	2-3 years	Anus (experience pleasure in moving their bowels)	i. Learns to respond to demands of society. ii. Basis for conflict between the Id (desire for babyish pleasure) and the ego (demand for adult, controlled behaviour).
Phallic	4-5 years	Phallus	i. Begin to realize the differences between males and females. ii. Become aware of sexuality and the sexual relationship between their parents.
Latency	7- Puberty		i. Grows physically, but sexual urges are relatively inactive. ii. Energy is channelled into social or achievement-related activities.
Genital	Puberty +	Genitals	i. Attains maturity in psychosexual development ii. Sexuality, fears and repressed feelings of earlier stages are once again exhibited iii. Learn to deal with members of the opposite sex in a socially and sexually mature way
Oedipus Complex (Male)			Electra Complex (Female)
Love for the mother, hostility towards the father, and fear of punishment or castration by the father.			Attaches her love to the father and tries to symbolically marry him and raise a family.

OR

- **H.J. Eysenck** proposed that personality could be reduced to two dimensions.
- These dimensions are presumed to be biologically and genetically based.
- They are opposed to each other. These dimensions include numerous specific traits.

These dimensions are as follows:

Neuroticism vs. Emotional Stability:

- It refers to the degree to which people have control over their feelings.

- At one extreme of this dimension are highly neurotic people.
- They are anxious, moody, touchy, restless and quickly lose control.
- People, who are calm, even-tempered, reliable and remain under control, occupy the other extreme.

Extroversion vs. Introversion:

- It refers to the extent to which people are socially outgoing or socially withdrawn.
- At one extreme are those who are active, gregarious, impulsive and thrill-seeking.
- At other extremes are the people who are passive, quiet, cautious and reserved.

- **Psychoticism vs. Sociability:** A third dimension was developed by Eysenck later. This dimension results due to interaction with the above-mentioned two dimensions. A person who scores high on the psychoticism dimension tends to be hostile, ego-centric and anti-social.

Sociability refers to the tendency of an individual to follow social norms.

30. Depression and Mania are mood disorders. These are characterized by disturbances in mood or prolonged maladaptive emotional state.

The main types of mood disorders include:

- Major depressive disorders are defined as a period of depressed mood and/or loss of interest or pleasure in most activities, together with other symptoms which may include.

Symptoms of Depression:

- Loss of energy, great fatigue.
- Constant sleep problems.
- Inability to think clearly.
- Greatly slowed behaviour.

ii. Factors Predisposing towards Depression:

a. Genetic make-up

Heredity is an important risk factor for major depression and bipolar disorders.

- Age** is also a risk factor. For instance, women are particularly at risk during young adulthood, while for men the risk is highest in early middle age.

- Gender** also plays a great role in this differential risk addition. For example, women in comparison to men are more likely to report a depressive disorder.

iii. Bipolar Disorders:

Mood disorder, in which both mania and depression are alternately present, is sometimes interrupted by periods of normal mood. This is known as a **bipolar mood disorder**. (Bipolar mood disorders were earlier referred to as **manic-depressive disorders**.)

- It is cyclic in nature.
- Speech is often rapid as if she has to say as many words as possible in the time allotted.
- The risk of a suicide attempt is highest in case of bipolar mood disorders

OR

Psychological models maintain that psychological and interpersonal factors have a significant role to play in abnormal behaviour. These factors include:

- i. **Maternal deprivation** (separation from the mother, or lack of warmth and stimulation during the early year of life).
 - ii. **Faulty parent-child relationships** (rejection, overprotection, over-permissiveness, faulty discipline, etc).
 - iii. **Maladaptive family structures** (inadequate or disturbed family) and severe stress.
- The psychological models include the psychodynamic, behavioural, cognitive, and humanistic-existential models.

- i. **The Psychodynamic Model:** This model is the oldest and most famous of the modern psychological models. **Abnormal behaviour** is viewed as the result of intrapsychic conflicts.
- ii. **The Behavioural Model:** This model states that both normal and abnormal behaviours are learned and psychological disorders are the result of learning maladaptive ways of behaving.
- iii. **The Cognitive Model:**
 - a. This model states that abnormal functioning can result from cognitive problems like negative thinking and irrational beliefs.
 - b. People may hold assumptions and attitudes about themselves that are irrational and inaccurate.
- iv. **The Humanistic-Existential Model:**
 - a. **Humanists** believe that human beings are born with a natural tendency to be friendly, cooperative and constructive, and are driven to self-actualize, i.e., to fulfil this potential for goodness and growth.
 - b. **Existentialists** believe that from birth we have total freedom to give meaning to our existence or to avoid that responsibility. Those who shirk from this responsibility would live empty, inauthentic and dysfunctional lives.

Section F

31. Two stages. These are primary appraisal and secondary appraisal.
32. Primary appraisal involves determining whether the stressor poses a threat. Secondary appraisal involves the individual's evaluation of the resources or coping strategies at his or her disposal for addressing any perceived threats.
33.
 1. Self-constraining beliefs
 2. Fear of criticism
 3. Lack of confidence
34.
 - Originality: The ability to develop ideas that are statistically unusual, novel, or unique
 - Novelty: A creative work brings something new into being, which presents a new conceptual framework and/or modifies or violates an existing one

- Divergent thinking: Sometimes used as a synonym for creativity in psychology literature or is considered the necessary precursor to creativity
- Curiosity: An example of curiosity would be a painter who wants to travel everywhere to find inspiration for new works