

SAMPLE QUESTION PAPER 2

A Highly Simulated Sample Question Paper for CBSE Class XII

PSYCHOLOGY

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.

Time : 3 hours

Max. Marks : 70

Section-I

- 1 The state of physical, emotional and psychological exhaustion is known as (1)
(a) Resistance (b) Stress
(c) Burnout (d) Coping
- or Blocking of needs and motives that cause hindrance in achieving the desired goal results in
(a) Stress (b) Conflict
(c) Frustration (d) Aggression
- 2 The method of behavioural analysis is often used in obtaining peer assessment. (1)
- 3 Individuals having high motivation, lack of patience and who are always in a hurry are
- 5 Logotherapy is given by (1)
(a) Victor Frankl
(b) Sigmund Freud
(c) Ivan Pavlov
(d) Carl Rogers
- or In 1957, Leon Festinger published his theory of
(a) Balance
(b) Cognitive dissonance
(c) Attribution
(d) None of the above
- 6 Cluster or ideas regarding the characteristics of a specific group is known as (1)
(a) Progressive (b) Stereotype
(c) Belief (d) Attitude
- 7 _____ involves making summary of the ideas

- 8 An individual reporting loss of part or some bodily functions is sign of (1)
- Dissociative disorder
 - Panic disorder
 - Mood disorder
 - Conversion disorder
- or Children who have marked difficulties in social interaction and communication, desire for routine and restricted interests are suffering from
- Alogia
 - Impulsivity
 - Hyperactivity
 - Autism
- 9 The craze for thinness valued by models and actors is termed as (1)
- 10 As persons we always make some judgement about our own self is known as (1)
- Self-regulation
 - Self-esteem
 - Self-concept
 - Self-efficacy
- or Dismissing anxiety provoking behaviours or thoughts from unconscious is known as
- Projection
 - Rationalisation
 - Repression
 - Denial
- 11 The process of assigning cause to the behaviour shown in specific social situation is called attribution. (1)
- or is a group based way of expressing frustration and is often results in negative attitudes or prejudice against the weaker group.
- 12 The cognitive theory of stress was proposed by (1)
- Selye
 - Endler
 - Parker
 - Lazarus
- 13 Individual's reaction to external stressor's is called (1)
- Strain
 - Conflict

- 14 Choose the correct match for each of defense mechanisms and their behavioral attributes from the codes given below: (1)

List-I	List-II
1. Direct	(i) It requires a yes or no response.
2. Bipolar	(ii) It encourages a response in favor of a specific answer
3. Leading	(iii) they are intended to get a person to reflect on what she or he had said and expand on it.
4. Mirror	(iv) They are explicit and require specific information

Codes

- 1- (iii), 2- (i), 3- (ii), 4- (iv)
- 1- (iv), 2- (i), 3- (ii), 4- (iii)
- 1- (iv), 2- (ii), 3- (i), 4- (iii)
- 1- (i), 2- (iv), 3- (ii), 4- (iii)

Section-II

- 15 Read the case and answer the questions that follow: $1 \times 3 = 3$

Phil is a 67-year-old male who reports that his biggest problem is worrying. He worries all of the time and about "everything under the sun." For example, he reports equal worry about his wife who is undergoing treatment for breast cancer and whether he returned his book to the library. He recognizes that his wife is more important than a book, and is bothered that both cause him similar levels of worry. Phil is unable to control his worrying. Accompanying this excessive and uncontrollable worry are difficulties falling asleep, impatience with others, difficulty focusing at work, and significant back and muscle tension. Phil has had a lifelong problem with worry, recalling that his mother called him a "worry wart." His worrying does wax and wane, and worsened when his wife was recently diagnosed with breast cancer.

- (i) Identify the disorder that Phil is suffering from?
- Schizophrenia
 - Generalized Anxiety Disorder

- (ii) Which of the following is not a symptom of the Generalized Anxiety Disorder?
 (a) Apprehension (b) Restlessness
 (c) Hyper vigilance (d) Panic attacks
- (iii) Which of the following is a cognitive therapy prescribed for Generalized Anxiety Disorder?
 (a) modifying the catastrophic thinking patterns
 (b) relaxation training
 (c) scheduling specific 'worry time'
 (d) planning pleasurable activities

16 Read the case and answer the questions that follow: 1 × 4 = 4

Ankita reads in the newspapers that a particular soft drink that she enjoys is extremely harmful. But Ankita sees that her favorite sportsperson has been advertising the same soft drink.

She has identified herself with the sportsperson, and would like to imitate him. Now, suppose the sportsperson wishes to change people's attitude towards this soft drink from positive to negative. The sportsperson must first show positive feelings for his fans, and then actually change his own habit of consuming that soft drink perhaps by substituting it with a health drink.

If the sportsperson actually changes his behavior, it is very likely that now Ankita will also change her attitude and behavior, and stop consuming the harmful soft drink.

- (i) identify the type of change occurring in the given case.
 (a) concept of balance
 (b) concept of cognitive dissonance
 (c) two-step concept
 (d) concept of valence
- (ii) Identify the 'source' in the given case.
 (a) Ankita
 (b) The actor
 (c) Soft drink
 (d) Health drink

- (iii) Which of the following statement is first step in the attitude change?
 (a) The sportsperson must first show positive feelings for his fans, and then actually change his own habit of consuming that soft drink perhaps by substituting it with a health drink
 (b) If the sportsperson actually changes his behavior, it is very likely that now Ankita will also change her attitude and behavior, and stop consuming the harmful soft drink.
 (c) Ankita reads in the newspapers that a particular soft drink that she enjoys is extremely harmful.
 (d) She has identified herself with the sportsperson, and would like to imitate him.
- (iv) What does 'identification' mean in this case?
 (a) Ankita has liking and regard for the actor.
 (b) The actor advertises for soft drink.
 (c) The actor substitutes the soft drink with a health drink.
 (d) Ankita stops the consuming of the harmful soft drink.
- or Adults who are planning to buy a laptop are more convinced by a computer engineer who points out the special features of a particular brand of laptop. On the other hand, if the buyers are schoolchildren, they may be convinced more by another schoolchild advertising a laptop. In the case of some products such as cars, sales may increase if they are publicized, not necessarily by experts, but by popular public figures.
- (i) In the given case, the advertisements are a tool to bring
 (a) Attitude change
 (b) Congruent behavior
 (c) Incongruent behavior
 (d) All of the above
- (ii) Attitudes are more likely to change when the message comes from a
 (a) Low credible source
 (b) High credible source
 (c) Actor
 (d) Source does not matter

- (iii) In this case, which of the following is not a source for delivering the message?
 (a) Buyer (b) Advertiser
 (c) Public figure (d) None of these
- (iv) Adults who are planning to buy a laptop are more convinced by a computer engineer because it is a
 (a) Low credible source
 (b) High Credible source
 (c) Credibility does not matter
 (d) Both (b) and (c)

Section-III

- 17** What is psychological assessment? (2)
- 18** What is self-control or delay of gratification? (2)
- 19** What do you mean by 'burnout'? (2)
- 20** Explain biofeedback. (2)
 or What are life skills?
- 21** What is panic disorder? (2)
- 22** What is meant by therapeutic contract. (2)
 or What is integration in humanistic-existential therapy?

Section-IV

- 23** "Attitude are learned through one's own experience." Critically examine this statement. (3)
- 24** Explain the main feature of therapeutic relationship. (3)

- 25** Define the role of message to bring attitude change. (3)
 or What do you understand by prejudice?

Section-V

- 26** Explain psychological distress according to behaviour therapy. Describe any one behavioural techniques. (4)
 or Rajesh is an alcoholic patient with depression. How the alternative therapies can help him to overcome this difficulty?
- 27** How do you explain prejudice and discrimination in the genocide committed by the Nazis in Germany against the Jewish People? (4)
- 28** State the symptoms and sources of stress. (4)
- 29** Discuss the two step concept for attitude change. (4)

Section-VI

- 30** Physician make diagnosis 'looking at a person's physical symptoms.' How are psychological disorders diagnosed? (6)
 or How do you define personality? Explain any one approach to the study of personality.
- 31** Briefly explain the intelligence in Indian tradition. Explain the competencies of Indian notion of Intelligence. (6)
 or A therapist asks the client to reveal all her/his thoughts including early childhood experiences. Describe the technique and type of therapy being used.