

SAMPLE QUESTION PAPER 3

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 Aneesh has friends from housing society and school where he lives in and studies. In this case, Aneesh was able to made friends because of (1)
- or Mood disorder in which both mania and dpression are alternatively present is known as
- 2 A person, who is generally aggressive, may behave in a submissive manner in the presence of her/his top boss. The kind of behaviour shown by him is affected by (1)
- (a) Assessment (b) Situationism
(c) Intelligence (d) Personal traits
- or The latest system of clarification of psychological disorder is
- 3 are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. (1)
- 4 The state of physical, emotional, and psychological exhaustion is known as(1)
- 5 An individual is rejected in a job interview, which he was very eager to join. Now he claims his present job is better. He is using : (1)
- (a) Reaction Formation
(b) Projection
(c) Regression
(d) Rationalisation
- 6 If a child gives trouble in eating dinner, an (1)

- 7 'Perceiving or thinking that one has got less than what one should get' refers to(1)
or combines cognitive theory with behavioural technique.
- 8 Karim when asked to describe about himself describes in following manner, 'I am Karim. I am honest and hardworking person. I am singer. I do believe in God and destiny.' In this case, Karim is disclosing his (1)
(a) Personal Identity
(b) Social Identity
(c) Self esteem
(d) Self-efficacy
- or While paying bills, Jen was suddenly overwhelmed by anxiety. Her heart pounded, she felt like she couldn't breathe, and she became dizzy. This was most likely a
(a) panic attack
(b) dissociative episode
(c) manic episode
(d) generalised anxiety episode
- 9 When you say to your friend, "you do not look well today", you are basing your statement on an evaluation of the person's appearance today and comparing it with how she looked in the past. The consistency between current and past patterns of behavior, as well as harmony between verbal and non-verbal communication is called (1)
- 10 Poonam has not slept in several days. She alternates between writing what she believes will be a grammy-winning album of folk songs and going on expensive shopping sprees. She speaks in a loud, frenzied voice and explodes in anger when her roommate tells her to 'calm down'. If this pattern is followed by a period of depression, then a diagnosis of may be made. (1)
(a) Bipolar disorder
(b) schizotypal personality disorder.
(c) seasonal affective disorder.
(d) dissociative disorder.
- or For the past six months, Julie has been exhausted, hopeless, and unable to enjoy her normal activities. She has no interest in spending time with friends and is having a hard time keeping up at work. The most likely diagnosis is
(a) depression.
(b) schizotypal personality disorder.
(c) seasonal affective disorder.
(d) dissociative disorder.
- 11 The impact of any stressful event depends largely on the way we interpret it. (True /False) (1)
- or A particular therapist teaches clients in a group setting to recognize bodily processes and emotions that they have blocked from their awareness. The therapist is using client-centered therapy. True/ False
- 12 The structure of intellect model was proposed by (1)
(a) Spearman
(b) Thurstone
(c) Guilford
(d) Thorndike
- 13 In a society, people have assembled for a special purpose i.e., to watch a cricket match in between India and Pakistan. In this case, assembly of people can be called as (1)
- 14 Choose the correct match for each concept related to determinants of cooperation and competition from the codes given below. (1)
- | List-I | List-II |
|--------------------------------|---|
| 1. Cooperative reward | (i) Facilitates interaction, and discussion |
| 2. Interpersonal communication | (ii) Promotive interdependence |
| 3. Reciprocity | (iii) To feel obliged to return what they get |
- Codes**
(a) 1-(ii), 2-(i), 3-(iii)
(b) 1-(i), 2-(iii), 3-(ii)
(c) 1-(iii), 2-(i), 3-(ii)
(d) 1-(i), 2-(iii), 3-(ii)

Section-II

- 15** Read the case and answer the questions that follow: 1 × 3 = 3

Sunita is regarded by her teachers as an excellent student. She does her work on time, scores the highest grades in her class, listens to instructions with care, grasps quickly, reproduces accurately but she rarely comes out with ideas which are her own. Rita is another student who is just average in her studies and has not achieved high grades consistently. She prefers to learn on her own. She improvises new ways of helping her mother at home and comes up with new ways of doing her work and assignments. The former is considered to be more intelligent and the latter as more creative.

- (i) Identify the attributes which do not define a person as creative?
- Learning by own
 - Improvisation
 - Devising new ways to do work
 - Scoring high grade
- (ii) If a person listens and grasps the instructions quickly, reproduces the same accurately but rarely comes out with his/her own ideas, he/she is
- Intelligent
 - Creative
 - Gifted
 - Intelligent as well as creative
- (iii) High IQ does not necessarily determine the
- Intelligence
 - Creativity
 - Emotional Intelligence
 - Both (b) and (c)
- 16** Read the case and answer the questions that follow: 1 × 4 = 4

Helen is a 28-year-old chemistry student who sought therapy for intense anxiety. She could not attend the lectures or enter the lecture theatre (lecture theatre phobia). She could not concentrate, study for the exams or sit an exam. She avoided getting close to the University and she also avoided anything

She was in a general state of anxiety about anything. She wanted to be perfect in everything and she worried about other people's criticism. She would think about University all the time. Thus, she was not able to enjoy herself and was always sad. She avoided being with people and finally avoided crowded places.

As far as her physiological complaints are concerned, it appeared that Helen suffered from: Permanent headache, Insomnia, Stomachache, Fatigue, Loss of energy, Drowsiness, Clenching of teeth while she slept that resulted in pain. The result of all the above was that she felt anxious, disappointed and melancholic.

- (i) In the above case, Helen is suffering from
- Physical stress
 - Examination Anxiety
 - Depression
 - Acute stress disorder
- (ii) Examination anxiety is
- Always positive
 - Always negative
 - Can be positive or negative
 - None of the above
- (iii) The psychologist has concluded that Helen is high test anxious students. What led to conclude this?
- Intense emotional reactions
 - Feelings of inadequacy,
 - Helplessness, and loss of status
 - All of the above
- (iv) Which of the following is not true with respect to examination anxiety?
- Examination stress has been characterised as 'evaluative apprehension'.
 - High test anxious students respond to examination stress with intense emotional reactions and negative thoughts about themselves.
 - Anxiety around examinations is always negative and doesn't help.
 - Examination anxiety produces

or Read the case and answer the questions that follow.

Rohan is one of the school going children. However, he faces enormous difficulty in learning even very simple skills. He also lacks in language and motor skills. Furthermore, he is not capable to adapt to his environment. Alarmed by Rohan's slow learning skill, his parents contacted a psychologist. The psychologist performed an IQ test on Rohan. Rohan's IQ score was found to be moderate (IQ 35-55). The psychologist diagnoses that the Rohan with intellectual disability. The psychologist also suggested his parents that although he will lack in certain learning component with respect to his peer, he can be trained in self care skill and simple social communication. However, he will need to have moderate degree of supervision in everyday tasks.

- (i) Based on above passage, Rohan is
 - (a) Intellectually Deficient
 - (b) Intellectually Sufficient
 - (c) Emotionally Intelligent
 - (d) Creative and Intelligent
- (ii) Intellectual disability is characterized by
 - (a) Sub-average intellectual functioning
 - (b) Deficits in adaptive behaviour
 - (c) Intellectual deficiency occurs in 0 and 18 years of age
 - (d) All of the above
- (iii) Which of the following cannot be categorised as intellectual disability?
 - (a) Below Average (IQ 70- 79)
 - (b) Mild (IQ 55-70)
 - (c) Severe (IQ 20-35)
 - (d) Profound (IQ below 20)
- (iv) Which of the following is not correct with respect to a moderate intellectually disable person?
 - (a) They need moderate degree of supervision in everyday tasks.
 - (b) They lacks in language and motor skills with respect to peers.
 - (c) They can be trained in self care.
 - (d) They are incapable of managing their

Section-III

- 17 Define the role of group in providing knowledge and skill. (2)
- 18 What does Eysenck consider to be the two most important dimensions of personality? (2)
- 19 Reena is 5 years old, she cries when she is dropped to school. Explain the disorder and list its symptoms. (2)
- 20 'Hearing and listening are not the same'. Justify your answer. (2)
or Discuss the two step concept for attitude change.
- 21 What do you know about proximity? (2)
- 22 Define formation state in group. (2)
or Define the nature and process of psychotherapy.

Section-IV

- 23 What do you understand by group structure? (3)
- 24 Explain the effect of noise on the cognitive abilities of human beings. (3)
- 25 Explain the relationship between attitude and behaviour. (3)

Section-V

- 26 Ankit is your friend. He demanded Rs. 100 from you and said that he will return it back. You accepted his request. Later, you observed that he has made a habit of asking for money and each time you fulfill the request, a bigger request is made by him. Identify the compliance strategy in this case and discuss it. (4)
or Anxiety has been called the "butterflies in the stomach feeling". At what stage does anxiety become a disorder? Discuss its types.
- 27 Rohan had interview for a Multinational company. Prior to interview, He observed that his heart rate and blood pressure levels have increased. Why did it happen?

- 28** Raman washes his hands every time, he touches something. One of his colleague also observed that he washes even things like coins. He further noticed that Raman steps only within the patterns on the floor or road while walking. Identify and describe the symptoms of this disorder. (4)
- 29** Explain any two differences between primary and secondary groups. (4)

Section-VI

- 30** While speaking in public the patient changes topics frequently, is this a positive or a negative symptom of schizophrenia? Describe the other symptoms and sub-types of schizophrenia. (6)
- or How would a social learning theorist account for a phobic fear of lizards/cockroaches? How would a psychoanalyst account for the same phobia?
- 31** Arihant wants to become a singer even though he belongs to a family of doctors. (8)
- Though his family members claim to love him but strongly disapprove his choice of career. Using Carl Rogers' terminology, describe the attitudes shown by Arihant's family.
- or Richard is a 62-year-old single man who says that he started to drink in late teens to "feel better" when his episodes of depression made it hard for him to interact with his peers. He also states that alcohol and cocaine are a natural part of his manic episodes. He also notes that coming off the cocaine and binge drinking contribute to low mood, and past efforts have led to only temporary abstinence. Yet, Richard is now trying to forge a closer relationship to his adult children, and he says he is especially motivated to get a better handle on his disorder. Identify the diseases that Richard is suffering from and also describe the symptoms. Suggest measures to overcome the issues pertaining with his disorder. (8)