

SAMPLE QUESTION PAPER 1

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 Individual's underlying potential for acquiring skills is known as (1)
- or Ability to organise and monitor our own behaviour refers to (1)
- 2 The conscious ego does not operate according to reality principle. (True/False) (1)
- 3 personality is characterised by proneness to depression. (1)
- 4 The emotional component of attitude is also called component. (1)
- 5 Systematic desensitisation begins with some form of (1)
(a) Instrumental conditioning

or Nishant feels very strongly that everyone should love him and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be the most suitable for him to overcome this problem?

- (a) Cognitive therapy
 - (b) Psychodynamic therapy
 - (c) Behaviour therapy
 - (d) Biomedical therapy
- 6 Repeated association of undesired response with an aversive consequence refers to (1)
(a) Positive reinforcement
(b) Aversive conditioning
(c) Negative reinforcement
(d) Classical conditioning

- 8 The latest system of classification of psychological disorder is (1)
- WHO
 - DSM-III R
 - DSM-IV
 - ICD-9
- or Developing a fear of entering unfamiliar situation is known as
- Panic disorder
 - Compulsive disorder
 - Agoraphobia
 - Conversion disorder
- 9 Dhruv fidgets, squirms, climbs and runs around the house aimlessly. He is distracted, inattentive and seems over active in class. Thus, he neither follows instructions, nor complete assignments. The psychologist has diagnosed him with (1)
- 10 Enhancement of people's self-concept is possible by creating an atmosphere of (1)
- Conditional positive regard
 - Unconditional positive regard
 - Unconditional and biased regard
 - Identity crisis
- or For most behaviourists, the structural unit of personality is the
- Response
 - Stimuli
 - Archetype
 - Emotions
- 11 Client-centered therapy focuses on creating unconditional positive regard in the client. (True/False) (1)
- or Tendency of group to take extreme decision is called
- 12 An individual's level of stress which helps in achieving peak success and managing minor crisis is known as (1)
- Stress
 - Distress
 - Eustress
 - Strain
- 13 According to experts who deal with Post Traumatic Stress Disorder, one of the key attitudes to develop in the survivors is that

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

<i>List-I</i>		<i>List-II</i>
1. Projection	(i)	A person totally refusing to accept reality.
2. Denial	(ii)	A person defends against anxiety by adopting behaviours opposite to her/his true Feelings.
3. Reaction Formation	(iii)	A person tries to make unreasonable feelings or behaviour seem reasonable and Acceptable.
4. Rationalisation	(iv)	People trying to attribute their own traits to others.

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 × 3 = 3

Samar is a school going child. Due to lockdown, he is at home. One day he happens to have an instinct to eat ice-cream cone. However, there is only one ice-cream cone in refrigerator. He wants to grab the cone and eat it. He also realises that if he grabs the cone without asking, he may be punished. The best way for Samar to achieve gratification is to ask for permission to eat the cone. In this way, he knows that if his behaviour is morally correct and this approach towards obtaining the ice-cream will not create guilt, fear or anxiety in him.

- The instinctual energy of Samar to eat ice-cream cone is derived from
 - Repression
 - Reaction formation
 - Pleasure principle
 - Rationalisation
- The realisation experienced by Samar that if he grabs the cone without asking, he may be punished, comes from

- (iii) Which of the following determined that the behaviour of Samar is morally correct and guilt free?
- Id
 - Ego
 - Superego
 - All of the above

16 Read the case and answer the questions that follow.

1 × 4 = 4

People take some time to understand the full meaning of what the disaster has done to them. They may actually deny to themselves that something terrible has happened. Physical reactions, such as bodily exhaustion even without physical activity, difficulty in sleeping, change in the eating pattern, increased heartbeat and blood pressure, and getting startled easily can be found among the victims. Grief and fear, irritability, anger ("Why should this happen to me?"), helplessness, hopelessness ("I could do nothing to prevent this event"), depression, sometimes absolute lack of emotion (numbness), guilt feelings for having survived while someone else in the family died, blaming oneself, and lack of interest in even routine activities is also observed.

- (i) In the given case, identify the psychological disorder?
- Depression
 - Dissociative disorder
 - Post-traumatic stress disorder (PTSD)
 - Seasonal affective disorder
- (ii) The immediate reaction to a disaster is commonly
- Disorientation
 - Physical reactions
 - Cognitive reactions
 - Social reactions
- (iii) Which of the following statement exhibit disorientation in above case?
- Why should this happen to me?
 - I could do nothing to prevent this event
 - lack of emotion (numbness)
 - They may actually deny to themselves
- (iv) Reactions, such as worry, difficulty in concentration, reduced span of attention, confusion, loss of memory, or vivid memories that are unwanted are form of
- Physical reaction
 - Emotional reaction
 - Cognitive reaction
 - Social reaction

or Read the case and answer the questions that follow:

Two persons sitting or standing close together are seen to be friends or related to each other. When you visit your school library, and if your friend is sitting at a table and the place next to her/him is empty, you like to sit next to her/him. But if a person you do not know is sitting at the table, even if the place next to her/him is empty, it is unlikely that you will sit next to this person.

- (i) In the given case, the concept of personal space is determining the
- Social relation
 - Position of Individual
 - Authority
 - Freindship
- (ii) The concept of interpersonal physical distance has been given by
- Carl Jung
 - Edward Hall
 - Sigmund Freud
 - L M Basheer
- (iii) Which of the following can be determined using interpersonal physical distance?
- It explains many of the negative effects of crowding as an environmental stressor.
 - It tells us about social relationships.
 - It gives us some idea about how physical space can be modified in order to reduce stress or discomfort in social situations, or to make social interaction more enjoyable and fruitful.
 - All of the above
- (iv) The length of physical distance of in case of personal distance is
- up to 18 inches
 - 18 inches to 4 feet
 - 4 to 10 feet

Section-III

- 17 Define the term situationism. (2)
- 18 What is the major developmental achievement of phallic stage? (2)
- 19 Explain emotion-oriented coping strategy. (2)
- 20 What are the traumatic events? (2)
or Differentiate between eustress and distress.
- 21 What is Post-Traumatic Stress Disorder? (3)
- 22 What do you mean by free association method? (2)
or Differentiate between conscious resistance and unconscious resistance.

Section-IV

- 23 You have been given the responsibility of changing the attitude of your school mates towards food wastages. Identify any three factors that you need to keep in mind while bringing in this attitude change and explain it with the help of an example. (3)
- 24 What is the meaning of logotherapy? (3)
- 25 Cricket team in Ranjan's locality is very famous. Ranjan and his group of friends are active members in this team. What are the main difference between their group and team? (3)
or Explain 'positive reinforcement'.

Section-V

- 26 How does Rational Emotive Therapy help in reducing distress? Support your answer with the help of an example. (4)

or Explain psychological distress according to Humanist-Existential therapy.

- 27 Describe the relationship between attitude and behaviour with the help of suitable examples. (4)
- 28 What are the major components of a therapeutic alliance? (4)
- 29 What is Mental retardation? (4)

Section-VI

- 30 Briefly explain the intelligence in Indian tradition. Explain the competencies of Indian notion of Intelligence. (6)
or John often feels anxious, moody, touchy and restless. He quickly loses control. He went to Psychology clinic. In order to diagnose his condition, psychologist performed a test. The result further showed that John has scored high on psychoticism dimension that tends to be hostile, egocentric and antisocial. What does it mean? Which test did the psychologist performed to determine the psychoticism dimension?
- 31 Discuss the cognitive aspects of self. Explain how they are assessed? (6)
or Sachin is in his infancy. Even during his infancy and early childhood, he is showing characters like larger attention span, good recognition memory, preference for novelty, sensitivity to environmental changes, and early appearance of language skills. How can you explain such child? Does it mean that he possess superior psychomotor ability as well? How will you identify such child?

Answers

- 1 Aptitude or Self-regulation
- 2 False
- 3 Rationalisation
- 4 Affective
- 5 (b) Relaxation training or (a) Cognitive therapy
- 6 (b) Aversive conditioning
- 7 Cohesiveness
- 8 (c) DSM-IV or (c) Agoraphobia
- 9 Hyperactivity
- 10 (b) Unconditional positive regards or (a) response
- 11 True or Group Polarisation
- 12 (c) Eustress
- 13 (a) Self-confidence
- 14 (b) 1- (iv), 2- (i), 3- (ii), 4- (iii)
- 15 (i) (c) Pleasure principle
(ii) (b) Ego
(iii) (c) Superego
- 16 (i) (c) Post-traumatic stress disorder (PTSD)
(ii) (a) Disorientation
(iii) (d) They may actually deny to themselves that something terrible has happened.
(iv) (c) Cognitive reaction
- or (i) (a) Social relation
(ii) (b) Edward Hall
(iii) (d) All of the above
(iv) (b) 18 inches to 4 feet
- 17 Some psychologists states that situations and circumstances in which one is placed to influence one's behaviour. Psychologist believed that our behaviours are influenced more by situational factors which is known as situationism.
- 18 At this stage, male child experiences the Oedipus complex. It involves love for the mother, hostility towards the father and the fear of punishment by the father.
- 19 Emotion-oriented coping strategy can involve efforts to maintain hope and to control one's emotions. It can also involve venting feelings of anger and frustration or deciding that nothing can be done to change things.
- 20 Traumatic events include being involved in a variety of extreme events such as a fire, train or road or Eustress is the term used to describe the level of stress that is good for you and is one of a person's best assets for achieving peak performance and managing minor crisis.
Eustress, however, has the potential of turning into 'distress'. It is this latter manifestation of stress that causes our body's wear and tear.
- 21 People who have been caught in a natural disaster (such as tsunami) or have been victims of bomb blasts by terrorists or been in a serious accident or in a war-related situation, experience Post-Traumatic Stress Disorder (PTSD). PTSD symptoms may include recurrent dreams, flashbacks, impaired concentration, and emotional numbing.
- 22 Free association method is the main method for understanding the client's problems. The therapist makes the client to feel comfortable and asks her/him to speak whatever comes to mind without censoring it in anyway. The client is encouraged to freely associate one thought with another.
- or Conscious resistance is present when the client deliberately hides some information. Unconscious resistance is assumed to be present when the client becomes silent during the therapy session, recalls trivial details without recalling the emotional ones, misses appointments, and come late for therapy sessions.
- 23 For the change of attitude of my school mates towards food wastage I must identify the following factors:
(i) I must observe how much food in being wasted by them daily.
(ii) I need to identify the preference of the foods of my school mates, i.e. whether they prefer regular meal like Rajma-Chazwal or junk foods like burger, pasta etc.
(iii) With the help of teacher I will arrange a seminar on why food in not to be wasted and nutritious food should be taken. The message of "Nutritious food only can give health and energy" can bring a significant changes in the attitude of my school mates. In this way I can change the attitude of my school mates towards food wastages.
- 24 Victor Frankl, a psychiatrist and neurologist propounded the Logotherapy. Logos is the Greek word for soul and Logotherapy means treatment for the soul. Frankl calls this process of finding meaning

The spiritual unconscious include love, aesthetic awareness, and values of life. Neurotic anxieties arise when the problems of life are attached to the physical, psychological or spiritual aspects of one's existence. Frankl emphasised the role of spiritual anxieties in leading to meaninglessness.

Hence it may be called an existential anxiety i.e. neurotic anxiety of spiritual origin. The goal of logotherapy is to help the patients to find meaning and responsibility in their life irrespective of their life circumstances. The therapist emphasises the unique nature of the patient's life and encourages them to find meaning in their life.

25 The main differences between group of Ranjan and his friends and their cricket team are:

- (i) In their group, performance is dependent on contributions of individual members. In cricket team both individual contributions and teamwork matter.
- (ii) In group, Ranjan is the leader who is heading the group and taking the responsibility for the work of the group. However in cricket team, although there is a captain (leader), members hold themselves responsible for the performance of the team.

or If an adaptive behaviour occurs rarely, positive reinforcement is given to increase the deficit. For example, if a child does not do homework regularly, positive reinforcement may be used by the child's mother by preparing the child's favourite dish whenever she/he does homework at the appointed time.

26 Cognitive therapies locate the cause of psychological disorders which are found in irrational thoughts and beliefs.

Albert Ellis formulated the Rational Emotive Therapy (RET). The RET method helps in reducing psychological disorders in the followings ways:

- The first step in RET is the Antecedent Belief-Consequence (ABC) analysis. Antecedent events, which caused the psychological distress, are noted.
- The client is also interviewed to find the irrational beliefs, which are distorting the present reality. Irrational beliefs may not be supported by empirical evidence in the environment. These beliefs are characterised by thoughts with 'musts' and 'shoulds', i.e. things 'must' and 'should' be in a particular manner.
- The distorted perception of the antecedent event due to the irrational belief leads to the consequence i.e. negative emotions and behaviours. For example, 'One should be loved by everybody all the time' is an

In the process of RET, the irrational beliefs are refuted by the therapist through a process of non-directive questioning.

- The questions make the client to think deeper into her/his assumptions about life and problems. Gradually, the client is able to change the irrational beliefs by making a change in her/his philosophy about life. The rational belief system replaces the irrational belief system and there is a reduction in psychological distress.
- or Humanistic-Existential therapies claims that psychological distress arises from feelings of loneliness, alienation and an inability to find meaning and genuine fulfilment in life. Human beings are motivated by the desire for personal growth and self-actualisation and an innate need to grow emotionally. When these needs are control by society and family, individual experiences psychological distress.

Self-actualisation is defined as an inborn force that moves the person to become more complex, balanced and integrated. As lack of food and water causes distress, frustration of self-actualisation also causes distress.

The chief aim of the Humanistic-Existential therapy is to expand the client's awareness. Healing takes place only by a process of understanding the unique personal experience of the client himself.

27 An individual's attitudes may not always be exhibited through behaviour. One's actual behaviour may be contrary to one's attitude towards a particular topic. Psychologists suggest that the relationship between attitude and behaviour on the consistency between them found when

- The attitude is strong and occupies a central place in the attitude system.
- The person is aware of his attitude.
- There is very little or no external pressure for the person to behave in a particular way.
- The person's behaviour is not being watched or evaluated by others.
- The person thinks that the behaviour would have a positive consequence and therefore, intends to engage in that behaviour.

An American social psychologist Richard Lapiere conducted a survey in the different hotels of America about the accommodation given by the hotels to Chinese travellers.

The response was a very large percentage of negative response by the hotels for giving accommodation to Chinese people. But the response was inconsistent

28 The special relationship between the client and the therapist is known as the therapeutic relationship or alliance. There are two major components of a therapeutic alliance:

- (i) The first component is the contractual nature of the relationship in which two willing individuals, the client and the therapist, enter into a partnership which aims at helping the client to overcome her/his problems.
- (ii) The second component of therapeutic alliance is the limited duration of the therapy. This alliance lasts until the client becomes able to deal with her/his problems and take control of her/his life.

29 The children who show intellectual deficiency are termed as mentally challenged or mentally retarded. As a group, there is wide variation among the mentally deficient or retarded.

The American Association on Mental Deficiency (AAMD) views mental retardation as "significantly sub-average general intellectual functioning existing concurrently with deficits in adaptive behaviour and manifested during the developmental period".

This definition points to three basic features:

- (i) First, in order to be judged as mentally retarded, a person must show significantly sub-average intellectual functioning. Persons having IQ below 70 are judged to have sub-average intelligence.
- (ii) The second relates to deficits in adaptive behaviour. Adaptive behaviour refers to a person's capacity to be independent and deal effectively with one's environment.
- (iii) The third feature is that the deficits must be observed during the developmental period, that is between 0 and 18 years of age.

30 Contrary to technological intelligence, intelligence in the Indian tradition can be termed as integral intelligence. It gives emphasis on connectivity with the social and world environment. Indian thinkers view intelligence from a holistic perspective where equal attention is paid to cognitive and non-cognitive processes as well as their integration. The Sanskrit word *buddhi* which is often used to represent intelligence is far more pervasive in scope than the Western concept of intelligence.

According to JP Das, *buddhi*, includes skills such as mental effort, determined action, feelings, and opinions along with cognitive competence such as knowledge, discrimination, and understanding. Among other things, *buddhi* is the knowledge of

Thus, the notion of *buddhi* has affective and motivational components besides a strong cognitive component unlike the Western views, which primarily focus on cognitive parameters.

Following competencies are identified as facets of intelligence in the Indian tradition:

- **Cognitive Competence** It includes sensitivity to context, understanding, discrimination, problem solving, and effective communication.
- **Social Competence** It includes respect for social order, commitment to elders, the young and the needy, concern about others, and recognising others' perspectives.
- **Emotional Competence** It includes self-regulation and self-monitoring of emotions, honesty, politeness, good conduct, and self-evaluation.
- **Entrepreneurial Competence** It includes commitment, persistence, patience, hard work, vigilance, and goal-directed behaviours.

or The result showed that John has scored high on psychoticism dimension that tends to be hostile, egocentric, and antisocial. This means that his personality contains this trait. H.J. Eysenck had first proposed that personality could be reduced into two broad dimensions. These are biologically and genetically based. These dimensions are:

- **Neuroticism v/s Emotional Stability** It refers to the degree to which people have control over their feelings. At one extreme of the dimension, we find people who are neurotic. They are anxious, moody, touchy, restless and quickly lose control. At the other extreme lie people who are calm, even-tempered, reliable and remain under control.
- **Extraversion v/s Introversion** It refers to the degree to which people are socially outgoing or socially withdrawn. At one extreme are those who are active, gregarious, impulsive and thrill-seeking. At the other extreme are people who are passive, quiet, cautious and reserved.
- **Psychoticism v/s Sociability**, which is considered to interact with the other two dimensions mentioned above.

The psychologist performed Eysenck Personality Questionnaire test to determine the dimensions of John's personality. This instrument is comprised of 57 yes/no items and yields total scores for extraversion and neuroticism as well as a validity score. Individuals are generally classified as 'high' or 'low' on the two dimensions.

31 Psychologists from all parts of the world have shown interest in the study of self. These studies have brought out many cognitive aspects of self. These

Self-concept The way we perceive ourselves and the ideas we hold about our competencies and attributes is called self-concept. This view of oneself is positive or negative or both at the same time. The most frequently used method to find out an individual's self-concept involves asking the person about herself/himself.

Self-esteem The value judgment of a person about herself/himself is called self-esteem. Some people have high self-esteem, whereas others may have low self-esteem. Studies indicate that by the age of 6 to 7 years, children seem to have formed self-esteem at least in four areas i.e. academic competence, social competence, physical/athletic competence and physical appearance.

This self-esteem becomes more refined with age. It is known as an overall sense of self-esteem. Self-esteem shows a strong relationship with our everyday behaviour. For example, children with high academic self-esteem perform better in schools than those with low academic self-esteem and children with high social self-esteem are more liked by their peers.

On the other hand, children with low self-esteem often found to display anxiety, depression and increasing anti-social behaviour.

Studies have shown that warm and positive parenting helps in the development of high self-esteem among children whereas children, whose parents help or make decisions for them even when they do not need assistance, often suffer from low self-esteem.

Self-efficacy It is the extent to which a person believe that she/he herself/himself control her/his life outcomes or the outcomes are controlled by luck other than situational factors, e.g. passing an examination.

A person who believes that she/he has the ability or behaviours required by a particular situation demonstrates high self-efficacy.

The concept of self-efficacy is based on Bandura's Social Learning Theory. He showed that children and adults learned behaviour by observing and copying others.

People's expectation of mastery or achievement and their convictions about their own effectiveness also determines their behaviour.

A strong sense of self-efficacy allows us to select, influence and even construct the circumstances of their own. Self-efficacy can be developed. People with high self-efficacy can stop smoking, the moment he decides to do so.

Our society, our parents and our own positive experiences can help in the development of a strong sense of self-efficacy by presenting positive models during the developing years of children.

or The children like Sachin who exhibit characters like larger attention span, good recognition memory, preference for novelty, sensitivity to environmental changes, and early appearance of language skills in their infancy or early childhood are Gifted children. Gifted children show early signs of intellectual superiority.

The mere presence of brilliant academic qualities does not mean that a child will also possess superior psychomotor ability. Each gifted student possesses different strengths, personalities and characteristics. Athletes who show superior psychomotor ability are also gifted. Some important characteristics of gifted children are:

- Advanced logical thinking, questioning and problem solving behaviour.
- High speed in processing information.
- Superior generalisation and discrimination ability.
- Advanced level of original and creative thinking.
- High level of intrinsic motivation and self-esteem.
- Independent and non-conformist thinking.
- Preference for solitary academic activities for long periods.

Performance on intelligence tests is not the only measure for identifying the gifted child. Many other sources of information, such as teachers' judgement, school achievement record, parents' interviews, peer and self ratings, etc. can be used in combination with intellectual assessment for identifying the gifted children.