

PSYCHOLOGY (037)
CLASS- XII
SAMPLE QUESTION PAPER 2022-2023
MARKING SCHEME

Time – 3 Hours

Maximum Marks – 70

SECTION A

1. Jasleen is high on critical thinking and can manipulate symbols to solve numerical problems. She is also high on the ability to understand one's own feelings, motives and desires. Which of the following intelligences are displayed by Jasleen? 1
- i. Spatial
 - ii. Logical-mathematical
 - iii. Interpersonal
 - iv. Intrapersonal
- a. i and ii
 - b. ii and iii
 - c. i and iii
 - d. ii and iv

Ans.: d. ii and iv Pg. 7

2. Ryan believes that he is very good at football. Therefore, he has a high ____ as far as sports is concerned. 1
- a. Self -esteem
 - b. Self - efficacy
 - c. Self- motivation
 - d. Self- control

Ans.: a. self –esteem Page 26-27

3. According to the behaviourists, personality of an individual is the result of _____. 1
- a. Unconscious motives and conflicts
 - b. Response of an individual to the environment
 - c. Early childhood experiences
 - d. A relationship of the individual to her/his environment

Ans.: b. Pg no 39

4. Which of the following would a humanistic psychologist not use to explain an individual's behaviour? 1
- a. Innately good
 - b. Goal-directed and adaptive
 - c. Self - actualised
 - d. Balance among three competing forces

Ans.: d. Balance among three competing forces Page 40-41

5. Which of the following are the dimensions of stress? 1
- i. Intensity
 - ii. Duration
 - iii. Predictability
 - iv. Vulnerability
- a. i, ii and iv
 - b. i, iii and iv
 - c. ii, iii and iv
 - d. i, ii and iii

Ans.: d. i, ii and iii Page 53-54

6. Imran feels disappointed when he is not able to do everything perfectly, leading him to push himself to achieve unrealistically high standards. Identify the cause of his stress. 1
- a. Social pressure
 - b. Conflict
 - c. Frustration
 - d. Internal pressure

Ans.: d. Internal pressure Page 55

7. Sonali was questioned by her senior when her performance started to decline. She admitted that she was not eating regularly and her sleep was disturbed. Moreover, she could not concentrate on work and felt overburdened. Identify the effects of stress being indicated here. 1
- i. Emotional
 - ii. Behavioural
 - iii. Cognitive
 - iv. Physiological
- a. i and ii
 - b. ii and iii
 - c. iii and iv
 - d. i and iv

Ans.: b. ii and iii Page 57-58

8. Which of the following is/are true about psychological disorders in the middle ages? 1
- i. Demonology and superstition were used as explanations of psychological disorders.
 - ii. Mental anguish and conflict were considered as reasons for psychological disorders.
 - iii. Disturbed interpersonal relationships were emphasised to explain mental disorders.
 - iv. There was emphasis on deinstitutionalisation for people with psychological disorders.
- a. Only i is true
 - b. i and ii are true
 - c. Only iii is true
 - d. ii and iv are true

Ans.: b. i and ii are true Page 72

9. While paying bills, Sanjana was suddenly overwhelmed by anxiety. Her heart pounded, she felt like she couldn't breathe, and she became dizzy. This was most likely to be _____ 1
- a. A panic attack
 - b. A dissociative episode
 - c. A manic episode
 - d. A generalized anxiety episode

Ans.: a. A panic attack Page 76

10. Brijesh, an accountant, went on a work trip and never returned home. Years later, he was found by a friend in another city, where he was working as a labourer. He was living with a new identity and had no memory of his past. Brijesh's symptoms are indicative of _____ 1
- a. Dissociative fugue
 - b. Dissociative identity disorder
 - c. Schizophrenia
 - d. Depersonalisation

Ans.: a. Dissociative fugue Page 79

11. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1

Assertion (A): The principle of reciprocal inhibition states that the presence of two mutually opposing forces at the same time will lead to the stronger force inhibiting the weaker one.

Reason (R): The principle of reciprocal inhibition is a procedure wherein the client learns to behave in a certain way by observing the behaviour of the therapist.

- a. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
- b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- c. Assertion (A) is true, but Reason (R) is false.
- d. Assertion (A) is false, but Reason (R) is true.

Ans.: c. Assertion (A) is true, but Reason (R) is false. Page 98

12. Amit throws temper tantrums every time he goes to the market with his parents. He insists that they buy him a new toy every time. Identify the most suitable behavioural technique to modify this unwanted behaviour. 1
- a. Token economy

- b. Aversive conditioning
- c. Differential reinforcement
- d. Systematic desensitisation

Ans.: c. Differential reinforcement Page 98

13. What is the chief benefit to the client in cognitive therapy? 1
- a. Emotional insight is gained and the client is able to change his emotions towards the conflict.
 - b. The client is able to change maladaptive behaviour to adaptive ones.
 - c. The client is able to replace irrational thoughts with rational ones.
 - d. The client is able to achieve personal growth which leads to understanding oneself.

Ans.: c. The client is able to replace irrational thoughts with rational ones. Page 99

14. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1

Assertion (A): We assign causes to the behaviour shown in specific social situations. This process is called attribution.

Reason (R): We are also interested in why people behave in ways they do. Therefore, we assign a cause to a behaviour.

- a. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
- b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- c. Assertion (A) is true, but Reason (R) is false.
- d. Assertion (A) is false, but Reason (R) is true.

Ans.: a. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A). Page 107

15. Anna, the head girl of a school, gives more opportunities to the members of Red House than those of Blue or Green House. This is because she feels they are less capable. She even ignores the advice of her teachers to give equal opportunities to all the Houses. Which strategy will help in handling this prejudice? 1
- a. Highlighting group identity rather than individual identity.
 - b. Increasing her interaction with the members of all the Houses.
 - c. Keeping the Red House members higher in power or status.
 - d. Creating an environment for all the Houses to meet in a competitive rather than cooperative context.

Ans.: b. Increasing her interaction with the members of all the Houses. Page 119

16. Which one of the following is a feature of an attitude? 1
- a. Centrality
 - b. Behavioural

- c. Cognitive
- d. Affective

Ans.: a. Centrality Page 108-109

17. A working group was formed to organise the annual sports competition in a school. At a particular stage, there was a lot of conflict in the group. Identify this stage and the stage that is likely to follow it. 1
- a. The group was at the storming stage followed by the norming stage.
 - b. The group was at the norming stage followed by the forming stage.
 - c. The group was at the storming stage followed by the performing stage.
 - d. The group was at the forming stage followed by the norming stage.

Ans.: a. The group was at the storming stage followed by the norming stage. Page 133

18. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1

Assertion (A): Situation and circumstances in which one is placed influence one's behaviour.

Reason (R): The situational influences are so powerful that individuals with similar personality traits respond to them in almost the same ways.

- a. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
- b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- c. Assertion (A) is true, but Reason (R) is false.
- d. Assertion (A) is false, but Reason (R) is true.

Ans.: c. Assertion (A) is true, but Reason (R) is false. Page 2

Section B

19. Ivaan experiences distress and is constantly complaining of snakes crawling inside his stomach. Identify the disorder and the symptom that Ivaan is experiencing. Explain any one negative symptom of this disorder. 2

Ans.:

- Schizophrenia- Positive symptom, Somatic hallucination
- Negative symptom- any one

(1+1) Page 82

20. Fatima communicates her feelings and views clearly with confidence. She could say 'no' to a request or state an opinion without being self-conscious. Which life skill is she using? Suggest two more life skills that can help Fatima meet the challenges of life successfully. 2

Ans.:

- Fatima was using assertiveness
- Any two life skills (Time management, Self-care, improving relationships, overcoming unhelpful habit etc.)

(1+1) Page 64

OR

Resham has been overwhelmed by the quantum of work in her office. She has been advised some stress management techniques by her counsellor. What are the two techniques that you think would be helpful for her to manage stress?

Ans.:

A brief description of any two of the following stress management techniques:

- Relaxation Techniques
- Meditation Procedures
- Biofeedback
- Creative Visualisation
- Cognitive Behavioural Techniques
- Exercise

(1+1) Page 62-63

21. State any two ethical standards that need to be practiced by professional psychotherapists. 2

Ans.:

Two ethical standards that need to be practiced by professional psychotherapists are (any 2 of the following) :

- Informed consent needs to be taken
- Confidentiality of the client should be maintained
- Alleviating personal distress and suffering should be the goal of all attempts of the therapist
- Integrity of the practitioner -client relationship is important
- Respect for human rights and dignity
- Professional competence and skills are essential

(1+1) Page 103

22. Vinita holds a negative attitude towards individuals of a particular community. She avoids interacting or helping them in college. Identify and explain the behaviour being exhibited by Vinita. 2

Ans.:

- Discrimination
- Prejudice may also get translated into discrimination, the behavioural component, whereby people behave in a less positive way towards a particular target group compared to another group which they favour.

(1+1) Page 118

23. Explain any two elements of a group structure? 2

Ans.:

(Any two points)

The four elements of a group structure are

- Roles are socially defined expectations that individuals in a given situation are expected to fulfil.
- Norms are expected standards of behaviour and beliefs established, agreed upon, and enforced by group members.
- Status refers to the relative social position given to group members by others.
- Cohesiveness refers to togetherness, binding, or mutual attraction among group members. As the group becomes more cohesive, group members start to think, feel and act as a social unit.

(1+1) Page 134,135

Section C

24. Kirti is of average intelligence but is high on ability to appraise, express and regulate her emotions. Identify the intelligence that she exhibits and why it is receiving so much attention these days. Suggest some ways to enhance this kind of intelligence of students in schools. 3

Ans.:

- Emotional Intelligence
- Receiving attention at it helps students to deal with the stresses and challenges of the outside world; benefits their academic achievements. Reduces anti-social activities.
- Ways: Programmes that involve cooperative behaviour in school.

(1+1+1) Page 17

25. Explain major depressive disorder. State the factors which predispose an individual to depression. 3

Ans.:

A period of depressed mood/ or loss of interest or pleasure in most activities, change in body weight, constant sleep problems, tiredness, inability to think clearly, agitation, greatly slowed behaviour, thoughts of suicide and death.

- Genetic make-up, or heredity
- Age: 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.
- Negative life events and lack of social support.

(1+2=3) Page 79-80

26. An attitude towards recycling and reuse needs to be encouraged to conserve the environment. Examine the factors that will influence attitude change towards this. 3

Ans.:

Factors that influence Attitude Change (explanation of any 3 points)

- Characteristics of the existing attitude
- Source characteristics
- Message characteristics
- Target characteristics

(1+1+1) Page 114-117

OR

An individual's attitude may not always be exhibited through behaviour. When would there be consistency between attitude and behaviour? Explain.

Ans.:

Psychologists have found that there would be consistency between attitudes and behaviour when : (any three of the following points)

- the attitude is strong, and occupies a central place in the attitude system
- there is very 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
- the person thinks that the behaviour would have a positive consequence, and therefore, intends to engage in that behaviour.

(1+1+1) Page 117-118

27. Ananya had been trying to learn a new form of dance to win a competition. She decided to join a dance group which was also practicing the same dance form. Identify the reason for Ananya wanting to join the dance group. Explain some of the other reasons that make people join groups. 3

Ans.:

- Ananya's reason for joining the group - Goal achievement
- Any 2 reasons other than the above with explanation

(1+2) Page 132

Section D

28. Explain the role of assessment in understanding psychological attributes. Describe the key features of any two methods used for psychological assessment. 4

Ans.:

- Assessment is the measurement of psychological attributes of an individual which often uses methods in terms of certain comparisons. An attribute of an individual will be said to exist if it can be measured by using scientific procedures.
- There are various methods of assessment. (any two)
 - Psychological Test: It is an objective and standardized measure of an individual's mental and/or behavioral characteristics. It is commonly used for the purposes of clinical diagnosis, guidance, personnel selection, placement, and training.
 - Self-Report: It is a method in which a person provides factual information about themselves. Such information may be obtained by using an interview schedule or a questionnaire, a psychological test, or a personal diary.
 - Interview
 - Case Study
 - Observation

(1+1 ½ +1 ½= 4) Page 2

OR

Explain the term intelligence. Describe the PASS model of intelligence.

Ans.:

- Intelligence is a psychological attribute that involves the usage of cognitive elements to perceive the environment and solve problems.
(Any definition)
- PASS model-J.P. Das, Jack Naglieri, and Kirby, intellectual activity involves the interdependent functioning of three neurological systems, called the functional

units of the brain. These units are responsible for arousal/attention, coding or processing, and planning respectively.

- Arousal/Attention – State of arousal is basic to any behavior as it helps us in attending to stimuli.
- Simultaneous/Successive Processing – Simultaneous processing takes place when you perceive the relations among various concepts and integrate them into a meaningful pattern for comprehension. Successive processing takes place when you remember all the information in a serial order.
- Planning – Planning comes after the information is attended to and processed- allows us to think of the possible courses of action, implement them to reach a target, and evaluate their effectiveness.

(1+3) Page 9

29. Mother Teresa believed that she had a mission to fulfil and did what came natural to her, loving others and serving them. Identify the trait being referred to here by Gordon Allport and how it affects a person's behaviour. Distinguish it from other traits given by him. **4**

Ans.:

- Traits being referred to here are Cardinal traits
- They are highly generalised dispositions. They indicate the goal around which a person's entire life seems to revolve. In this case Mother Teresa's helping and loving nature could be seen in her work and all other areas.
- Other traits proposed by Allport are Central traits (explain)
- Secondary traits (explain)

(1+1+1+1) Page 32

30. Individuals differ in the coping strategies that they use to deal with stressful situations. Justify this statement highlighting various coping strategies. **4**

Ans.:

Individuals differ in the coping strategies they use to cope with the same stressful situation as they use different coping strategies as given by Endler & Parker

- Task-Oriented Strategy: This involves obtaining information about the stressful situation and about alternative courses of action and their probable outcome; it also involves deciding priorities and acting so as to deal directly with the stressful situation.
- Emotion-oriented Strategy: This can involve efforts to maintain hope and to control one's emotions; it can also involve venting feelings of anger and frustration
- Avoidance-oriented Strategy: This involves denying or minimising the seriousness of the situation; it also involves conscious suppression of stressful thoughts and their replacement by self-protective thoughts. Examples of this are watching TV, phoning a friend, or trying to be with other people
- Examples (carry weightage)

(1+1+1+1)

OR

Coping Strategies by Lazarus and Folkman

- Problem Focused Strategies with example
- Emotion Focused Strategies with example

(2+2) Page - 61, 62

- 31.** Shahid showed a reduction in symptoms after he received treatment for schizophrenia. He was sent to the rehabilitation centre to improve his quality of life. What steps would be taken in the rehabilitation centre to help him become a productive member of the community? Explain. **4**

Ans.:

- In occupational therapy, the patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline.
- Social skills training helps the patients to develop interpersonal skills through role play, imitation and instruction. The objective is to teach the patient to function in a social group.
- Cognitive retraining is given to improve the basic cognitive functions of attention, memory and executive functions
- After the patient improves sufficiently, vocational training is given wherein the patient is helped to gain skills necessary to undertake productive employment.

(1+1+1+1) Page 103-104

OR

Mukesh was given therapy that encouraged him to seek personal growth and actualise his potential. Based on these principles, explain the therapy that is being applied here.

Ans.:

Any 4 points

- The humanistic-existential therapies postulate 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.
- Healing occurs when the client is able to perceive the obstacles to self-actualisation in her/his life and is able to remove them. Self-actualisation requires free emotional expression.
- The therapy creates a permissive, non-judgmental and accepting atmosphere in which the client's emotions can be freely expressed and the complexity, balance and integration could be achieved.
- Healing takes place by a process of understanding the unique personal experience of the client by herself/himself. The client initiates the process of self-growth through which healing takes place.

(1+1+1+1) Page 100-101

Section E

32. Describe Freud's psychosexual stages of personality development.

6

Ans.:

Freud proposed five stages of personality development (also called psychosexual stages of development)

- Oral- Seen in a new born where the mouth is the primary pleasure seeking centre.
- Anal- anal area of the body becomes the focus of certain pleasurable feelings.
- Phallic- focus on genitals. Children realise the difference between males and females. Oedipus and Electra complex.
- Latency-child grows physically and energy is channelized into various activities.
- Genital - maturity attained in psychosexual development.
(Explanation of each stage)
- Concepts of fixation and regression to be explained

(1+1+1+1+1½ +½) Page 36-37

OR

Explain the characteristics of indirect techniques that are used to assess personality. Describe any two such tests.

Ans.:

Indirect techniques/ projective techniques are methods of assessment based on the psychoanalytic theory.

These were developed to assess the unconscious motives and feelings.

A less structured stimulus material is used onto which the subject projects his feelings and desires. These projections are interpreted by trained experts.

The person being assessed is usually not told about the purpose of the test.

Scoring and interpretation may sometimes be subjective. (explanation of above)

Description of any two tests - Ink blot, TAT, Sentence completion test, Draw a Person Test, PF Test.

(3+1 ½ +1 ½) Page 43-46

Section F

Read the case and answer the questions that follow.

Malay, a student of class IX, was referred to a mental health clinic with complaints of stealing money, excessive lying, setting fire to household items, teasing young girls of the locality, and passing lewd remarks and making obscene gestures. The onset was about three years ago and has increased over the past eight months. Of late, he has started using alcohol and spending more time outdoors with friends of similar interest. School reports

suggested gradual development of inappropriate behaviours such as openly defying rules in school, playing truant, instigating fellow students to pass silly remarks in class, disrespectful attitude towards elders ultimately resulting in frequent school absenteeism, mixing with local goons and excessive aggression. Further investigation revealed that family history is disturbed, relationship with father was extremely hostile and there were frequent conflicts amongst the family members. Birth and developmental milestones are normal.

33. Identify the disorder Malay is exhibiting. Distinguish it from Attention-Deficit/Hyperactivity Disorder (ADHD). 2

Ans:

Conduct Disorder: Age inappropriate actions, violate family expectations and social norms, any other relevant point
ADHD-Neurodevelopmental disorder, Hyperactivity, inattentiveness, impulsiveness, any other relevant point
($\frac{1}{2} + 1\frac{1}{2}$) **Page 83-84**

OR

The symptoms that Malay is exhibiting are different from the symptoms of Oppositional Defiant Disorder. Justify this statement.

Ans.:

- Conduct Disorder-Age inappropriate actions, violate family expectations and social norms, any other relevant point
- ODD - Age inappropriate stubbornness, irritable, disobedience, justify their behaviour as reaction to circumstances or any relevant point

(1+1 =2) Page 84

34. How would the socio-cultural model help us to understand Malay's disorder? 2

Ans.:

Social and cultural forces, family structure and communication, family system, lack of support and fulfilling relationships (elaborate on these) Any two points

(1+1) Page 75

Read the case and answer the questions that follow.

Alfred Binet, in 1905, was requested by the French government to devise a method by which students who experienced difficulty in school could be identified. Binet and his colleague, Theodore Simon, began developing questions that focused on areas not explicitly taught in schools those days, such as memory, attention skills related to problem solving. Using these questions, Binet determined which were the ones that served as the best predictors of school success.

Binet quickly realised that some children were able to answer more advanced questions than older children were generally able to answer and vice versa. Based on this observation, Binet suggested the concept of mental age or a measure of intelligence based on the average abilities of children of a certain age group. This first intelligence test referred to as the Binet-Simon Scale. He insisted that intelligence is influenced by many factors, it changes over time, and it can only be compared in children with similar backgrounds.

35. Identify the approach on which the Binet-Simon Intelligence Scale is based. Discuss its features. 2

Ans.:

- It is based on the psychometric approach.
- It considers intelligence as an aggregate of abilities or on the structure of intelligence. It expresses an individual's performance in terms of a single index of cognitive abilities.

(1+1) Page 5

36. '*Binet quickly realised that some children were able to answer more advanced questions than older children were generally able to answer and vice versa*'. Why do individuals differ in intelligence? Using examples, give reasons for your answer. 2

Ans.:

- Interplay of nature and nurture- Intelligence is a product of both nature and nurture.
- A brief description of both with examples

(1+½ +½) Page 10