SAMPLE PAPER SET - 02 (2024-25)

CLASS - XII ARTS
SUBJECT - PSYCHOLOGY (037)

Time : 03 : 00 Hours

MM : 70

General instructions

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 15-19 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. 20-23 in Section C are short answer type-II questions carrying 3 marks each.Answer to each question should not exceed 60 words.
- Question Nos. 24 - 27 in Section D are long answer type - I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question Nos. 28-29 in Section E are long answer type - II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question Nos. 30 – 33 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. _____is a set of skills that underline accurate perception, appraisal, expression and regulation of emotions.

    (a) Emotional incompetence

    (b) Emotional intelligence

    (c) Perceptual skills

    (d) Powerful emotions

2. Minnesota multiphasic Personality Inventory:

    (a) It was developed by Hathway and McKinley.

    (b) Effective in identifying varieties of psychopathology.

    (c) The revised type is called MMPI - 2.

    (d) All of above.

3. According to the indian approach, personality is combination of _____Gunas.

    (a) 2   (b) 3   (c) 4   (d) None

4. Shobhita did not get admission to the college of her choice. She told her friends that she never really wanted to go there. She is using a defence mechanism called _____.

    (a) Repression   (b) Projection   (c) Reaction Formation   (d) Denial

5. Who defined stress as "the nonspecific response of the body to any demand"?

    (a) Hans Selye

    (b) Lazarus

    (c) Holmes and Rahe

    (d) None of the above

6. Which of these is the first stage of GAS?
   (a) Resistance Stage
   (b) Exhaustion Stage
   (c) Alarm Reaction Stage
   (d) Burnout Stage

7. Reebika is experiencing stress due to noisy surroundings, commuting quarrel some electricity and water shortages. These sources of stress are:
   (a) Life events
   (b) Hassles
   (c) Traumatic events
   (d) Environmental events

8. Samina keeps organizing her cupboard the whole day. Even the thought of somebody messing it, keeps her distracted in class and makes her anxious. Such symptoms are typical of which disorder ?
   (a) Obsessive-compulsive disorder
   (b) Depressive disorder
   (c) Anxiety disorder
   (d) None of the above

9. Extreme pain without any identifiable biological symptom is an example of _____ disorder.
   (a) Pain/ Somatoform   (b) Anxiety   (c) Hypochondriac   (d) Fugues

10. Which of the following is a major diagnostic criterion of ADHD ?
    (a) Inattention
    (b) Hyperactivity
    (c) Irritability
    (d) Both (A) and (B)

11. Nishant feels very strongly that everyone should love him and he should be selected to represent the school in 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

12. .... refers to the repeated association of the desired response with a positive consequence.
    (a) Aversion   (b) Positive Reinforcement   (c) Punishment   (d) Flooding

13. In the following questions, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.
    Assertion (A) : Positive health is a state of complete physical, mental, social & spiritual well being.
    Reason (R) : Factors that facilitate positive health include diet, exercise, positive atttitude, positive thinking and social support.
    (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, and 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.

14. A .... is a cluster of ideas regarding the characteristics of a specific group.
    (a) Prejudice   (b) Discrimination   (c) Scapegoating   (d) Stereotype

SECTION - B

15. Explain the physiological effects of stress.

16. Define stress and name its two levels.

OR

Who gave GAS ? Name the three stages of it.

17. Analyse the chief benefit to the client in both behavioral and humanistic therapies.

18. What is Proximity ?

19. How did Charles Spearman explain the concept of intelligence ?

20. Describe the structure of personality.
21. Explain the strategies to cope with stress. Give examples from daily life.
22. You have been given the responsibility of changing the attitude of your schoolmates towards food waste. Identify and explain any three factors that you need in mind while bringing in this attitude change.

OR

Explain any three sources of prejudice.

23. Describe any three elements of group structure.

24. Explain the competencies of the Indian notion of intelligence.

OR

Define Intelligence and Emotional Intelligence. Determine the relationship between EQ and IQ.

25. State the characteristics of Type A, Type B, Type C and Type D personality.
26. Describe the effect of stress on the immune system ?
27. Explain somatoform disorders.

OR

What are dissociative disorders ? Name the various types of dissociative disorders.

28. Discuss the observational methods used in personality assessement. What problems are faced in using these method ?

OR

Explain the concept of personality. Describe the cultural approach to understand personality.

29. All of us go through anxiety at some point in our lives. At what stage does anxiety become a disorder ? Explain its various types.

OR

Describe the different psychological models used to explain mental disorders.

Read the case and answer the questions that follow.

The symptoms of schizophrenia can be grouped into three categories, viz. Positive symptoms (i.e., excesses of thought, emotion, and behaviour) negative symptoms (i.e., deficits of thought, emotion, and behaviour), and psychomotor symptoms. Positive symptoms are 'pathological excesses' or 'bizarre additions' to a person's behaviour. Delusions, disorganized thinking and speech heightened perception and hallucinations, and inappropriate effects are the ones most often found in schizophrenia. Many people with schizophrenia develop delusions. A delusion is a false belief that is firmly held on inadequate grounds. It is not affected by rational argument and has no basis in reality.

30. Define schizophrenia and segregate its positive and negative symptoms.
31. Define hallucinations and delusions.

Read the case and answer the questions that follow.

Geeta and Seeta are identical twins born into a family of wealth. After their birth, their parents died in a car accident. They did not have many relatives to take care of them and so they were sent to separate foster homes. Geeta went to a house that had all the facilities and started living a luxurious life. Seeta, on the other hand, was taken in by a lower middle - class family. While growing up she did not have as many facilities as Geeta as her parents were barely meeting ends. She had to drop her education in high school and Geeta's job in order to help her family. Due to this kind of financial situation, her parents also used to fight a lot and even argue with her at times. Both of them had a similar genetic makeup but their environment was different. It was seen that ultimately Geeta became a doctor whereas Seeta was always struggling and staying between jobs. It was also observed that at the age of 18 Geeta had a higher IQ than Seeta.

32. Define Intelligence and IQ along with its formula.
33. Why is Geeta's IQ higher than Seeta's ? Explain the role of nature and nurture in Intelligene.