



# PRINCE ACADEMY

OF HIGHER EDUCATION

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## BOARD SAMPLE PAPER - II (2025-26)

SUBJECT : PSYCHOLOGY (037)

Time : 03:00 Hours

CLASS - XII

M.M. : 70

### General Instructions:

- \* All questions are mandatory unless specified otherwise.
- \* Section A (Q1-14): Each question carries 1 mark. Answer as directed.
- \* Section B (Q15-19): Very Short Answer Type-I questions, 2 marks each. Word limit for each question is 30 words.
- \* Section C (Q20-23): Short Answer Type-II questions, 3 marks each. Word limit for each question is 60 words.
- \* Section D (Q24-27): Long Answer Type-I questions, 4 marks each. Word limit for each question is 120 words.
- \* Section E (Q28-29): Long Answer Type-II questions, 6 marks each. Word limit for each question is 200 words.
- \* Section F (Q30-33): Case-based questions. One-mark questions: Word limit for each question is 20 words; Two-mark questions: Word limit for each question is 30 words.
- \* There is no overall choice. However, internal choices have been provided in some questions. A student has to attempt only one of the alternatives in such questions.

### SECTION - A

1. Jaishree 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 Jaishree?  
(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)
2. Ishan 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.  
(a) Social Pressure              (b) Conflict                          (c) Frustration                      (d) Internal Pressure
3. According to Adler, every individual suffers from feeling of inadequacy and guilt known as .....  
(a) Identity crisis                  (b) Basic anxiety                  (c) Inferiority complex              (d) Regression
4. According to Erich Fromm Psychological qualities such as growth and realisation of potentials resulted from  
(a) Personal goals, desire for freedom

- (b) Personal goals, striving for justice and truth  
 (c) Desire for freedom, striving for justice and truth  
 (d) Maximum self concept, personal goals.
5. Raj has been studying for his board examinations. On exam day, when he opens the question paper, his heart is pounding, hands are clammy with sweat and he feels his mind has completely gone blank. He is said to be experiencing:  
 (a) Stress                      (b) Eustress                      (c) Distress                      (d) Burnout
6. The seventeenth and eighteenth centuries were known as the ....., because the scientific method replaced faith and dogma.  
 (a) Age of Reason                      (b) Age of Enlightenment  
 (c) Both (a) and (b)                      (d) None of these
7. 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 .....  
 (a) A panic attack                      (b) A dissociative episode  
 (c) A manic episode                      (d) A generalized anxiety episode
8. Which of the following statements are true about the diathesis stress model ?  
 I. A vulnerability factor and the presence of a pathogenic stressor results in psychological disorder.  
 II. The presence of biological aberration is enough to develop a psychological disorder.  
 III. The presence of only a pathogenic stressors may lead to psychopathology.  
 IV. The diathesis and the stressor lead to the development of a psychological disorder.

**Options**

- (a) I and II                      (b) II and III                      (c) III and IV                      (d) I and IV
9. Ankit 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.  
 (a) Token economy                      (b) Aversive conditioning  
 (c) Differential reinforcement                      (d) Systematic desensitisation
10. Sachin believes that one should always speak the truth. This is an example of :  
 (a) Beliefs                      (b) Cognition                      (c) Value                      (d) Stereotype
11. The process of assigning causes to the behaviour shown in specific social situations is known:  
 (a) Attribution                      (b) Attitude                      (c) Stereotype                      (d) Prejudice
12. Extreme pain without any identifiable biological symptom is an example of ..... disorder.  
 (a) Pain/somatoform                      (b) anxiety                      (c) hypochondriac                      (d) Fugues
13. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct choice.

**Assertion (A) :** Intelligence tests can be culture biased. Many intelligence tests show a bias to the culture in which they are developed.

**Reason (R) :** It is nearly impossible to design a test that can be applied equally or meaningfully in all cultures.

- (a) Both Assertion (A) & Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).

(b) Both Assertion (A) & 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.

14. We all belong to different types of groups. What type of group will the armed forces be if you join it?

(i) Primary

(b) Secondary

(iii) Formal

(iv) Informal

(a) (i), (iii) and (iv)

(b) (iii) and (iv)

(c) (ii) and (iii)

(d) (i), (ii) and (iv)

### Section - B

15. Explain the physiological effects of stress.

16. What are projective test ? Give examples.

17. Tanya is always does some unique activities to get herself physically and mentally fit every day.

Why is creative visualisation important in physical fitness ?

18. What is Post-Traumatic Stress Disorder ?

19. Explain the concept of Stereotype ?

**OR**

What is meant by 'Social Loafing' ?

### Section - C

20. What are the characteristics of the children suffering from ADHD ? Give the remedy for ADHD ?

21. Rajnesh has faced a lot of mishaps in his life. However, he shows low levels of illness despite high levels of stress. What makes people like Rajnesh resistant to stress ?

22. Discuss personality types given by Sheldon.

**OR**

What are the three levels of consciousness proposed by Sigmund Freud ?

23. Explain how projective techniques assess personality. Which projective tests of personality are widely used by psychologists ?

### Section - D

24. Mohit understands the motives feelings and behaviour of other people and can develop a comfortable relationship with them. He also likes to travel as he recognises the beauty of different species of flora and fauna. Identify the types of intelligence that Mohit possesses in accordance with Gardner's theory. From the information provided about Mohit, explain any three other types of intelligence that Mohit may not be possessing.

**OR**

Explain the methods used for psychological assessment.

25. What are the effects of stress on the psychological functioning of an individual ?

**OR**

What is positive health ? Describe stress buffers that facilitate positive health.

26. Define phobia with its types.

27. State the factors that influence attitude formation.

**Section - E**

28. How does behavioural analysis help us in assessing personality ? Explain the techniques of behavioural analysis used in personality assessment.

**OR**

Explain the different psychological models used to explain abnormal behaviour or mental disorders.

29. Explain the Triarchic theory of Intelligence.

**OR**

“Stressors result in a variety of stress reactions.” Elucidate (Explain the effects of Stress on Psychological functioning).

**Section - F**

**Read the cases given below and answer the questions that follow :**

30. Jerry's naturalist interests were immediately apparent in the first week of school. He chose a classroom book on insects as an independent reading choice and excitedly shared the contents with classmates and Mrs. J. As the teacher pre-assessed Jerry by questioning him, the depth of his knowledge was evident. Jerry had an extensive knowledge about butterflies in particular, knowing their structures, species, and survival needs. Whenever a "bug" arrived at school, Jerry either knew the name or looked it up to inform the class. He would find the other animals of the food web that interacted with the animal. On formal assessment, it was concluded that Jerry is gifted.

(i) State the 3Cs of giftedness.

(ii) State the characteristics of gifted children.

31. Because of social influences, people form views, opinions or attitudes about people, and about different issues in life, that exist in the form of behavioural tendencies. How important are these opinions to you? The topics of some of these opinions may be only moderately important to you; they are simply ways of thinking, and it does not matter much to you that others agree or disagree with your views. On the other hand, you may find that some other topics are extremely important to you. If someone opposes or challenges your views about these topics, you get emotional. 'You may have made some of these views part of your behaviour. In other words, if your views are not merely thoughts, but also have emotional and action components, then these views are more than 'opinions'; they are examples of attitudes. Attitudes have to be distinguished from beliefs and values.

(i) Define beliefs.

(ii) Describe the ABC components of attitude.