



PRINCE ACADEMY

OF HIGHER EDUCATION

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BOARD SAMPLE PAPER - III (2025-26)

SUBJECT : PSYCHOLOGY (037)

CLASS - XII ARTS

Time : 03:00 Hours

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. _____ 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. 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

4. 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
5. Which of these is the first stage of GAS?
- (a) Resistance Stage (b) Exhaustion Stage (c) Alarm Reaction Stage (d) Burnout Stage
6. Reebika is experiencing stress due to noisy surroundings, commuting quarrelsome electricity and water shortages. These sources of stress are:
- (a) Life events (b) Hassles
(c) Traumatic events (d) Environmental events
7. 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
8. Extreme pain without any identifiable biological symptom is an example of _____ disorder.
- (a) pain/ somatoform (b) anxiety
(c) hypochondriac (d) Fugues
9. Which of the following is a major diagnostic criterion of ADHD ?
- (a) Inattention (b) Hyperactivity
(c) Irritability (d) Both (A) and (B)
10. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.
- Assertion (A):** Allport considered traits more like intervening variables that occur between the stimulus situation and response of the person.
- Reason (R):** Gordon Allport proposed that individuals possess a number of traits, which are dynamic in nature.
- (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.
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 question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.
- Assertion (A) :** Problem-focused response includes taking direct action to solve the problem.
- Reason (R) :** It pertains to seeking information that will be relevant to the solution.
- (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. Define stress and name its two levels.

OR

Who gave GAS ? Name the three stages of it.

16. Analyse the chief benefit to the client in both behavioral and humanistic therapies.
17. Discuss how attitudes are learned through exposure to information.
18. what is Proximity ?
19. How did Charles Spearman explain the concept of intelligence ?

SECTION - C

20. During the process of group formation, groups also develop a structure as members interact. Discuss the three important elements of group structure with the help of example.
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 Alternative Therapies.

23. Describe Panic disorder with symptoms.

SECTION - D

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

OR

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

25. Explain personality development by Alfred Adler and Karen Horney.
26. Describe the effect of stress on the immune system ?
27. What are dissociative disorders ? Name the various types of dissociative disorders.

SECTION - E

28. Discuss the observational methods used in personality assessment. 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.

SECTION - F

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.

Stress is a normal reaction the body has when changes occur, resulting in physical, emotional, and intellectual responses. Stress management training can help you deal with things in a healthier manner. The body's autonomic nervous system controls your heart rate, breathing, vision changes, and more. Its built-in stress response, the "fight-or-flight response," helps the body face stressful situations. When a person has long-term (chronic) stress, continued activation of the stress response causes wear and tear on the body. Physical, emotional, and behavioral symptoms develop. Some physical symptoms are pains, aches, high blood pressure; emotional and mental symptoms are anxiety, panic attacks; behavioral symptoms are smoking, gambling, drinking, and many more. There are three major types of stress which are physical and environmental, psychological, and social. All these types of stress are interrelated.

32. What is frustration? What are some causes of frustration among students?
33. What are the physical symptoms of stress?