



PRINCE ACADEMY

OF HIGHER EDUCATION

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CBSE SAMPLE PAPER (2024-25)

CLASS - XII

Time : 03 : 00 Hours

SUBJECT - PSYCHOLOGY (037)

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

- If a person has the skill of understanding the motives, feelings and behaviours of other people, he/she is said to have
(A) Interpersonal intelligence (B) Intrapersonal intelligence
(C) Linguistic intelligence (D) Social intelligence
- Anupam lacks patience, exhibits high motivation, feels burdened with work and always seems to be in a hurry. He needs to take care of himself as such people are prone to ailments like:
(A) Cancer (B) Depression
(C) Coronary Heart Disease (D) None of these
- Mir had no recollection of the bicycle he received as a gift on his tenth birthday. But when Nita reminded him about the same, he was able to recall it. This is because memories of his birthday were lying in
(A) Unconscious (B) Preconscious
(C) Conscious (D) Superconscious
- The approach considers intelligence as an aggregate of abilities.
(A) Triarchic (B) Psychometric (C) Primary Mental (D) PASS Model
- The notion of contextual intelligence implies that intelligence is a product of
(A) Culture (C) Intelligence (B) Gift (D) Performance

6. Assertion (A): Aptitude refers to an individual's underlying potential for acquiring skills.
Reason (R): Aptitude tests are used to predict what an individual will be able to do if given proper environment and training
- (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.
7. Tanmay wants to assess how Geetika expresses aggression in the face of a frustrating situation with the help of cartoon-like pictures. He presents a series of situations in which one person frustrates another or calls attention to a frustrating condition. Tanmay is likely to be using the
- (A) Thematic Apperception Test. (B) Rosenzweig's Picture-Frustration Study.
(C) Sixteen Personality Factor Test. (D) Behavioural Analysis
8. Latika is able to recall information accurately and derives general rules from the presented facts. According to Thurstone, the primary abilities she possesses most are:
- (A) Memory and spatial relations
(B) Memory, spatial relations and verbal comprehension
(C) Inductive reasoning and spatial relations
(D) Inductive reasoning and memory
9. Christopher's personality is being assessed by a psychologist. Which of the following is/are TRUE about assessment of personality?
- i. It is an informal effort aimed at understanding his personality.
ii. The goal of assessment is to understand and predict his behaviour with minimum error and maximum accuracy.
iii. While assessing Christopher, the psychologist tries to study what he generally does or how he behaves, in a given situation.
iv. His assessment can also be useful for diagnosis, training, placement, counselling and other purposes.
- (A) (i), (ii) and (iv) (C) (ii), (iii) and (iv)
(B) (ii) (D) (i), (ii) and (iii)
10. is an enduring belief about an ideal mode of behaviour.
- (A) Aptitude (B) Attitude (C) Value (D) Interest
11. Which of these dimensions was added later on in the Eysenck Personality Questionnaire (EPQ) test?
- (A) Tough/Tender way of social interaction (B) Introvert/Extrovert
(C) Emotionally stable/Unstable (D) None of these
12. Assertion (A): People with similar intelligence take similar time to acquire knowledge or skills.
Reason (R): With proper training, these abilities can be considerably enhanced.
- (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) false but Reason (R) is true.
13. is the term used to describe the level of stress that is good for you.
- (A) Super stress (B) Eustress (C) Distress (D) None of these

14. The state of physical , emotional, and psychological exhaustion is known as:
(A) Resistance (B) Stress (C) Burnout (D) Coping

Section-B

15. What is Burnout? Explain any one cause of burnout?

OR

What is Cognitive Behaviour Therapy (CBT)?

16. State any four significant features of attitudes.
17. Why is confidentiality important in the process of psychotherapy?
18. Analyse the chief benefit to the client in both behavioral and humanistic therapies.
19. Explain the term "Schizophrenia".

Section-C

20. Differentiate between Obsessive and Compulsive behaviour.
21. Aman is an eight-year-old who has profound difficulty in relating to other people. Often, he is found to be unresponsive to other people's feelings and exhibits stereotypical patterns of behaviour. Identify this disorder and describe its features?

OR

Anisha is suffering from Anorexia Nervosa because she is bullied by her classmates for being overweight. What is Anorexia Nervosa. Also, explain the other forms of eating disorders associated with distorted body image.

22. Define observation. Explain the limitations of observation as a method to evaluate personality.
23. How does rational emotive therapy help in reducing distress? Support your answer with the help of an example.

Section-D

24. Angad has been a topper in class. He went to the topmost college, where he was neither sensitive to himself nor to others. This led to problems in interpersonal relationships regarding his condition. Explain the importance of emotional intelligence in his life.
25. Radhika was fond of junk food and ate it too often. However, she always felt guilty as she knew junk food was harmful for her health and wanted to give it up. Explain the process that will lead to change in her attitude.
26. Explain personality development by Alfred Adler and Karen Horney.
27. Usha is 20 years old and is mentally ill. Her parents have decided to send her to the rehabilitation of the mentally ill for her betterment because they are tired of finding the solution to her problem. Analyse the benefits as well as the services provided by the rehabilitation of the mentally ill.

OR

A group of youngsters, working in a private firm are going through psychological distress due to the work load. Identify and explain the four factors which contribute to treatment of psychological distress.

Section-E

28. Explain group polarization. Give reasons for occurrence of group polarization.

OR

Why do conflicts arise between groups and how can they be resolved?

29. Explain the different psychological models used to explain abnormal behaviour.

OR

Explain the diathesis-stress model of abnormal behaviour giving examples from daily life.

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.

30. What are the day-to-day life instances that would help in referring the person to a mental health clinic?
31. Identify the disorder Malay is exhibiting. Distinguish it from Attention - Deficit/Hyperactivity Disorder (ADHD).

Read the case and answer the questions that follow.

Alfred Binet, in 1905, was requested by the French government to devise 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 is 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.

32. List down the areas that were not explicitly taught in school in earlier days but hold extreme importance in the lives of children.
33. Identify the approach on which the Binet - Simon Intelligence Scale is based. Discuss its features.
