

**PSYCHOLOGY (037)**  
**CLASS - XII**  
**SAMPLE QUESTION PAPER – 2019-2020**

**Time – 3 Hours**

**Max Marks – 70**

**General instructions**

- All questions are compulsory and answers should be brief and to the point.
- Marks for each question are indicated against it.
- Question Nos. 1-17 in Part A are objective type questions carrying one mark each. You are requested to answer them as directed.
- Question Nos. 18-21 in Part B are very short answer type questions carrying two marks each. Answer to each question should not exceed 30 words.
- Question Nos. 22-24 in Part C are short answer type I questions carrying three marks each. Answer to each question should not exceed 60 words.
- Question Nos. 25-30 in Part D are short answer type II questions carrying four marks each. Answer to each question should not exceed 100 words.
- Question Nos. 31-32 in Part E are long answer type questions carrying six marks each. Answer to each question should not exceed 200 words.

**PART A**

- Q1      Learning alphabets and digits is an example of simultaneous processing. True/False      1
- Q2.      Calculate the MA of a 10-year-old boy who has an IQ of 120.      1
- Q3.      Ramesh is aspiring to head his company. He is very motivated and works hard. However, he is unable to relax and feels he is always short on time. This is an example of \_\_\_\_\_ personality.      1
- a) Type B  
b) Type A  
c) Type D  
d) Type C
- Q4.      Children with high \_\_\_\_\_ self-esteem are more liked by their peers.      1
- a) academic  
b) athletic  
c) physical appearance  
d) social
- Q5.      \_\_\_\_\_ are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.      1

- Q6. Ramya is being provided with books and uniforms by the school. Identify the kind of support that she is receiving. 1
- a) Informational Support
  - b) Tangible Support
  - c) Emotional Support
  - d) Positive Support
- Q7. A soldier from the army reported paralysis of his right hand. On investigation, no neurological cause could be identified. Name the disorder he is suffering from. 1
- Q8. Rohit believes he is a secret agent and that a network of spies communicates with him through messages sent directly into his head. Identify the type of delusion he is experiencing. 1
- (a) Delusion of reference
  - (b) Delusion of control
  - (c) Delusion of grandeur
  - (d) Delusion of persecution
- Q9. Choose the features of attitudes from the options given below: 1
- a) Extremeness and Centrality
  - b) A-B-C Components
  - c) Schemas and Stereotypes
  - d) Values & Beliefs
- Q10. The Nazis committed atrocities against the Jews. This is an example of \_\_\_\_\_ 1
- a) Prejudice
  - b) Discrimination
  - c) Stereotype
  - d) Scapegoating
- Q11. \_\_\_\_\_ and \_\_\_\_\_ are two alternative therapies. 1
- Q12. A collection of people who may be present at a place by chance is called a \_\_\_\_\_. 1
- Q13. The school dramatics team is in the final stage of presenting their play. Identify the stage of group formation the team is at. 1
- a) Forming
  - b) Storming
  - c) Norming
  - d) Performing

- Q14. The minimalistic perspective suggests that the physical environment exists mainly for use by human beings. True/False 1
- Q15. You were interviewed by your school selection team for the post of head boy/head girl. Identify the interpersonal distance in this situation. 1
- a) Intimate distance  
b) Public distance  
c) Personal distance  
d) Social Distance
- Q16. \_\_\_\_\_ means that your behavioural expressions are consistent with what you value, the way you feel and relate to your inner self-image. 1
- (a) empathy  
(b) positive regard  
(c) self-concept  
(d) authenticity
- Q17. A major advantage of the observation method is that the events being observed are subject to bias due to the feelings of the observer involved. True/False 1

### PART B

- Q18. Discuss the main limitation of Hans Selye's model of stress. 2
- Q19. A) Describe the symptoms of obsessive-compulsive disorder. 2

### OR

- B) What is separation anxiety disorder? List any two symptoms.
- Q20. How can faulty behavior be modified with token economy? Elucidate with the help of an example. 2
- Q21. Why do people obey? Give any two reasons for obedience to take place. 2

### PART C

- Q22. Why is emotional intelligence receiving increasing attention of educators? 3
- Q23. Ankita's job requires her to shift cities very frequently. With reference to secondary appraisal, suggest ways in which she will interpret the situation. 3

Q24.A) Two sections of Class XII of your school are at conflict over shared resources such as activity room, football ground and audio-visual center. Suggest possible solutions to reduce and resolve this conflict. 3

**OR**

B) Your school is organizing a picnic. Using techniques of compliance, suggest a plan to get your parents to agree to send you for this picnic.

**PART D**

Q25. Describe Robert Sternberg's Triarchic theory of intelligence. 4

Q26. What are the features of indirect techniques of personality assessment? Describe any one such test. 4

Q27. Explain any two of Freud's psychosexual stages of development. How did Freud explain the concept of fixation and regression? 4

Q28. A) In the last few years, Monica has had to face many difficult circumstances. Quite often, she finds herself asking questions about the meaning of life. How will existential therapy alleviate her distress and help her achieve a sense of wholeness? 4

**OR**

B) Ayesha has been feeling anxious and depressed. She is convinced that no one loves her and that it would be very difficult for her to succeed. How will Beck's cognitive therapy help her deal with her negative thoughts?

Q29. A big percentage of the population lives below the poverty line in India. As a responsible student, suggest steps to reduce poverty. 4

Q30. A) You are a career counsellor. Design an interview format to help Ahmed select an appropriate career. 4

**OR**

B) You are acting in a school play. How can you communicate your part most effectively to the audience?

**PART E**

Q31.A) What are some of the measures suggested by WHO to prevent suicide? What are the approaches that are useful in strengthening positive self-esteem in children? 6

**OR**

B) What is addictive behaviour? Name any two frequently abused substances and describe their consequences.

Q32. A) Is there a consistency between attitude and behavior? Explain. 6

**OR**

- B) What do you understand by social facilitation? Discuss the factors that influence this phenomenon.

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**MARKING SCHEME**

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**PART A**

- Q1 Learning alphabets and digits is an example of simultaneous processing. 1  
True/False  
**pg. 9**
- Q2. Calculate the MA of a 10-year-old boy who has an IQ of 120. 1  
MA= 12  
**pg. 10**
- Q3. Ramesh is aspiring to head his company. He is very motivated and works hard. 1  
However, he is unable to relax and feels he is always short on time. This is an example of\_\_\_\_\_ personality.
- a) Type B  
b) **Type A, pg. 31**  
c) Type D  
d) Type C
- Q4. Children with high \_\_\_\_\_ self-esteem are more liked by their peers. 1
- a) academic  
b) athletic  
c) physical appearance  
d) **social, pg. 27**

Q5. \_\_\_\_\_ are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. 1

**Life skills, pg.64**

Q6. Ramya is being provided with books and uniforms by the school. Identify the kind of support that she is receiving. 1

- a) Informational Support
- b) **Tangible Support, pg. 66**
- c) Emotional Support
- d) Positive Support

Q7. A soldier from the army reported paralysis of his right hand. On investigation, no neurological cause could be identified. Name the disorder he is suffering from. 1

**Conversion Disorder, pg. 78**

Q8. Rohit believes he is a secret agent and that a network of spies communicates with him through messages sent directly into his head. Identify the type of delusion he is experiencing. 1

- (a) Delusion of reference
- (b) **Delusion of control, pg..82**
- (c) Delusion of grandeur
- (d) Delusion of persecution

Q9. Choose the features of attitudes from the options given below: 1

- a) **Extremeness and Centrality, pg. 109**
- b) A-B-C Components
- c) Schemas and Stereotypes
- d) Values and Beliefs

Q10. The Nazis committed atrocities against the Jews. This is an example of \_\_\_\_\_. 1

- a) Prejudice
- b) **Discrimination, pg. 118**
- c) Stereotype
- d) Scapegoating

Q11. \_\_\_\_\_ and \_\_\_\_\_ are two alternative therapies. 1

**yoga, meditation, pranayam, vipassana, asanas, SKY, kundalini yoga**  
**(any two) pg. 103**

Q12. A collection of people who may be present at a place by chance is called a \_\_\_\_\_. 1

**crowd**

**pg. 131**

Q13. The school dramatics team is in the final stage of presenting their play. Identify the stage of group formation the team is at. 1

- a) Forming
- b) Storming
- c) Norming
- d) **Performing**

**pg. 133**

Q14. The minimalistic perspective suggests that the physical environment exists mainly for use by human beings. **True/False** 1

**pg. 154**

Q15. You were interviewed by your school selection team for the post of head boy/head girl. Identify the interpersonal distance in this situation. 1

- a) Intimate distance
- b) Public distance
- c) Personal distance
- d) **Social Distance**

**pg. 161**

Q16. \_\_\_\_\_ means that your behavioural expressions are consistent with what you value, the way you feel and relate to your inner self-image. 1

- (a) empathy
- (b) positive regard
- (c) self-concept
- (d) **authenticity, pg.192**

Q17 A major advantage of the observation method is that the events being observed are subject to bias due to the feelings of the observer involved. **True/False** 1

**pg. 181,182**

**PART B**

Q18. Discuss the main limitation of Hans Selye's model of stress. 2

**Selye's model has been criticized for assigning limited role to psychological factors**

**OR**

**Emphasis on physiological & biological factors**

**pg. 59**

Q19 A) Describe the symptoms of obsessive-compulsive disorder.



- Unable to control their preoccupation with specific ideas (obsessive behavior) (1+1)
- unable to prevent themselves from repeatedly carrying out a particular act or series of acts that affect their ability to carry out normal activity (compulsive behavior)

If only example is given – 1 mark

pg. 77,78

OR

B) What is separation anxiety disorder? List any 2 symptoms.

Separation anxiety disorder is an anxiety disorder in which individuals are fearful and anxious about separation from attachment figures.

Explanation as given above and any two of the following points

- children with SAD may have difficulty in being in a room by themselves (1 + 1/2)
- they have difficulty in going to school alone +1/2)
- fearful of entering new situations
- cling to and shadow their parents every move
- to avoid separation, children with SAD may fuss and scream
- throw severe tantrums
- make suicidal gestures

pg. 77,78

Q20. How can faulty behavior be modified with token economy? Elucidate with the help of an example.

Token economy is a form of positive reinforcement.

Every time a desired behavior occurs the individual is given a token and these tokens are collected and exchanged for a reward (1/2+1+1/2)

For eg. if five tokens are collected for using the dustbin; then it is exchanged for a reward like going to the park or any other relevant example

Pg. 98

Q21. Why do people obey? Give any two reasons for obedience to take place.

- because they feel they are not responsible for their own actions
- authority possesses symbols of status which people find difficult to resist
- authority increases commands from lesser to greater levels and initial obedience binds the followers for commitment. (1+1)
- Events are moving at such a fast speed that one has no time to think

(any two of the above)

Any other relevant points to be considered

pg. 143,144

## PART C

- Q22. Why is emotional intelligence receiving increasing attention of educators?
- **Definition of emotional intelligence/ any two characteristics of emotional intelligence**
  - **beneficial effects on academic achievement**
  - **encourages cooperative behaviour and reduces antisocial activities**
  - **very useful in preparing students to face the challenges of life outside the classroom**
- (any three points)

(1+1+1)

**Any other relevant points to be considered**

**pg. 17**

- Q23. Ankita's job requires her to shift cities very frequently. With reference to secondary appraisal, suggest ways in which she will interpret the situation?
- **Explanation of secondary appraisal, which is the assessment of one's coping abilities and resources and whether they will be sufficient to meet the harm, threat or challenge of the event.**
  - **These resources may be mental, physical, personal or social. If one thinks one has a positive attitude, health, skills and social support to deal with the crises s/he will feel less stressed.**
  - **Appraisals are subjective and depend upon past experience and controllability**

(1+1+1)

**pg. 53,54**

- Q24.A) Two sections of Class XII of your school are at conflict over shared resources such as activity room, football ground and audio-visual center. Suggest possible solutions to reduce and resolve this conflict.
- **introduction of super-ordinate goals**
  - **altering perceptions**
  - **increasing intergroup contacts**
  - **redrawing group boundaries**
  - **negotiations**
  - **respect for other group's norms**

(1+1+1)

**(explanation of any three points and all explanations should be related to the given situation)**

**pg 148,149**

**OR**

- B) Your school is organizing a picnic. Using techniques of compliance, suggest a plan to get your parents to agree to send you for this picnic.
- **Concept of compliance**
  - **The foot –in- the –door technique**
  - **The deadline technique**

- The door- in- the –face technique (1+1+1)
- (Explanation of any three in relation to the given situation)  
pg. 142,143

## PART D

Q 25. Describe Robert Sternberg’s Triarchic theory of intelligence.

### Componential Intelligence

- Componential or analytical intelligence is the analysis of information to solve problems. (OR) Persons high on this ability think analytically and critically and succeed in schools. (2+1+1)
- This intelligence has three components, each serving a different function- Knowledge, meta/higher order and performance.

### Experiential Intelligence

Experiential or creative intelligence is involved in using past experiences creatively to solve novel problems. It is reflected in creative performance.

OR

Persons high on this aspect integrate different experiences in an original way to make new discoveries and inventions. They quickly find out which information is crucial in a given situation.

### Contextual Intelligence

Contextual or practical intelligence involves the ability to deal with environmental demands encountered on a daily basis.

OR

It may be called ‘street smartness’ or ‘business sense’.

OR

Persons high on this aspect easily adapt to their present environment or select a more favourable environment than the existing one, or modify the environment to fit their needs.

pg. 8

Q26. What are the features of indirect techniques of personality assessment? Describe any one such test.

Any 5 of the following points: (2.5+1.5)

- Indirect techniques of personality assessment are those that assess unconscious motives and feelings.
- These are also called projective techniques.
- The stimuli are relatively or fully unstructured and poorly defined.
- The person being assessed is usually not told about the purpose of assessment and the method of scoring and interpretation.
- The person is informed that there are no correct or incorrect responses.

- Each response is considered to reveal a significant aspect of personality.
- Scoring and interpretation are lengthy and sometimes subjective.

Briefly explain any one test –Rorschach ink blot test, TAT, Draw-a -person test, Sentence completion test, P-F study

pg. 43-45

Q27. Explain any two of Freud's psychosexual stages of development. How did Freud explain the concept of fixation and regression?

Any two of the following stages to be described briefly.

(2+1+1)

**Oral Stage / Anal Stage / Phallic Stage / Latency Stage / Genital Stage**

**Fixation – Failure of a child to pass successfully through a stage leads to fixation to that stage.**

**Regression – It occurs when a person's resolution of problems at any stage of development is less than adequate and they exhibit behaviors typical of a less mature stage.**

**Pg. 36, 37**

Q28.A) In the last few years, Monica had to face many difficult circumstances. Quite often, she finds herself asking questions about the meaning of life. How will existential therapy alleviate her distress and help her achieve a sense of wholeness?

(1 + 3)

**Linking Logotherapy to Monica's situation:**

**As Monica faces difficult circumstances (existential anxiety) and is looking for meaning in her life, logotherapy will help alleviate her distress.**

**Any 3 points from below:**

- Logos is the Greek word for soul and logotherapy means treatment for the soul.
- Frankl calls this process of finding meaning even in life-threatening circumstances as the process of *meaning making*.
- The basis of meaning making is a person's quest for finding the spiritual truth of one's existence.
- The goal of logotherapy is to help the patients to find meaning and responsibility in their life irrespective of their life circumstances.
- The therapist emphasizes the unique nature of the patient's life and encourages them to find meaning in their life.
- In logotherapy, the therapist is open and shares her/his feelings, values and his/her own existence with the client. The emphasis is on here and now.
- Transference is actively discouraged and the therapist reminds the client about the immediacy of the present. The goal is to facilitate the client to find the meaning of her/his being.

pg. 101

**OR**

- B) Ayesha has been feeling anxious and depressed. She is convinced that no one loves her and it would be very difficult for her to succeed. How will Beck's cognitive therapy help her deal with her negative thoughts?

**Explanation of Core Schemas, cognitive distortions**

(2+2)

**Therapy Description:**

- The therapist uses questioning, which is gentle, non-threatening disputation of the Ayesha's beliefs and thoughts.
- Questions such as "why should everyone love me" will make Ayesha think in a direction opposite to that of her existing negative thoughts.
- This helps her gain insight into her dysfunctional schemas, and she is able to alter her cognitive structures.
- Achieving this cognitive restructuring reduces anxiety and depression

page 99,100

- Q29. A big percentage of the population lives below the poverty line in India. As a responsible student, suggest steps to reduce poverty.

**Brief explanation of any 4 of the points given below:**

(1+1+1+1)

- breaking poverty cycle by helping attain self-sufficiency
- helping poor take responsibility
- providing educational and employment opportunities
- measures for improving mental health
- steps for empowering the poor
- any other relevant point

pg. 167,168

- Q30.A) You are a career counsellor. Design an interview format to help Ahmed select an appropriate career.

- Interview format to have stages of the interview
- Each stage to have at least 2 appropriate questions

(1+1+1+1)

pg. 189, 190

**OR**

- B) You are acting in a school play. How can you communicate your part most effectively to the audience?

**Marks to be allotted for creatively touching on following aspects of communication** (1+2+1)

- Verbal Communication
- Non – Verbal Communication

- **Paralanguage**  
**Any other relevant points to be considered**

pg. 182-187

### PART E

- Q31.A) What are some of the measures suggested by WHO to prevent suicide? What are the approaches that are useful in strengthening positive self-esteem in children?  
**Some measures suggested by WHO include:**

- **limiting access to the means of suicide**
  - **reporting of suicide by media in a responsible way**
  - **bringing in alcohol-related policies**
  - **early identification, treatment and care of people at risk**
  - **training health workers in assessing and managing for suicide**
  - **care for people who attempted suicide and providing community support**
- (3+3)

**To foster positive self-esteem in children the following approaches can be useful:**

- **accentuating positive life experiences to develop positive identity. This increases confidence in self.**
- **providing opportunities for development of physical, social and vocational**
- **establishing a trustful communication.**
- **goals for the students should be specific, measurable, achievable, relevant.**

**(all six WHO measures and any three ways of fostering self-esteem to be listed)**

**Any other relevant points to be considered**

pg. 80,81

### OR

- B) What is addictive behavior? Name any two frequently abused substances and describe their consequences.

**Any two points mentioned below:**

- **Addictive behaviour involves excessive intake of high calorie food resulting in extreme obesity or involving the abuse of substances such as alcohol or cocaine.**
  - **Disorders relating to maladaptive behaviours resulting from regular and consistent use of the substance involved are included under *substance related* and *addictive disorders***
  - **These alter the way people think, feel and behave.**
- (2+2+2)

**Name any two of the following:**

- **Alcohol**
- **Heroin**
- **Cocaine**

**explanation of consequences**

**Any other relevant points to be considered**

(pg. 84-86)

Q32.A) Is there a consistency between attitude and behavior? Explain.

(5+1)

**Attitude and behaviour are consistent when**

- the attitude is strong, and occupies a central place in the attitude system,
- the person is aware of her/his attitude,
- 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, and
- the person thinks that the behaviour would have a positive consequence, and therefore, intends to engage in that behaviour.
- when behaviour decides the attitude. For example, when somebody indulges in a behaviour, it may lead to change in attitude.

(Any five points)

**Example: Experiment by Richard LaPiere / Festinger and Smith or any other relevant example**

**Pg.117, 118**

**OR**

B) What do you understand by social facilitation? Discuss the factors that influence this phenomenon.

- **Social facilitation implies that individuals show better and improved performance in the presence of others, than when they are performing the same task alone.**
- **Example of social facilitation**
- **Reasons for social facilitation**
  - arousal
  - evaluation apprehension
  - nature of the task- simple or complex
  - co-action

(1+1+4)

**Brief explanation of each of the 4 reasons**

**Any other relevant points to be considered**

**pg. 123**