

Psychology (037)

Class- XII

Sample Question Paper 2024-2025

Time – 3 Hours

Max Marks – 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. The 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. The 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. The 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. The answer to each question should not exceed 200 words.
- Question Nos.30–33 in Section F are based on two cases given. The answer to each one-mark question should not exceed 20 words. The answer to each two-mark question should not exceed 30 words.

SECTION A

S. NO

Marks

Q 1 Bobby is diagnosed with diabetes. However, he refuses to accept the diagnosis and continues to maintain the same lifestyle. Identify the defense mechanism that Bobby is using. 1

- A. Repression
- B. Rationalization
- C. Denial
- D. Displacement

Q 2 Which one of the following is *true* for personality assessment? 1

i. A person's behaviour in a variety of situations can provide us with meaningful information about his/her personality.

- ii. Indirect techniques can be scored in an objective manner.
- iii. Direct methods of personality assessment cover the unconscious part of our behaviour.
- iv. Psychological testing requires great skill and training.

Options:

- A. i and iii
- B. i and iv
- C. ii and iii
- D. ii and iv

Q 3 Rita wants to perform well in the examination and hence starts attending classes regularly, taking notes, setting study targets, etc. Which theory of intelligence gives importance to this stage of planning? 1

- A. Hierarchical Model of Intelligence
- B. PASS Model
- C. Theory of Multiple Intelligences
- D. Structure of Intellect Model of Intelligence

Q 4 Which of the following statements applies to Sudarshan Kriya Yoga? 1

- A. It combines pranayam with chanting
- B. It consists of mindfulness-based meditation
- C. It involves rapid breathing technique to induce hyperventilation
- D. It refers to asanas or only bodily postures

Q 5 Suhail's intense and overwhelming fear of driving has disrupted his daily life. He does not go outside for important tasks unless somebody else drives the car for him. He has even left his job and has few social contacts. The most suitable behaviour therapy for Suhail would be: 1

- A. Systematic desensitization
- B. Positive reinforcement
- C. Differential reinforcement
- D. Token economy

Q 6 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice: 1

Assertion (A): In Logotherapy, transference is actively discouraged.

Reason(R): The goal of Logotherapy is to help patients find meaning and responsibility in their lives irrespective of their life circumstances.

Select the most appropriate answer from the options given below:

- A. Both A and R are true, and R is the correct explanation of A.
- B. Both A and R are true, but R is not the correct explanation of A
- C. A is true but R is false.
- D. A is false but R is true.

Q 7 Jayant believes that the television news anchor is talking to him. He is exhibiting: 1

- A. Delusion of reference
- B. Delusion of control
- C. Formal thought disorder
- D. Auditory hallucination

Q 8 Maya has been feeling anxious and experiencing panic attacks for the past two weeks. She feels a constant sense of fear accompanied by rapid heartbeat, sweating, and shortness of breath. This is affecting her ability to participate in school activities. 1

Which of the following criteria for abnormality in psychological disorders is *best* illustrated by Maya's symptoms?

- A. Deviance and danger
- B. Distress and dysfunction
- C. Duration and distress
- D. Danger and depression

Q 9 Which of the following is *not* a characteristic of Autism spectrum disorder? 1

- A. Shortness of breath
- B. Repetitive behaviour
- C. Problem in non-verbal communication
- D. Problem in social interaction

Q 10 Identify the statements that are *not* true to group polarisation: 1

- i. It is a consequence of extreme cohesiveness.
- ii. Groups are more likely to take extreme decisions than individuals alone.
- iii. When you find people having similar views you perceive them as an ingroup.
- iv. As the group becomes one unit you begin to think, feel and act like them.

Options:

- A. i and iv
- B. iii and iv
- C. ii and iv
- D. ii and iii

Q 11 Which one of the following statements describes a team? 1

- A. Collection of people who may be present at a place by chance.
- B. The members have complimentary skills and are committed to a common goal.
- C. Only the leader is responsible for the work.
- D. Polarisation in attention and actions of persons are in common direction.

Q 12 Shweta has joined the National Cadet Corps. Identify the type of group she is now a member of: 1

- i. Primary
- ii. Secondary
- iii. Informal
- iv. Formal

Options:

- A. i and iv
- B. iii and iv
- C. ii and iv
- D. ii and iii

Q 13 The concept of balance as proposed by Fritz Heider states that balance is found when: 1

- A. All three sides of the P-O-X triangle are negative.
- B. Two sides of the P-O-X triangle are positive, and one side is negative.
- C. Two sides of the P-O-X triangle are negative, and one side is positive.
- D. There is a state of cognitive dissonance.

- Q 14 Identify the statement that can help in reducing social loafing. 1
- A. Making the group effort identifiable, instead of individual effort.
 - B. Decreasing the pressure to work hard towards the achievement of group goals.
 - C. Making people feel that their individual contribution is important.
 - D. Weakening group cohesiveness and increasing motivation to increase productivity.

SECTION B

- Q 15 ‘An individual’s response to a stressful situation largely depends upon the perceived events and how they are interpreted or appraised.’ Do you agree with this statement with reference to Lazarus’ theory? State a reason for your answer. 2
- Q 16(A) Explain two major limitations of rating scales in assessment. 2

OR

- Q 16(B) State the main characteristics of Type A personality. 2
- Q 17 “The cross-situational consistency of traits is found to be quite low”. Evaluate this statement with reference to the interactional approach to personality. 2
- Q 18 Is intelligence an interplay of nurture and nature? Support your answer with one evidence for each. 2
- Q 19 Aslam is a manager in an organisation. To conduct a team-building activity, he assigned work to selected members randomly. He observed that while executing the task, there came a stage when there was conflict among the members. 2

At what stage of group formation would this have taken place and explain the stage that is likely to follow?

SECTION C

- Q 20 Maninder is confident in saying ‘no’ to a request that he cannot fulfil. He is also able to organise his work and not procrastinate it. Explain the life skills exhibited by him. 3
- Q 21 Peter is a 28-year-old man who has been diagnosed with schizophrenia. He lacks the necessary skills to be independent and productive member of society. As a mental health professional, suggest any three rehabilitation techniques to support Peter in becoming self-sufficient. 3
- Q 22(A) Ramit, a painter, is a happy, self-fulfilled and fully functioning person. He holds exhibitions of his art work which is always appreciated by all the visitors. How will Carl Rogers explain Ramit’s personality? 3

OR

- Q 22(B) The Birhors, a tribal community largely lead a nomadic life depending on hunting and gathering. How will this lifestyle influence the personality development of children from this community? 3
- Q 23 Differentiate between obsessive and compulsive behaviour. 3

SECTION D

- Q 24(A) Sara believes in the importance of regular exercise for maintaining good health. Despite this belief, she rarely engages in any form of physical activity. With respect to Sara, explain the reasons for the lack of consistency between her attitude and behaviour. 4

OR

- Q 24(B) Rajan has a prejudice against senior citizens. As a result, he ignores their inputs and ideas. What are the likely sources of the prejudice that he holds? 4

- Q 25 Gagan's psychologist used a technique of personality assessment that required story writing around pictures and completion of sentences etc. Identify and describe the techniques being referred to here. 4
- Q 26 Shanta has an IQ of 140. She has recently won an award for the 'Best Author' as well. Will she be gifted or talented? Elaborate on giftedness and its characteristics. 4
- Q 27 Explain the effect of stress on the psychological functioning of an individual. 4

SECTION E

- Q 28(A) What are the features of Neurodevelopmental Disorders? Explain any two disorders under this category. 6

OR

- Q 28(B) Generalised Anxiety Disorder and Phobia are types of anxiety disorders. How will different psychological models explain the development of these disorders? 6
- Q 29(A) Differentiate between information processing and psychometric approach to understand intelligence. Explain any four theories of psychometric approach. 6

OR

- Q 29(B) What is the relationship between creativity and intelligence? Differentiate between creativity tests and intelligence tests. 6

SECTION F

CASE 1

Read the following passage and answer question numbers 30 and 31.

Anita, a 40-year-old woman having a history of persistent depression was referred for therapy. She described feeling overwhelmed by feelings of sadness, hopelessness, and worthlessness, which had significantly impacted her personal and professional life.

Anita's childhood was marked by significant adversity, including growing up in a dysfunctional family environment characterised by parental neglect and emotional abuse. As a child, Anita internalised feelings of inadequacy and worthlessness. She exaggerated her flaws and overlooked her strengths. Her self-critical thoughts manifested statements such as "I'm a failure," "I'll never be happy," and "Nobody cares about me." These distorted thoughts reinforced her feelings of hopelessness and contributed to her ongoing depressive state.

- Q 30 Identify the core beliefs developed during Anita's childhood. 1
- Q 31 Which therapy would be most suitable to reduce Anita's distress? Give 2
reason for your answer.

CASE 2

Read the following passage and answer question numbers 32 and 33.

Renowned environmentalist T. Shobheendran, after retiring as a Professor of Economics, dedicated himself to fostering a culture of nature conservation among young people. Shobheendran spearheaded unique programs to engage students in tree planting and conservation efforts, transforming approximately 100 acres of barren land surrounding the college campus into a lush green area adorned with over 5,000 trees. Additionally, he actively participated in planting hundreds of saplings in public spaces and along roadsides.

Shobheendran's initiatives also led to the establishment of research centres for afforestation projects at both campus and city levels. Members of the Kerala Prakruthi Samrakshana Samiti fondly recalled Shobheendran's tireless efforts against river bank encroachments and water pollution. His advocacy prompted government authorities to take decisive action.

Shobheendran's legacy as a champion for nature lives on through the countless individuals he inspired with his relentless conservation activities and social campaigns.

Source: The Hindu

(<https://www.thehindu.com/news/national/kerala/environmental-activist-t-shobheendran-passes-away-in-kozhikode/article67415346.ece#:~:text=Noted%20environmental%20activist%20T.,He%20was%2076>)

- Q 32 'He actively participated in planting hundreds of saplings in public spaces and along roadsides.' Which component of attitude is expressed here? 1
- Q 33 Explain any two processes that may have led to the formation of T. Shobheendran's attitude towards the environment. 2