

**PSYCHOLOGY (037)**  
**CLASS- XII**  
**SAMPLE QUESTION PAPER 2023-2024**

**Time – 3 Hours**

**Maximum Marks – 70**

**General instructions**

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 16-21 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. 22-24 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question Nos. 25 - 28 in Section D are long answer type - I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question Nos. 29-30 in Section E are long answer type - II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question Nos. 31 – 34 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**

- 1      Monika has to be assessed for her abilities of creativity and original thinking.      1  
The test to be used by the psychologist will involve:
- a. Convergent thinking
  - b. Divergent thinking
  - c. Both convergent and divergent thinking
  - d. Memory and logical thinking
- 2      Formal assessment is objective, standardised and organised. Based on this      1  
information, choose the statements which are true for formal assessment.
- i. Formal assessment uses systematic testing procedures.
  - ii. It is always open to subjective interpretations.
  - iii. Based on the assessment, predictions about behaviour can be made.
  - iv. It varies from case to case and from one assessor to another.
- a. ii and iii
  - b. i and ii
  - c. i and iii
  - d. ii and iv

- 3 Aanya's application for admission to the college of her choice got rejected. 1  
When talking about the admission to the college with others, she tells everyone that she was never interested in studying in that college. Identify the defence mechanism used by Aanya.
- Repression
  - Reaction formation
  - Denial
  - Rationalisation
- 4 \_\_\_\_\_ is a dynamic situation-specific reaction to stress. 1
- Positive reaction
  - Coping
  - Conflict resolution
  - Meditation
- 5 Ritik uses imagery and imagination to reduce his stress levels. 1  
Identify the technique being used by Ritik.
- Relaxed visualisation
  - Meditation
  - Creative visualisation
  - Imagination and relaxation
- 6 In the question given below, there are two statements marked as Assertion (A) 1  
and Reason (R). Read the statements and choose the correct option.
- Assertion (A): Psychological stress is the stress that we generate ourselves in our minds.
- Reason (R): These psychological stresses do not have any impact on our physiological being.
- Options:
- Both A and R are true and R is the correct explanation of A.
  - Both A and R are true and R is not the correct explanation of A.
  - A is true but R is false.
  - A is false but R is true
- 7 While passing through the streets on her way to the office everyday, Jaya feels 1  
people are spying on her and the police are chasing her. Identify the type of delusion Jaya is experiencing.
- Persecution
  - Control
  - Reference
  - Grandeur

- 8 Sonali spends hours reading about her favourite actor. She is preoccupied with thinking and researching about him and when asked to study she gets violent. To diagnose her disorder, a clinical psychologist would need to know 1
- The number of hours she spends studying about the actor each day.
  - The percentage of the population sharing her interest in the actor.
  - Whether friends and family members share her interest in the actor.
  - Whether she is dysfunctional and showing signs of distress.
- 9 Which of the following statements are true about the diathesis-stress model? 1
- A vulnerability factor and the presence of a pathogenic stressor results in psychological disorder.
  - The presence of biological aberration is enough to develop a psychological disorder.
  - The presence of only pathogenic stressors may lead to psychopathology.
  - The diathesis and the stressor lead to the development of a psychological disorder.
- i and ii
  - ii and iii
  - iii and iv
  - i and iv
- 10 Harpreet's mother ignores her when she throws tantrums if asked to keep her room tidy. However, she appreciates Harpreet when she arranges her toys after playtime. The method being used is known as 1
- Positive reinforcement
  - Negative reinforcement
  - Differential reinforcement
  - Modelling
- 11 The centrality of an attitude reflects 1
- A person's degree of negative or positive feelings about an object.
  - Whether an attitude is positive or negative towards an attitude object.
  - The extent to which an attitude would influence the other attitudes in the system.
  - The attitude's resistance to change.

- 12 Sachin believes that one should always speak the truth. This is an example of 1
- a. Belief
  - b. Cognition
  - c. Value
  - d. Stereotype

- 13 In the question given below, there are two statements marked as Assertion (A) 1  
and Reason (R). Read the statements and choose the correct option.

Assertion (A): According to balance theory, two elements of an attitude system must be in the same direction.

Reason (R): An attitude system requires logical consistency else it will lead to 'mental discomfort'.

Options:

- a. Both A and R are true and R is the correct explanation of A.
  - b. Both A and R are true and R is not the correct explanation of A.
  - c. A is true but R is false.
  - d. A is false but R is true
- 14 A collection of people present at a place by chance is called a 1
- a. Team
  - b. Audience
  - c. Mob
  - d. Crowd
- 15 Which of the following is *not* a feature of a formal group? 1
- a. Functions are stated explicitly and formally.
  - b. Formation is based on rules and laws.
  - c. There is a close relationship among members.
  - d. Members have definite roles.

### SECTION B

- 16 How did Charles Spearman explain the concept of intelligence? 2

**OR**

State the importance of emotional intelligence.

- 17 The phenomena of student-teacher interactions in a classroom can be easily 2  
studied by psychologists. Critically evaluate the assessment method that will be  
used here.

- 18 'Self-esteem shows a strong relationship with our everyday behaviour'. 2  
Justify this statement with the help of an example.
- 19 Ramesh is admitted to a rehabilitation centre for alcohol addiction. His 2  
treatment includes giving him a mild electric shock every time he is made to  
smell the alcohol. Name and describe the therapy being used.
- 20 Imagine the following situation: 2  
'You auditioned for the school play but did not get selected'.  
Using Ellis' framework, suggest two contrasting interpretations and their  
consequences.
- 21 Ivaan never paid heed to his mother's advice of doing physical exercise daily in 2  
the morning. But, one day when he saw his favourite cricketer advocating the  
importance of regular exercise, he started exercising daily. Identify the  
characteristics of the source that brought about the attitude change.

### SECTION C

- 22 Shamin is a spiritual leader who possesses a particular type of intelligence as 3  
explained by Howard Gardner. Identify the intelligence and give reasons for  
your answer.

### OR

- Zarin is high in the ability to think analytically and performs well in academics.  
With respect to Robert Sternberg's theory, which type of intelligence does Zarin  
possess? Explain this type of intelligence.
- 23 Describe Hans Selye's General Adaptation Syndrome (GAS). 3
- 24 The classification of psychological disorders is important. 3  
Justify the statement and explain the two classification schemes.

### SECTION D

- 25 Kyna and kyra are identical twins. They were separated early in childhood. Will 4  
they show similarities in their intellectual characteristics? Give reasons for your  
answer.
- 26 Danish is trying to lose weight. During the festivities, he made sure not to eat 4  
his favourite desserts. Identify and explain the aspect of self that Danish is  
exhibiting. Suggest any three techniques he can apply to further achieve his  
goal.
- 27 Describe the importance of the therapeutic relationship in the process of 4  
psychotherapy.

- 28 Four friends are working together to develop a plan for their new start-up. After some initial conflict, the group started to work together and became unified. Now the group is very productive and the group goal is in the process of being achieved. Identify the stage of group formation that the group has presently reached. Explain the stages that the group has passed through to reach the present stage. 4

**OR**

A group of 20 students was asked to complete the task of decorating the classroom board. However, it was brought to the notice of the teacher that not everyone was participating and putting in effort. Identify and explain the phenomenon being described above and give reasons why this occurs.

### **SECTION E**

- 29 Differentiate between type and trait approaches to personality. Explain any four type theories in detail. 6

**OR**

Describe the humanistic approach to personality. What did Maslow mean by self-actualisation? Explain

- 30 All of us go through anxiety at some point in our lives. At what stage does anxiety become a disorder? Explain its various types. 6

**OR**

Describe the different psychological models used to explain mental disorders.

### **SECTION F**

**Read the case and answer the questions that follow.**

#### **'My story about Work-related Stress'**

Looking back on my life, I recognise that I have always struggled with anxiety in relationships, friendships or at work.

However, I misunderstood those feelings for a long time, thinking that my hyper vigilance was a positive thing which made me more productive and in tune with others. I remember a badge I bought for myself in my early 20s which I had on my desk at work. It said "I thrive on stress. Please hassle me."

I was always on the go, feeling like I had an edge that motivated me. The truth was that I felt anxious almost all the time.

I worked in the same organisation for over 20 years. I loved managing my small team of staff and felt that I thrived on the stress of work. I was in a job which I perceived to be rewarding and

stressful in equal measure. I was the problem solver, the one to volunteer for any task. I worked extra hours and felt a great sense of responsibility in my role.

However, in early 2012, I began to struggle to manage the stress of my job. Thoughts and worries about work seeped into every part of my life. I would wake up at night with palpitations, worrying about a task I had not completed, or trying to remember if I had sent an urgent email. I found that my mind wandered to work whilst I was spending time with my family. I withdrew from friends as I didn't have the headspace to switch off and relax.

[\(https://dorsetmind.uk/blog/my-story-about-work-related-stress/\)](https://dorsetmind.uk/blog/my-story-about-work-related-stress/)

- 31 “I thrive on stress. Please hassle me.” Explain the type of stress being referred to here. 1
- 32 “Thoughts and worries about work seeped into every part of my life. I would wake up at night with palpitations, worrying about a task I had not completed, or trying to remember if I had sent an urgent email. I found that my mind wandered to work whilst I was spending time with my family.” Suggest and explain any two stress management techniques that the writer could use. 2

**Read the case and answer the questions that follow.**

The Pygmalion effect, or Rosenthal effect, is a psychological phenomenon in which high expectations lead to improved performance in a given area. The hypothesis was that expectations can influence performance. Robert Rosenthal chose an elementary school in California for his study and having tested all the children's IQ, the researchers selected a sample of children at random. He informed the teachers that these were children of high academic potential. Following the test, the teachers were given the names of the 'intellectual bloomers,' but no scores were disclosed. At the end of the school year, all the students retook the test. While the overall scores had risen, the so called 'intellectual bloomers' had improved the most because of the teachers' efforts and the attention they got from them. The evidence seemed to indicate that the teachers' expectations had an impact on the student outcomes, especially in the younger students. A similar process works in the opposite direction in the case of low expectations. The idea of the Pygmalion effect can be applied in many situations. Our beliefs about others can lead us to treat them in such a way that they subsequently start behaving in accordance with our beliefs.

- 33 Identify and explain the source of prejudice which leads students to perform poorly. 1
- 34 Explain the cognitive and behavioural components of the teachers' attitude towards the 'intellectual bloomers' in the Rosenthal study. 2