

PREBOARD- 2 EXAMINATION(2023-24)

SUBJECT: PSYCHOLOGY

GRADE: XII

QUESTION PAPER

SET A

Duration: 3 hours

Max Marks: 70

General Instructions:

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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. Koh's block design test is an example of a _____ test. 1
 - a) Verbal
 - b) Non-verbal
 - c) Power
 - d) Performance
2. 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: 1
 - a) Memory and spatial relations

- b) Memory, spatial relations and verbal comprehension
c) Inductive reasoning and spatial relations
d) Inductive reasoning and memory
3. Sanika has a habit of biting her nails whenever she is sitting idle or under any kind of stress. According to Freud, she is fixated at the _____ stage. 1
- a) Oral
b) Anal
c) Phallic
d) Latency
4. Which of the following situations would be the most stressful for an individual? 1
- a) Complex, unpredictable, short term duration, high intensity
b) High intensity, simple, predictable, long term duration
c) Long Term duration, unpredictable, high intensity, complex
d) Long Term duration, predictable, complex, high intensity
5. Srishti overthinks and worries about achieving her goals. Thus, the stress that she generates for herself in her mind is most likely to be _____. 1
- a) environmental stress
b) physical stress
c) psychological stress
d) social stress
6. Tanisha works the night shift at a call center, travels amidst heavy traffic to reach her place of work and sleeps during the day time. This is challenging and is a _____: 1
- a) Life event
b) Traumatic event
c) Environmental stress
d) Hassle
7. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A):** Goals for students should be specific, measurable, achievable, relevant and time-bound.
Reason (R): Goal achievement does not play a big role in strengthening students' self-esteem.

- 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.
- 8.** Rani's grandmother struggled with depression for many years. Now, Rani has a _____ towards depression. 1
- a) Attitude
 - b) Predisposition
 - c) Trigger
 - d) Disorder
- 9.** Manu was a footballer. One day, his team lost a match because of a foul that he made. Since then, he is unable to walk or run. Doctors, however, have not been able to find any physiological cause for his inability to walk. Manu may be suffering from _____. 1
- a) Post-traumatic stress disorder
 - b) Conversion disorder
 - c) Panic disorder
 - d) Schizophrenia disorder
- 10.** In one of the therapy sessions, Sarah opened up about the pressures she faced to be perfect. Her therapist validated Sarah's emotions and emphasized her inherent worth as a person. The therapist showed _____. 1
- a) Intellectual understanding
 - b) Regard
 - c) Unconditional positive regard
 - d) Sympathy
- 11.** Surbhi 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. Which process would lead to a change in her attitude? 1
- a) Balance by Fritz Heider
 - b) Cognitive dissonance by Leon Festinger
 - c) Two-step concept by S.M. Mohsin
 - d) None of the above
- 1

12. _____ groups indicate to an individual the norms regarding acceptable behaviour and ways of thinking.
- a) Social
 - b) Formal
 - c) Reference
 - d) Professional
13. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A):** Deepika convinces her mother to permit her to go on a school trip by telling her that it would be the last school trip and that she would really miss her friends.
- Reason (R):** Deepika has used rational appeal to bring about a change in her mother's attitude.
- 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.
14. Whenever Lalita is in a group project, she finds her peers putting in less effort than she does. Lalita's peers' behaviour may be attributed to: 1
- a) Social facilitation
 - b) Social loafing
 - c) Social conformity
 - d) Social norms
15. Rohit and Mohit both like Manga comics, and are now best friends. This group formation was facilitated by: 1
- a) Proximity
 - b) Groupthink
 - c) Similarity
 - d) Status

SECTION B

16. While intelligence tests have many uses in guidance and counseling, there can be ill-effects if used by naive testers. State any two of these misuses. 2

OR

Vygotsky claimed that intelligence is culturally-derived. How would a Western country conceptualize intelligence?

17. What is the difference between the psychometric and information-processing approaches to intelligence? 2
18. Art, religion, myths and dreams are not individually acquired, but are inherited. Justify this statement with reference to analytical psychology. 2
19. Nishant feels very strongly that everyone should love him and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Identify and describe briefly the type of psychotherapy that would be most beneficial for him. 2
20. What is catharsis in psychotherapy? What is its significance? 2
21. What is cognitive consistency? Illustrate with an example. 2

SECTION C

22. Is intelligence inherited? Discuss with reference to the twin and adoption studies. 3
23. How does social support provide protection against stress? 3
24. Farah is admitted to a psychiatric facility when she presents with having lost 20 kg in the past two months. She claims that she has been unable to consume food because she believes she is overweight. Identify the disorder Farah may be diagnosed with and describe its other types. 3

SECTION D

25. A teacher notes that his class has students of varying intellectual abilities. Illustrate this range of intellectual abilities in humans with the help of a figure. 4
26. Early philosophers often theorized about certain expected behaviour based on similarities among people. Within psychology, which theories of personality propagate a similar view? Describe any two. 4
27. Discuss the alternative treatment possibilities to psychotherapy. 4
28. Simran believes that there should be stricter measures for monitoring and regulating AQI measures in Gurgaon. After attending a group discussion on the 4

same, her opinion not only strengthens, but she also starts a protest group. Identify the group phenomenon taking place here. Why does this phenomenon occur?

SECTION E

29. What do you understand by personality? Explain assessment of personality using behavioral analysis. 6

OR

What are ego defense mechanisms? Describe with examples.

30. Explain psychological disorders from the perspective of any three psychological models. 6

OR

Anxiety has been called the “butterflies in the stomach” feeling. At what stage does anxiety become a disorder? Discuss its types.

SECTION F

Read the case and answer the questions that follow:

The fight or flight response, deeply ingrained in human evolution, finds its roots in our ancestors' need to survive in a hostile world. Dating back to the primitive era, when immediate physical threats were rampant, our predecessors developed a rapid, instinctual reaction to danger. This heightened state readies the body for action, releasing adrenaline and cortisol, increasing heart rate, dilating pupils, and redirecting blood flow to essential muscles. Evolutionarily vital, this response prepares individuals to confront or evade threats. However, in modern life, chronic activation can lead to stress-related disorders. Understanding the intricate connection between the fight or flight response and arousal sheds light on the complex interplay between psychological and physiological processes in navigating our environment.

31. According to Hans Selye, what is the result of prolonged involvement of the body in stressful situations? 1
32. Describe any two stress management techniques. 2

Read the case and answer the questions that follow:

The Black Lives Matter (BLM) movement emerged as a resounding call for justice, equality, and an end to systemic racism and deeply ingrained prejudice.

Triggered by incidents of police brutality against Black individuals, BLM vehemently opposes racial profiling, excessive force, and discrimination within the justice system. It is a response to the entrenched prejudice that disproportionately affects the Black community. The movement's global impact has ignited crucial conversations about dismantling systemic racism, challenging societal prejudices, and promoting inclusivity. BLM stands as a powerful force against not just specific instances of injustice but also the pervasive prejudice that continues to permeate various facets of society.

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| 33. Define prejudice. | 1 |
| 34. Describe any two strategies for handling prejudice. | 2 |