

Class-XII
Post Mid Term Examination 2025-26
Subject-Psychology
Set-A
Marking Key

Time-3 Hrs

Max Marks-70

General Instructions:-

- **There are 34 questions in all. Attempt all questions.**
- **Part-A has 15 questions. All carry 1 mark each.**
- **Part-B has 6 questions. All carry 2 marks each.**
- **Part-C has 3 questions. All carry 3 marks each.**
- **Part-D has 4 questions. All carry 4 marks each.**
- **Part-E has 2 questions. Both carry 6 marks each.**
- **Part-F has 2 case-based questions. Both cases have two questions each with 1 and 2 marks respectively.**

Part-A (1 mark each)

1. Practical intelligence relates to: _____ (1)
a) Knowledge acquired through direct instruction.
b) Intelligence that helps you make connections between learned material.
c) **Problem solving that helps us adapt to our environment.**
d) Intelligence that connects to emotional development.

2. _____ personality seem to possess low motivation, are patient and feel they have a lot of time and little work. (1)
a) Type-A
b) **Type-B**
c) Type-C
d) Type-D

3. Ravi is seen as having high emotional intelligence. He most likely is high on: (1)
a) Analytical Reasoning
b) **Perceiving and Monitoring feelings**
c) Interacting with people
d) Communication and language skills

4. Assertion (A): In psychological terms, personality refers to the physical or external appearance of an individual. For example, when we find someone 'good-looking', we often assume that the person also has a charming personality.
Reason (R): Personality refers to our characteristics ways of responding to individuals and situations. (1)
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.**

5. Pratibha was in a relationship that she recently ended when she found out that her partner was cheating on her. She is probably experiencing _____. (1)

- a) Exhaustion
- b) Distress**
- c) Eustress
- d) Frustration

6. Anxieties that occur due to irrational fears, usually of a specific event or object, are called _____. (1)

- a) Compulsions
- b) Obsessions
- c) Conversions
- d) Phobias**

7. A real or perceived threat or challenge that causes the body to produce a response is a/an _____. (1)

- a) Stressor**
- b) Phobia
- c) Injury
- d) Frustration

8. Deepak has been diagnosed with Schizophrenia. When he was given the news of the death of his close family member, he did not show any emotion at all. This symptom is called _____. (1)

- a) Alogia
- b) Flat affect**
- c) Blunted Affect
- d) Avolition

9. Assertion (A): Rogers emphasized the relationship between the 'real self' and the 'ideal self'.

Reason (R): The congruence of these 'real' and 'ideal' selves makes a person fully functioning. (1)

- 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.

10. Sometimes people continue to hold some stereotypes because they feel that after all there must be some truth in them. This is referred to as _____. (1)

- a) kernel of truth**
- b) scapegoating
- c) stereotype
- d) prejudice

11. The counsellor asks the parent of 11-year old Arav who shows symptoms of conduct disorder, to prepare a calendar and give a golden star to him everytime he displays adaptive behavior. After Arav collects 15 stars, he will be allowed to exchange them for an ice-cream of his choice. The counsellor is using _____ technique to improve Arav's behavior.

(1)

- a) Modelling
- b) Positive reinforcement
- c) **Token economy**
- d) Vicarious learning

12. In which type of group the relationship amongst members is impersonal with permeable boundaries and less frequent meetings? (1)

- a) Ingroup
- b) Primary group
- c) Formal group
- d) **Secondary group**

13. Which one of the therapy can be used in group settings? (1)

- a) Psychodynamic therapy
- b) Behavioral therapy
- c) **Gestalt therapy**
- d) Logotherapy

14. Assertion (A): The cognitive component of an attitude must be consonant, that is they should be logically in line with each other.

Reason (R): If an individual finds that two cognitions in an attitude are dissonant, the both of them should be changed. (1)

- 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.

15. When you support capital punishment and learn that others also approve of it, you feel confident as your view is validated. This is known as the _____. (1)

- a) Social loafing
- b) **Group polarization**
- c) Self confidence
- d) None of the above

Part-B (2 marks each)

16. How does Charles Spearman conceptualize intelligence? (2)

Ans: Charles Spearman proposed two factor theory of intelligence. He proposed two factors which are s-factor (specific factor) and g-factor (general). Describe with example.

OR

State any two features of CAS. (2)

Ans: Two features of CAS are: it consists of verbal and non-verbal tasks that measure basic cognitive functions presumed to be independent of schooling. It is meant for individuals between 5 and 18 years of age.

17. Abhay was on a strict diet and exercise regime for weight loss. As a result, he refused to eat any sweet in a party. Which part of self helped him to refrain from eating sweets? Mention any two techniques for the same. (2)

Ans: The part of self that helped him is 'self-control' (describe it). Techniques of self-control are observation of own behavior, self-instruction and self-reinforcement.

18. Children show many types of aggressive behavior. Describe all of them. (2)

Ans: The types of aggression are verbal aggression, physical aggression, hostile aggression and proactive aggression. (describe them)

19. Preeti was struggling to solve a question of Maths during her exam when she suddenly recollected the episode of securing full marks in her previous assessment which motivated her. Describe the levels of consciousness with respect to this example as proposed by Freud. (2)

Ans: Preeti is showing subconscious level of mind. Freud proposed three levels of consciousness of human mind which are conscious, preconscious/subconscious and unconscious. Describe them.

20. Aman has an IQ between 55 to 70, has some friends, has cleared school till sixth grade, has got training in some basic skills and is currently doing a job at a small firm. He feeds and dresses himself. Identify the level of intellectual disability of Aman and state any two features of the same. (2)

Ans: The level of intellectual disability of Aman is 'mild level'. The features are feeding and dressing self, receptive and expressive language, optimal learning level, has friends, can hold job of unskilled nature and usually marries and has children.

21. In a case study, a person with a severe phobia of flying gradually becomes comfortable with air travel. Describe the principles of the therapeutic technique used for this transformation. (2)

Ans: The therapeutic technique used for this transformation is 'systematic desensitization'. This technique is mainly based on the principle of reciprocal inhibition. A hierarchy of anxiety provoking situations is made in the order of least provoking to most anxiety provoking situations. Then the individual is gradually desensitized towards each situation in a systematic way.

Part-C (3 marks each)

22. Differentiate between giftedness and talent. Highlight some important characteristics of gifted children. (3)

Ans: Giftedness is exceptional general ability shown in superior performance in a wide variety of areas. Talent is a narrower term and refers to remarkable ability in a specific field. Characteristics of gifted children are:

- Advanced logical thinking
- High speed in processing information.
- Superior generalization and discrimination ability
- Advanced level of original and creative thinking
- High level of intrinsic motivation

- Independent and non-conformist thinking
- Preference for solitary academic activities for long periods.

23. Rahat wants to assess the personality of her client without making her client aware of the same. Suggest a suitable technique for the same. Describe any two such techniques. (3)

Ans: Projective techniques help to assess personality without letting the client become aware of it. The techniques that come in this category are TAT, Inkblot test, P-F study, sentence completion test, draw a person test. Describe any two.

24. How do message characteristics influence the process of attitude change? Explain with help of examples. (3)

Ans: Message characteristics that influence attitude change are:

- Rational or emotional appeal
- Motive activated by the message
- Mode of spreading the message (give examples for each)

OR

What are the components of 'prejudice' as a negative attitude? Describe any two sources of prejudices. (3)

Ans: Prejudice as a negative attitude has the following ABC components:

A - affective component – hatred or dislike

B – behavioral component – discrimination

C – cognitive component – stereotype

Sources of prejudices are learning, a strong social identity and ingroup bias, scapegoating, kernel of truth concept and self-fulfilling prophecy. Describe any two sources.

Part-D (4 marks each)

25. A person's behavior in a variety of situations can provide us with meaningful information about his/her personality. Suggest any two procedures that come in this category of techniques of personality assessment. (4)

Ans: The technique of personality assessment using behavior is behavioral analysis. The procedures that come in this category are interview, observation and behavioral ratings. Describe any two.

26. Raghav and Aditya were good friends. Both were about to appear for their class XII board exams and this were under lot of stress. Raghav decided to make a study plan and set goals to complete his preparation. Aditya, instead of focussing on preparations, kept on spending time with friends on outings and gossiping with them. Identify the coping strategy used by each of them. Describe the coping strategies as proposed by Endler and Parker. (4)

Ans: Raghav is using Task oriented strategy and Aditya is using Avoidance oriented strategy. The coping strategies proposed by Endler and Parker are task oriented, emotion oriented and avoidance oriented strategies. Describe them.

OR

Rita decided to lend money to her maid so that the maid's child could get admission in a good school. Identify the kind of social support given by Rita. Describe any four factors that act as stress buffers and facilitate positive health. (4)

Ans: The kind of social support given by Rita is tangible support. Factors that act as stress buffers and facilitate positive health are diet, exercise, positive attitude, positive thinking and social support. Describe any four.

27. Why is it important to rehabilitate mentally ill people? Explain the effective strategies used in the rehabilitation of these individuals. (4)

Ans: Rehabilitation is required to help patients become self-sufficient. The aim of rehabilitation is to empower the patient to become a productive member of society to the extent possible. In rehabilitation, the patients are given occupational therapy, social skills training and vocational therapy. Describe them.

28. Mehak opposes the idea of allowing young children to play online games. After attending discussion on the same, Mehak's opinion not only strengthened but she also started a campaign for the same and promoted parents to join the campaign. Identify the group phenomenon taking place. Why does this phenomenon occur? (4)

Ans: This phenomenon is called 'group polarization'. It happens because:

- In the company of like-minded people, you are likely to hear newer arguments favouring your viewpoint. This will make you more favourable towards the attitude object.
- When you find others also not favouring online games, you feel that this view is validated by the public. This is a sort of bandwagon effect.
- When you find people having similar views, you are likely to perceive them as ingroup. You start identifying with the group, begin showing conformity and as a consequence your views become strengthened.

Part-E (6 marks each)

29. A classroom comprises of students who are good at a variety of tasks. If someone is good with language, one may be good at numbers, someone may be exceptionally good at music whereas somebody may be the problem solver of the class. Which theory does this scenario indicate about? Describe it in detail. (6)

Ans: This scenario indicates about the 'theory of multiple intelligences proposed by Howard Gardner. He said that there are eight different types of intelligences which are independent of each other. They are linguistic, spatial, bodily-kinesthetic, logical-mathematical, musical, interpersonal, intrapersonal and naturalistic. Describe them in detail.

OR

What do you understand by 'emotional intelligence'? Why is it important? How do we identify emotionally intelligent persons? (6)

Ans: Emotional intelligence is the ability to monitor one's own and other's emotions, to discriminate among them, and to use the information to guide one's thoughts and actions. Enhancing emotional intelligence enhances one's academic performance. It enhances cooperative behaviour, reduce antisocial activities and prepare students to face challenges outside classroom. Characteristics of emotionally intelligent people are:

- Perceive and be sensitive to your feelings and emotions.
- Perceive and be sensitive to various types of emotions in others.
- Relate your emotions to your thoughts.
- Understand the powerful influence of the nature and intensity of your emotions.

- Control and regulate your emotions and their expressions while dealing with self and others.

30. When does a behaviour become 'abnormal'? Describe the types of somatic symptom disorder. Differentiate between somatic symptom and illness anxiety disorders. (6)

Ans: A behaviour becomes abnormal when it touches the 4Ds that is deviance, dangerous, distressing and dysfunctional. Describe them. The types of somatic symptom disorder are somatic symptom disorder, illness anxiety disorder and conversion disorders. Describe them. The difference between somatic and illness anxiety disorder is that in somatic symptom disorder, the concern is expressed in terms of physical complaints while in case of illness anxiety disorder, it is the anxiety which is the main concern.

OR

How does 'deviation from social norms' define abnormality? Describe the various models that attempt to understand psychological disorders. (6)

Ans: Any behaviour that is different from the expected social standards and social norms are considered as abnormal according to this view. Each society has certain norms, unspoken rules, which are basically expected and accepted standards of behaviour. Behaviour, thoughts and emotions that break societal norms are called abnormal. Various models that attempt to understand abnormal behaviour are psychodynamic model, behavioural model, cognitive model, humanistic-existential model, socio-cultural model, diathesis-stress model. Describe them.

Part-F (3 marks each)

CASE I

Aditi and Shashank have just shifted to a new city, Chandigarh from Jaipur where they lived for eight years. The move was due to Shashank's new job. As a result, Aditi had to quit her job. They had to get their child Atharva admitted in a new school which was very difficult and traumatising for the kid too, to adjust to a new place, new school, new people, make new friends. The entire scenario has put the entire family into lot of stress.

31. What is the main source of stress in the above case? (1)

Ans: Life events

32. Describe any two major sources of stress. (2)

Ans: Sources of stress are life events, daily hassles and traumatic events. Describe any two sources.

CASE II

Radhika developed love for the subject, Political Science and decided to pursue a career in it as she really liked her teacher. She idolised with her and tried to imbibe her qualities in everything she did. She tried to find out all future ventures that she may pursue in Political Science.

33. Which process of attitude formation is being discussed here? (1)

Ans: Attitude formation through association/observation or role modelling.

34. Identify and describe the feature of attitude that Radhika has formed towards Political science. (2)

Ans: Feature of attitude is valence that is positivity or negativity of the attitude. Describe it.