

**INDIAN SCHOOL MUSCAT
FIRST PRELIMINARY STD - XII-2017 DECEMBER
PSYCHOLOGY ANSWER KEY-SET-- A**

Date:

Marks:70

Time: 3 Hours

Instructions:

- 1). All questions are compulsory.
 - 2). Answers should be brief and to the point.
 - 3). Marks for each question are indicated against it.
 - 4). Part A has 10 learning checks carrying one mark each. You are required to answer them as directed.
 - 5). In Part B questions 11 to 16 are very short answer type questions carrying 2 marks each. Answer to each question should not exceed 30 words.
 - 6). In part C Questions 17 to 20 are Short Answer Type I questions carrying 3 marks each. Answers to each question should not exceed 60 words.
 - 7). In part D questions 21 to 26 are Short Answer Type II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
 - 8). In part E questions 27 and 28 are Long Answer Type questions carrying 6 marks each. Answers to each question should not exceed 200 words.
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PART-A		
1.	Michenbaum	1
2.	True	1
3.	B. Reciprocal inhibition	1
4.	True	1
5.	A. Cohesiveness	1
6.	Social Loafing	1
7.	Ecology	1
8.	Gardener Murphy	1
9.	Bipolar questions	1
10.	Authenticity	1

PART-B		
11.	Eustress refers to the optimum amount of stress which is required for effective functioning and better performance. According to Kobasa people with more stress and less illness are having three main qualities. Control, Commitment and Challenge all the 3 C's together known as hardiness	2
12.	ODD refers to oppositional defiant disorder, where a child will show the age inappropriate actions and stubbornness. Autism is a part of PDD, The children who are suffering with autism are having difficulties in social interaction and communication and they show restricted range of interests and repetition of same activities.	2
13.	Paraphrasing refers to the restatement of the entire content without changing its meaning in a brief and precise way. In the process of communication whatever people exchange besides the oral or verbal information is known as body language. it includes the gestures, postures, facial expressions, eye contacts.	2

14.	Social facilitation refers to the increase in the level of performance of an individual in front of a large group of audience. Social Inhibition refers to decrease in the level of performance of an individual when he or she is performing in front of a large group of audience.	2
15.	Group refers to two or more than two individuals who are interacting and interdependent on each other. A team is a well organized group and the members of the team need to have a complimentary skill. in team individual and group contribution both are important and the success or the failure of the team will be credited to team leader as well as its members.	2
16.	Human environment relationship of STOKOLS is as follows. 1. Minimalist perspective 2. Instrumental perspective. 3. Spiritual perspective.	2
PART-C		
17.	Life skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life. Assertiveness Time management Rational thinking Improving relationships Self-care Overcoming unhelpful habits (To be explained)	3
18.	Auditory hallucinations. Tactile hallucinations. Somatic hallucinations. Visual hallucinations. Gustatory hallucinations.	3
19.	Attitude is a tendency to react either in a positive or in a negative way towards an individual or an object or a situation. Learning by association Learning by reward or punishment Learning through modeling Learning through group or cultural norms. (To be explained)	3
20.	Group polarization is a phenomenon resulting due to the group think. Continuous and constant interactions among the group members will lead to extreme side decision making it is because of due to group polarization. In the matters of capital punishment the majority view is validated by the public is known as bandwagon effect. (To be explained)	3
PART-D		
21.	Stress management techniques are as follows. Relaxation techniques Meditation procedures Biofeedback Creative visualization Cognitive behavioural techniques Exercise.	4

22.	Somatoform disorders 1. Pain disorder 2. Somatisation disorder 3. Conversion disorder 4. Hypochondriasis (To be explained in detail)	4
23.	Abraham Maslow's humanistic therapy is focusing on self actualization as an innate need. Lack of self actualization Free expression of emotions Role of therapist in creation of context (To be explained)	4
24.	Communication is a way of expression of needs and emotions, wishes to others. The types or process of communication is as follows. Accidental. Expressive. Rhetorical Public Intrapersonal Interpersonal	4
25.	Concept of balance theory proposed by Fritz Heider Cognitive dissonance theory of Leon Festinger (To be explained in detail)	4
26.	Compliance refers to the way of making others to accept a request. Foot in the door technique. Deadline technique Door in the face technique.	4

	PART-E	
27.	Lack of communication Relative deprivation Belief that one group is better than the others Feeling that the group does not respect the norms. Desire for retaliation Biased perceptions Perceived in equity Resolving intergroup conflicts Introduction of super ordinate goals. Altering perceptions. Increasing intergroup contacts Redrawing group boundaries Negotiations (To be explained) OR People Join in groups because of various reasons Security, status, self esteem, goal achievement. Group formation stages of Tuck man are Forming Storming Norming	6

	Performing Adjourning	
28.	<p>Poverty is described as a state where an individual is not able to fulfill the basic needs which are essential for survival.</p> <p>The psychological characteristics of poverty are</p> <ul style="list-style-type: none"> Low self esteem Lack of motivation Culture of poverty Mental health related problems <p>Crowding tolerance refers to the ability to deal with the densely crowded environment. Competition tolerance refers to the ability to compete with others for the basic needs which are short in nature.</p> <p style="text-align: center;">(OR)</p> <p>The various causes of aggression are as follows</p> <ul style="list-style-type: none"> Inborn tendency Physiological mechanism Child-rearing Frustration Learning Observing an aggressive model Anger provoking actions of others 	6