



**INDIAN SCHOOL MUSCAT**  
**SAMPLE PAPER**  
**PSYCHOLOGY (037)**



CLASS : XII

TIME ALLOTTED : 3 HRS.

MAXIMUM MARKS: 70

**GENERAL INSTRUCTIONS:**

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -18 in Section A carry 1 mark each.
3. Question Nos. 19-23 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. 24-27 in Section C are Short Answer Questions Type-II carrying 3 marks each. Answer to each question should not exceed 60 words.
5. Question Nos. 28 - 31 in Section D are Long Answer Type I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
6. Question No. 32 in Section E is a Long Answer Type II question carrying 6 marks. Answer to this question should not exceed 200 words.
7. Question Nos. 33 – 36 in Section F are based on two cases given. Each case has two questions carrying two marks each. Answer to each question should not exceed 30 words.

**SECTION A**

1. The state of physical, emotional and psychological exhaustion is known as 1
  - a. Resistance
  - b. Stress
  - c. Burnout
  - d. Coping
  
2. For the past 8 months, Susan has had persistent and excessive, vague, unexplained and intense anxiety. She is really anxious a lot of the time, but the reason for her anxiety is not something specific. What is she probably suffering from? 1
  - a. Social Phobia
  - b. A Specific Phobia
  - c. Obsessive-compulsive Disorder
  - d. Generalized Anxiety Disorder
  
3. Amith an 8-year-old boy perceived himself as a good athlete but very bad in mathematical skill. This indicates his\_\_\_\_\_. 1
  - a. Self-Esteem
  - b. Self-Concept
  - c. Self-Regulation

d. Self-Control

4. Find the situations where there is a chance of attitude change 1
- i. George likes Lily. George likes going to the gym. Lily likes going to the gym.
  - ii. George likes Lily. George does not like going to the gym. Lily likes going to the gym
  - iii. George likes Lily. George does not like going to the gym and Lily also does not like going to the gym
  - iv. George does not like Lily, George does not like going to the gym and Lily also does not like going to the gym
- a. ii and iii
  - b. ii and iv
  - c. i and iv
  - d. i and iii
5. Amith was taken to a therapist and he says that he can hear someone is instructing him to kill his wife. His condition indicate that he is having \_\_\_\_\_ 1
- a. Delusions of persecution
  - b. Second person hallucination
  - c. Third person hallucination
  - d. Visual hallucinations
6. Deva is strong musculature, is rectangular with a strong body build what will be his personality type according to Sheldon. 1
- a. Endomorphic
  - b. Ectomorphic
  - c. Mesomorphic
  - d. Metomorphic
7. The rapid breathing techniques to induce hyperventilation is part of \_\_\_\_\_yoga. 1
- a. Sudarshana kriya
  - b. Pranayama
  - c. Kundalini
  - d. Ashtanga
8. An attitude's \_\_\_\_\_ indicates whether it is positive or negative toward the attitude object. 1
- a. Extremeness
  - b. Simplicity or Complexity
  - c. Valence
  - d. Centrality
9. Amith is confused about whether to study Marketing or Economics in 11th grade, due to which he suffers from a high level of stress. The above example reflects \_\_\_\_\_as a source 1

of psychological stress.

- a. Social pressures
- b. Frustration
- c. Internal pressures
- d. Conflicts

10. The strengthening of the group's initial position as a result of group interaction and discussion is known as \_\_\_\_\_ 1
- a. Group polarisation
  - b. Social Loafing
  - c. Groupthink
  - d. Social facilitation
11. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A): A person who believes that s/he has the ability or behaviours required by a particular situation demonstrates high Self-efficacy.
- Reason (R): The notion of self-efficacy is based on Bandura's social learning theory.
- 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.
12. Select the appropriate group development sequences. 1
- a. Forming, Storming, Naming, Performing and Adjourning
  - b. Forming, Storming, Performing, Naming and Adjourning
  - c. Forming, Storming, Norming, Performing and Adjourning
  - d. Forming, Norming, Storming, Performing and Adjourning
13. From the below conditions find condition can lead to Schizophrenia is \_\_\_\_\_ 1
- a. Excess activity of dopamine
  - b. Low activity of serotonin
  - c. Excess activity of serotonin
  - d. Low activity of dopamine
14. \_\_\_\_\_ Collection of people who have assembled for a special purpose 1
- a. Crowd
  - b. Teams
  - c. Group
  - d. Audience
15. The concept "cognitive dissonance" was proposed by 1
- a. Leon Fritz

- b. Leon Festinger
- c. Fritz Heider
- d. Richard LaPiere

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

Assertion (A): When a person is in stress his adrenal gland releases large amounts of catecholamines which helps for fight-or-flight response and the pituitary gland secretes the corticosteroid which provides energy to the person.

Reason (R): There are two paths for the physiological response to stress.

- 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.

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

Assertion (A): Principle of reciprocal inhibition states that the presence of two mutually opposing forces at the same time, inhibits the weaker force.

Reason (R): Albert Ellis applied principle of reciprocal inhibition in his therapy.

- 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.

18. Air pollution, crowding, noise, heat of the summer, winter cold examples of \_\_\_\_\_ 1

- a. Environmental stresses
- b. Physical stresses
- c. Atmosphere stresses
- d. Catastrophic stresses

### SECTION B

19. What is the role of the therapist in existential therapy and how does it helps the patient? 2

20. Differentiate Primary Appraisal and Secondary Appraisal 2

21. Differentiate between Crowd and Teams 2

22. What major changes happened in the Renaissance Period in understanding of abnormal behaviour? 2

**OR**

In the Seventeenth and eighteenth centuries the attitude towards the people who suffered from

psychological disorders changed. Justify the statement.

23. Define attitude, what are the components of attitude? 2

### **Section C**

#### **Short Answer Questions Type-II (3X4=12)**

24. Explain the two-step concept of attitude change 3
25. Explain the role of biological predisposition and stress in the development of psychological disorders? 3
26. Anoop is one of the best psychotherapists in the town. Mention any Six goals that he has for his psychotherapy. 3

#### **OR**

Explain the therapy that adopts a biopsychosocial approach to the delineation of psychopathology.

27. Define Social Loafing. Mention any three Factors Affecting Social Loafing. 3

### **Section D**

28. Define delusion and explain any three Types of delusions 4
29. What are the limitations of the Behavioural Ratings scale? How can the tester overcome these limitations? 4

#### **OR**

Explain the Freud primary Structural elements of Personality.

30. Prince is a behavioural therapist. Explain any four behavioural Techniques he can adopt in his therapy. 4
31. Explain General Adaptation Syndrome. 4

#### **OR**

Define social support. What are the major types of social support?

### **Section E**

32. Explain the personality theory proposed by Paul Costa and Robert McCrae. 6

#### **OR**

Describe Sigmund Freud stages of personality development.

### **Section F**

Read the case and answer the questions that follow.

Athul, a college going 20-year old male, has moved from his home town to live in a big city. He has continuous fear of insecurity and feels that the enemy soldiers are following him. He gets very tense when he spots anyone in a uniform and feels that they are coming to catch

him. This intense anxiety is interfering with his work and relationship, and his friends are extremely concerned as it does not make any sense to them. Athul occasionally laughs abruptly and inappropriately, and sometimes stops speaking mid-sentence, scanning off in the distance as though he sees or hears something. He expresses concern about television and radio in the room potentially being monitored by the enemies. His beliefs are fixed and if they are challenged, his tone becomes hostile.

33. Based on the symptoms being exhibited, identify the disorder. Explain the other symptoms that can be seen in this disorder. 2
34. Define delusion and inappropriate effect. Support it with the symptoms given in the above case study 2

Read the case and answer the questions that follow.

All the Indian settlers were contemptuously and without distinction dubbed “coolies” and forbidden to walk on footpaths or be out at night without permits.

Mahatma Gandhi Quickly discovered colour discrimination in South Africa and confronted the realization that being Indian subjected him to it as well. At a particular train station, railway employees ordered him out of the carriage despite his possessing a first-class ticket. Then on the stagecoach for the next leg of his journey, the coachman, who was white, boxed his ears. A Johannesburg hotel also barred him from lodging there. Indians were commonly forbidden to own land in Natal, while ownership was more permissible for native-born people.

In 1894, the Natal Bar Association tried to reject Gandhi on the basis of race. He was nearly lynched in 1897 upon returning from India while disembarking from a ship moored at Durban after he, his family, and 600 other Indians had been forcibly quarantined, allegedly due to medical fears that they carried plague germs.

35. What is the difference between prejudice and discrimination? On the basis of the incidents in the above case study, identify a situation for each which is examples of prejudice and discrimination. 2
36. Explain any two sources of prejudices. 2

**\*\*\*\*END OF THE QUESTION PAPER\*\*\*\***