



COMMON PRE-BOARD EXAMINATION: 2022-23

Class-XII Subject: PSYCHOLOGY (037)



Date: 12/01/2023

General Instructions:

- i. All questions are compulsory except where internal choice has been given.
- ii. Question Nos. 1 -18 in Section A carry 1 mark each.
- iii. 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.
- iv. 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.
- v. 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.
- vi. 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.
- vii. 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. Abhishek respects social orders, is committed to elders, concerned about others, and recognize other's perspectives. He is said to be high in _____. 1

- a. Cognitive capacity
- b. Social competence
- c. Emotional competence
- d. Entrepreneurial competence

2. Which of the following is TRUE? 1

- a. Self-concept is the person's ideas and feelings about other people.
- b. Self-concept is the person's value judgment about the rest of the world.
- c. Self-concept is the value judgement of a person about himself/ herself.
- d. Self-concept is the person's feelings and ideas about himself or herself.

3. Assertion (A): In the performance proper phase, a detailed story is made by the subject regarding what the picture depicted, what happened in the past and what will happen in the future.

Reason (R): There are 30 picture cards + 1 blank card in TAT. 1

Options:

- a. Both A and R are true, and R is the correct explanation of A.
- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true, R is false.
- d. A is false, R is true.

4. Soni did not get admission in the college of her choice. She told her friends she never really wanted to go there. She is using the defence mechanism called _____.

1

- a. Reaction formation
- b. Rationalisation
- c. Projection
- d. Denial

5. Which of the following statement/s is/are a part of the stress process, as explained by Lazarus' Cognitive theory?

1

- i. An individual's response to a stressful situation largely depends upon the perceived events and how they are interpreted.
- ii. Regardless of the cause of the threat, the individual will respond with the same physiological pattern of reactions.
- iii. When we perceive an event as negative, we are likely to make a secondary appraisal.
- iv. Primary appraisal refers to the perception of a new or changing environment as positive, neutral or negative in its consequences.

Choose the correct option:

- a. ii, iii, iv
- b. ii, iii
- c. i, iii, iv
- d. ii

6. *'When there was an attack on a group of college students in their hostel, Lalith locked the doors and turned off the lights. She asked everyone to lie down quietly under tables and refrain from using cell phones.'*

From these lines, identify the coping strategy used by Lalith.

1

- a. Task oriented
- b. Avoidance oriented
- c. Emotion oriented
- d. Biofeedback

7. Ramya is being provided with school uniform and books by the school. The schoolteachers also take extra classes for her since she missed a major part of online schooling. Identify the kind of support that she is receiving.

1

- i. Informational support
- ii. Tangible support
- iii. Emotional support
- iv. Positive support

- a. i and iv
- b. ii and iii
- c. i and ii
- d. ii, iii and iv

8. Which of the following is/are true about anxiety disorders?

1

- i. Panic disorders are irrational fears related to specific objects, interactions with others, and unfamiliar situations.

ii. One of the other disorders included under this category is Selective Mutism.

iii. Generalised Anxiety Disorder is prolonged, vague, unexplained and intense fears that have no object, accompanied by hypervigilance and motor tension.

iv. Illness Anxiety Disorder is when the person experiences worry about the possibility of developing a serious medical condition.

- a. i and iv
- b. ii and iii
- c. i, and iii
- d. ii and iv

9. Srinidhi has marked difficulties in social interaction and communication, has strong desire for routine and have restricted interests. She is suffering from _____. 1

- a. Alogia
- b. Hyperactivity
- c. Impulsivity
- d. Autism

10. Rani suddenly lost her eye-sight, but doctors can find no physical reason for the problem. She is showing symptoms of _____. 1

- a. Conversion disorder
- b. Dissociative disorder
- c. Somatoform symptom disorder
- d. Illness anxiety disorder

11. Assertion (A): The special relationship between the client and the therapist is known as the alliance.

Reason (R): Empathy enriches the therapeutic relationship and transforms it into a healing relationship. 1

Options:

- a. Both A and R are true, and R is the correct explanation of A.
- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true, R is false.
- d. A is false, R is true.

12. Sagar was taught skills such as candle making, paper bag making and weaving to help him form a work discipline. This is known as _____. 1

- a. Positive reinforcement
- b. Alternative therapy
- c. Behavioural therapy
- d. Occupational therapy

13. Manish has been attending therapeutic sessions with a behavioural therapist. He is trained to learn good habits by observing a model and is rewarded for small changes in his behaviour. Gradually Manish learns to acquire the behaviour of the model. Identify the behavioural technique that has been employed by the therapist. 1

- a. Token economy
- b. Modelling
- c. Vicarious learning
- d. Reciprocal inhibition

14. Assertion (A): Attitudes are more likely to change when the message comes from a highly credible source rather than from a low-credible source.

Reason (R): Too much amount of information about the topic should be given by the source for attitude change to happen quickly.

1

Options:

- a. Both A and R are true, and R is the correct explanation of A.
- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true, R is false.
- d. A is false, R is true.

15. Tanuj's group has won the elections from his constituency. His opponents, Rajesh and his group, are weak and too small in number. Tanuj often expresses frustration and negative attitude towards Rajesh's group. This is known as _____.

1

- a. Learning
- b. Scapegoating
- c. Kernel of truth
- d. Imitation

16. Ritesh sees his parents achieve financial success through hard work. He considers his mother to be his role model. As a result, Ritesh develops a strong attitude towards success and hard work. This is an example of:

1

- a. Learning attitude through exposure to information
- b. Learning through observation
- c. Learning attitude through group or cultural norms
- d. Learning through rewards and punishment

17. Which of the following is NOT a characteristic of a group?

1

- a. It is the social unit consisting of two or more individuals who perceive themselves as belonging to the group.
- b. It is the collection of individuals who have common motives and goals.
- c. It is a collection of individuals who are not interdependent.
- d. Individuals who are trying to satisfy a need through their joint association also influence each other.

18. Assertion (A): Members of a highly cohesive group have more desire to remain in the group in comparison to those who belong to low cohesive group.

Reason (R): As the group becomes more cohesive, group members start to think, feel and act as a social unit, and less like isolated individuals.

1

Options:

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- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true, R is false.
- d. A is false, R is true.

SECTION B

19. Steve is 36 years old and works on an assembly line in a brush factory. He is terribly afraid of being contaminated by germs. He avoids shaking hands with others. He won't eat in the cafeteria. He has trouble leaving the bathroom because he isn't sure he has washed his hands well enough. Identify and explain the disorder Steve is experiencing.

2

20.A.Janak works in an MNC. He has lots of targets to meet, works to complete before the deadlines, meetings with the clients for the projects etc. He is the only earning member in his family. Even though he has lot of

stress and pressures in his daily life, he doesn't have any stress-related illness. Comment on his trait that helps him to maintain a sick-free life. 2

OR

B. Jose listens to music when he is stressed due to the pending assignments in school. Identify and explain the coping strategy used by Jose according to Endler and Parker.

21. 'All psychotherapies aim at achieving few goals'. State any 4 such goals. 2

22. Sheetal has two best friends- Muskan and Kashish. They were a great trio who went on various vacations together and enjoyed themselves. However, recently Muskan and Kashish started going on trips without Sheetal. Due to this, Sheetal confronted them both and had a terrible fight. Sheetal broke her friendship with both. Which type of situation is this in terms of the P-O-X triangle? Illustrate it in the P-O-X triangle. 2

23. Differentiate between formal group and informal group. 2

SECTION C

24. Naina is in class XII and she is confused to choose her career options. Her friend suggested her to visit a career counsellor to get help in choosing a field that she would excel in. Her career counsellor advised her to take an aptitude test. How do you define an aptitude. Briefly explain one of the famous and most commonly used aptitude tests in educational setting. 3

25. Explain Bipolar mood disorder. 3

26. A. Sweta reads in the newspaper that a particular chocolate that she enjoys is extremely harmful. But she sees that her favorite movie actor has been advertising the same chocolate. Explain how Sweta's attitude towards this chocolate can be changed with the help of her favorite movie actor. 3

OR

B. Ashish is a 12-year-old boy who loves having junk food. He never showed any interests in eating home-made food. Now, his parents are very much concerned about his health. Explain the processes through which his attitude towards eating healthy food can be formed.

27. Harris proposed a plan to bunk social science class on Thursday. He created a group on WhatsApp and added all his class friends. They all discussed about the plan and loved it. They talked so much and took an extreme decision of bunking one whole day and going to watch the latest movie. Explain the phenomenon that occurred here and its reasons. 3

SECTION D

28.A. JP Das' model of intelligence involves the 'Interdependent functioning of three neurological systems'. Discuss. 4

OR

B. Intelligence tests serve many useful purposes, but at the same time intentionally or unintentionally, it is widely misused. Point out some of the ill effects of intelligence testing by naïve testers.

29. Aleena regularly abstains from food for religious reasons. Which aspect of the self is she displaying? Suggest the psychological techniques that helps her abstain from food. 4

30. Neeta communicates her feelings and views clearly with confidence. She could say 'NO' to a request or state an opinion without being self-conscious. Which life skill is she exhibiting? Briefly explain any three life skills that can help Neeta to meet the challenges of life successfully. 4

31. A. Sidharth believes that he can do nothing good in life. The cause behind this irrational belief is found out to be due to his parents never letting him do anything on his own and even if he does it on his own, his parents never appreciate him but only find flaws. Which therapy do you think would be best suited for him? Explain the therapeutic procedure in detail. 4

OR

B. 'Rishabh, a 21 year old college student, exhibits an intense fear of fireworks, gunshots, popping balloons etc.' Suggest the most appropriate therapy / techniques that could be used to help Rishabh overcome his fear.

SECTION E

32. A. Define personality. Explain the term 'trait' and the various trait approaches to the study of personality. 6

OR

B. A person's behaviour in a variety of situations provides us with meaningful information about his/her personality'. Elaborate any three techniques that will be useful for this purpose.

SECTION F

Read the case and answer the questions that follow.

A middle aged woman made recurrent visits to her doctor complaining about a vile body odor that she noticed despite diligent attempts to remove it by bathing and other cleansing measures. The physician could find no physical cause for the disorder, and neither doctor nor other medical personnel could smell the odor. She also reported that she saw a frying pan melting in the cupboard few months before and from there she got the vile body odor.

33.A. Identify the disorder this woman is exhibiting. How would biological factor/model help us to understand the development of this disorder. 2

OR

B. 'The symptoms that the woman is experiencing is different from Somatic Symptom disorder' - Justify this statement.

34. Briefly explain the other symptoms of this disorder. 2

Read the case and answer the questions that follow.

Intelligence is a key construct employed to know how individuals differ from one another. It also provides an understanding of how people adapt their behaviour according to the environment they live in. Psychological notion of intelligence is quite different from the common sensical notion of intelligence. The Oxford Dictionary explains intelligence as the power of perceiving, learning, understanding, and knowing. Alfred Binet was one of

the first psychologists who worked on intelligence. Alfred Binet tried to formalize the concept of intelligence in terms of mental operations. Prior to him, we find the notion of intelligence described in general ways in various philosophical treatises available in different cultural traditions. Binet's theory of intelligence was rather simple as it arose from his interest in differentiating more intelligent from less intelligent individuals. All persons do not have the same intellectual capacity; some are exceptionally bright, and some are below average.

35. What variations exist across individuals with respect to intelligence? 2

36. Differentiate between any one type of test used to assess intelligence. 2