

INDIAN SCHOOL MUSCAT**SECOND PRE BOAARD EXAMINATION****APRIL 2021****SET A****CLASS XII****Marking Scheme – PSYCHOLOGY [THEORY]**

| Q.NO. | Answers | Marks (with split up) |
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| 1. | Associative | 1 |
| 2. | A. Age of reason and enlightenment | 1 |
| 3. | Life style (OR) Psychoneuroimmunology. | 1 |
| 4. | True | 1 |
| 5. | False | 1 |
| 6. | C. Cognitive Behavior therapy | 1 |
| 7. | C. Anorexia nervosa | 1 |
| 8. | Leon Festinger | 1 |
| 9. | A. Prosocial behaviour | 1 |
| 10. | Resilience (OR) Eustress | 1 |
| 11. | B. Libido (OR) C. Conscientiousness | 1 |
| 12. | D. Illness anxiety disorder (OR) A. Heroin | 1 |
| 13. | Life skills (OR) Burnout | 1 |
| 14. | A. 1-III, 2- I, 3-IV, 4-II | 1 |
| SECTION - II | | |
| 15. A(i) | C. Hardiness | 1 |
| 15 A(ii) | D. Kobasa | 1 |
| 15 A(iii) | B. He is having internal control, commitment in his work and perceiving the change in a positive way and is able to progress in his work (OR) | 1 |

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| 15B (i) | B. Assertiveness | |
| 15B (ii) | A. Primary appraisal | |
| 15B (iii) | Lazarus | |
| 16. (i) | B. Obsessive-compulsive disorder | 1 |
| 16 (ii) | D. He could not stop thinking that electrical appliances may short circuit and cause a disastrous fire | 1 |
| 16 (iii) | C. Excoriation | 1 |
| 16 (iv) | A. Trichotillomania | 1 |
| SECTION - III | | |
| 17. | The two behavioral aspects of self are: Self-control : refers to delay or deferring the gratification of needs for some time period. Self-regulation : refers to organizing and monitoring one's own behavior in a proper way to achieve the goals. | 2 |
| 18. | Problem-based coping is helpful when you need to change your situation, perhaps by removing a stressful thing from your life. For example, if you're in an unhealthy relationship, your anxiety and sadness might be best resolved by ending the relationship. Emotion-based coping is helpful when you need to take care of your feelings when you either don't want to change your situation or when circumstances are out of your control. For example, if you are grieving the loss of a loved one, it'd be important to take care of your feelings in a healthy way | 2 |
| 19. | Autism is a neuro developmental disorder, The children experiencing autism will have difficulties in social interaction and communication skills and they will have restricted range of interests and repetition of the same task again and again. (OR) Significantly sub average intellectual functioning which is existing concurrently with deficits in adaptive behavior during the developmental period. People with below 70 IQ are generally considered as mentally challenged. | 2 |
| 20. | Gestalt Therapy was proposed by Freiderick (Fritz) Perl's and his wife Laura Perl's. Gestalt is the German word for whole. The goal of this therapy is to increase an individual's self-awareness and self-acceptance. The client is taught to recognize the bodily processes and the emotions that are being blocked out from awareness. The therapist does this by encouraging the client to act out fantasies about feelings and conflicts. | 2 |
| 21. | Psychometric Approach considers intelligence as an aggregate of abilities. It expresses the individual's performance in terms of a single index of cognitive abilities. The Information-Processing Approach describes the processes people use in intellectual reasoning and problem solving, and the major focus of this approach is on how an intelligent person acts and emphasizes studying cognitive functions underlying intelligent behavior. | 2 |
| 22. | Social inhibition refers to decline in the level of performance of an individual in the presence of a large number of audiences. | 4 |

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| | Social loafing refers to while working in a group activity along with others putting less effort. | |
| | SECTION - IV | |
| 23. | Coping strategies proposed by Endler and Parker are i. Task oriented coping ii. Emotion oriented coping iii. Avoidance oriented coping | 3 |
| 24. | Eating disorders are as follows. A. Anorexia nervosa B. Bulimia nervosa C. Binge eating | 3 |
| 25. | <p>Logotherapy was proposed by Victor Fankl, which means treatment for the soul. Frankl called this process of finding meaning even in life-threatening circumstances the process of meaning making, the basis of which is a person's quest for finding the spiritual truth of one's existence. Neurotic anxieties arise when the problems of life are attached to the physical, psychological or spiritual aspects of one's existence. Frankl emphasized the role of spiritual anxieties in leading to meaninglessness and hence it may be called existential anxiety (neurotic anxiety of spiritual origin). The goal of logotherapy is to help the patients find meaning and responsibility in their life irrespective of circumstances</p> <p style="text-align: center;">(OR)</p> <p>Rational emotive therapy of Albert Ellis Antecedent events Beliefs Consequences analysis will be carried to know and understand the route cause behind the problem. Irrational beliefs will be replaced with the rational ones. Through interviewing technique and seeking simple clarifications with the support of questioning.</p> | 3 |
| | SECTION - V | |
| 26. | Stress refers to pattern of responses an organism makes to the stimulus event that disturbs the equilibrium and it exceeds a person's ability to cope up. Hassles Life events Traumatic events | 4 |
| 27. | Intelligence is the ability to adapt, shape and select an environment to accomplish the goals in one's own society and culture. Componential intelligence Contextual intelligence Experiential intelligence. | 4 |
| 28. | The various factors contributing to healing in psychotherapy are Therapeutic alliance Catharsis Client related factors Therapist related factors | 4 |

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| | <p>(OR)</p> <p>Principles or techniques of Behaviour therapy are</p> <p>Negative reinforcement</p> <p>Token economy</p> <p>Systematic desensitization</p> <p>Vicarious learning</p> | |
| 29. | <p>Concept of balance theory of Fritz Heider</p> <p>Balance</p> <p>All the three sides are positive</p> <p>One side is positive and the remaining two sides are negative.</p> <p>Imbalance</p> <p>All the three sides are negative</p> <p>Two sides are positive and one side is negative.</p> | 4 |
| | SECTION – VI | |
| 30 | <p>(A) Psychoanalytical stages of development are</p> <p>Oral</p> <p>Anal</p> <p>Phallic</p> <p>Latency</p> <p>Genital</p> <p style="text-align: center;">(OR)</p> <p>Rorschach inkblot test</p> <p>Thematic apperception test</p> <p>Rosen weigh's picture frustration study</p> <p>Sentence completion test</p> <p>Draw a person test</p> | 6 |
| 31 | <p>Group is the combination of two or more than two individuals who are interacting and interdependent with each other. Where as a Team is a special kind of group with complimentary skills.</p> <p>In Group leader is responsible for success or failure where as in team the team leader as well as members are equally responsible.</p> <p>In group as a group member what an individual is doing is important where as in team as a member of the team and as an individual his/her performance is evaluated.</p> <p>Security</p> <p>Status</p> <p>Self esteem</p> <p>Satisfaction of needs.</p> <p style="text-align: center;">(OR)</p> <p>Group forming stages of Tuckman are</p> <p>Forming</p> <p>Storming</p> <p>Norming</p> <p>Performing</p> <p>Adjourning</p> | 6 |

