

**INDIAN SCHOOL MUSCAT**  
**FINAL TERM EXAMINATION**  
**NOVEMBER 2018**

**SET B**

**CLASS XII**

**Marking Scheme – PSYCHOLOGY [THEORY]**

Q.NO.	Answers	Marks (with split up)
1.	Psychometric	1
2.	B. Denial	1
3.	Acquiescence	1
4.	True	1
5.	Psychoneuroimmunology	1
6.	B. Logo therapy	1
7.	C. Gestalt therapy	1
8.	Fundamental attribution error	1
9.	Social loafing	1
10.	Status	1
11.	<p>Poor performance on a test may attach a stigma to children and thereby adversely affect their performance and self-respect.  The tests may invite discriminating practices from parents, teachers and elders in the society.</p> <p style="text-align: center;"><b>(OR)</b></p> <p>The child rearing practices adopted by the western and well advanced societies led to the development of various skills among the children such as generalization, mental manipulation, speed, minimal moves and abstract reasoning and this is known as technological intelligence.</p>	2
12.	<p>Allport's trait theory of personality is including three traits.  Cardinal traits which are highly generalized dispositions and an individual's entire life seems to revolve around these traits. For example Gandhi's nonviolence, Hitler's Nazism  Central traits these are less generalized dispositions and will be used in writing a job letter or cv.  Secondary traits: these are likes and dislikes of an individual.</p>	2
13.	<p>Life style is the overall pattern of decisions and behaviors that determine a person's health and quality of life.  Resilience is a dynamic developmental process referring to the maintenance of positive adjustment under life challenging conditions and situations.</p> <p style="text-align: center;"><b>(OR)</b></p> <p>The optimum amount of stress required for effective functioning and performance is known as eustress.  In view of Kobasa people with more stress and less illness have 3 characteristics and this three C's are known as hardiness.</p>	2

	Control, commitment and challenge.	
14.	Phobias are irrational fears and three types of phobias are very commonly seen. Specific phobias Social phobias Agora phobias	2
15.	Oppositional defiant disorder refers to age in appropriate amount of stubbornness, irritable, defiant and disobedient and they behave in a hostile manner. Children with autism have marked difficulties in social interaction and communication. They have restricted range of interest and strong desire for routine activities.	2
16.	Psychomotor symptoms of schizophrenia are Catatonia Catatonic stupor Catatonic rigidity Catatonic posturing.	2
17.	Arthur Jensen's hierarchical model of intelligence is having two levels in the process. Level – I is known as associative learning where the output is more or less similar to the input. The rote memory is the best example for this type of intelligence. Level – II is cognitive competency, where an individual use the input in order to produce a better and an effective output. (To be explained in detail)	3
18.	Hans seyle is known as father of modern stress research and he observed the animals and human beings in two different situations. Sick and injured animals and human beings in hospitals and healthy animals and human beings in laboratory while projecting X-rays and injecting epinephrine on them. GAS theory includes three steps Alarm reaction Resistance Exhaustion (To be explained in detail)	3
19.	Life skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life. i. Assertiveness ii. Time management iii. Rational thinking iv. Improving Relationship v. Self-care vi. Overcoming unhelpful habits (Any three need to be explained) <b>(OR)</b> The various sources of stress are i. Daily hassles ii. Traumatic events iii. Life events	3
20.	Compliance is a way of requesting another person to accept a request. It will be practiced with support of three different techniques in day to day life.	3

	<ul style="list-style-type: none"> <li>i. Foot in the door technique</li> <li>ii. Dead line technique</li> <li>iii. Door in the face technique.</li> </ul>	
21.	<p>Intelligence is the ability to adapt, shape and select an environment to accomplish ones goals within the environment. Sternberg classified the intelligence in to three different dimensions which are as follows.</p> <ul style="list-style-type: none"> <li>i. Componential intelligence</li> <li>ii. Contextual intelligence</li> <li>iii. Experiential intelligence (To be explained in detail)</li> </ul> <p style="text-align: center;"><b>(OR)</b></p> <p>Intelligence is considered as the ability to think rationally, act purposefully and deal effectively with the environment. Creativity is the ability to found the solutions to the existing problems in a different way.</p> <p>In the view of Lewis Terman (1922), Creative ideas comes from the people who are having minimum amount of intelligence and at the same time people with high intelligence may not be creative.</p>	4
22.	<p>Somatoform disorders are basically body related disorders and these disorders are of four different types.</p> <p>Pain disorder Somatization disorder Conversion disorder Hypochondriasis (To be explained in detail)</p> <p style="text-align: center;"><b>(OR)</b></p> <p>Mood disorders are of four types</p> <ul style="list-style-type: none"> <li>i. Depression</li> <li>ii. Major Depressive Disorder</li> <li>iii. Mania</li> <li>iv. Bipolar mood disorder</li> </ul>	4
23.	<p>The factors contributing to healing in psychotherapy are</p> <p>Therapeutic relationship Professional qualification and abilities of therapist Client related factors Nature of the problem and choice of techniques.</p> <p><b>Alternative therapies are</b></p> <p>Yoga Meditation Counselling Music therapy</p>	4
24.	<p>Antecedent events Beliefs Consequences (ABC analysis) Interviewing Questioning Providing an insight to know and understand the irrational beliefs and replacing those beliefs with the rational and logical ones.</p>	4

25.	<ul style="list-style-type: none"> <li>• <b>Concept of Balance (Fritz Heider)</b> – Described in terms of the <b>P-O-X triangle</b>, which represents the relationships between three aspects or components of the attitude.</li> </ul> <p>P is the person whose attitude is being studied, O is another person, and X is the topic towards which the attitude is being studied (attitude object). It is also possible that all three are persons. The basic idea is that an attitude changes if there is a state of imbalance between the P-O attitude, O-X attitude and P-X attitude. Imbalance is found when:</p> <ol style="list-style-type: none"> <li>1. All three sides are negative</li> <li>2. Two sides are positive and one side is negative</li> <li>3. Two sides are negative and one side is positive.</li> </ol> <p><b>Concept of Cognitive Dissonance (Leon Festinger)</b> – emphasizes the cognitive component. The basic idea is that the cognitive components of an attitude must be consonant (logically in line with each other). If an individual finds that two cognitions in an attitude are dissonant, then one of them will be changed in the direction of the consonance</p>	4
26.	<p>Prejudices are the extreme negative attitude towards other groups of people in society and social situations. Prejudices can exist without discrimination and discrimination may exist without prejudices.</p> <p>Sources of Prejudices are</p> <ul style="list-style-type: none"> <li>Learning</li> <li>A strong social identity and in group bias</li> <li>Scapegoating</li> <li>Kernel of truth</li> <li>Self-fulfilling prophecy</li> </ul>	4
27.	<p><b>Projective techniques</b> are based on the assumption that a less structured or unstructured stimulus or situation will allow the individual to project her/his feelings, desires and needs on to that situation. These projections are interpreted by experts.</p> <p>Various projective techniques are as follows:</p> <ul style="list-style-type: none"> <li>• <b>Rorschach Inkblot Test</b> –</li> <li>• <b>Thematic Apperception Test (TAT)</b> –</li> <li>• <b>Rosenzweig’s Picture-Frustration Study (P-F Study)</b> –<b>Sentence Completion Test</b> –</li> <li>• <b>Draw a Person Test</b> –</li> </ul>	6

	<p>The interpretation of projective test responses requires sophisticated skills and specialized training.</p> <p style="text-align: center;"><b>(OR)</b></p> <p>The <b>Humanistic Approach to Personality</b> was mainly developed in response to Freud's theory, and the important contributors to this approach were Carl Rogers and Abraham Maslow.</p> <p><b>Carl Rogers</b> proposed the idea of a <b>fully functional person</b>. He believed that fulfillment is the motivating force for personality development. People try to express their capabilities and potentials to the fullest extent possible, and there is an inborn tendency among persons that directs them to actualize their inherited nature. Rogers made two basic assumptions about human behavior.</p> <ul style="list-style-type: none"> <li>• Behaviour is goal-directed and worthwhile.</li> <li>• People will almost always choose adaptive and self-actualising behavior.</li> </ul> <p>Rogers' theory was structured around the concept of self. The theory assumed that people are constantly engaged in the process of actualizing their true selves. He suggested that each person has a concept of their ideal self. When there is a correspondence between the real self and the ideal self, the person is generally happy. Discrepancy between the real self and ideal self often results in unhappiness and dissatisfaction. The basic principle is that people have the tendency to maximize self concept through self actualization.</p> <p>Rogers' method of therapy was called <b>client-centred therapy</b> which requires an atmosphere of <u>unconditional positive regard</u> (non-judgmental attitude of the therapist).</p> <p><b>Abraham Maslow</b> gave a detailed account of psychologically healthy people in terms of their attainment of self actualization. <b>Self-actualisation</b> is a state in which people have reached their fullest potential. It becomes possible by analyzing the motivations that govern our lives. Survival needs (biological, security and belongingness needs) are commonly found among animals and human beings. Thus, an individual's sole concern with the satisfaction of these needs reduces her/him to the level of animals. The real journey of human life begins with the pursuit of self-esteem and self-actualization needs.</p>	
28.	<p>Group formation stages of Tuckman are as follows.</p> <p>Forming</p> <p>Storming</p>	6

	<p>Norming</p> <p>Performing</p> <p>Adjourning</p> <p>Bandwagon effect means in the matters of capital punishment majority view is validated by the public and this view is known as bandwagon effect. For example punishment of death.</p> <p style="text-align: center;"><b>(OR)</b></p> <p>The strategies to resolve intergroup conflicts in a multi-cultural and multi religious country like India are:</p> <p>Introduction of superordinate goals</p> <p>Increasing communication</p> <p>Arranging get together</p> <p>Highlighting personal identity rather than social identity</p> <p>Social justice</p> <p>Negotiations</p> <p>Redrawing group boundaries</p> <p>Motivating people to understand each other and respect the beliefs of others.</p>	
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