

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

**SET C**

**CLASS XII**

**Marking Scheme – PSYCHOLOGY [THEORY]**

Q.NO.	Answers	Marks (with split up)
1.	Alfred Binet	1
2.	C. Projection	1
3.	Halo effect	1
4.	True	1
5.	Hardiness	1
6.	B. Logo therapy	1
7.	C. Gestalt therapy	1
8.	Attribution	1
9.	Social facilitation	1
10.	Bandwagon effect	1
11.	<p>The child rearing practices adopted by the western and well advanced societies in the process of educating the children led to the development of various skills among the children such as speed, minimal moves, mental manipulations, higher order thinking and this is known as technological intelligence.</p> <p style="text-align: center;"><b>(OR)</b></p> <p>Emotional intelligence is the feeling side of intelligence. It is the awareness about one's own feelings and emotions as well as others feelings and emotions while considering the body language.</p>	2
12.	<p>Delaying or deferring the gratification of needs for some time period is known as self-control. The various religious rituals like Vrat, Roza and Fasting are helpful in this process.</p> <p>Psychological techniques of self-control are</p> <p>Observing your own behavior</p> <p>Self-instruction</p> <p>Self-reinforcement</p>	2
13.	<p>Life style is the overall pattern of decisions and behaviors that determine a person's health and quality of life.</p> <p>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>Psychoneuroimmunology is a branch of study.</p>	2

	<p>It studies the effect of stress on immune system and also it studies the links between mind-brain and immune system.</p> <p>The optimum amount of stress required for effective and better performance is known as eustress.</p>	
14.	<p>Phobias are irrational fears and three types of phobias are very commonly seen.</p> <p>Specific phobias</p> <p>Social phobias</p> <p>Agora phobias</p>	2
15.	<p>Eating disorders basically are of three types.</p> <ol style="list-style-type: none"> <li>Anorexia nervosa</li> <li>Bulimia nervosa</li> <li>Binge eating</li> </ol>	2
16.	<p>Psychomotor symptoms of schizophrenia are</p> <p>Catatonia</p> <p>Catatonic stupor</p> <p>Catatonic rigidity</p> <p>Catatonic posturing.</p>	2
17.	<p>JP Guilford proposed structure of intellect model, it classifies intellectual traits among three dimensions.</p> <p>Operations</p> <p>Contents</p> <p>Products (To be explained in detail)</p>	3
18.	<p>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.</p> <p>GAS theory includes three steps</p> <p>Alarm reaction</p> <p>Resistance</p> <p>Exhaustion (To be explained in detail)</p>	3
19.	<p>Coping is a dynamic mechanism and specific reaction to stress and it is a systematic way of overcoming it.</p> <ol style="list-style-type: none"> <li>Task oriented strategy</li> <li>Emotion oriented strategy</li> <li>Avoidance oriented strategy</li> </ol> <p style="text-align: center;"><b>(OR)</b></p> <p>The various sources of stress are</p> <ol style="list-style-type: none"> <li>Daily hassles</li> <li>Life events</li> <li>Traumatic events</li> </ol> <p style="text-align: center;">(To be explained in detail)</p>	3
20.	<p>Compliance shown to a person in authority is known as obedience and people obey others due to various reasons.</p> <ol style="list-style-type: none"> <li>People obey others because they feel that they are less responsible for</li> </ol>	3

	<p>their actions.</p> <p>ii. Authority generally possess symbols of status which people find difficult to resist.</p> <p>iii. Authority gradually increases commands from lesser to greater levels and initial obedience binds the followers for commitment.</p> <p>iv. The situations will demand for obedience like riots and in war obedience is very important.</p>	
21.	<p>PASS model theory of intelligence was proposed in 1994 by JP Das, Jack Naglieri and Kirby. According to this model intellectual activity involves the interdependent functioning of three neurological systems called functional units of brain.</p> <p>Arousal/Attention</p> <p>Simultaneous and Successive processing</p> <p>Planning.</p> <p>CAS (To be explained in detail)</p> <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>Mood disorders are of four types</p> <p>i. Depression</p> <p>ii. Major depressive disorder</p> <p>iii. Mania</p> <p>iv. Bipolar mood disorder</p> <p style="text-align: center;"><b>(OR)</b></p> <p>Dissociative disorders are of four types</p> <p>i. Dissociative amnesia</p> <p>ii. Dissociative fugue</p> <p>iii. Dissociative identity disorder</p> <p>iv. Depersonalization</p>	4
23.	<p>The factors contributing to healing in psychotherapy are</p> <p>Therapeutic relationship</p> <p>Professional qualification and abilities of therapist</p> <p>Client related factors</p> <p>Nature of the problem and choice of techniques.</p> <p><b>Alternative therapies are</b></p> <p>Yoga</p> <p>Meditation</p> <p>Counselling</p> <p>Music therapy</p>	4
24.	<p>Antecedent events</p> <p>Beliefs</p>	4

	<p>Consequences (ABC analysis)</p> <p>Interviewing</p> <p>Questioning</p> <p>Providing an insight to know and understand the irrational beliefs and replacing those beliefs with the rational and logical ones.</p>	
25.	<ul style="list-style-type: none"> <li>• Learning attitudes by association – A positive attitude towards the subject is learned through the positive association.</li> <li>• Learning attitudes by being rewarded or punished – If an individual is praised for showing a particular attitude, chances are high that s/he will develop that attitude further.</li> <li>• Learning attitudes through modelling (observing others) – We learn attitudes by observing others being rewarded or punished for expressing thoughts, or showing behaviour of a particular kind towards the attitude object.</li> <li>• Learning attitudes through a group or cultural norms – Over time, norms may become a part of our social cognition in the form of attitudes.</li> <li>• Learning through exposure to information – Many attitudes are learned in a social context, but not necessarily in the physical presence of others.</li> <li>• Family and School environment – learning usually takes place by association, through rewards and punishments and through modelling.</li> <li>• Reference groups – Reference groups indicate to an individual the norms regarding acceptable behaviour and ways of thinking, thus reflecting learning of attitudes through group or cultural norms.</li> <li>• Media-related influences – These sources first strengthen the cognitive and affective components of attitudes, and subsequently may also affect the behavioural component.</li> </ul> <p>(Any of the four need to be explained)</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> <p>Learning</p> <p>A strong social identity and in group bias</p> <p>Scapegoating</p>	4

	Kernel of truth Self-fulfilling prophecy	
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> <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>	6

	<p>Rogers' method of therapy was called <b>client-centered 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-actualization</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.  Forming  Storming  Norming  Performing  Adjourning  Group polarization is resulting due to continuous and constant interactions among the members and it will lead to extreme side decisions in groups.  <b>(OR)</b>  Acceptance of a group norm is known as conformity and the determinants of conformity are  Size of the group  Size of the minority  Nature of the task  Public/Private expression  Personality</p> <p>Compliance refers to motivating others to accept a request  Foot in the door technique  The door in the face technique  Deadline technique.</p>	6