



# INDIAN SCHOOL MUSCAT FINAL EXAMINATION PSYCHOLOGY

CLASS: XII

Sub. Code: 037

Time Allotted: 3 Hrs.

24.01.2021

Max. Marks: 70

## General Instructions:

All questions are compulsory except where internal choice has been given.

1. Answers should be brief and to the point. Marks for each question are indicated against it.
2. Question No. 1- 14 in **Section I** are objective type questions carrying 1 mark each. You are expected to answer them as directed.
3. Question No. 15-16 in **Section II** are case based with objective type questions. Question No. 15 has three questions carrying 1 mark each. Question No. 16 has four questions carrying 1 mark each. You are expected to answer each one of them.
4. Question No. 17-22 in **Section III** are very short answer type questions carrying 2 marks each. Answers to each question should not exceed 30 words.
5. Question No. 23-25 in **Section IV** are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
6. Question No. 26-29 in **Section V** are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
7. Question No. 30 and 31 in **Section VI** are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

## SECTION - I

- 1 "Commitment, persistence, patience, vigilance and goal directed behavior" are known as \_\_\_\_\_ competency. 1
- 2 "Our personal goals are our source of motivation" is a famous statement of \_\_\_\_\_ 1  
A. Carl Jung      B. Alfred Adler      C. Erik Erikson      D. Erich Fromm
- 3 \_\_\_\_\_ refers to the overall pattern of decisions made by an individual which determines the quality of life. 1

## OR

- \_\_\_\_\_ studies the links between mind-brain and immune system and also it studies the significance of stress on immune system.
- 4 Cognitive assessment system is a battery of intelligence developed on the base of PASS model theory of intelligence. (True/False) 1
- 5 Children suffering with autism will have age in appropriate amount of stubbornness, defiant and disobedient nature. (True/False) 1

- 6 In \_\_\_\_\_ therapy biological ones through relaxation, psychological ones through cognitive and behavior therapy, social ones through environmental manipulation we are providing treatment. 1
- A. Cognitive therapy
  - B. Behavior therapy
  - C. Cognitive behavior therapy
  - D. Rational emotive therapy
- 7 Mr. Ravindran is having a distorted body image that lead him to think as overweight and he started refusing to eat, exercises compulsively, and develops unusual habits such as refusing to eat in front of others and trying seriously to loose body weight. In the current condition he is suffering with \_\_\_\_\_ 1
- A. Binge eating
  - B. Bulimia nervosa
  - C. Anorexia nervosa
  - D. Bulimia binge
- 8 Theory of cognitive dissonance to explain attitude change was proposed by \_\_\_\_\_ 1
- 9 Mr. Rahim is a kind hearted generous individual and he is helping the poor and the needy people without expecting anything in return from them. What is the behavioral quality of Mr. Rahim in the current case study? 1
- A. Pro-social behavior
  - B. Pro-environmental behavior
  - C. Spiritual behavior
  - D. Proactive behavior
- 10 \_\_\_\_\_ is a dynamic and developmental mechanism in which an individual is able to maintain the positive adjustment under life challenging conditions. 1

**OR**

- \_\_\_\_\_ is the amount of stress which is required for effective functioning or better performance.
- 11 According to Sigmund Freud's psychoanalytical theory of personality \_\_\_\_\_ works on the base of ethical or moral principle. 1
- A. Id
  - B. Libido
  - C. Super Ego
  - D. Ego

**(OR)**

- In \_\_\_\_\_ defense mechanism an individual will try to attribute his or her own traits to others.
- A. Repression
  - B. Denial
  - C. Projection
  - D. Attribution

- 12 According to \_\_\_\_\_ approach people behave strangely in an abnormal way due to imbalance in between brain and body.
- A. Biological – Organic
  - B. Organismic
  - C. Biological - Organismic
  - D. Organic

OR

\_\_\_\_\_ wrote about feelings, mental anguish and conflict which laid groundwork for modern psychodynamic theories.

- A. St. Augustine.
  - B. Sigmund Freud
  - C. Aristotle
  - D. Plato
- 13 \_\_\_\_\_ are abilities for adaptive and positive behavior that enables the individual to deal effectively with stressful conditions.

OR

The state of physical, emotional and psychological exhaustion is technically called as \_\_\_\_\_

- 14 Match the column:

No	Question	No	Answer
1	Rational emotive therapy	I	Viktor Frankl
2	Logo therapy	II	Frederic & Lara Perls
3	Client centered therapy	III	Albert Ellis
4	Gestalt therapy	IV	Carl Rogers

- A. 1-III, 2- I, 3-IV, 4-II
- B. 1-III, 2- II, 3-IV, 4-I
- C. 1-I, 2- III, 3-IV, 4-II
- D. 1-IV, 2- I, 3-II, 4-III

## SECTION - II

- 15 Read the case and answer the questions that follow

(A) Arjun is working as a marketing executive and he is facing a lot of stress in his professional life and at the same time he is able to manage the stress in a balanced way with the support of his commitment, and his willingness to accept the challenges in work and controlling the negative emotions.

(i) Identify Arjun's personality type?

- A. Type – A
- B. Type – B
- C. Hardiness.
- D. Type – D

(ii) Studies by \_\_\_\_\_ identified the people with more stress and less amount of sickness will have three important qualities.

- A. Gardener
- B. Michenbaum
- C. Kohler
- D. Kobasa

(iii) Which of the following statement is correctly representing the case study of Arjun?

- A. He is able to control the external environment and is able to perform in a better way.
- 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.
- C. Arjun is having stress prone personality.
- D. Arjun perceives the change in his working environment as threatening.

**OR**

B. Robert is working as a Manager in a company and he is well known for his professionalism in the working environment. He is clear and confident in his work and expresses his feelings without any hesitation with his subordinates and higher authority in the working environment. The main strength of Robert is able to perceive the changing environment totally in a positive way and always trying to have an internal evaluation to overcome the environmental challenges on the base of his past experiences.

(i) Identify the Life skill mentioned in the case study of Robert?

- A. Time management
- B. Assertiveness
- C. Rational thinking
- D. Self-care

(ii) Robert's perception of changing environment in a positive way is known as?

- A. Primary appraisal
- B. Secondary appraisal
- C. Perception
- D. Interpretation

(iii) Cognitive theory of stress appraisal was proposed by \_\_\_\_\_

- 16 Mr. Sinha is a thirty year old man who consulted a psychologist to discuss about his 'silly habits'. Like pulling his hair each and every time and also He reports that for several years he had to check and recheck electrical appliances, as well as doors and windows, before leaving home each morning and again before going to bed. At times, the checking has made him late for work and has disturbed his sleep such that he had to get up to check everything several times yet again. When questioned about the reasons for this behavior, Mr. Sinha reported that he could not stop thinking

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that electrical appliances may short circuit and cause a disastrous fire or that his house may be broken into and he will lose all valuables. He recognizes these concerns and the resulting checking as excessive and unreasonable, yet feels compelled to do something to alleviate the anxiety associated with the thoughts. During counselling, the psychologist found out that some time before the checking rituals

**(i) Identify Mr. Sinha's disorder?**

- A. Generalized anxiety disorder
- B. Obsessive-compulsive disorder
- C. Panic disorder
- D. Phobias

**(ii) Which of the following statements represent his repetitive thoughts?**

- A. Since a number of years, he had to check and recheck electrical appliances.
- B. He had to get up to check everything a number of times.
- C. The checking has made him late for work.
- D. He could not stop thinking that electrical appliances may short circuit and cause a disastrous fire

**(iii). Which disorder comes under the category of Obsessive- compulsive related disorders?**

- A. Mania
- B. Bipolar – I
- C. Excoriation
- D. Conversion disorder

**(iv) Mr. Sinha is pulling his hair each and every time and it is known as \_\_\_\_\_**

- A. Trichotillomania
- B. Excoriation
- C. Coercion
- D. Mania

### SECTION - III

- |    |   |   |
|----|---|---|
| 17 | Differentiate the two factors in intelligence proposed by Charles spearman? | 2 |
| 18 | Define self –control and How will you be able to control yourself?          | 2 |
| 19 | What is Autism and what are the various features associated with it?        | 2 |

**OR**

- |    |   |   |
|----|---|---|
|    | Define ODD and what are the features of it?   |   |
| 20 | Describe the two terms empathy and unconditional positive regard and how will you utilize both the two concepts in building good rapport with the client? | 2 |
| 21 | Define attribution and what is fundamental error in attribution?  | 2 |
| 22 | What is bandwagon effect?   | 2 |

### SECTION - IV

- |    |  |   |
|----|--|---|
| 23 | Compare and contrast the coping strategies proposed by Endler and Parker in detail with relevant examples? | 3 |
| 24 | Explain various stress and trauma related disorders in detail?   | 3 |

- 25 Critically evaluate the two factor theory of intelligence proposed by Charles Spearman? 3
- OR**
- Critically evaluate the Arthur Jensen's views on intelligence with relevant examples?
- SECTION - V**
- 26 Define the term stress and mention the three major types of stress? 4
- 27 Explain structure intellect model theory of intelligence in detail? 4
- 28 What are the factors contributing to healing in psychotherapy? 4
- OR**
- Mention any of the four techniques used in Behaviour therapy to treat the psychological disorders?
- 29 Define prejudice and mention any four sources of prejudices? 4
- SECTION - VI**
- 30 (A) Critically evaluate the various stages of psychosexual development of Sigmund Freud in detail? 6
- OR**
- (B) Critically evaluate the views of Carl Jung, Karen Horney and Alfred Adler on personality?
- 31 (A) Differentiate the terms team and Group and mention any four reasons behind people prefer to join in groups? 6
- OR**
- (B) What are the various steps involved in group formation and apply the steps to create a group for the purpose of a charity club activity in your school?

**End of the Question Paper**