

Roll Number

SET A



INDIAN SCHOOL MUSCAT  
FIRST PRE-BOARD EXAMINATION  
PSYCHOLOGY

CLASS: XII

Sub. Code: 037

Time Allotted: 3 Hrs.

07.03.2021

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 Sternberg's notion of contextual or practical intelligence implies that intelligence is a product of \_\_\_\_\_ 1
- 2 Tendency of a person to react to a given situation in a particular way is known as \_\_\_\_\_ 1
  - A. Temperament
  - B. Disposition
  - C. Character
  - D. Habit
- 3 Creative visualization is a subjective experience that uses imagery and \_\_\_\_\_ 1  
(OR)  
\_\_\_\_\_ is a procedure to monitor and reduce the physiological aspects of stress by providing feedback about the current physiological activity.
- 4 Alfred Binet defined intelligence as the ability to judge well, understand well and reason well. 1  
(True/False)
- 5 Bipolar – II is the combination of both milder forms of mania and depressive episodes in an alternative way. (True/False) 1

- 6 In \_\_\_\_\_ therapy antecedent events and consequent events are recognized as important to bring the change. 1
- A. Cognitive therapy
  - B. Cognitive behavior therapy
  - C. Rational emotive therapy
  - D. Behavior therapy
- 7 Mr. Samar is separated from his self and reality and it is observed in his behavior that he is observing himself as an outsider. 1
- Identify the disorder experienced by Mr. Samar?
- A. Depersonalization
  - B. Dissociative fugue
  - C. Split personality
  - D. Schizophrenia
- 8 In a triangle of relationship if two sides are positive and one side is negative means it is indicating \_\_\_\_\_ 1
- 9 Mr. Robert is a talented singer and when he comes to perform in the presence of audience he feels uncomfortable and his level of performance goes down. The current condition of Mr. Robert is indicating \_\_\_\_\_ 1
- A. Social facilitation
  - B. Pro-environmental behavior
  - C. Social inhibition
  - D. Social loafing
- 10 Ms. Gargi is having lot of stress and at the same time she is able to maintain hope and venting the feelings of anger and frustration. 1
- Identify the coping strategy used by \_\_\_\_\_ Ms. Gargi
- (OR)**
- After failing in an examination due to the fear of parents punishment Mr. Sham did not reach his home,
- Identify the coping strategy used by Mr. Sham \_\_\_\_\_
- 11 \_\_\_\_\_ Traits are stable and considered as the building blocks of personality. 1
- A. Cardinal
  - B. Central
  - C. Source
  - D. Surface

**(OR)**

\_\_\_\_\_ is a way of reducing the anxiety by distorting the reality.

- A. Defense mechanism
- B. Denial
- C. Fixation
- D. Attribution

12 Schizophrenia is due to excess activity of \_\_\_\_\_

1

- A. Dopamine
- B. Serotonin
- C. Adrenaline
- D. GABA

(OR)

Anxiety disorders are linked to low activity of \_\_\_\_\_

- A. Dopamine
- B. Serotonin
- C. Adrenaline
- D. GABA

13 \_\_\_\_\_ are abilities for adaptive and positive behavior that enables the individual to deal effectively with stressful conditions. 1

(OR)

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

14 Match the column:

1

No	Question	No	Answer
1	Antecedent events and Beliefs analysis	I	Logo therapy
2	Meaning making	II	Gestalt therapy
3	Unconditional positive regard	III	Albert Ellis
4	Therapy in Group settings	IV	Client centered therapy

- 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

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(A) Arpita has been having a tough time. Her father recently confessed about a lot of debt that he owes to the bank and a few local money lenders. Arpita is very upset with all the fights that take place between her parents every morning and evening. She is worried about her and her younger brother's schooling as well.

However, today morning she received an email about a paid work from home opportunity as a content writer. She is glad that she'll be able to contribute to the household expenses. She is also spending more time with her brother to help him study so that his tutor's expenses can be reduced. Even though Arpita is experiencing a tough time financially and with her parents, she is sure that together they can work this situation out. She is working hard at school, taking care of her brother and assuring her parents that this tough time will be over soon.

(i) Identify personality characteristics displayed by Arpita here is?

- A. Resilience
- B. Positive attitude
- C. Hardiness.
- D. Optimism

**(ii) Arpita made use of the following coping strategy?**

- A. Avoidance oriented
- B. Task oriented
- C. Emotion oriented
- D. Emotion focused

**(iii) An individual's response to a stressful situation largely depends upon?**

- A. Resilience
- B. Physical health
- C. Primary appraisal
- D. Past experience.

**(OR)**

B Rajneesh is in class 10th and has to take exams next week that will determine his stream in class 11th and 12th. A day before the exam, he begins to worry excessively. Unable to eat, relax or study, Rajneesh is not able to sleep the entire night. He gets ready for school and reaches on time. On seeing other classmates engrossed in the books, he shivers at the thought of the exam beginning. As he sits at his desk, he feels that he has forgotten everything. He begins to sweat and is distracted by the slightest sounds around him. His mind is blank and is unable to attempt the paper. He thinks about how he will never be able to study science and become a doctor. He begins to cry and a teacher approaches to console him.

**(i) Rajneesh seems to be experiencing?**

- A. Stress
- B. Burnout
- C. Eustress
- D. Depression
- E.

**(ii) Coping strategy used by Rajneesh is?**

- A. Task oriented
- B. Problem focused
- C. Emotion oriented
- D. Avoidance

**(iii) A stress management technique which will be helpful to Rajneesh in the future is**

- 
- A. Relaxation
  - B. Life skill
  - C. Self-care
  - D. Rational thinking

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Sunil met a major car accident and lost his loved ones in the same accident, He suffered with various major injuries and after the recovery from the injuries he started feeling that he is alone in the world and started blaming himself for his fate and always feels there is no hope in life and attempted to commit suicide. It was observed that he is experiencing the nightmares, recurrent dreams and flashbacks in his life.

**(i) Car accident falls into \_\_\_\_\_ source of stress.**

- A. Life event
- B. Hassles
- C. Traumatic events
- D. Environmental event

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(ii) **Identify the disorder experienced by Sunil?**

- A. Depression
- B. Major Depressive disorder
- C. Bipolar
- D. Post-Traumatic Stress disorder

(iii) **What are the other stress and trauma related disorders?**

(iv) **“blaming himself for his fate” is indicating the client is suffering with \_\_\_\_\_**

- A. High self-efficacy
- B. Low Self-efficacy
- C. Depression
- D. Anxiety

### **SECTION - III**

- |    |   |   |
|----|---|---|
| 17 | Differentiate the terms technological and integral intelligences?   | 2 |
| 18 | Differentiate the Indian and western perspective of self with images?   | 2 |
| 19 | Define delusion and explain various types of delusions experienced by people in schizophrenia?<br><b>(OR)</b><br>Define phobias and explain the three different types of phobias? | 2 |
| 20 | What is rehabilitation and explain about it in a brief way?   | 2 |
| 21 | What is group polarization?   | 2 |
| 22 | Define the term team and mention its unique features?   | 2 |

### **SECTION - IV**

- |    |  |   |
|----|--|---|
| 23 | “Dissociation can be viewed as severance of connections between ideas and emotions”, Mention the various dissociative disorders in detail?     | 3 |
| 24 | Explain various somatic symptom and related disorders?<br><b>(OR)</b><br>Explain any three substance abuse disorders and their impact on life? | 3 |
| 25 | Critically evaluate the Arthur Jensen’s views on intelligence with relevant examples?  | 3 |

### **SECTION - V**

- |    |  |   |
|----|--|---|
| 26 | Define the term Life skill and mention any four important life skills and their role in day to day life? | 4 |
| 27 | Mention the four important elements of group structure in detail?  | 4 |
| 28 | What are the various alternative techniques to treat psychological disorders?                            | 4 |

**(OR)**

Mr. Ram was diagnosed with cancer and the above fact made him so sad and depressed and weeping about his own fate. Mention the suitable therapy to find the meaning in his own life and explain the process of treatment.

- 29 Ms. Sita and Ms. Lakshmi are two sisters and they do not like each other and in between them their old father Mr. Raghav is a victim. 4  
Explain the concept of attitude change with the diagrams while using above example of Mr. Raghav and his two daughters Ms. Sita and Ms. Lakshmi?

### **SECTION - VI**

- 30 (A)What is projection and what are the various projective techniques of personality assessment explain? 6

**(OR)**

(B) Explain Maslow and Carl Rogers views on Humanistic approach of personality?

- 31 (A) "Intelligence is the ability to adapt, shape and select an environment to accomplish the goals in one's own society and culture" 6  
Elaborate the above statement in detail with relevant examples?

**(OR)**

(B) "Intellectual activity involves the interdependent functioning of three neurological systems of the brain which are called as functional units". Explain the entire concept behind the definition in detail?

**End of the Question Paper**