

Roll Number

SET B



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 _____ argued that the culture provides a social context in which people live and grow in the world. 1
- 2 “Disturbed interpersonal relations during the childhood are leading to the psychological disorders” is a famous statement made by _____ 1
 - A. Carl Jung
 - B. Karen Horney
 - C. Erik Erikson
 - D. Erich Fromm

- 3 After failing in an examination a student Ram did not go home due to the fear of punishment. Identify the coping strategy used by Ram? 1

(OR)

In _____ type of coping an individual will attack the problem itself, with behaviors designed to gain information, to alter the event, and to alter belief and commitments.

- 4 Logical – Mathematical intelligence refers to skills in scientific thinking and problem solving and people high on this type of intelligence can think logically and critically. (True/False) 1

- 5 Catatonic rigidity refers to motionless and silent for long stretches of time. (True/False) 1
- 6 "In therapeutic situation the alcoholic client was given a mild electric shock by the therapist" The above condition or situation is indicating _____ technique. 1
- A. Positive reinforcement
 - B. Negative reinforcement
 - C. Aversive conditioning
 - D. Differential reinforcement
- 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 An Individual was watching the election campaigns made by the different political parties and was confused to decide. He saw the majority people are favoring one political party and he also casted his vote in favor of the majority choice. The above condition is indicating _____ 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 reality principle. 1
- A. Id
 - B. Libido
 - C. Super Ego
 - D. Ego

(OR)

_____ Traits are considered as the building blocks of personality.

- A. Cardinal
- B. Source
- C. Central
- D. Surface

12 _____ refers to removing the evil spirits through the counter magic and prayer.

1

- A. Shamanism
- B. Medication
- C. Exorcism
- D. Spiritualism

(OR)

Vague perception of colors, distinct vision of people and objects are termed as _____

- A. Visual hallucination.
- B. Gustatory hallucination
- C. Olfactory hallucination
- D. Tactile hallucination

13 In _____ groups individuals join by choice or interest.

1

(OR)

_____ Behavior is characterized by homogeneity of thought and behavior as well as impulsivity.

14 Match the column:

1

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**

3

(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 takes 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

(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

16 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

(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

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|----|--|---|
| 17 | Define the two cognitive aspects of self? | 2 |
| 18 | What is Bio-feedback and how will you apply in your day to day life? | 2 |
| 19 | What is Autism and what are the various features associated with it? | 2 |

(OR)

Define intellectual disability and its features?

- | | | |
|----|--|---|
| 20 | Rishab is 21 year old college boy who has exhibits an intense fear of fireworks, gunshots, popping balloons etc. Suggest the most appropriate behavioral therapy that could be used to help him overcome his fear. | 2 |
| 21 | Differentiate the two levels of intelligences in opinion of Arthur Jensen? | 2 |
| 22 | Define the two terms social inhibition and social loafing? | 2 |

SECTION - IV

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|----|--|---|
| 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 in detail? | 3 |
| 25 | Seema is a 33 year old renowned therapist in Delhi. She has the ability to monitor her and other's emotions. She is able to discriminate among them, and to use the information to guide one's thinking and actions. Which type of intelligence is she high on and state the characteristics of such people. | 3 |

(OR)

Apply Rational emotive therapy to improve the functioning of a client suffering with irrational belief like everybody must love me.

SECTION - V

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|----|---|---|
| 26 | Define the term stress and mention the three important sources of stress? | 4 |
|----|---|---|

- 27 Define the term group and mention four important elements of group structure in detail? 4
- 28 Explain how Maslow's Humanistic therapy will be helpful to the client in achievement of self-actualization? 4
- (OR)**
- Mention any of the four techniques used in Behaviour therapy to treat the psychological disorders?
- 29 Hasan's mother requested his friend whom he identifies with a lot to help him reduce Hasan's habit of eating junk food. Through imitation and positive attitude his friend helped him. Explain this theory of attitude change. 4

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