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SET	A
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**INDIAN SCHOOL MUSCAT
FINAL EXAMINATION 2022
PSYCHOLOGY (037)**



CLASS : XII
DATE: 26-11-2022

TIME ALLOTTED : 3 HRS.
MAXIMUM MARKS:70

GENERAL INSTRUCTIONS: -

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -18 in Section A carry 1 mark each.
3. Question Nos. 19-23 in Section B are Very Short Answer Type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
4. Question Nos. 24-27 in Section C are Short Answer Questions Type-II carrying 3 marks each. Answer to each question should not exceed 60 words.
5. Question Nos. 28 - 31 in Section D are Long Answer Type I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
6. Question No. 32 in Section E is a Long Answer Type II question carrying 6 marks. Answer to this question should not exceed 200 words.
7. Question Nos. 33 – 36 in Section F are based on two cases given. Each case has two questions carrying two marks each. Answer to each question should not exceed 30 words.

SECTION -A

- 1 When the audience or crowd will become violent and frenzy it is known as _____ 1
 A. Gathering
 B. Group
 C. Team
 D. Mob
- 2 David believes that he is very good at cricket. Therefore, he has a high _____ as far as sports is concerned. 1
 A. Self-control
 B. Self-regulation
 C. Self-esteem
 D. Self-efficacy
- 3 According to behaviorists, the structural unit of personality is _____ 1
 A. Unconscious motives and conflicts
 B. Early childhood experiences
 C. Responses to environment
 D. Self-actualization

- 4 _____ is a source of a person's instinctual energy – deals with immediate gratification of primitive needs, sexual desires and aggressive impulses. 1
- A. Ego
 - B. Id
 - C. Super Ego
 - D. Libido
- 5 Ram communicates clearly, confidently without any hesitation. 1
- Identify the life skill used by Ram.
- A. Improving relations
 - B. Assertiveness
 - C. Cognitive behavioral techniques
 - D. Reaction formation
- 6 Rahim feels disappointed when he is not able to do everything perfectly, leading him to push himself to achieve unrealistically high standards. Identify the cause of his stress. 1
- A. Internal pressure
 - B. Social pressure
 - C. Frustration
 - D. Conflict
- 7 Lisa was questioned by the higher authority for her declining performance at work. She admitted that she was not eating regularly and her sleep was disturbed. Moreover, she could not concentrate on work and felt overburdened. Identify the effects of stress being indicated here. 1
- A. Environmental
 - B. Physical
 - C. Cognitive
 - D. Social
- 8 Michael is displaying an age inappropriate amount of stubbornness, defiant and disobedient behavior. 1
- Identify the disorder of Michael.
- A. Obsessive compulsive disorder
 - B. Antisocial behaviour
 - C. Attention deficit and hyperactivity disorder
 - D. Oppositional defiant disorder
- 9 Children who have marked difficulties in social interaction and communication, desire for routine and restricted interests are suffering from: 1
- A. Alogia
 - B. Autism
 - C. Impulsivity
 - D. Hyperactivity

- 15 _____ refers to assigning causes to the behavior of others in social situations. 1
- A. Impression formation
 - B. Categorization
 - C. Attribution
 - D. Adaptation
- 16 Which of the following traits will reveal an attitude's direction? 1
- A. Behavioural
 - B. Valence
 - C. Cognitive
 - D. Centrality
- 17 _____ refers to the socially defined expectations which an individual needs to fulfill while working in a group. 1
- A. Role
 - B. Status
 - C. Norms
 - D. Cohesiveness
- 18 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A): Cohesiveness refers to the love, attraction and mutual understanding among the members of a group.
- Reason (R): Cohesiveness depends upon continuous and constant interactions among the group members.
- A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.

SECTION - B

- 19 Harika experiences distress and it consist of recurrent anxiety attacks in which the person experiences intense terror. 2
- Identify the disorder experienced by Harika and explain its various clinical features of it.
- 20 What is stress resistant personality? 2
- (OR)
- What is psychoneuroimmunology?
- 21 Discuss reciprocal inhibition and token economy as a form of behavior therapy? 2

- 10 Amit, an accountant, went on a work trip and never returned home. Years later, he was found by a friend in another city, where he was working as a laborer. He was living with a new identity and had no memory of his past. Amit's symptoms are indicative of 1
- A. Dissociative amnesia
 - B. Dissociative identity
 - C. Dissociative fugue
 - D. Depersonalization
- 11 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). 1
Mark the correct choice.
Assertion (A): The principle of Modeling is a procedure wherein the client learns to behave in a certain way by observing the behavior of the therapist.
Reason (R): It is a part of training in Existential therapy.
- A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.
- 12 Depression is due to low activity of _____ 1
- A. Serotonin
 - B. Dopamine
 - C. GABA
 - D. Insulin
- 13 What is the chief benefit to the client in Behaviour therapy? 1
- A. Emotional insight
 - B. Replacement of irrational thoughts with the rational ones.
 - C. Self-actualization
 - D. Change of maladaptive behavior to adaptive ones.
- 14 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). 1
Mark the correct choice.
Assertion (A): Attitude is a state of mind, a set of views or thoughts, regarding some topic, which has an evaluative feature.
Reason (R): Attitudes are learned from the social environment.
- A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.

- 22 Define the term pro-social behavior with a valid example. 2
- 23 Explain primary and secondary groups with an example? 2

SECTION - C

- 24 Explain the three important elements of Rational emotive therapy. 3
- 25 Explain the three different types of bipolar disorders. 3
- 26 Explain various factors contributing to the attitude change process. 3

(OR)

Critically evaluate the relationship between attitude and behavior.

- 27 Why do people like to join in groups? 3

SECTION -D

- 28 Explain various dissociative disorders in detail. 4
- 29 "Life skills are the abilities for adaptive and positive behavior which enable individuals to deal effectively with daily life". 4
Justify the statement with any four Life skills.
- 30 Mohandas Karamchand Gandhi believed that he had a mission to complete and moved in the path of nonviolence, truth to liberate India from British rule. 4
Identify the trait being referred to here by Gordon Allport and how it affects a person's behaviour. Distinguish it from other traits given by him.
- 31 A 7-year-old child is showing disruptive and aggressive behavior in the class. What techniques can his/her teachers use to help in modification of child's behavior? Discuss. 4

(OR)

Explain any four factors contributing to healing process in psychotherapy.

SECTION - E

- 32 Explain any three projective techniques used to assess the personality. 6

(OR)

Explain Freud's psychosexual stages of development.

SECTION - F

Read the case and answer the questions that follow.

All the Indian settlers were contemptuously and without distinction dubbed "coolies" and forbidden to walk on footpaths or be out at night without permits.

Mahatma Gandhi Quickly discovered color discrimination in South Africa and confronted the realization that being Indian subjected him to it as well. At a particular train station, railway

employees ordered him out of the carriage despite his possessing a first-class ticket. Then on the stagecoach for the next leg of his journey, the coachman, who was white, boxed his ears. A Johannesburg hotel also barred him from lodging there. Indians were commonly forbidden to own land in Natal, while ownership was more permissible for native-born people.

In 1894, the Natal Bar Association tried to reject Gandhi on the basis of race. He was nearly lynched in 1897 upon returning from India while disembarking from a ship moored at Durban after he, his family, and 600 other Indians had been forcibly quarantined, allegedly due to medical fears that they carried plague germs.

- 33 What is the difference between prejudice and discrimination? On the basis of the incidents in the above case study, identify a situation for each which are examples of prejudice and discrimination. 2
- 34 Explain any two sources of prejudices. 2

Read the case and answer the questions that follow.

Steven, a college going 20-year old male, has moved from his home town to live in a big city. He has continuous fear of insecurity and feels that the enemy soldiers are following him. He gets very tense when he spots anyone in a uniform and feels that they are coming to catch him. This intense anxiety is interfering with his work and relationship, and his friends are extremely concerned as it does not make any sense to them. Steven occasionally laughs abruptly and inappropriately, and sometimes stops speaking mid-sentence, scanning off in the distance as though he sees or hears something. He expresses concern about television and radio in the room potentially being monitored by the enemies. His beliefs are fixed and if they are challenged, his tone becomes hostile.

- 35 Based on the symptoms being exhibited, identify the disorder. Explain the other symptoms that can be seen in this disorder. 2
- 36 Define delusion and inappropriate effect. Support it with the symptoms given in the above case study 2

End of the Question Paper

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7. Question Nos. 33 – 36 in Section F are based on two cases given. Each case has two questions carrying two marks each. Answer to each question should not exceed 30 words.

SECTION - A

- 1 In the matters of critical issues and capital punishment going along with the majority is known as _____ 1
 - A. Cohesiveness
 - B. Group polarization
 - C. Bandwagon effect
 - D. Group think

- 2 David believes that he is very good at cricket. Therefore, he has a high _____ as far as sports is concerned. 1
 - A. Self-control
 - B. Self-regulation
 - C. Self-esteem
 - D. Self-efficacy

- 3 According to behaviorists, the structural unit of personality is _____ 1
- A. Responses to environment
 - B. Unconscious motives and conflicts
 - C. Early childhood experiences
 - D. Self-actualization
- 4 _____ refers to reducing the anxiety by distorting the reality in day to day life. 1
- A. Projection
 - B. Denial
 - C. Rationalization
 - D. Defense mechanism
- 5 Ram communicates clearly, confidently without any hesitation. 1
- Identify the life skill used by Ram.
- A. Improving relations
 - B. Assertiveness
 - C. Cognitive behavioral techniques
 - D. Reaction formation
- 6 Rahim feels disappointed when he is not able to do everything perfectly, leading him to push 1
- himself to achieve unrealistically high standards.
- Identify the cause of his stress.
- A. Internal pressure
 - B. Social pressure
 - C. Frustration
 - D. Conflict
- 7 Lisa was questioned by the higher authority for her declining performance at work. She admitted 1
- that she was not eating regularly and her sleep was disturbed. Moreover, she could not concentrate on work and felt overburdened. Identify the effects of stress being indicated here.
- A. Environmental
 - B. Physical
 - C. Cognitive
 - D. Behavioral
- 8 Martin is displaying an age inappropriate amount of stubbornness, defiant and disobedient 1
- behavior.
- Identify the disorder of Martin.
- A. Obsessive compulsive disorder
 - B. Antisocial behavior
 - C. Attention deficit and hyperactivity disorder
 - D. Oppositional defiant disorder
- 9 Removing the evil spirits through counter magic or prayer is known as _____ 1
- A. Exorcism
 - B. Shamanism
 - C. Psychotherapy
 - D. Meditation

- 10 Amit, an accountant, went on a work trip and never returned home. Years later, he was found by a friend in another city, where he was working as a labourer. He was living with a new identity and had no memory of his past. Amit's symptoms are indicative of 1
- A. Dissociative amnesia
 - B. Dissociative identity
 - C. Dissociative fugue
 - D. Depersonalization
- 11 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). 1
Mark the correct choice.
- Assertion (A): The nonjudgmental yet permissive attitude shown by the therapist towards the client during the process of psychotherapy is known as unconditional positive regard.
- Reason (R): Unconditional positive regard is the contribution of Abraham Maslow.
- A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
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 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.
- 12 Michael is a fifty-year-old male who complains of difficulty in breathing and other body related symptoms. On being examined, the doctors were unable to find any medical explanation for his reported symptoms. 1
- Identify the disorder
- A. Somatic symptom disorder
 - B. Illness anxiety disorder
 - C. Conversion disorder
 - D. Major depressive disorder
- 13 What is the chief benefit to the client in Logo therapy? 1
- A. Finding the meaning in life
 - B. Replacement of irrational thoughts with the rational ones.
 - C. Increasing self-awareness and self-acceptance
 - D. Change of maladaptive behavior to adaptive ones.
- 14 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). 1
Mark the correct choice.
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- Reason (R): Attitudes are learned from the social environment.
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- 15 Helping the poor and the needy people without expecting anything in return is known as _____ 1
A. Impression formation
B. Pro-social behavior
C. Attribution
D. Social cognition
- 16 Increasing in the level of performance of an individual in the presence of others is known as _____ 1
A. Social inhibition
B. Social loafing
C. Social facilitation
D. Group think
- 17 _____ refers to the socially defined expectations which an individual need to fulfill while working in a group. 1
A. Roles
B. Status
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- 18 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
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SECTION - B

- 19 Harika experiences distress and it consist of recurrent anxiety attacks in which the person experiences intense terror. 2
Identify the disorder experienced by Harika and explain its various clinical features of it.
- 20 Define Hardiness. 2
- (OR)
- What is psychoneuroimmunology?
- 21 Discuss Negative reinforcement and aversive conditioning as principles used to treat unwanted behavior. 2

- 22 What is congruent and incongruent attitude change? 2
- 23 Define the two terms primary groups and secondary groups. 2

SECTION - C

- 24 Describe the idea of rehabilitation and the methods that are employed during the process. 3
- 25 Anjali visited the doctor because she had a number of persistent physical concerns and pain. She was unsatisfied with the physicians' negative diagnosis, so she decided to see other doctors to find out what the real issue was. 3
- Explain this disorder and list the two other disorders in the same category.
- 26 A positive attitude towards green environment need to be encouraged to conserve the environment. What are the factors contributing to bring the change in the attitude? 3

(OR)

Critically evaluate the relationship between attitude and behavior.

- 27 A teacher 'X' found that the project that she/he gave to a group of students, when submitted to her/him, lacked quality as compared to the ones submitted by individual students. 3
- What causes this phenomenon, and how can it be minimized?

SECTION -D

- 28 Explain various neurodevelopmental disorders in detail. 4
- 29 "People are different in dealing with various stressors in day to day life" 4
- Justify the statement with any four stress management techniques.
- 30 Mohandas Karamchand Gandhi believed that he had a mission to complete and moved in the path of nonviolence, truth to liberate India from British rule. 4
- Identify the trait being referred to here by Gordon Allport and how it affects a person's behaviour. Distinguish it from other traits given by him.
- 31 A 7-year-old child is showing disruptive and aggressive behavior in the class. What techniques can his/her teachers use to help in modification of child's behavior? Discuss. 4

(OR)

Shivam believes that he should be loved by everybody, all the time. Most of his beliefs have a must or should component. When things don't go his way, he feels distressed. Suggest a suitable therapy that will make Shivam think deeper into his irrational belief system and help him to feel better.

SECTION - E

- 32 Explain any three projective techniques used to assess the personality. 6

(OR)

Explain Freud's psychosexual stages of development.

SECTION - F

Read the case and answer the questions that follow.

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- 35 Based on the symptoms being exhibited, identify the disorder. Explain the other symptoms that can be seen in this disorder. 2
- 36 Define delusion and inappropriate effect. Support it with the symptoms given in the above case study 2

End of the Question Paper

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SECTION - A

- 1 What is the outcome of group think? 1
 - A. Cohesiveness
 - B. Group polarization
 - C. Bandwagon effect
 - D. Social facilitation

- 2 An identity which separates an individual from a group of people is known as _____ 1
 - A. Personal self
 - B. Social self
 - C. Personal identity
 - D. Social identity

- 3 What is the ultimate goal of Humanistic therapy? 1
 - A. Responses to environment
 - B. Unconscious motives and conflicts
 - C. Early childhood experiences
 - D. Self-actualization

- 4 _____ refers to reducing the anxiety by distorting the reality in day to day life. 1
- A. Projection
 - B. Denial
 - C. Rationalization
 - D. Defense mechanism
- 5 Ram communicates clearly, confidently without any hesitation. 1
- Identify the life skill used by Ram.
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- 8 Martin is displaying an age inappropriate amount of stubbornness, defiant and disobedient 1
- behavior.
- Identify the disorder of Martin.
- A. Obsessive compulsive disorder
 - B. Antisocial behavior
 - C. Attention deficit and hyperactivity disorder
 - D. Oppositional defiant disorder
- 9 Excoriation refers to _____ 1
- A. Hair pulling
 - B. Skin picking
 - C. Negative thinking
 - D. Vicious thinking
- 10 Amit, an accountant, went on a work trip and never returned home. Years later, he was found by a 1
- friend in another city, where he was working as a labourer. He was living with a new identity and

had no memory of his past. Amit's symptoms are indicative of

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Identify the disorder

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SECTION - B

- 19 Harika experiences distress and it consist of recurrent anxiety attacks in which the person 2
experiences intense terror.
Identify the disorder experienced by Harika and explain its various clinical features of it.
- 20 Define the terms Eustress and Life style. 2
- (OR)**
- Describe the two appraisals in the Cognitive Theory of Stress Appraisal.
- 21 Discuss Negative reinforcement and aversive conditioning as principles used to treat unwanted 2
behavior.

- 22 Describe the cognitive dissonance hypothesis using smoking as an example. 2
- 23 Describe the two forms of status and define the term. 2

SECTION - C

- 24 Describe the idea of rehabilitation and the methods that are employed during the process. 3
- 25 Anjali visited the doctor because she had a number of persistent physical concerns and pain. She was unsatisfied with the physicians' negative diagnosis, so she decided to see other doctors to find out what the real issue was. 3
Explain this disorder and list the two other disorders in the same category.
- 26 A positive attitude towards green environment need to be encouraged to conserve the environment. What are the factors contributing to bring the change in the attitude? 3

(OR)

Critically evaluate the relationship between attitude and behavior.

- 27 A teacher 'X' found that the project that she/he gave to a group of students, when submitted to her/him, lacked quality as compared to the ones submitted by individual students. 3
What causes this phenomenon, and how can it be minimized?

SECTION -D

- 28 Explain various neurodevelopmental disorders in detail. 4
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Identify the trait being referred to here by Gordon Allport and how it affects a person's behaviour. Distinguish it from other traits given by him.
- 31 A 7-year-old child is showing disruptive and aggressive behavior in the class. What techniques can his/her teachers use to help in modification of child's behavior? Discuss. 4

(OR)

Shivam believes that he should be loved by everybody, all the time. Most of his beliefs have a must or should component. When things don't go his way, he feels distressed. Suggest a suitable therapy that will make Shivam think deeper into his irrational belief system and help him to feel better.

SECTION - E

- 32 Explain any three projective techniques used to assess the personality. 6

(OR)

Explain Freud's psychosexual stages of development.

SECTION - F

Read the case and answer the questions that follow.

All the Indian settlers were contemptuously and without distinction dubbed “coolies” and forbidden to walk on footpaths or be out at night without permits.

Mahatma Gandhi Quickly discovered colour discrimination in South Africa and confronted the realization that being Indian subjected him to it as well. At a particular train station, railway employees ordered him out of the carriage despite his possessing a first-class ticket. Then on the stagecoach for the next leg of his journey, the coachman, who was white, boxed his ears. A Johannesburg hotel also barred him from lodging there. Indians were commonly forbidden to own land in Natal, while ownership was more permissible for native-born people.

In 1894, the Natal Bar Association tried to reject Gandhi on the basis of race. He was nearly lynched in 1897 upon returning from India while disembarking from a ship moored at Durban after he, his family, and 600 other Indians had been forcibly quarantined, allegedly due to medical fears that they carried plague germs.

- 33 What is the difference between prejudice and discrimination? On the basis of the incidents in the above case study, identify a situation for each which is examples of prejudice and discrimination. 2
- 34 Explain any two sources of prejudices. 2

Read the case and answer the questions that follow.

Steven, a college going 20-year old male, has moved from his home town to live in a big city. He has continuous fear of insecurity and feels that the enemy soldiers are following him. He gets very tense when he spots anyone in a uniform and feels that they are coming to catch him. This intense anxiety is interfering with his work and relationship, and his friends are extremely concerned as it does not make any sense to them. Steven occasionally laughs abruptly and inappropriately, and sometimes stops speaking mid-sentence, scanning off in the distance as though he sees or hears something. He expresses concern about television and radio in the room potentially being monitored by the enemies. His beliefs are fixed and if they are challenged, his tone becomes hostile.

- 35 Based on the symptoms being exhibited, identify the disorder. Explain the other symptoms that can be seen in this disorder. 2
- 36 Define delusion and inappropriate effect. Support it with the symptoms given in the above case study 2

End of the Question Paper