



COMMON PRE-BOARD EXAMINATION 2023-24

Subject: PSYCHOLOGY (037)

Class XII



Time: 3 Hrs.

Max. Marks: 70

General Instructions:

Read the following instructions carefully:

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
3. Question Nos. 16-21 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. 22-24 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
5. Question Nos. 25 - 28 in Section D are long answer type questions carrying 4 marks each. Answer to each question should not exceed 120 words.
6. Question Nos. 29-30 in Section E are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.
7. Question Nos. 31 – 34 in Section F are based on two cases given. Answer to each one-mark question should not exceed 20 words. Answer to each two-mark question should not exceed 30 words.

SECTION A

1. Angela visited a yoga center for her obsessive-compulsive disorder. The yoga master suggested her to undertake a yoga that combines pranayama with chanting mantras. Identify the yoga that she was practicing. 1
 - a. Sudarshana Kriya Yoga
 - b. Vipasana
 - c. Kundalini yoga
 - d. Ashtanga yoga
2. When her favorite star decided to quit smoking, Tania also decided to quit. Which theory of attitude change is taking place here? 1
 - a. Cognitive dissonance
 - b. Cognitive consistency
 - c. Theory of balance
 - d. Two step concept
3. Which of these is not cohesiveness? 1
 - a. Togetherness, binding, or mutual attraction among group members.
 - b. Team spirit or 'we feeling' or a sense of belongingness to the group.
 - c. Expected standards of behaviour and beliefs established, agreed upon, and enforced by group members.
 - d. Members start to think, feel and act as a social unit, and less like isolated individuals

4. Which of these are true for cognitive therapy? 1
- This therapy postulates that psychological distress arises because of faulty behavior patterns.
 - These therapies locate the cause of psychological distress in irrational thoughts and beliefs.
 - These therapies view intrapsychic conflicts to be the cause of psychological disorders.
 - These therapies postulate that psychological distress arises from feelings of loneliness, alienation, and an inability to find meaning and genuine fulfilment in life.
5. Sakshi is frustrated and crying as she has not prepared well for her exams. The coping strategy that she is using is: 1
- Task oriented
 - Emotion oriented
 - Avoidance oriented
 - Problem focused
6. Which of these are true for secondary groups? 1
- Groups are pre-existing formations which are usually given to the individual.
 - These groups play major role in developing values and ideals of the individual during the early stages of development
 - Relationships among members are more impersonal, indirect, and less frequent.
 - Boundaries in this group are less permeable.
- i, ii, iii
 - iii, iv
 - ii, iii, iv
 - i, ii
7. Sravan is not able to play for his football team due to his injury, so he had to stay away from the matches. He is experiencing_____. 1
- Conflict
 - Frustration
 - Internal pressure
 - Social pressure
8. Annika shows a tough manner of interacting with people, hostility, ego centricity and a tendency to defy social conventions. According to Eyesenck's personality questionnaire, she is high on_____. 1
- Neuroticism
 - Emotional stability
 - Psychoticism
 - Sociability
9. Which of the following are part of social cognition? 1
- When we meet people, we make inferences about their personal qualities called impression formation.
 - We assign causes to the behaviour shown in specific social situations called attributions.
 - Cohesiveness is characterized by the appearance of consensus or unanimous agreement within a group.
 - An attitude is a state of the mind, a set of views, or thoughts, regarding some topic, which have an evaluative feature.
- i, ii, iii
 - iii, ii, iv
 - iii, ii, i
 - iv, ii, i

10. In school, Maya is often aggressive and tends to be dominant to others around her. However, she often complains to her mother that everyone hates her and is aggressive towards her. The defense mechanism that she is using is: 1
- Rationalization
 - Denial
 - Reaction formation
 - Projection
11. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A): Bipolar disorders were earlier known as split mind disorder.
Reason (R): Bipolar disorders involve both mania and depression which are alternatively present with periods of normal moods.
- Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
 - Assertion (A) is true, but Reason (R) is false.
 - Assertion (A) is false, but Reason (R) is true.
12. If a person was diagnosed with agoraphobia, then which of the following scenarios would best describe their behavior due to the disorder? 1
- Avoidance of using public transport.
 - Continuously re-aligning writing utensils on their desk.
 - Refusal to sit on a 3rd-story balcony.
 - Fear of interacting with colleagues.
13. The notion of contextual intelligence implies that intelligence is a product of _____. 1
- Technology
 - Culture
 - Giftedness
 - Humors
14. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A): In client-centered therapy, unconditional positive regard indicates that the positive warmth of the therapist is not dependent on what the client reveals.
Reason (R): Empathy sets up an emotional resonance between the therapist and the client which helps the client to feel secure.
- Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
 - Assertion (A) is true, but Reason (R) is false.
 - Assertion (A) is false, but Reason (R) is true.
15. Ann, a 14-year-old girl was sent for psychometric testing, where her I.Q. was found to be 140. What will her Mental Age (MA) be like? 1
- Mental age will be greater than chronological age.
 - Mental age will be less than chronological age.
 - Mental age will be equal to chronological age.
 - Mental age will have no relationship with chronological age.

SECTION B

16. How does the behavioral approach explain personality? 2
- OR**
- State the role of real and ideal self in personality as given by Carl Rogers.
17. Every day before leaving for school, Kevin runs exactly three times in the compound of his house as he thinks that if he doesn't run three times, some kind of accident may happen to his mother. Identify the disorder that Kevin has. 2
18. Rohan got good marks in mathematics in class X. So his father wants him to become a mathematician, but Rohan wants to become a singer as he won many prizes in singing competitions that year. Critically evaluate whether Rohan will be successful if he chooses mathematics or singing. 2
19. Imagine you are a behavior therapist working with a child who has tantrums. Suggest the best method to treat this child. 2
20. Kumkum is always late to submit her work, and her notes are often untidy. Her subject teacher tells her class teacher that Kumkum is a very lazy and careless child. Identify the source of prejudice that her teacher has and suggest one strategy to resolve this prejudice. 2
21. Justify how deviation from social norms is not always appropriate to describe abnormality with an example. 2

SECTION C

22. Nora needs to go to Canada for her graduation. Her college demands that she undergo some assessments to understand her psychological attributes better. Suggest some of the methods that can be used for assessment. 3
- OR**
- Jim wants to learn about the intelligence level of his students and therefore he is planning to buy a test. Suggest some types of intelligence tests that would benefit him.
23. Describe what is social support and its different forms. 3
24. "There may be many people who are academically talented, but are unsuccessful in their own life. They experience problems in family, workplace and interpersonal relationships." Justify the above statement by describing the role of emotional intelligence in their lives. 3

SECTION D

25. Nanda was diagnosed with generalized anxiety disorder, and her partner suggested that she should get therapy to deal with her symptoms. Nanda is not willing to go to therapy, but she decides to go to a therapist for the sake of her partner. Will her treatment outcome be successful? Give reasons for your answer by describing the factors that contribute to healing. 4
26. On exam days Nida's heartbeat and blood pressure rises. She also experiences mood swings and increased physical tension. Identify the effects of stress that she is experiencing. Suggest a few stress management techniques that would help her. 4
27. Amul went to a hostel for further studies after being with his parents all his life. There, he met a group of friends who managed to create a liking for street food in him. Identify and explain the source of his attitude formation. Suggest a few other sources of attitude formation. 4
- OR**
- Alby fought with her parents as they did not let her go for the picnic due to her low marks in her prelim exams. As her friend you are also concerned about her attitude towards studies, so you went to her parents and decided to form plans to change her attitude. Identify the different factors that would influence her attitude change and explain a few of them.
28. Highlight the difference between group think and group polarization. 4

SECTION E

29. Elaborate upon what is schizophrenia and describe its positive symptoms. 6
- OR**
30. Give a brief historical account of how disorders have been viewed over the ages. 6
30. Explain the cognitive and behavioral aspects of self. 6
- OR**
- Describe the different procedures of behavioral analysis in personality.

SECTION F

Read the case and answer the questions that follow

People differ dramatically in the ways they think, feel, and behave in general, forming the basis for what we refer to as personality. Going back to the ancient Greeks, Galen posited four general temperaments based on his observations of biology and the theories of Hippocrates.

Later, temperament researchers focused on the activity levels and emotionality of infants to posit the likely genetic and biological bases of individual differences. Others, such as Gordon Allport pointed to the enduring and stable behavioral styles that people possessed – including the ways they walked, gestured, or chewed gum. Even the most nuanced behaviors revealed people's basic characteristics.

In the last quarter of the 20th century, the trait approach emerged that effectively defined modern personality theory, ushering in detailed factor models of the construct. The new trait approach energized the field of personality research, in part because it leaned heavily on self-reports of participants' self-concepts for understanding their general personality characteristics. Self-report questionnaires can provide rich information about peoples' conscious self-concepts. However, most personality experts have harbored occasional doubts about the degree to which people's self-reported traits reflect who they really are. Beyond self-reports and biological markers, recent research has demonstrated that a powerful reflection of personality can be gleaned from the words people use in everyday life. As an increasing number of studies demonstrate, the ways in which people use words is reliable over time, internally consistent, predictive of a wide range of behaviors and even biological activity, and varies considerably from person to person.

(<https://www.sciencedirect.com/science/article/am/pii/S2352154617300487>)

31. "Classically, Galen posited four general temperaments based on his observations of biology and the theories of Hippocrates." 1
- Explain the type theory mentioned here.
32. "However, most personality experts have harbored occasional doubts about the degree to which people's self-reported traits reflect who they really are." 2
- Identify and explain two limitations of self-report measures.

Read the case and answer the questions that follow

Of the many accomplishments in Lewis Terman's (1877-1956) career, perhaps people remember him best for his longitudinal work studying "genius" children.

In 1921, Terman began his "Genetic Studies of Genius," a longitudinal study that set out to investigate whether high IQ students were more successful in life. What he found was that his high IQ subjects (which he referred to as "Termites") tended to be healthier, taller, and more socially adapted than other kids.

Based on his results, Terman suggested that gifted children should be identified early, offered tailored instruction, and have access to specially-trained teachers. Terman found that while many of his high IQ subjects were very successful, not all fared well and most actually turned out no better than the average. He found that those who ended up being the most successful tended to rate higher on self-confidence, perseverance, and goal-orientation as children.

Although many people continue to equate intelligence with genius, a crucial conclusion from Terman's study is that having a high IQ is not equivalent to being highly creative. The study is still going on today, carried out by other psychologists, and has become the longest-running study in history.

33. Is prodigy the same as gifted? Give reasons for your answer. 1
34. "A crucial conclusion from Terman's study is that having a high IQ is not equivalent to being highly creative." 2
- Briefly explain the relationship between intelligence and creativity.