

Total No. of Printed Pages—12

**HS/XII/A/Psy/26**

**2 0 2 6**

**PSYCHOLOGY**

*Full Marks : 70*

*Time : 3 hours*

*The figures in the margin indicate full marks for the questions*

*General Instructions :*

- (i) All questions are compulsory, except where internal choice has been given.
- (ii) Question Nos. **1–14** in Section–A carry 1 mark each. You are expected to answer them as directed.
- (iii) Question Nos. **15–19** in Section–B are very short answer-type questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- (iv) Question Nos. **20–23** in Section–C are short answer-type questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- (v) Question Nos. **24–27** in Section–D are long answer type–I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- (vi) Question Nos. **28** and **29** in Section–E are long answer type–II question carrying 6 marks each. Answer to each question should not exceed 200 words.
- (vii) Question Nos. **30–33** in Section–F are based on two case studies. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

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SECTION—A

( Marks : 14 )

1. Jaan is a 19-year-old girl from a small town of Jowai, Meghalaya. She has the ability to deal with environmental demands of the new city life of Delhi. She is street smart. According to Robert Sternberg, which of the following types of intelligence does Jaan possess? 1
- (a) Componential intelligence
- (b) Experiential intelligence
- (c) Contextual intelligence
- (d) Street intelligence
2. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option : 1
- Assertion (A) :
- Educated middle class white subjects generally perform well on intelligence test.
- Reason (R) :
- Non-verbal and performance tests help reduce the cultural bias usually associated with verbal tests.
- (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

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3. Which of the following combinations correctly matches the personality types and the associated diseases? 1
- (a) Type-A personality—Coronary Heart Disease and Hypertension
  - (b) Type-B personality—Hypertension and CHD
  - (c) Type-C personality—CHD and Cancer
  - (d) Type-D personality—Delusional diseases
4. \_\_\_\_\_ deals with immediate gratification of primitive needs, sexual desires and aggressive impulses. It works on the pleasure principle. 1
- (a) Id
  - (b) Ego
  - (c) Superego
  - (d) Moral police
5. \_\_\_\_\_ are stresses that we generate ourselves in our minds. 1
- (a) Physical stresses
  - (b) Environmental stresses
  - (c) Psychological stresses
  - (d) Social stresses
6. Which of the following are true with respect to stress? 1
- I. That all stresses are inherently bad and destructive.
  - II. Too little stress may lead us to perform efficiently.
  - III. It gives energy.
  - IV. It causes our body's wear and tear.
- (a) I and II
  - (b) II and III
  - (c) III and IV
  - (d) I and IV

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7. \_\_\_\_\_ states that psychological disorder develops when a diathesis is set off by a stressful situation. 1
- (a) Cognitive model
  - (b) Socio-cultural model
  - (c) Humanistic model
  - (d) Diathesis-stress model
8. Which technique is introduced by Wolpe for treating phobias or irrational fears? 1
- (a) Systematic desensitization
  - (b) Token economy
  - (c) Aversive conditioning
  - (d) Negative reinforcement
9. Children may form a respectful attitude towards elders, by observing that their parents also show respect for elders and are appreciated for it exemplifies
- (a) learning attitudes by association
  - (b) learning attitudes by being rewarded or punished
  - (c) learning attitudes through modelling
  - (d) learning attitudes through group or cultural norms 1

- 10.** An advertisement for cooking food in a pressure cooker may point out that pressure-cooking preserves nutrition and that if one cares for the family, nutrition would be a major concern. Which of the following appeals (message characteristics) is presented in the advertisement in order to bring about a switch from using ordinary aluminium utensils to a stainless pressure cooker? 1
- (a) Emotional appeal
  - (b) Rational appeal
  - (c) Both emotional and rational appeal
  - (d) No appeal
- 11.** Which of the following strategies can be used for handling prejudices? 1
- I. Education and information dissemination.
  - II. Increasing intergroup contact.
  - III. Highlighting individual identity rather than group identity.
  - IV. Highlighting that, after all, there must be some truth, or 'kernel of truth' in what everyone says about the other group.
- (a) I, II and III
  - (b) II, III and IV
  - (c) I, III and IV
  - (d) I, II and IV

- 12.** Which of the following psychological therapies postulates that psychological distress arises from feelings of loneliness, alienation and the inability to find meaning and genuine fulfilment in life? 1
- (a) Behaviour therapy
  - (b) Cognitive therapy
  - (c) Psychodynamic therapy
  - (d) Humanistic-existential therapy
- 13.** Arrange the following developmental sequences of group formation as suggested by Tuckman : 1
- I. Storming
  - II. Norming
  - III. Forming
  - IV. Performing and Adjourning
- (a) Forming, Storming, Norming, Performing and Adjourning
  - (b) Storming, Forming, Norming, Performing and Adjourning
  - (c) Norming, Storming, Forming, Performing and Adjourning
  - (d) Performing and Adjourning, Norming, Storming, Forming
- 14.** \_\_\_\_\_ are special kind of groups where members have complementary skills and are committed to a common purpose. 1
- (a) Crowd
  - (b) Groups
  - (c) Teams
  - (d) Audience

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SECTION—B

( Marks : 10 )

- 15.** All persons do not have the same intellectual capacity; some are exceptionally bright and some are intellectually disabled. Comment on the intellectual capacity of people who are average using William Stern's concept of Intelligence Quotient (IQ). 2
- 16.** What is personal identity? Give examples. 2
- 17.** Using body build and temperament as the main basis, Sheldon proposed the endomorphic, mesomorphic and ectomorphic typologies. Explain in brief any two of these body typologies. 2
- 18. (a)** People who abuse alcohol, drink large amounts regularly and rely on it to help them face difficult situations. Eventually the drinking interferes with their social behaviour and ability to think and work. Explain. 2

*Or*

- (b)* What is separation anxiety disorder? 2
- 19.** Are values difficult to change? Explain how. 2

SECTION—C

( Marks : 12 )

- 20. (a)** Give an example of a life event which is likely to be stressful. Suggest reasons why it is likely to cause different degrees of stress to the person experiencing it. 3

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*Or*

- (b) Differentiate between physical stress and social stress. 3
- 21.** A delusion is a false belief that is firmly held on inadequate grounds. It is not affected by rational arguments and has no basis in reality. Many people with schizophrenia develop delusions of persecution, delusions of reference, delusions of grandeur and delusions of control. Explain each in brief. 3
- 22.** Mention any four ethical standards in professional psychotherapy. 3
- 23.** An attitude system is said to be 'simple' if it contains only one or a few attitudes, and 'complex' if it is made up of many attitudes. Explain with relevant examples. 3

SECTION—D

( Marks : 16 )

- 24.** Describe in brief the Thematic Apperception Test (TAT) developed by Morgan and Murray. 4
- 25.** (a) Stress is an integral part of life. It is important to recognize the signs of stress in ourselves and in others. Diets and exercises act as stress buffers and facilitate positive health. Describe how. 4

*Or*

- (b) There are four major effects of stress associated with the stressed state, viz., emotional, physiological, cognitive and behavioural. Describe any two of them. 4



- 26.** A 15-year-old Seema says, “Nobody loves me”, “I am ugly”, “I am stupid and I will not succeed!” What could be the cause of such psychological distress experienced by Seema? How would Aaron Beck’s cognitive therapy possibly change such distorted negative thought patterns of Seema? 4
- 27.** Distinguish between the following : 4
- (a) Formal and Informal groups
- (b) Ingroup and Outgroup

SECTION—E

( Marks : 12 )

- 28.** (a) Describe how creativity is related to intelligence. 6
- Or*
- (b) Are there cultural differences in the conceptualization of intelligence? Explain. 6
- 29.** What is abnormal behaviour? Describe in brief the biological factors and the genetic factors underlying abnormal behaviour. 6

( 10 )

SECTION—F

( Marks : 6 )

Read the Case Study-1 and Case Study-2 and answer the questions that follow :

**Case Study—1**

In recent years some alternative ways of assessing intelligence have emerged. Some of these are :

Biological Measures of Intelligence : Among the biological measures, Reaction Time (RT) is considered a more valid measure of intelligence. Reaction time refers to the time gap (in seconds) between presentation of a stimulus and the beginning of a response by the individual. For example, when traffic light is red, you stop and wait for the green light. After the light turns green, you take some time to start moving. The time gap between onset of the green light and your movement is a measure of RT. It could be in visual or auditory mode. It is based on the assumption that being intelligent involves being able to process information quickly. For example, gifted individuals in comparison to mentally challenged individuals have faster and more consistent reaction time than average persons.

Inspection time is another measure of intelligence. It reflects the minimum amount of time a particular stimulus must be exposed to an individual to make judgement about it that meets some pre-established criteria of accuracy. The shorter the inspection time, the faster will be, presumably, the person's cognitive (mental) operations.

Dynamic Testing : The dynamic testing is based upon the principle of ZPD (Zone of Potential Development). ZPD refers to the difference between the actual development and the developmental level which a child can attain after proper guidance. It is done in two phases. In the first phase, (also called interaction phase), an adult (usually a teacher or a parent) familiarizes the child with the tasks, gives them hints about how they could be solved, motivates them and also make some modifications in the tasks (such as changing the order of presentation, frequency of presentation, etc.) depending upon the child's developmental level. In the second phase, the actual testing takes place, in which the child is given the tasks or the test to solve them.

30. List down any two conventional tests of intelligence. 1
31. According to the above paragraph, mention at least two points of differences between the mentally gifted individuals and the mentally challenged individuals. 2

### Case Study—2

People develop various personality (behavioural) qualities in an attempt to adapt to the ecological and cultural feature of a group's life.

A good portion of the world's population, even today, lives in forests and mountainous regions with hunting and gathering (economic activities) as their primary means of livelihood. The Birhor (a tribal group) of Jharkhand represent such a population. Most of them live a nomadic life, which requires constant movement in small bands from one forest to another in search of games and other forest products (e.g., fruits, roots, mushrooms, honey, etc.).

In the Birhor society, children from an early age are allowed enormous freedom to move into forests and learn hunting and gathering skills. Their child socialization practices are also aimed at making children independent (do many things without help from elders), autonomous (take several decisions for themselves) and achievement-oriented (accept risks and challenges such as those involved in hunting) from an early age of life.

In agricultural societies, children are socialized to be obedient to elders, nurturant to youngsters, and responsible to their duties. Since these behavioural qualities make people more functional in agricultural societies, they become dominant features of people's personality in contrast to independence, autonomy and achievement, which are more functional (and thus highly valued) in hunting-gathering societies. Because of different economic pursuits and cultural demands, children in hunting-gathering and agricultural societies develop and display different personality patterns.

- 32.** Briefly explain the cultural approach to personality. 1
- 33.** According to the above case, differentiate between—
- (a) economic pursuits of the Birhor society and the agricultural society; 1
  - (b) personality qualities of the Birhor society and the agricultural society. 1

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