

CBSE

Solved Paper 2023

Psychology

Class-12th

Time : 3 Hours

Max. Marks : 80

General Instructions:

- (i) All questions are **compulsory**, except where internal choice has been given.
- (ii) Question Nos. 1 – 18 in **Section A** carry **1** mark each. You are expected to answer them as directed.
- (iii) Question Nos. 19 – 28 in **Section B** are Very Short Answer Type-I Questions carrying **2** marks each. Answer to each question should not exceed **30** words.
- (iv) Question Nos. 24 – 27 in **Section C** are Short Answer Type-II Questions carrying **3** marks each. Answer to each question should not exceed **60** words.
- (v) 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.
- (vi) 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.
- (vii) Question Nos. 33 – 36 in **Section F** are based on **two** case studies given. Each case study has **two** questions carrying **2** marks each. Answer to each question should not exceed **30** words.

SECTION - A

1. Vijay's parents are confused as to what subjects should he choose in Grade 11. To know where his strengths lie, the School Counsellor suggested that he take an aptitude test. What form of aptitude test do you think would be given to him? 1
 - (a) Specialised
 - (b) Independent
 - (c) Generalised
 - (d) Vocational
2. There are some people who are hostile, egocentric and antisocial. They are said to be high on 1
 - (a) Sociability
 - (b) Psychoticism
 - (c) Neuroticism
 - (d) Introversion
3. The self that values family and social relationships is referred to as 1
 - (i) Personal
 - (ii) Social
 - (iii) Familial
 - (iv) Relational
 - (a) (i) and (iii)
 - (b) (ii) and (iii)
 - (c) (iii) and (iv)
 - (d) (i) and (iv)
4. Some traits often get associated strongly with the name of the person and derive such identities as the 'Gandhian' or 'Hitlerian' trait. Identify the trait. 1
 - (a) Central
 - (b) Secondary
 - (c) Surface
 - (d) Cardinal
5. Which of the following statements is **not** true about coping with stress ? 1
 - (i) Coping is a dynamic situation-specific reaction to stress.
 - (ii) It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress.
 - (iii) People who cope poorly with stress have high level of natural killer cell cytotoxicity.
 - (iv) Individuals show similarity in coping strategies that they use to deal with stressful situations.
 - (a) (ii), (iii) and (iv)
 - (b) (iii) only
 - (c) (ii) and (iii)
 - (d) (i) and (ii)
6. Meena's work environment is highly stressful due to unrealistic expectations by the organisation. She had been trying to balance her job as well as her home front. Since the last few months, she was not feeling well. So, she went for a check-up and was diagnosed with high blood pressure. According to General Adaptation Syndrome, at what stage does this happen ? 1
 - (a) Alarm reaction
 - (b) Resistance
 - (c) Exhaustion
 - (d) Adaptation

7. Wasim is always brushing everything under the carpet and refuses to face the stressor or even accept it. Which kind of unhelpful habit is this? 1
- (a) Forgetfulness (b) Avoidance
 (c) Procrastination (d) Perfectionism
8. Which of the following statements is/are true about the diathesis-stress model? 1
- (i) Presence of some biological aberration which may be inherited.
 (ii) Physiological disorders develop due to combination of psychological predisposition and stressors.
 (iii) Diathesis may carry vulnerability to develop a psychological disorder.
 (iv) Absence of pathogenic stressors that may lead to psychopathology.
- (a) Only (i) is true. (b) (i) and (iii) are true.
 (c) Only (iii) is true. (d) (ii) and (iv) are true.
9. Some people are unable to prevent themselves from specific ideas or from repeatedly carrying out a set of actions that disrupts their daily functioning. These people are showing symptoms of 1
- (a) Manic depressive disorder (b) Panic disorder
 (c) Somatic symptom disorder (d) Obsessive-compulsive disorder
10. Michael, a 10-year-old boy, was diagnosed with a disorder where he has difficulty in perceiving and processing information accurately and efficiently. This impact his basic skills of reading, writing and doing mathematics. Identify this disorder. 1
- (a) Autism spectrum disorder (b) Intellectual disability
 (c) Specific learning disorder (d) Attention-deficit hyperactivity disorder
11. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Select the correct choice from (a), (b), (c), (d). 1
- Assertion (A):** According to cognitive therapy, childhood experiences provided by the family and society develop core schemas in the child which include beliefs and action patterns in individual.
Reason (R): In this therapy, irrational beliefs mediate between antecedent events and their consequences.
- (a) Both Assertion . (A) and Reason (R) are true, and Reason (R) is 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. Ritik is undergoing a therapy where he "is being taught to recognise bodily processes and the emotions that are being blocked out from his awareness. Which therapy is being applied here? 1
- (a) Client-centred therapy (b) Logotherapy
 (c) Cognitive behaviour therapy (d) Gestalt therapy
13. Why is behavioural analysis conducted to overcome stress? 1
- (i) To find malfunctioning behaviour
 (ii) To find the consequent operations of the adaptive behaviour
 (iii) To identify the antecedents of faulty learning
 (iv) To identify factors that maintain faulty learning
- (a) (i), (iii) and (iv) (b) Only (iii)
 (c) (ii) and (iii) (d) (i) and (ii)
14. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Select the correct choice from (a), (b), (c), (d). 1
- Assertion (A):** Cognitive consistency means that two components in an attitude system must be in the opposite direction.
Reason (R): If the two elements are not logically in consonance with each other, it leads to distress in the individual.
- (a) Both Assertion . (A) and Reason (R) are true, and Reason (R) is 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.
15. Ashwin's roommate at college, who belonged to a particular State, was always rude and selfish towards him. Ashwin now does not befriend or employ people from this State as he feels that they are all impolite. This is an example of 1
- (a) Self-fulfilling prophecy (b) Kernel of truth
 (c) Scapegoating (d) Social cognition

16. Which one of the following is not a factor that will lead to attitude change? 1
- (a) Message characteristics (b) Environmental characteristics
 (c) Source characteristics (d) Target characteristics
17. We all belong to different types of groups. What type of group will the armed forces be if you join it? 1
- (i) Primary (ii) Secondary
 (iii) Formal (iv) Informal
 (a) (i), (iii) and (iv) (b) (iii) and (iv)
 (c) (ii) and (iii) (d) (i), (ii) and (iv)
18. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Select the correct choice from (a), (b), (c), (d). 1
- Assertion (A):** Children from disadvantaged homes, when adopted into families with higher socio-economic status, exhibit a large increase in their intelligence scores.
- Reason (R):** Environmental deprivation lowers intelligence while rich nutrition, good family background and quality of schooling increases intelligence.
- (a) Both Assertion (A) and Reason (R) are true, and Reason (R) is 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. Adil, a young man, shows aggressive actions that threaten or cause harm to people or animals and indulges in serious rule violations. What are these symptoms indicative of? Mention two other types of aggressive behaviour. 2
20. (a) Ranjan has faced a lot of mishaps in his life. However, he shows low levels of illness despite high levels of stress. What makes people like Ranjan resistant to stress? 2
- OR
- (b) Neerav's parents have recently shifted to Bengaluru and have been busy settling him in the new city. Neerav misses his friends back in Nagpur and this has impacted his academic performance. What is the source of this stress? State the other sources of stress as well. 2
21. Explain cognitive distortions. Give an example of cognitive distortion that a client might be experiencing. 2
22. Suppose you are a college student who wants to contribute towards the country's economy. Suggest a process that you will use to bring an attitude change amongst your peers towards buying only Indian goods to support the nation's economy. 2
23. Differentiate between ingroup and outgroup. 2

SECTION - C

24. Ryan and Shireen are siblings brought up in the same environment. Ryan knows all the formulae in mathematics and can recall them as they are but cannot solve problems based on those formulae, whereas Shireen can use formulae to solve any kind of problem that are based on them. Explain the intelligence they both exhibit. Which approach is this theory based on? 3
25. Explain any three psychological models used to understand mental disorders. 3
26. (a) 'An individual's attitude towards a particular topic may be contrary to his/her behaviour.' Justify this statement with evidence. 3
- OR
- (b) 'Values and beliefs are not the same as attitudes.' Explain this statement with the help of examples. 3
27. Mehak is an important member of her Psychology group and has recently been selected to be a member of the football team as well. What is the main difference between the group and the team that she is a part of? 3

SECTION - D

28. (a) Describe the model which states that intellectual activity involves the three interdependent functioning of neurological systems. 4

OR

- (b) The cultural environment provides a context for intelligence to develop. How does the role of culture influence our understanding of intelligence ? Explain. 4
29. A study found that one-third of British children, at age six, are afraid of snakes even though it is rare to encounter snakes in British Isles. The children had never come in contact with snakes in a traumatic situation, but snakes still generated anxious response. How would Carl Jung's theory of personality explain the same ? Throw some light on his theory. 4
30. (a) To deal effectively with environment, the individuals must possess the right life skills. Explain any four of these life skills. 4

OR

- (b) Many ailments like hypertension, ulcers, etc. could be stress related. To prevent this from happening, we need to be aware about stress management techniques. Explain any four of these techniques. 4
31. An eight-year-old child is showing aggressive and disruptive behaviour in the class. As a student of Psychology, what techniques would you suggest to help modify the child's behaviour? 4

SECTION - E

32. (a) A number of theories have been used to understand 'personality'. Discuss how efforts have been made to categorise people into personality types since ancient times. 6

OR

- (b) According to Freud, individuals avoid anxiety by using mechanisms that protect the ego by distorting reality. What are these mechanisms called ? Explain its different kinds with the help of examples. 6

SECTION - F

Read the case study and answer the question (Q. 33 – 34) that follows :

Mohsin, a 6-year-old boy, has difficulty in feeding and dressing himself, but training from his parents has helped him to be a little independent. He faces trouble making friends outside his family and has difficulty in dealing with people in social situations. His parents are always worried about him and are aware that he needs consistent level of supervision in daily tasks. Mohsin's brother understands his needs and what he says but it is difficult for his peers to understand him as he lags behind them in communication and language skills.

Throughout Mohsin's journey, psychologists and health workers focused on engaging his family in meaningful future planning using a variety of strategies and resources. This included offering them ongoing and timely information and assisting the family to understand and connect to resources.

33. (a) Identify the disorder Mohsin is exhibiting. Distinguish it from autism spectrum disorder. 2

OR

- (b) How are the symptoms that Mohsin is exhibiting different from a more severe form of that disorder ? 2
34. In order to understand Mohsin's disorder, what do psychologists refer to classify psychological disorders ? 2

Read the case study and answer the question (Q. 35-36) that follows :

When Srikanth Bolla was born, neighbours in the village suggested that his parents smother him. It was better than the pain they would have to go through their lifetime, some said. He is a "useless" baby without eyes; being born blind is a sin, others added. Twenty-three years later, Srikanth is standing tall living by his conviction that if the "world looks at me and says, 'Srikanth, you can do nothing', I look back at the world and say, I can do anything."

Srikanth is the Founder and CEO of Hyderabad-based Bollant Industries, an organisation that employs uneducated and challenged employees to manufacture eco-friendly, disposable consumer packaging solutions, which is worth ₹50 crore. He considers himself the luckiest man alive, not because he is now a millionaire, but because his uneducated parents, who earned ₹20,000 a year, did not heed any of the 'advice' they received and raised him with love and affection. "They are the richest people I know," says Srikanth.

35. We can see that Srikanth has the ability to adopt, shape and select the environment. Identify the theory of intelligence that would best support our understanding of Srikanth's intelligence. 2
36. "Srikanth is standing tall living by his conviction that if the "world looks at me and says, 'Srikanth, you can do nothing', I look back at .the world and say, I can do anything." According to Gardner's multiple theory of intelligences, which kind of intelligence explains this ? Discuss this intelligence in brief. 2

ANSWERS

SECTION - A

1. Option (c) is correct.

Explanation:

- (a) **Specialised aptitude tests are designed to measure an individual's abilities in a specific area or skill, such as music, art, or mathematics. These tests are useful for individuals who have a clear idea of the subject or field they want to pursue and want to confirm their aptitude in that specific area.**
- (b) Independent aptitude tests are designed to measure an individual's abilities independent of any particular field or area of study. These tests may assess general cognitive abilities such as reasoning, problem-solving, and memory, and are often used to identify strengths and weaknesses that can be applied across multiple fields.
- (c) Generalized aptitude tests are designed to assess an individual's abilities and interests across a broad range of areas, such as verbal and numerical reasoning, spatial perception, and mechanical reasoning. These tests can help individuals identify areas where they have natural strengths and inclinations and suggest potential career paths that align with those strengths and interests.
- (d) Vocational aptitude tests are specifically designed to assess an individual's skills and abilities in relation to potential career paths. These tests can help individuals identify areas where they have natural strengths and interests, and suggest career paths that align with those strengths and interests.

In the given scenario, as Vijay's parents are confused about what subjects he should choose, it is most likely that the school counsellor would suggest a **generalized** aptitude test as these are designed to assess an individual's abilities and interests across a broad range of areas such as numerical reasoning, spatial perception, and mechanical reasoning.

2. Option (b) is correct.

Explanation:

- (a) Sociability, on the other hand, refers to a personality trait that is associated with being outgoing, friendly, and sociable.
- (b) Psychoticism is a personality trait that is associated with characteristics such as hostility, aggression, egocentrism, and antisocial behaviour. Individuals who score high on the psychoticism scale tend to be tough-minded, cold, and indifferent to the feelings of others. They may also have a lack of empathy and be more prone to impulsive behaviour.
- (c) Neuroticism is a personality trait that is characterized by emotional instability, anxiety, and mood swings.

- (d) Introversion refers to a personality trait associated with being reserved, reflective, and inwardly focused.

3. Option (c) (iii) and (iv) is correct.

The self that values family and social relationships is referred to as the familial self and the relational self.

Explanation:

- (a) The personal self refers to an individual's unique characteristics, traits, and abilities that distinguish them from others.
- (b) The social self refers to an individual's identity that is based on their membership in various social groups, such as their culture, ethnicity, or gender.
- (c) The familial self refers to the part of an individual's self-concept that is based on their role in their family and the importance they place on their family relationships.
- (d) The relational self refers to the part of an individual's self-concept that is based on their relationships with others and the importance they place on social connections.

4. Option (d) is correct.

Explanation:

- (a) **Central traits:** Central traits are those that make up our personalities (such as loyal, kind, agreeable etc.)
- (b) **Secondary traits:** They are those traits that are not consistent as central traits. They are present under specific circumstances and include preferences and attitudes.
- (c) **Surface traits:** Surface traits are personality elements that can be directly observed.
- (d) **Cardinal traits:** Cardinal traits are those that dominate an individual's personality to the point that the individual becomes known for them. They are the most dominant personality traits, but also the rarest. Such traits are so intrinsically tied to an individual's personality that the person becomes almost synonymous with those qualities.

Traits such as "Gandhian" or "Hitlerian" are examples of cardinal traits. These traits are so closely associated with the names of these individuals that they have become part of their identity and are often used to describe them.

5. Option (b) is correct.

Explanation: Statement (iii) is false. People who cope poorly with stress often have high levels of stress hormones, such as cortisol, which can suppress the immune system and reduce natural killer cell activity. This means that they may have a lower level of natural killer cell cytotoxicity, which is a measure of the immune system's ability to fight off pathogens.

6. **Option (c) is correct.**

Explanation: According to the General Adaptation Syndrome (GAS) theory, the three stages of the body's response to stress are alarm reaction, resistance, and exhaustion.

In Meena's case, she has been experiencing a stressful work environment and trying to balance her job and home front, which has been ongoing for some time. The diagnosis of high blood pressure suggests that her body has reached the exhaustion stage of GAS.

During the exhaustion stage, the body's resources are depleted due to prolonged stress, leading to various physical and psychological problems, such as high blood pressure, anxiety, depression, and burnout.

7. **Option (b) is correct.**

Explanation: The behavior described in the scenario, where Wasim is always brushing everything under the carpet and refusing to face the stressor or even accept it, is an example of avoidance.

Avoidance is an unhelpful habit where an individual intentionally or unintentionally avoids facing a problem or a stressor. This behavior may provide temporary relief, but it can lead to prolonged stress and anxiety as the underlying issue remains unresolved.

8. **Option (b) is correct.**

Explanation: The diathesis-stress model suggests that psychological disorders develop due to a combination of a predisposition or vulnerability (diathesis), which may be inherited or acquired, and exposure to stressful events or experiences (stressors). This model implies that the presence of a diathesis does not necessarily guarantee the development of a disorder, but it increases the individual's susceptibility to it. The absence of pathogenic stressors would not be a relevant factor in this model.

9. **Option (d) is correct.**

Explanation: OCD is a type of anxiety disorder characterized by uncontrollable, reoccurring thoughts (obsessions) and repetitive behaviors (compulsions). People with OCD may experience persistent, unwanted, and distressing thoughts or images that lead to anxiety and emotional distress. They may then attempt to reduce their anxiety by performing repetitive behaviors or mental acts, such as checking, counting, or washing. However, these compulsions only provide temporary relief and can interfere with daily activities and relationships.

In summary, the inability to prevent oneself from specific ideas or repetitive behaviors is a characteristic symptom of OCD.

10. **Option (c) is correct.**

Explanation: The disorder that Michael has been diagnosed with is specific learning disorder. It is a neurodevelopmental disorder that affects a child's ability to learn or use specific academic skills, such as reading, writing, or mathematics, despite having

adequate intelligence, motivation, and education opportunities.

In Michael's case, he is experiencing difficulties in perceiving and processing information accurately and efficiently, which is causing an impact on his basic skills of reading, writing, and doing mathematics. This could manifest as difficulty in recognizing letters or words, spelling, understanding mathematical concepts, or solving problems.

It is important to note that specific learning disorder is not caused by lack of effort or motivation, and the child may require specialized educational support to overcome the difficulties they face.

11. **Option (b) is correct.**

Explanation: In the assertion (A), Aaron Beck's cognitive therapy suggests that childhood experiences can shape an individual's core beliefs and action patterns. These are known as core schemas. But in the reasoning (R), Albert Ellis's Rational Emotive Behavioral therapy focuses on identifying and challenging irrational beliefs that mediate between antecedent events and their consequences. Therefore, Assertion (A) and (B) are true. Reason (R) do not correctly explain how cognitive therapy works by identifying the role of irrational beliefs in mediating between events and consequences. Hence, option (b) is the correct answer.

12. **Option (d) is correct.**

Explanation: The therapy being applied to Ritik, where he is being taught to recognize bodily processes and the emotions that are being blocked out from his awareness, is Gestalt therapy.

Gestalt therapy is a humanistic approach that focuses on self-awareness and personal responsibility. It emphasizes on the present moment experience, and the importance of understanding and integrating one's thoughts, feelings, and actions. The therapist helps the client to become more aware of their bodily sensations, emotions, and thoughts, and to integrate these different aspects of experience into a coherent whole.

The therapy aims to help the client become more self-aware, develop a better understanding of their inner experiences, and learn to accept and take responsibility for their feelings and actions. It can help individuals who are struggling with a range of issues, including anxiety, depression, relationship problems, and unresolved emotional issues.

13. **Option (a) is correct.**

Explanation: A behavioural analysis is conducted to identify the problematic behaviour that is causing stress and to find ways to modify or eliminate it. The analysis involves identifying the antecedents, or triggers, that lead to the behaviour, as well as the consequences that maintain it. By understanding the underlying factors that maintain the behaviour, interventions can be developed to address the root causes of stress.

SECTION - B

14. Option (d) is correct.

Explanation: Assertion (A) is false because Cognitive consistency refers to the degree to which beliefs, attitudes, and behaviors are in agreement or in a same line with each other.

Reason (R) is true because cognitive dissonance leads to distress in the individual, if left untouched.

15. Option (b) is correct.

Explanation: Sometimes people may continue to hold stereotypes because they think that there must be some truth or 'kernel of truth' in what everyone says about the other group.

In this case, Ashwin imposed 'kernel of truth' to all the people of the state to which his roommate belonged to.

16. Option (b) is correct.

Explanation: Environmental characteristics are not a factor that will lead to an attitude change. Environmental characteristics refer to the physical, social, or cultural context in which the message is received, and they can influence how the message is perceived and interpreted. However, they are not considered a direct factor in changing attitudes.

On the other hand, message characteristics (such as the content, vividness, and emotional appeal of the message), source characteristics (such as credibility, attractiveness, and expertise of the communicator), and target characteristics (such as personality, self-esteem, and prior knowledge of the receiver) are all factors that have been shown to influence attitude change.

17. Option (c) is correct.

Explanation: The armed forces would be considered a formal group as it has a clearly defined structure, rules and regulations, and a hierarchical system of authority. It is not an informal group as it is not formed spontaneously by its members based on shared interests or common characteristics.

It would also be considered a secondary group as it is formed for a specific purpose, which is to defend the country, rather than for the primary purpose of providing emotional support or fulfilling social needs of its members.

18. Option (a) is correct.

Explanation: Studies have shown that children from disadvantaged homes, when adopted into families with higher socio-economic status, exhibit a large increase in their intelligence scores, supporting Assertion (A). This can be attributed to the fact that environmental deprivation, such as poor nutrition, lack of educational opportunities, and exposure to toxins, can have negative effects on cognitive development, while good nutrition, a supportive family background, and access to quality education can lead to positive effects on intelligence, supporting Reason (R). Therefore, both Assertion (A) and Reason (R) are true, and Reason (R) correctly explains Assertion (A).

19. Adil, a young man shows aggressive actions that threaten or cause harm to people or animals and indulges in serious rule violations. These are the symptoms of **conduct disorder** and **antisocial behavior**.

It refers to age-inappropriate actions and attitudes that violate family expectations, societal norms and the personal or property rights of others. The behaviors in conduct disorder include aggressive actions that cause or threaten harm to people or animals, non-aggressive conduct that causes property damage, major deceitfulness or theft and serious rule violations.

The other two types of aggressive behaviors are as follows

Verbal aggression, (i.e., name calling, swearing)

Physical aggression (i.e., hitting, fighting)

Hostile aggression, (i.e., directed at inflicting injury to others)

Proactive aggression (i.e., dominating, and bullying others without provocation).

20. Ranjan has faced a lot of mishaps in his life. However, he shows low levels of illness, despite high levels of stress. People like Ranjan needs to acquire stress management techniques to resist the stress.

(a) **Relaxation Techniques:** It is an active skill that reduces symptoms of stress and incidence of illnesses such as high blood pressure and heart disease. Relaxation stands from the lower part of the body and progresses up to the facial muscles in such a way that the whole body is relaxed. Deep breathing is used along with muscle relaxation to calm the mind and relax the body.

(b) **Meditation Procedures:** The yogic method of meditation consists of a sequence of learned techniques for refocusing of attention that brings about an altered state of consciousness. It involves such a thorough concentration that the mediator becomes unaware of any outside stimulation and reaches a different state of consciousness.

OR

Neerav's parents have recently shifted to Bengaluru and have been busy settling him in a new city. Neerav misses his friends back in Nagpur. And this has impacted his academic performance. This is due to the life events (one of the source of stress). Major life events can be stressful because they disturb our routine and cause upheaval. If several of these life events that are planned, (for example, moving into a new house) or unpredicted (example, breakup of a long-term relationship) occur within a short period of time. We find it difficult to cope with them, and will be more prone to the symptom of stress.

The other sources of stress are:

1. **Hassles:** These are the personal stresses we experience as individuals due to the happenings in our daily life, such as noisy surroundings, commuting quarrelsome neighbours, electricity, and water shortage. There are some jobs in which daily hassles are very frequent. These daily vessels may sometimes have devastating consequences for the individual.
 2. **Traumatic Events:** These events include extreme events such as a fire, train or road accident, robbery, earthquake, tsunami, etc. The effects of these events may occur after some lapse of time and sometimes persisted symptoms of anxiety, flashbacks, dreams and inclusive thoughts.
21. Cognitive distortions are ways of thinking which are general in nature, but which distort the reality in a negative manner. These patterns of thought are called dysfunctional cognitive structures. Repeated occurrence of these thoughts leads to the development of feelings of anxiety and depression. The client might experience negative thoughts which developed persistent irrational thoughts. these are characterised by cognitive distortions. For e.g., 'Nobody loves me,' 'I am ugly,' 'I am stupid.'
22. Following are the factors that bring an attitude change amongst the peers towards buying only Indian goods to support the nation's economy:
1. **Source Characteristics:** Source credibility and attractiveness are two features that affect attitude change. Attitudes are more likely to change when the message comes from a highly credible source, rather than from a low credible source.
In this case, a person who possesses the deep knowledge of the Indian goods could be a greater asset. He/she can communicate effectively about the attractive features of Indian products to the others.
 2. **Message Characteristics:** The message is the information that is presented in order to bring about an attitude change. Attitudes will change when the amount of information that is given about the topic is just enough, neither too much nor too little. The message contains emotional appeal, motives, and modes of it also plays significant role. Face to face transmission of the message is usually more effective than indirect transmission, that is, through letters and pamphlets, or even through mass media.
23. The term in group refers to one's own group and outgroup refers to another group. For in group members, we use the word 'We' while for an outgroup members, the word 'They' is used. By using the words 'we and they' one is categorizing people as similar or different.

People in the in-group are generally similar, seems favourably and have desirable traits. Members of the out-group are viewed differently and are often perceived negatively in comparison to the in-group members.

SECTION - C

24. Ryan is exhibiting Componential Intelligence whereas Shireen is exhibiting Contextual Intelligence. This theory is based on Sternberg's Triarchic theory of Intelligence. This theory advocates that intelligent behavior takes place from a balance among three aspects of Intelligence which are Componential, Contextual and Experiential Intelligence.
- The Componential sub theory, which is related to analytical intelligence, is essentially academic intelligence. In this case, Ryan only knows the formulae in mathematics which is essential according to the school's academic level.
- The Contextual sub theory, which is related to Practical intelligence. In this case, Shireen is showing the ability to make use of her potential to deal with the problems with available knowledge or resources.
- The Experiential Intelligence refers to an individual's ability to make use of one's past experiences to deal with novel situations creatively and effectively.
25. **Three psychological models are as follows:**
1. **Behavioral model:** Behavioral model states that both normal and abnormal behaviors are learned and psychological disorders are the result of learning maladaptive ways of behaving. The model concentrates on behaviors that are learned through conditioning. It proposes that what has been learned can be unlearned. Learning can take place by classical conditioning, operant conditioning, and social learning. These three types of conditioning account for behavior, whether adaptive or maladaptive.
 2. **Cognitive model:** Psychological factors are emphasized by the cognitive model. This model states that abnormal functioning can result from cognitive problems. People may hold assumptions and attitudes about themselves that are irrational and inaccurate. They may also repeatedly think in illogical ways. Sometimes they make over generalizations and draw broad, negative conclusions based on a single insignificant event.
 3. **Humanistic existential model:** Humanistic existential model focuses on broader aspects of human existence. Humanists believe that human beings are born with a natural tendency to be friendly, cooperative, and constructive. They are driven to self-actualize, that is, to fulfil their potential for goodness and growth. Existentialist believe that from birth, we have

total freedom to give meaning to our existence or to avoid that responsibility. Those who avoid the responsibility would live empty in authentic and dysfunctional lives.

26. (a) An individual's attitude may not always be exhibited through behavior. One's actual behavior may be contrary to one's attitude toward a particular topic. Attitudes may not always predict actual pattern of one's behavior. Sometimes it is behavior that decides the attitude.

Psychologists have found that there would be a consistency between attitudes and behavior when:

The attitude is strong and occupies a central place in the attitude system.

The person is aware of his or her attitude.

There is a very little or no external pressure for the person to behave in a particular way.

The person's behavior is not being watched or evaluated by others.

The person thinks that the behavior would have a positive consequence, and therefore intends to engage in that behavior.

Evidence:

In the days when Americans were said to be prejudiced against the Chinese, Richard La Piere, an American social psychologist conducted the following study. He asked a Chinese couple to travel across the United States and stay in different hotels. Only once during these occasions, they were refused service by one of the hotels.

Sometime later, La Piere sent out questionnaires to managers of hotels and tourist homes in the same area where the Chinese couple had travelled, asking them if they would give accommodation to Chinese guests. A very large percentage said that they would not do so. This response showed a negative attitude towards the Chinese, which was inconsistent with the positive behavior that was shown towards the travelling Chinese couple. Thus, attitudes may not always predict actual pattern of one's behavior.

OR

- (b) Attitudes must be distinguished from the two other closely related concepts, namely beliefs and values. Beliefs refer to the cognitive component of attitudes and form the ground on which attitudes stand, such as belief in God or belief in democracy as a political ideology. Values are attitudes or beliefs that contain a 'should' or 'ought' aspect, such as moral or ethical values, for example, one should work hard, or one should be honest. Values are formed when a particular belief or attitude becomes an inseparable part of the person's outlook on life. Consequently, values are difficult to change.

27. In groups, performance is dependent on contributions of individual members whereas in teams, both individual contribution and teamwork matter.

In groups, the leader, or whoever is heading the group, holds responsibility for the work. However, in teams, although there is a leader, members hold themselves responsible.

SECTION - D

28. (a) This model has been developed by J.P. Das, Jack Naglieri, and Kirby (1994). According to this model, intellectual activity involves the interdependent functioning of three neurological systems called the functional units of brain. These units are responsible for arousal/attention, coding, or processing, and planning respectively.

(1) **Arousal/Attention:** Arousal and attention enable a person to process information. An optimal level of arousal focuses our attention to the relevant aspects of a problem. Too much or too little arousal would interfere with attention. For e.g., when a teacher informs students about holding a test, arousal forces students' attention on reading, learning, and revising the contents of the chapters.

(2) **Simultaneous and Successive Processing:** One can integrate information into the knowledge system either simultaneously or successively. Simultaneous processing takes place when one perceives the relations among various concepts and integrate them into a meaningful pattern for comprehension. It helps in grasping the meaning and relationship between the given abstract figures.

Successive processing takes place when one remembers all the information serially so that the recall of one lead to the recall of another. For instance, learning of digits, alphabets etc.

(3) **Planning:** This is an essential feature of intelligence. After the information is attended to and processed, planning is activated. It allows us to think of the possible courses of action, implement them to reach the target, and evaluate their effectiveness. If a plan does not work, it is modified to suit the requirements of the task or situation.

These processes are interactive and dynamic in nature; yet has its own distinctive functions.

OR

Culture which is a collective system of customs, beliefs, attitudes, and achievements in art and literature, affects the process of intellectual development.

According to Sternberg's notion of contextual or practical intelligence implies that intelligence is a product of culture.

According to Vygotsky, higher mental functions such as problem solving and thinking operate are largely culture-produced.

TECHNOLOGICAL INTELLIGENCE

In technological intelligence persons are well versed in skills of attention, observation, analysis, performance, speed, and achievement orientation. Intelligence tests developed in western cultures look precisely for these skills in an individual.

Contrary to technological intelligence, intelligence in the Indian tradition can be termed as INTEGRAL INTELLIGENCE which gives emphasis on connectivity with the social and world environment. Indian thinkers view intelligence from a holistic perspective which gives equal attention to cognitive and non-cognitive processes as well as their integration. The Sanskrit word 'buddhi' is often used to represent intelligence in Indian tradition. Buddhi, according to J.P. Das includes such skills as mental effort, determined action, feelings, and opinions along with cognitive competence such as knowledge, discrimination and understanding. Buddhi is the knowledge of one's own self based on conscience, will and desire.

Facets of Intelligence in the Indian tradition are:

1. Cognitive capacity (sensitivity to context, understanding, discrimination, problem solving and effective communication).
 2. Social competence (respect for social order commitment to elders, the young and the needy, concern about others, recognising others' perspectives).
 3. Emotional competence (self-regulation and self-monitoring of emotions, honesty, politeness, good conduct, and self-evaluation).
 4. Entrepreneurial competence (commitment, persistence, patience, hard work, vigilance, and goal directed behaviour).
29. Carl Jung's theory of personality is called analytical psychology. Jung claimed that there was a collective unconscious, consisting of archetypes or primordial images. These are not individually acquired, but are inherited. According to the given case-study the main reason of getting afraid of snakes, even when no one encounters it in traumatic situation, is only the presence of these archetypes which are inherited from generation to generation. For instance, the god or the mother earth is an example of archetypes. They are found in myths, dreams, and arts of all mankind.
- According to him, for achieving unity and wholeness, a person must become increasingly aware of the wisdom available in one's personal and collective unconscious, and must learn to live in harmony with it.

30. (a) Four life skills are as follows:

(1) Assertiveness:

Assertiveness is a behaviour or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.

It is the ability to say no to a request, to state an opinion without being self conscious, or to

express emotions such as love, anger, etc. openly. If you are assertive, you feel confident, and have high self-esteem and a solid sense of your own identity.

(2) Time Management:

The way you spend your time determines the quality of your life. Learning how to plan time and delegate can help to relieve the pressure.

The major way to reduce time stress is to change one's perception of time.

The central principle of time management is to spend your time doing the things that you value, or that help you to achieve your goals.

It depends on being realistic about what you know and that you must do it within a certain time period, knowing what you want to do, and organising your life to achieve a balance between the two.

(3) Self-care:

If we keep ourselves healthy, fit and relaxed, we are better prepared physically and emotionally to tackle the stresses of everyday life.

Our breathing patterns reflect our state of mind and emotions.

When we are stressed or anxious, we tend towards rapid and shallow breathing from high in the chest, with frequent sighs.

The most relaxed breathing is slow, stomach-centred breathing from the diaphragm, i.e., a dome like muscle between the chest and the abdominal cavity.

Environmental stresses like noise, pollution, space, light, colour, etc. can all exert an influence on our mood. These have a noticeable effect on our ability to cope with stress, and well-being.

(4) Overcoming Unhelpful Habits:

Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short-term but which make one more vulnerable to stress.

People are more likely to feel tense and find it difficult to relax, are critical of self and others, and may become inclined to avoid challenges.

Avoidance is to put the issue under the carpet and refuse to accept or face it.

Procrastination means putting off what we know we need to do. We all are guilty of saying "I will do it later." People who procrastinate are deliberately avoiding confronting their fears of failure or rejection.

OR

(b) STRESS MANAGEMENT TECHNIQUES are:

- (i) **Relaxation Techniques:** It is an active skill that reduces symptoms of stress and incidence of illnesses such as high blood pressure and heart disease. Relaxation stands from the lower part of the body and progresses up to the facial muscles in such a way that the whole body is relaxed. Deep breathing is used along with muscle relaxation to calm the mind and relax the body.

- (i) **Meditation Procedures:** The yogic method of meditation consists of a sequence of learned techniques for refocusing of attention that brings about an altered state of consciousness. It involves such a thorough concentration that the mediator becomes unaware of any outside stimulation and reaches a different state of consciousness.
- (iii) **Biofeedback:** It is a procedure to monitor and reduce the physiological aspects of stress by providing feedback about current physiological activity and is often accompanied by relaxation training, biofeedback training involves three stages:
- (1) developing an awareness of the physiological response example, heart rate,
 - (2) learning ways of controlling physiological response in quiet conditions,
 - (3) transferring control into the conditions of everyday life.
- (d) **Creative Visualisation:** It is an effective technique for dealing with stress. It is a subjective experience that uses imagery and imagination. Before visualizing, one must set oneself a realistic goal as it helps to build confidence. It is easier to visualize if one's mind is quiet, body relaxed and eyes are closed. This reduces the risk of interference from unbidden thoughts and provides the creative energy needed for turning an unimagined scene into reality.
31. The techniques that can be used to control aggressive and disruptive behavior in the class are as follows:
- (1) **Negative Reinforcement:** It refers to following an undesired response with an outcome that is painful or not liked.
 - (2) **Positive Reinforcement:** It is given to increase the desired behavior.
 - (3) **Token Economy:** Persons with behavioral problems can be given a token as a reward every time a wanted behavior occurs. The tokens are collected and exchanged for a reward, such as an outing for the patient or a treat for the child.
 - (4) **Differential Reinforcement:** Unwanted behavior can be reduced unwanted behavior can be increased simultaneously.

SECTION - E

32. Efforts to categorise people into personality types have been made since ancient times. Personality types are used to represent and communicate a set of expected behaviours based on similarities. The Greek physician Hippocrates had proposed a typology of personality based on fluid or humour. He classified people into four types i.e., sanguine, phlegmatic, melancholic, and choleric; each characterised by specific behavioral features. **The personality types given by William Sheldon are:**

1. **Endomorphic:** The Endomorphs are fat, soft, and round. By temperament, they are relaxed and sociable.
 2. **Mesomorphic:** The Mesomorphs have strong musculature, are rectangular with a strong body build. They are energetic and courageous.
 3. **Ectomorphic:** The ectomorphs are thin, long, and fragile in body build. They are brainy, artistic, and introvert.
- Carl Jung has proposed another important typology by grouping people into introverts and extraverts. According to this typology, introverts are people who prefer to be alone, tend to avoid others, withdraw themselves in the face of emotional conflicts and are shy. Extraverts, on the other hand, are sociable, outgoing, drawn to occupations that allow dealing directly with people and react to stress by trying to lose themselves among people and social activity.

Friedman and Rosenman have classified individuals into Type-A and Type-B personality.

People characterised by Type-A personality seem to possess high motivation, lack patience, feel short of time, be in a great hurry, and feel like being always burdened with work.

Such people find it difficult to slow down and relax. They are more susceptible to problems like hypertension and coronary heart disease (CHD).

The risk of developing CHD with Type-A personality is greater than the risks caused by high blood pressure, high cholesterol levels or smoking.

People characterised by Type-B personality seem to be relaxed, patient, and easy-going nature. They work steadily, enjoying achievements, but do not tend to become stress when goals are not achieved. Morris have suggested a Type-C personality, which is prone to cancer. Individuals characterised by this personality are cooperative, unassertive, and patient. People suppress their negative emotions, e.g., anger and show compliance to authority. Type-D personality has been introduced recently which is characterised by proneness to depression.

OR

(b) The Mechanisms are called Ego Defence Mechanisms.

EGO DEFENCE MECHANISMS: Defence mechanism is a way of reducing anxiety by distorting reality. People use this mechanism to such an extent that reality is truly distorted develop various forms of maladjustment.

1. **Repression:** The most important is repression, in which anxiety provoking behaviours or thoughts are totally dismissed by the unconscious. When people repress a feeling or desire, they become totally unaware of that wish or desire. For e.g., A young child forgets being bitten by a dog but develops a phobia of dogs as he gets older.
2. **Projection:** In projection, people attribute their own traits to others. Thus, a person who has strong aggressive tendencies may see other people as acting in an excessively aggressive way towards him or her. For e.g., A parent may project unfulfilled ambitions onto their child.

3. **Denial:** In denial, a person totally refuses to accept reality. For e.g., After the unexpected death of a loved one, a person might refuse to accept the reality of the death and deny that anything has happened.
4. **Reaction Formation:** In reaction formation, a person defends against anxiety by adopting behaviours opposite to his or her true feelings. For e.g., a person may explain a natural disaster as "God's will."
5. **Rationalisation:** In rationalisation, a person tries to make unreasonable feelings or behaviour seem reasonable and acceptable. For e.g., a student who is rejected from her dream college may explain that she is happy to be attending a school that's less competitive and more welcoming.

SECTION - F

33. (a) Mohsin is exhibiting the symptoms of Intellectual disability which falls under the category of Neurodevelopmental disorder. The Difference between the Intellectual disability and autism spectrum disorder is as follows:
 - (1) Autism spectrum disorder is a condition that causes significant social, communication and behavioral changes while intellectual disability is a condition that causes limitation in both intellectual functioning and adaptive behavior that cover many day to day social and practical skills.
 - (2) The sign and symptoms of ASD may include making little eye contact, appearing not to look at people who are talking, being slow to respond, having difficulties with back-and-forth conversation, etc. Whereas the signs and symptoms of intellectual disability, include rolling over, sitting up, crawling, or walking late, talking late, having trouble with talking, slow to master things, difficulty in dressing and feeding themselves, difficulty in remembering things, etc.

OR

- (b) The symptoms that Mohsin is exhibiting are different from a more severe form of that disorder. He is suffering from moderate Intellectual disability that shows lagging behind their peers in language and motor skills

only. But he can be trained in self-care skills. He requires only a moderate degree of supervision. In contrast, Children with severe and profound intellectual disability are incapable of managing life and need constant care for their entire lives.

34. In order to understand Mohsin's disorder, Psychologists refer DSM-5 and ICD-10 to classify psychological disorders.

A classification of disorders consists of a list of categories of specific psychological disorders grouped into various classes based on some shared characteristics.

Classifications are useful because they enable users like psychologists, psychiatrists, and social workers to communicate with each other about the disorder and help in understanding the causes of psychological disorders and the processes involved in their development and maintenance.

The American Psychiatric Association (APA) has published an official manual describing and classifying various kinds of psychological disorders. The current version of it, the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5), presents discrete clinical criteria which indicate the presence or absence of disorders.

The classification scheme officially used in India and elsewhere is the tenth revision of the International Classification of Diseases (ICD-10), which is known as the ICD-10 Classification of Behavioural and Mental Disorders. It was prepared by the World Health Organisation (WHO).

35. Sternberg's triarchic theory of Intelligence would best support our understanding of Srikanth's intelligence. Srikanth is exhibiting the Practical intelligence i.e., the ability to deal with environmental demands encountered daily. He has a business sense. He easily adapts to his present environment or select a more favourable environment than the existing one and modify the environment to fit his needs. Therefore, he turns out to be successful in life.
36. According to Gardener's theory of Intelligences, Srikanth is showing Intrapersonal Intelligence which means awareness of one's own feelings, motives, and desires. It refers to the knowledge of one's internal strengths and limitations and using that knowledge to effectively relate to others. Persons included in this type of Intelligence have finer sensibilities regarding their identity, human existence and meaning of life.

