

Sample Question Paper, 2021-22

(Issued by CBSE Board on 14th January, 2022)

PSYCHOLOGY (Term- II)

SOLVED

Time allowed : 2 Hours

Max. Marks : 40

General Instructions :

1. There are 12 Questions in this paper.
2. The paper is divided into 4 sections, Section A, B, C and D.
3. Section A has 3 questions, from Question No. 1 to 3, carrying 2 marks each. Answer to these questions should not exceed 40 words.
4. Section B has 3 questions, from Question No. 4 to 6, carrying 3 marks each. Answer to these questions should not exceed 80 words.
5. Section C has 4 questions, from Question No. 7 to 10, carrying 4 marks each. Answer to these questions should not exceed 120 words.
6. Section D has one case study. There are 2 questions based on this case study, Question No. 11 and 12. Each question carries 2 marks. Answer to these questions should not exceed 40 words. Answer both questions.

Section A

[2 Marks each]

This Section has 3 questions.

1. State any two differences between somatic symptom and illness anxiety disorder. 2
 2. Explain any two factors that influence attitude formation. 2
- OR
- Explain any two components of attitudes. 2
 3. What is cognitive dissonance? Give an example. 2

Section B

[3 Marks each]

This Section has 3 questions.

4. Radhika has been diagnosed with generalised anxiety disorder. Explain the development of this disorder with the help of the diathesis-stress model. 3
5. A client approaches a therapist to overcome her/his phobia for heights. Describe a behavioural technique that the therapist might choose to help her/him to overcome this phobia for heights. 3
6. We are members of a number of groups at any given time. Explain the reasons that make people join groups. 3

OR

Groups differ in many respects. Identify the characteristics that distinguish primary groups from secondary groups. 3

Section C

[4 Marks each]

This Section has 4 questions.

- 7.** Describe the defining symptoms of oppositional defiant disorder and conduct disorder. 4
- OR**
- What are dissociative disorders? Describe some of the identifying symptoms of different types of dissociative disorders. 4
- 8.** Explain the alternative treatment possibilities to psychotherapy. How does rehabilitation of the mentally ill improve the quality of their life?
- OR**
- Explain the different cognitive therapies that are used to reduce distress. 4
- 9.** Anshu feels that assertive and successful women might become too powerful and neglect their family responsibilities. Explain the factors that will help in changing Anshu's attitude towards assertive and successful women. 4
- 10.** A person 'X' was caught taking a bribe, and her/his colleagues were asked to decide on what punishment she/he should be given. They could either let her/him go with just a warning or decide to terminate her/his services. After a discussion with other employees of the organisation, an extreme decision was taken to terminate this person's services. Identify this phenomenon and explain why it occurs. 4

Section D

[2 Marks each]

This Section has 2 questions.

Mental health professionals have attempted to understand psychological disorders using different approaches through the ages. Today, we have sophisticated facilities and hospitals dedicated to the treatment of the mentally ill. While studying the history of psychological disorders it is interesting to note that some practices from ancient times are still in use. Take the case of Lakshmi and her daughter, Maya. Maya exhibits abnormal behaviours and Lakshmi believes that this is because of evil spirits that have possessed her. She has been taking her daughter to a self-proclaimed healer, who uses counter-magic and prayer to cure her. Stigma and lack of awareness prevents Lakshmi from using the modern facilities and hospitals that provide quality mental health care.

On the other hand, when young Rita reported seeing people and hearing voices, mental health professionals at a modern facility were able to understand her hallucinations using a convergence of three approaches. Psychologists use official manuals like the Diagnostic and Statistical Manual of Mental Disorders – 5th Edition (DSM-5) and International Classification of Diseases (ICD-10) to indicate presence or absence of disorders. Today there is increased compassion for people who suffer from disorders and a lot of emphasis is placed on providing community care.

To date, little is known about the quality and quantity of foods and beverages consumed by urban Indian adolescents. This lack of evidence is a significant barrier to the development of effective nutrition promotion and disease prevention measures.

- 11.** Identify the method used by the healer to cure Maya's illness. How does this theory from ancient times explain Maya's treatment? 2
- 12.** Which approach do you think would best explain Rita's treatment? How do you think DSM - 5 and ICD -10 help mental health professionals in indicating the presence or absence of disorders? 2

CBSE Marking Scheme 2021-2022 (Issued by Board)

Section A

1.

Somatic symptom disorder	Illness anxiety disorder
Persistent body-related symptoms, which may or may not be related to any serious medical condition.	Persistent preoccupation about developing a serious illness.
Overly preoccupied with their symptoms.	Overly concerned about undiagnosed disease.
Expression is in terms of physical complaints.	It is the anxiety, which is the main concern.

(Any two points) (1+1=2)

2. The factors that influence attitude formation are -

- (i) Environment of family and school - In the early years of life, parents and other family members play a significant role in shaping attitude. In the later stage, the school environment becomes an important background for attitude formation.
- (ii) Audio-visual media, internet, and textbooks are sources that first strengthen the cognitive and affective components of attitudes, and subsequently, may also affect the behavioural component. The media can exert both good and bad influences on attitudes. (2)

OR

Attitude has three components -

- (i) A = Affective, i.e., emotional component of an attitude. This component decides emotional reaction i.e., whether one feels sad, happy, positive etc towards a person, object or condition.
- (ii) B = Behavioural, i.e., conative component. It determines a persons tendency to act in a certain way.
- (iii) C = Cognitive, i.e., thought component. It decides the thinking pattern of a person. Beliefs and values also come under cognitive component of attitude. Beliefs form the ground on which attitudes stand, such as belief in God. Values are attitudes or beliefs that contain a 'should' or 'ought' aspect, such as moral or ethical values. (1+1=2)

3. • It emphasizes that the cognitive components of an attitude must be 'consonant' (opposite of 'dissonant'), i.e., they should be logically in line with each other.
- If an individual finds that two cognitions in an attitude are dissonant, then one of them will be changed in the direction of consonance. (1+1=2)

Section B

4. Diathesis Stress Model

- Presence of some biological aberration
- Presence of pathological stressor
- Their predisposition may actually evolve into a disorder.

This model can be applied to explain Radhika's GAD. According to the model, Radhika has genetic predisposition to develop anxiety disorders, which she may have inherited. Due to external stressors, generalized anxiety disorder may get triggered.

(1.5 marks for explaining the model and 1.5 mark for explaining Radhika's GAD through the model).

- 5. • Systematic Desensitization:** The therapist prepares a hierarchy of anxiety-provoking stimuli with the least anxiety-provoking stimuli at the bottom of the hierarchy. E.g., the fear of lifts.
- Each session is accompanied by relaxation exercises. Reciprocal inhibition principle -Wolpe.
 - Over sessions, the client is able to imagine more severe fear-provoking situations while maintaining the relaxation. The client gets systematically desensitized to the fear. (1+1+1=3)

6. Reasons:

- In group, we feel more secure, it gives a sense of comfort, and protection. As a result, people feel stronger, and are less vulnerable to threats.
- Being attached to some recognized group gives a sense of power, position and acceptance by society.
- Being a member of prestigious groups enhances one's self-concept, it provide feelings of self-worth and establish a positive social identity.
- Groups satisfy one's social and psychological needs such as sense of belongingness, giving and receiving attention, love, and power.
- There is power in the majority. Groups help a person to plan, participate and achieve a number of goals.
- As individuals, we may not have all the required information. In a group through different members we get knowledge related to different fields. (Explanation of any three reasons) (1+1+1=3)

OR

Primary group:

- Pre-existing formations.
- Face-to-face interaction and members have close physical proximity.
- Central to individual's functioning.
- Boundaries are less permeable.

Secondary groups:

- Individuals join by choice.
- Impersonal, indirect.
- And less frequent relationships among members.
- Easy to leave and join. (1.5+1.5=3)

Section C

7. Defining symptoms of Oppositional Defiant Disorder (ODD)

- Age-inappropriate amounts of stubbornness, irritable, defiant, disobedient, hostile.
- Oppositional, or defiant and often justify their behavior, problems interacting with others.

Defining symptoms of Conduct Disorder

- Age-inappropriate actions and attitudes that violate family expectations, societal norms, and the personal or property rights of others.
- 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. State types of aggression- verbal aggression physical aggression, hostile aggression and proactive aggression (2+2=4)

OR

Dissociative Disorders:

- Severance (divisions, separation) of the connections between ideas and emotions, feelings of unreality, estrangement, depersonalization, temporary alterations of consciousness and sometimes a loss or shift of identity.

Types of Dissociative Disorders

Dissociative Amnesia

- Unable to tell important, personal information often related to a stressful and traumatic experience; extent of forgetting beyond normal, associated with overwhelming stress
- Dissociative fugue- traveling away from a stressful environment, assumption of a new identity, and the inability to recall the previous identity, when fugue ends no recall of fugue state Dissociative Identity Disorder
- Person assumes alternate personalities that are contrasting from each other, may or may not be aware of each other.
- Associated with traumatic experiences (physical abuse) in childhood.
- A dream-like state in which the person has a sense of being separated both from self and from reality
- A change of self-perception, (1+1+1+1=4)

8. There are many alternative therapies such as yoga, meditation, acupuncture, herbal remedies and so on.

1. Yoga - today refers to only the asanas or body posture component or to breathing practices or pranayama, or to a combination of the two.
2. Meditation refers to the practice of focusing attention on breath or on an object or thought or a mantra.
3. In Vipassana meditation, also known as mindfulness-based meditation, passively observes the various bodily sensations and thoughts that are passing through her or his awareness.
4. Sudarshan Kriya Yoga (SKY) is found to be beneficial for stress, anxiety, post-traumatic stress disorder (PTSD), depression, stress- related medical illnesses, substance abuse, etc.
5. Kundalini Yoga is effective in treatment of mental disorders like obsessive-compulsive disorder. Kundalini Yoga combines pranayama or breathing techniques with chanting of mantras help the patients to process emotional stimuli better.

(Explanation of any three alternate treatment - 3 marks)

- The aim of rehabilitation is to empower the patient to become a productive member of society to the extent possible and be self-sufficient.
- Occupational therapy, vocational therapy and social skills training. (3+1=4)

OR

Cognitive therapies locate the cause of psychological distress in irrational thoughts and beliefs.

- Rational Emotive therapy- Albert Ellis- ABC analysis.
- Irrational beliefs assessed through questionnaires and interviews, nondirective questioning.
- The rational belief system replaces the irrational belief system and there is a reduction in psychological distress.

Cognitive therapy- Aaron Beck- core schema; dysfunctional cognitive structures.

- The therapist uses questioning, which is gentle, non-threatening to the client's beliefs and thoughts.
- Whereby, she gains insight into the nature of her dysfunctional schemas. Cognitive restructuring. (2+2=4)

9. Explanation of the following with respect to Anshu's attitude.

- Characteristics of the existing attitude.
- Source characteristics.
- Message characteristics.
- Target characteristics. (1+1+1+1=4)

10. • Group polarization

- Groups are more likely to take extreme decisions than individuals do alone.
- This strengthening of the group's initial position is referred to as group polarization and may sometimes have dangerous repercussions as groups may take extreme positions.

Explanation of reasons with reference to X

- Company of like-minded people.
- Band-wagon effect.
- In-group perception with like-minded people and consequent identification. ($\frac{1}{2}+\frac{1}{2}+1+1+1=4$)

Section D

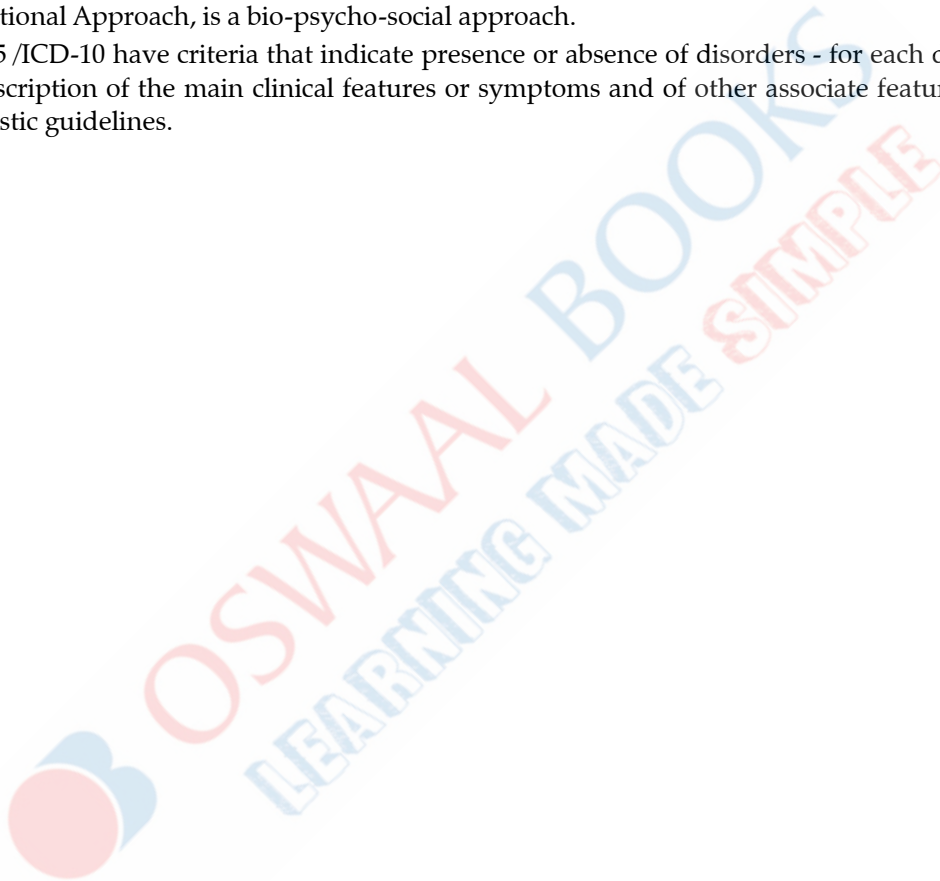
11. Method used: Exorcism - Removing the evil that resides in the individual through counter magic and prayer.

Abnormal behavior can be explained by the operation of supernatural and magical forces, such as bhoot-pret or shaitan. (1+1=2)

12. Interactional Approach, is a bio-psycho-social approach.

DSM -5 /ICD-10 have criteria that indicate presence or absence of disorders - for each disorder there is a description of the main clinical features or symptoms and of other associate features, including diagnostic guidelines. (1+1=2)

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Solved Paper, 2021-22

PSYCHOLOGY

Term-I, Set-4

Series : SSJ/2

Question Paper
Code No.

Time allowed : 90 Minutes

Max. Marks : 35

General Instructions:

- (i) This question paper contains **three** sections.
- (ii) **Section - A** has **24** questions. Attempt any **20** questions.
- (iii) **Section - B** has **24** questions. Attempt any **20** questions.
- (iv) **Section - C** has **12** questions (Case-based and Picture-based). Attempt any **10** questions.
- (v) All questions carry **equal** marks.
- (vi) There is no negative marking.

SECTION-A

Section A has 24 questions (from Question Nos. 1 to 24). Answer any 20 questions from this section.

1. Intelligence Quotient (IQ) refers to:
 - (a) Chronological age divided by mental age and multiplied by 100.
 - (b) Chronological age multiplied by mental age and divided by 100.
 - (c) Mental age divided by chronological age and multiplied by 100.
 - (d) Mental age multiplied by chronological age and result multiplied by 100.
2. is an enduring belief about an ideal mode of behaviour.
 - (a) Aptitude
 - (b) Attitude
 - (c) Value
 - (d) Interest
3. Manifestations of can be observed in a novel solution to a problem, an invention, composition of a poem, painting, new chemical process, an innovation in law, a breakthrough in preventing a disease and the like.
 - (a) creativity
 - (b) attitudes
 - (c) education
 - (d) intelligence
4. is a set of skills that underline accurate perception, appraisal, expression and regulation of emotions.
 - (a) Emotional incompetence
 - (b) Emotional intelligence
 - (c) Perceptual skills
 - (d) Powerful emotions
5. Aptitude tests are available in:
 - (a) three forms-independent, specialised and multiple aptitude tests.
 - (b) two forms-multiple and generalised aptitude tests.
 - (c) two forms-independent and specialised aptitude tests.
 - (d) two forms-independent and multiple aptitude tests.
6. The self emerges in relation with others and emphasises such aspects of life as co-operation, unity, affiliation, sacrifice or sharing.
 - (a) personal
 - (b) individual
 - (c) social
 - (d) positive
7. seeks to satisfy an individual's instinctual needs in accordance with reality.
 - (a) Id
 - (b) Ego
 - (c) Superego
 - (d) Libido
8. For most behaviourists, the structural unit of personality is the
 - (a) response
 - (b) stimuli
 - (c) archetypes
 - (d) emotions

9. Enhancement of people's self-concept is possible by creating an atmosphere of _____ .
(a) conditional positive regard (b) unconditional positive regard
(c) unconditional and biased regard (d) identity crisis
10. personality seem to possess low motivation are patient and feel they have a lot of time and little work.
(a) Type-A (b) Type-B (c) Type-C (d) Type-D
11. In _____ a person defends against anxiety by adopting behaviours opposite to her/his true feelings.
(a) reaction formation (b) rationalisation
(c) repression (d) regression
12. Archetypes can be found in _____ .
(a) Conscious (b) Preconscious
(c) Myths, dreams, arts and various traditions (d) Sports-related activities and positive thinking
13. A is considered as a relatively enduring attribute or quality on which one individual differs from another.
(a) typology (b) personality
(c) trait (d) persona
14. Social support may be in the form of support when assistance is provided in the form of material aid, such as money, goods, services, etc.
(a) emotional (b) tangible
(c) informational (d) material
15. _____ is a stress management technique involving subjective experiences using imagery and imagination.
(a) Creative visualisation (b) Relaxation
(c) Meditation (d) Biofeedback
16. Negative events are appraised of their possible _____ .
(a) harm, threat or commitment (b) harm, thought or controllability
(c) hurt, threat, damage or challenge (d) harm, threat or challenge
17. _____ results from the blocking of needs and motives by something or someone that hinders us from achieving the desired goal.
(a) Conflict (b) Internal pressure
(c) Social pressure (d) Frustration
18. The state of physical, emotional and psychological exhaustion is known as _____ .
(a) Burnout (b) Breakout
(c) Resistance (d) Rustout
19. refers to the measurement of psychological attributes of individuals and their evaluation, often using multiple methods in terms of certain standards of comparison.
(a) Actualisation (b) Assessment
(c) Attribute achievement (d) Analysis
20. is an exceptional general ability shown in superior performance in a wide variety of areas.
(a) Talent (b) Intelligence
(c) Creativity (d) Giftedness
21. It is the that are attacked by the Human Immune Deficiency Virus (HIV), the virus causing Acquired Immuno Deficiency Syndrome (AIDS).
(a) B cells (b) T-helper cells (c) T cells (d) natural killer cells
22. In the stage, the parasympathetic nervous system cells for more cautious use of the body's resources.
(a) alarm reaction (b) resistance
(c) exhaustion (d) adaptation
23. stresses are demands that change the state of our body. For example, we feel strained when we overexert ourselves, lack a nutritious diet or suffer an injury.
(a) Environmental (b) Bodily
(c) Physical (d) Health-related
24. is a collective system of customs, beliefs, attitude and achievements in art and literature.
(a) Tradition (b) Personality
(c) Culture (d) Society

SECTION-B

Section B has 24 questions (from Question Nos. 25 to 48). Answer any 20 questions from this section.

25. Vikas lags behind his peers in language and motor skills. He is trained in self-care as well as in simple social and communication skills. He also needs little supervision in everyday tasks. He is likely to be at the _____ level of intellectual disability.
- (a) Mild (IQs 55 to approximately 70) (b) Moderate (IQs 35-40 to approximately 50-55)
 (c) Severe (IQs 20-25 to approximately 35-40) (d) Profound (IQs below 20-25)
26. Latika is able to recall information accurately and derives general rules from the presented facts. According to Thurstone, the primary abilities she possesses most are:
- (a) Memory and spatial relations (b) Memory, spatial relations and verbal comprehension
 (c) Inductive reasoning and spatial relations (d) Inductive reasoning and memory
27. Abdul realises that intelligence tests are of several types. Which of the following is/are a CORRECT explanation / explanations of the types of tests that he can use to assess intelligence?
- i. On the basis of their administration procedure, they can be categorised as either culture-fair or culture biased.
 ii. They can also be classified as either verbal or performance tests on the basis of the nature of items used.
 iii. Depending upon the extent to which an intelligence test favours one culture over another, it can be judged as either individual or group test.
 iv. Abdul can choose a test depending on the purpose. This can be individual, group, verbal, non-verbal or performance test.
- (a) i, ii and iii (b) iii
 (c) iii and iv (d) ii and iv
28. Sheetal was provided feedback about her current physiological activity. This was also accompanied by relaxation training. This procedure to monitor and reduce the physiological aspects of stress is known as
- (a) Meditation (b) Relaxation
 (c) Biofeedback (d) Coping
29. Angel is high on the ability to think analytically and critically. Therefore, she performs well in academics. She is most likely to possess the following:
- i. Contextual intelligence, i.e., the analysis of information to solve problems.
 ii. Componential intelligence, which has three components, each serving a difference function.
 iii. Experiential intelligence, which is the knowledge acquisition component.
 iv. Meta or a higher-order component, which involves planning about what to do and how to do it.
 v. Performance component, which involves actually doing things.
- (a) i, ii, iv and v (b) i, iii, iv and v
 (c) ii, iii and v (d) ii, iv and v
30. Tanmay wants to assess how Geetika expresses aggression in the face of a frustrating situation with the help of cartoon-like pictures. He presents a series of situations in which one person frustrates another or calls attention to a frustrating condition. Tanmay is likely to be using the
- (a) Thematic Apperception Test (b) Rosenzweig's Picture-Frustration Study (P-F Study)
 (c) Sixteen Personality Factor Test (16 PF) (d) Behavioural Analysis
31. Ivaan reached the genital stage of psychosexual development. Which of the following is/are NOT TRUE about this stage?
- i. Ivaan has attained maturity in psychosexual development.
 ii. This stage lasts from about seven years until puberty.
 iii. Physical growth continues and much of Ivaan's energy is channelled into social or achievement-related activities.
 iv. Ivaan's sexuality, fears and repressed feelings of earlier stages are once again exhibited in this stage.
- (a) i, ii and iv (b) ii
 (c) ii and iii (d) i and iii
32. Choose the correct options.
 Ankita scores high on the dimension of psychoticism. This can be linked to psychopathology that represents:
- i. A feeling of gratitude for others.
 ii. A tough manner of interacting with people.
 iii. A tendency to defy social conventions.

- iv. Socially conducive behaviour
v. Hostility, egocentricity
- (a) i, ii, iv and v (b) i, iii, iv and v
(c) ii, iii and v (d) ii, iv and v
33. Christopher's personality is being assessed by a psychologist. Which of the following is/are TRUE about assessment of personality?
- i. It is an informal effort aimed at understanding his personality.
ii. The goal of assessment is to understand and predict his behaviour with minimum error and maximum accuracy.
iii. While assessing Christopher, the psychologist tries to study what he generally does or how he behaves, in a given situation.
iv. His assessment can also be useful for diagnosis, training, placement, counselling and other purposes.
- (a) i, ii and iv (b) ii
(c) ii, iii and iv (d) i, ii and iii
34. In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.
- Assertion (A):** PASS model explains that a state of arousal is basic to any behaviour as it helps in attending to stimuli. Arousal and attention enable a person to process information.
Reason (R): 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.
- Options:**
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.
35. In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.
- Assertion (A):** Alfred Binet was the first psychologist who tried to formalise the concept of intelligence in terms of mental operations and he gave the concept of Intelligence Quotient (IQ).
Reason (R): Binet's one-factor theory of intelligence was rather simple as it arose from his interest in differentiating more intelligent from less intelligent individuals.
- Options:**
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.
36. In the question given below, there are two statements marked as Assertion (a) and Reason (R). Read the statements and choose the correct option.
- Assertion (A):** Behavioural ratings are frequently used for the assessment of personality in educational and industrial settings.
Reason (R): Naturalistic observation is free from observer bias.
- Options:**
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.
37. Sunil avoids jealousy and sulking behaviour. He listens to what the other person says. And, accepts the other person's opinions, even if they are different from his own opinions. This will help him in _____.
- (a) being assertive (b) time management
(c) overcoming unhelpful habits (d) improving relationships
38. In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.
- Assertion (A):** Rogers emphasised the relationship between the 'real self' and the 'ideal self'.
Reason (R): The congruence of these 'real' and 'ideal' selves makes a person fully functioning.

Options:

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

39. In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.

Assertion (A): Karen Horney argued that psychological disorders were caused by disturbed interpersonal relationships during childhood.

Reason (R): The goals that provide us with security and help us in overcoming the feelings of inadequacy are important in our personality development.

Options:

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

40. In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.

Assertion (A): Psychodynamic theories face strong criticisms from many quarters.

Reason (R): The theories are largely based on case studies. Thus, they lack a rigorous scientific basis.

Options:

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

41. In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.

Assertion (A): In psychological terms personality refers to the physical or external appearance of an individual. For example, when we find someone 'good-looking', we often assume that the person also has a charming personality.

Reason (R): Personality refers to our characteristic ways of responding to individuals and situations.

Options:

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

42. Reebika is experiencing stress due to noisy surroundings, commuting quarrelsome electricity and water shortages. These sources of stress are

- | | |
|----------------------|--------------------------|
| (a) Life events | (b) Hassles |
| (c) Traumatic events | (d) Environmental events |

43. Randeep puts the work-related issues under the carpet and refuses to accept or face them. This explains that he is the tank.

- | | |
|--------------|---------------------|
| (a) avoiding | (b) procrastinating |
| (c) managing | (d) approaching |

44. Heena lost her husband in a car accident. This life event is traumatic. Which of the following is NOT TRUE about the effects this stress can have on her?

- i. Stress can affect her behaviour in the form of eating less nutritional food, disrupted sleep patterns, increased absenteeism and reduced work performance.
- ii. The cognitive effects of stress will be both, enhanced concentration and increased short-term memory capacity.
- iii. In her case, the stress can start a vicious circle of decreasing confidence, leading to more serious emotional problems.
- iv. The effects of this stress will mostly be physiological in nature.

- | | |
|----------------|------------------|
| (a) i and ii | (b) ii and iv |
| (c) ii and iii | (d) i, ii and iv |

45. Choose all the correct options.
When Vikram was caught in a traffic jam he felt angry, because he believed that the traffic 'should' move faster. To manage this stress, he needs to:
- Cope with stress on the basis of rigid deep-seated beliefs.
 - Reassess the way he thinks and learn coping strategies.
 - Allow himself to manage and regulate the emotional response to that problem.
 - Handle this stressful situation by including only covert activities in the coping strategies.
- (a) i, ii and iii (b) ii and iv
(c) ii and iii (d) i, ii and iv
46. In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.
Assertion (A): An individual's response to a stressful situation largely depends upon the perceived events and how they are interpreted.
Reason (R): Lazarus has distinguished between two types of appraisal, i.e., primary and secondary.
Options:
- Both (A) and (R) are true and (R) is the correct explanation of (A).
 - Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - (A) is true, but (R) is false.
 - (A) is false, but (R) is true.
47. In the question given below, there are two statements marked as Assertion (a) and Reason (R). Read the statements and choose the correct option.
Assertion (a): High stress too can produce unpleasant effects and cause our performance to deteriorate.
Reason (R): Eustress always turns into distress and also produces unpleasant effects.
Options:
- Both (a) and (R) are true and (R) is the correct explanation of (A).
 - Both (a) and (R) are true and (R) is not the correct explanation of (A).
 - (a) is true, but (R) is false.
 - (a) is false, but (R) is true.
48. In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.
Assertion (A): Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
Reason (R): To meet the challenges of life, a positive attitude, positive thinking, social support, etc., are some factors that can be of help.
Options:
- Both (A) and (R) are true and (R) is the correct explanation of (A).
 - Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - (A) is true, but (R) is false.
 - (A) is false, but (R) is true.

SECTION-C

Section C has 12 questions (from Question Nos. 49 to 60). A total of 10 questions are to be answered in this question.

Question Nos. 49-54 are case-based questions.

Question Nos. 55-60 are based on the picture provided.

Read the case given below and answer the questions that follow:

Indian music and dance are embedded with Indian tradition and culture from the prehistoric period. Classical dance forms of modern India have originated from ancient dance disciplines.

Narayanan Nair was a prominent 20th century Kathakali artiste. His ability to improvise on the stage by exhibiting realistic touches to facial expressions and hand gestures won him massive appreciation. He honed finer sensibilities regarding his identity and the meaning of his existence. Expression through dance also enhanced his self-awareness.

Similarly, Tirumakudalu Chowdiah played the four-stringed violin and by 1927, he became an extremely well-known violin accompanist.

When Chowdiah was a child, a scholar asked him why he looked upset. He replied, "I feel like running away to music lessons". The scholar convinced Chowdiah's mother to allow him to learn music and be trained under Bidaram Krishnappa. In one of the vocal concerts of Krishnappa, Chowdiah accompanied him using his new seven-stringed violin. Krishnappa perceived that the sound emanating from the violin was louder than usual.

In those days, there was no sound amplification technology. Listeners sitting in the back rows of music halls found it difficult to hear the performance. Therefore, Chowdiah added three more strings to the violin to amplify the sound. Krishnappa was proud of Chowdiah's accomplishment at innovating the violin.

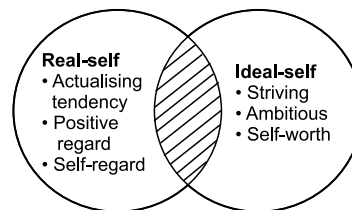
49. Narayanan Nair's intelligence can be primarily stated as _____ ability.
- (a) linguistic (b) logical-mathematical
(c) naturalistic (d) bodily-kinesthetic
50. He honed finer sensibilities regarding his identity and meaning of his existence. Expression through dance also enhanced his self-awareness.
The above statements reveal _____ type of intelligence.
- (a) linguistic (b) bodily-kinesthetic
(c) logical-mathematical (d) intrapersonal
51. 'Krishnappa was proud of Chowdiah's accomplishment at innovating the violin.'
The above statement reflects Chowdiah's _____.
- (a) linguistic ability (b) musical ability
(c) creative ability (d) logical-mathematical ability
52. Chowdiah's mother motivated him as she was convinced with the scholar's words. Thus, Chowdiah was trained under Bidaram Krishnappa. Considering these factors, he became a successful violinist majorly because of the _____.
- (a) hereditary influences (b) environmental influences
(c) interaction of nature and nurture (d) environmental deprivation
53. In order to measure Narayanan Nair's and Chowdiah's intelligence. The tests should focus on measuring _____.
- (a) Componential intelligence (b) Successive processing
(c) Multiple intelligences (d) Uni or one factor of intelligence
54. Both Narayanan Nair and Chowdiah were successful in their fields as they were most likely to have:
- (a) the aptitude required for the career they pursued.
(b) the interest required for the career they pursued.
(c) both the aptitude and interest required for the career they pursued.
(d) the necessary passion for the career they pursued.

Refer to Pictures 1A and 1B given below and answer the questions that follow:

Picture 1A Birhor, Book by SCSTRTI



Picture 1B



55. Which two approaches to personality can be explained by Pictures 1A and 1B?
- (a) Psychodynamic and cultural approaches (b) Behavioural and humanistic approaches
(c) Cultural and humanistic approaches (d) Cultural and behavioural approaches
56. Which of the following is TRUE about the Birhor community?
- Most of them live a nomadic life, which requires constant movement in small bands from one forest to another.
 - 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 socialisation practices are also aimed at making children dependent (do things with the help provided by elders)
 - They are not achievement-oriented (they do not accept risks and challenges such as those involved in hunting).

ANSWERS

SECTION-A

1. (c) Mental age divided by chronological age and multiplied by 100.

Explanation: Intelligence Quotient refers to mental age divided by chronological age and multiplied by 100.
 $IQ = (MA/CA) \times 100$

2. (c) Value

Explanation: Values are enduring beliefs about an ideal mode of behaviour. A person having a value sets a standard for guiding her/his actions in life and also for judging others.

3. (a) Creativity

Explanation: Manifestations of creativity can be observed in a novel solution to a problem, an invention, composition of a poem, painting, new chemical process, an innovation in law, a breakthrough in preventing a disease and the like.

4. (b) Emotional intelligence

Explanation: Emotional intelligence is a set of skills that underlie accurate appraisal, expression and regulation of emotions.

5. (d) Two forms : independent and multiple aptitude tests

Explanation: Aptitude tests are available in two forms: independent aptitude tests and multiple aptitude tests. Clerical Aptitude, Mechanical Aptitude, Numerical Aptitude and Typing Aptitude are independent aptitude tests. Multiple Aptitude Tests exist in the form of test batteries, which measure aptitude in several separate but homogeneous areas.

6. (c) Social

Explanation: The social self emerges in relation with others and emphasises such aspects of life as cooperation, unity, affiliation, sacrifice, support or sharing.

7. (b) Ego

Explanation: It grows out of id and seeks to satisfy an individual's instinctual needs in accordance with reality. It works by the reality principle.

8. (a) Response

Explanation: For most behaviourists, the structural unit of personality is the response. Each response is a behaviour, which is emitted to satisfy a specific need.

9. (b) Unconditional positive regard

Explanation: Enhancement of people's self-concept is possible by creating an environment of unconditional positive regard.

10. (b) Type-B

Explanation: Type-B personality seems to possess low motivation, are patient and feel they have lot of time and little work.

11. (a) Reaction formation

Explanation: In reaction formation, a person defends against anxiety by adopting behaviours opposite to her/his true feelings. A person with strong sexual urges, who channels her/his energy into religious fervour, presents a classical example of reaction formation.

12. (c) Myths, dreams, arts and various traditions

Explanation: Archetypes are found in myths, dreams and arts and various traditions. These are not individually acquired, but are inherited.

13. (c) Trait

Explanation: A trait is considered as a relatively enduring attribute or quality on which one individual differs from another. They include a range of possible behaviours that are activated according to the demands of the situation.

14. (b) Tangible

Explanation: Social support may be in the form of tangible support or assistance involving material aid, such as money, goods, services, etc. For example, a child gives notes to her/his friend, since s/he was absent from school due to sickness.

15. (a) Creative visualisation

Explanation: Creative visualisation is a subjective experience that uses imagery and imagination. This reduces the risk of interference from unbidden thoughts and provides the creative energy needed for turning an imagined scene into reality.

16. (d) Harm, threat or challenge

Explanation: Negative events are appraised for their possible harm, threat or challenge.

17. (d) Frustration

Explanation: Frustration results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal.

18. (a) Burnout

Explanation: This state of physical, emotional and psychological exhaustion is known as burnout.

19. (b) Assessment

Explanation: Assessment refers to measurement of psychological attributes of individuals and their evaluation, often using multiple methods in terms of certain standards of comparison.

20. (d) Giftedness

Explanation: Giftedness is exceptional general ability shown in superior performance in a wide variety of areas. Talent is a narrower term and refers to remarkable ability in a specific field.

21. (b) T-helper cells

Explanation: It is these T-helper cells that are attacked by the Human Immuno Deficiency Virus (HIV), the virus causing Acquired Immuno Deficiency Syndrome (AIDS).

22. (b) Resistance

Explanation: In the resistance stage, the parasympathetic nervous system calls for more cautious use of the body's resources.

23. (c) Physical

Explanation: Physical stresses are demands that change the state of our body. For example, we feel strained when we overexert ourselves physically, lack a nutritious diet or suffer an injury.

24. (c) Culture

Explanation: Culture is a collective system of customs, beliefs, attitudes and achievements in art and literature.

SECTION-B

25. (b) Moderate (IQs 35-40 to approximately 50-55)

Explanation: Vikas is likely to be at the moderate level (IQs 35–40 to approximately 50–55) of intellectual disability. The people with moderate disability lag behind their peers in language and motor skills. They can be trained in self-care skills and simple social and communication skills.

26. (d) Inductive reasoning and memory

Explanation: According to Thurstone's theory of primary mental abilities, Latika possesses inductive reasoning and memory because she is able to recall information accurately and derives general rules from presented facts.

27. (d) ii and iv

Explanation: Intelligence tests can also be classified as either verbal or performance tests on the basis of the nature of items used. Abdul can choose the test depending on purpose. This can be individual, group, verbal, non-verbal or performance test.

28. (c) Biofeedback

Explanation: This procedure to monitor and reduce the physiological aspects of stress is known as biofeedback.

29. (d) ii, iv and v

Explanation: Angel is most likely to possess componential intelligence. This intelligence has three components, each serving a different function. First is the knowledge acquisition component, which is responsible for learning and acquisition of the ways of doing things. The second is the meta or a higher order component, which involves planning concerning what to do and how to do. The third is the performance component, which involves actually doing things.

30. (b) Rosenzweig's Picture-Frustration Study (P-F Study)

Explanation: Tanmay is likely to be using the Rosenzweig's picture-frustrating study (P-F Study). This test was developed by Rosenzweig to assess how people express aggression in the face of a frustrating situation. The test presents with the help of cartoon like pictures a series of situations in which one person frustrates another or calls attention to a frustrating condition. The subject is asked to tell what the other (frustrated) person will say or do. The analysis of responses is based on the type and direction of aggression.

31. (c) ii and iii

Explanation: Genital stage does not last from seven years until puberty. During latency stage, physical growth continues in latency stage. This stage lasts from about seven years until puberty. During this period, the child continues to grow physically, but sexual urges are relatively inactive. Much of a child's energy is channelled into social or achievement-related activities.

32. (c) ii, iii and v

Explanation: Ankita scores high on dimensions of psychoticism. This can be linked to psychopathology that represent a lack of feeling for others, a tough manner of interacting with people and a tendency to defy social conventions. A person scoring high on this dimension tends to be hostile, egocentric and antisocial.

33. (c) ii, iii and iv

Explanation: A formal effort aimed at understanding personality of an individual is termed as personality assessment. The goal of assessment is to understand and predict behaviour with minimum error and maximum accuracy. In assessment, we try to study what a person generally does or how s/he behaves in a given situation. Besides promoting our understanding, assessment is also useful for diagnosis, training, placement, counselling and other purposes.

34. (a) Both (a) and (R) are true and (R) is the correct explanation of (a).

Explanation: PASS model explains that state of arousal is basic to any behaviour as it helps us in attending to stimuli. 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.

35. (d) (a) is false, but (R) is true.

Explanation: The concept of IQ was given by William Stern. It is correct that Binet's theory of intelligence was rather simple as it arose from his interest in differentiating more intelligent from less intelligent individuals.

36. (c) (a) is true, but (R) is false.

Explanation: Behavioural ratings are frequently used for assessment of personality in educational and industrial settings. Naturalistic observation is not free from observer bias.

37. (d) Improving relationships

Explanation: The key to a sound lasting relationship is communication. This consists of three essential skills: listening to what the other person is saying, expressing how you feel and what you think, and accepting the other person's opinions and feelings, even if they are different from your own. It also requires us to avoid misplaced jealousy and sulking behaviour.

38. (a) Both (a) and (R) are true and (R) is the correct explanation of (a).

Explanation: Rogers emphasised the relationship between the 'real self' and the 'ideal self'. The congruence of these selves makes a person fully functioning.

39. (b) Both (a) and (R) are true and (R) is not the correct explanation of (a).

Explanation: Both A and R are true and R is not the correct explanation of A.

40. (a) Both A and R are true and R is the correct explanation of A.

41. (d) (a) is false, but (R) is true.

Explanation: For a layperson, personality generally refers to the physical or external appearance of an individual. For example, when we find someone 'good-looking', we often assume that the person also has a charming personality. This notion of personality is based on superficial impressions, which may not be correct. It is correct that personality refers to our characteristic ways of responding to individuals and situations.

42. (b) Hassles

Explanation: Hassles are the personal stresses we endure as individuals, due to the happenings in our daily life, such as noisy surroundings, commuting, quarrelsome neighbours, electricity and water shortage, traffic snarls and so on.

43. (a) Avoiding

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

44. (b) ii and iv

Explanation: Traumatic events include being involved in a variety of 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 persist as symptoms of anxiety, flashbacks, dreams and intrusive thoughts, etc. Severe trauma can also strain relationships.

45. (c) ii and iii

Explanation: To manage stress, Vikram needs to reassess the way he thinks and learn coping strategies. He should allow himself to manage and regulate the emotional response to the problem.

46. (a) Both A and R are correct and R is the correct explanation of A.

47. (c) (a) is true but (R) is false.

Explanation: High stress too can produce unpleasant effects and cause our performance to deteriorate. Eustress, however, has the potential of turning into 'distress' but not necessarily always.

48. (b) Both A and R are true but R is not the correct explanation of A.

SECTION-C

49. (d) Bodily-kinesthetic

Explanation: Narayanan Nair's intelligence can be primarily stated as bodily kinesthetic ability.

50. (d) Intrapersonal

Explanation: The statement reveals intrapersonal type of intelligence.

51. (c) Creative ability

Explanation: The statement reflects Chowdiah's creative ability.

52. (c) Interaction of nature and nurture

Explanation: Considering these factors, he became a successful violinist majorly because of the interaction of nature and nurture.

53. (c) Multiple intelligences

Explanation: In order to measure Narayanan Nair's and Chowdiah's intelligence, the tests should focus on measuring multiple intelligences.

54. (c) both the aptitude and interest required for the career they pursued.

Explanation: Narayanan Nair and Chowdiah were successful in their fields as they were most likely to have both the aptitude and interest required for the career they pursued.

55. (c) Cultural and humanistic approaches

Explanation: Picture 1 A and 1 B explains cultural and humanistic approaches.

56. (b) (i) and (ii)

Explanation: In the Birhor society, children from an early age are allowed enormous freedom to move into forests and learn hunting and gathering skills. 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

57. (c) It proposes that there is an inborn tendency among persons that directs them to actualise their inherited nature.

Explanation: Humanistic approach proposes that there is an inborn tendency among persons that directs them to actualise their inherited nature which is depicted in picture 1 B.

58. (a) Survival

Explanation: Biological, security and belongingness needs are commonly found among animals and human beings. These needs are commonly called survival needs.

59. (b) Because of different economic pursuits and cultural demands.

Explanation: Because on different economic pursuits and cultural demands, children in hunting-gathering and agricultural societies develop and display different personality patterns.

60. (a) i, ii and iv

Explanation: In Birhor society, the child socialisation 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.

Term – I

OMR SHEET

Booklet Series

A

Use English Numbers / Letters only. Use Blue / Black Ball Point Pen to write in box.

<p>Booklet Series</p> <p><input type="text"/></p> <p>(A)</p> <p>(B)</p> <p>(C)</p> <p>(D)</p> <p>Subject</p> <p><input type="text"/></p>	<p>Roll Number</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> </table> <p>0 0 0 0 0 0 0 0 0 0</p> <p>1 1 1 1 1 1 1 1 1 1</p> <p>2 2 2 2 2 2 2 2 2 2</p> <p>3 3 3 3 3 3 3 3 3 3</p> <p>4 4 4 4 4 4 4 4 4 4</p> <p>5 5 5 5 5 5 5 5 5 5</p> <p>6 6 6 6 6 6 6 6 6 6</p> <p>7 7 7 7 7 7 7 7 7 7</p> <p>8 8 8 8 8 8 8 8 8 8</p> <p>9 9 9 9 9 9 9 9 9 9</p>											<p>Name</p> <p><input type="text"/></p> <p><input type="text"/></p> <p>Test Date</p> <p><input type="text"/></p> <p>Invigilator's Signature</p> <p><input type="text"/></p> <p>Student's Signature</p> <p><input type="text"/></p> <p>Certified that all the entries in this section have been properly filled by the student</p>	<p>Proper Marking The OMR Sheet will be computer checked. Fill the circles completely and dark enough for proper detection. Use ballpen (black or blue) for marking.</p> <p>(A) (B) ● (D)</p> <p>Avoid Improper Marking</p> <p>Partially Filled</p> <p>Lightly Filled</p>	<p>Test Center Code</p> <p>0 0</p> <p>1 1</p> <p>2 2</p> <p>3 3</p> <p>4 4</p> <p>5 5</p> <p>6 6</p> <p>7 7</p> <p>8 8</p> <p>9 9</p>

IMPORTANT

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Darken the circle for each question.

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09	(A) (B) (C) (D)	24	(A) (B) (C) (D)	39	(A) (B) (C) (D)	54	(A) (B) (C) (D)
10	(A) (B) (C) (D)	25	(A) (B) (C) (D)	40	(A) (B) (C) (D)	55	(A) (B) (C) (D)
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12	(A) (B) (C) (D)	27	(A) (B) (C) (D)	42	(A) (B) (C) (D)	57	(A) (B) (C) (D)
13	(A) (B) (C) (D)	28	(A) (B) (C) (D)	43	(A) (B) (C) (D)	58	(A) (B) (C) (D)
14	(A) (B) (C) (D)	29	(A) (B) (C) (D)	44	(A) (B) (C) (D)	59	(A) (B) (C) (D)
15	(A) (B) (C) (D)	30	(A) (B) (C) (D)	45	(A) (B) (C) (D)	60	(A) (B) (C) (D)