

# PRE-BOARD -1 (2019-2020)

## PSYCHOLOGY (037)

Class - XII

Time - 3 Hours

Max Marks - 70

### General instructions

All questions are compulsory and answers should be brief and to the point.

Marks for each question are indicated against it.

Question Nos. 1-17 in Part A are objective type questions carrying one mark each. You are requested to answer them as directed.

Question Nos. 18-21 in Part B are very short answer type questions carrying two marks each. Answer to each question should not exceed 30 words.

Question Nos. 22-24 in Part C are short answer type I questions carrying three marks each. Answer to each question should not exceed 60 words.

Question Nos. 25-30 in Part D are short answer type II questions carrying four marks each. Answer to each question should not exceed 100 words.

Question Nos. 31-32 in Part E are long answer type questions carrying six marks each. Answer to each question should not exceed 200 words.

### PART - A

1. Learning alphabets and digits is an example of simultaneous processing. **True/False** 1
2. \_\_\_\_\_ is the study of the relationships between living beings and their environment. 1
  - a. Psycho-social
  - b. Ecology
  - c. Social
  - d. Psychology
3. When a person feels that he or she is not getting something which he/she values, he/she may be experiencing \_\_\_\_\_. 1
  - a. Poverty
  - b. Deprivation
  - c. Social disadvantage
  - d. Destitution
4. Ability to deal with high density or crowded environment is called \_\_\_\_\_. 1
5. Natural environment is the part of nature which remains untouched by human hand. **True/False** 1
6. You were interviewed by your school selection team for the post of head boy/head girl. Identify the interpersonal distance in this situation. 1
  - a. Intimate distance
  - b. Public distance
  - c. Personal distance
  - d. Social Distance

7. \_\_\_\_\_ means that your behavioral expressions are consistent with what you value, the way you feel and relate to your inner self-image. 1
- empathy
  - positive regard
  - self-concept
  - authenticity
8. Mindfulness is related to \_\_\_\_\_. 1
- Hinduism
  - Buddhism
  - Jainism
  - None of these
9. Empathy is a part of \_\_\_\_\_ skills. 1
10. \_\_\_\_\_ is a biological activity involving reception of message through sensory channels. 1
11. The initial step of listening process is the reception of stimulus. 1
- True/False.**
12. \_\_\_\_\_ and \_\_\_\_\_ are two alternative therapies. 1
13. Rahul believes he is a secret agent and that a network of spies communicates with him through messages sent directly into his head. Identify the type of delusion he is experiencing. 1
- Delusion of reference
  - Delusion of control
  - Delusion of grandeur
  - Delusion of persecution
14. Two factor theory was proposed by \_\_\_\_\_. 1
15. \_\_\_\_\_ refers to our ability to organize and monitor our own behaviour. 1
16. Frustration-aggression is a very famous hypothesis proposed by \_\_\_\_\_. 1
- Roger
  - Dollard and Miller
  - Maslow
  - Endler and Parker
17. Fear of unfamiliar situation is known as \_\_\_\_\_. 1

**PART - B**

18. Differentiate between talent and giftedness. 2
19. A) Describe the symptoms of obsessive-compulsive disorder. 2
- OR
- B) What is separation anxiety disorder? List any 2 symptoms
20. How is personal identity different from social identity? 2
21. Why do people obey? Give any two reasons for obedience to take place. 2

**PART - C**

22. A) Two sections of Class XII of your school are at conflict over shared resources such as activity room, football ground and audio-visual center. Suggest possible solutions to reduce and resolve this conflict. 3

**OR**

- B)Your school is organizing a picnic. Using techniques of compliance, suggest a plan to get your parents to agree to send you for this picnic.
23. Ankita’s job requires her to shift cities very frequently. With reference to secondary appraisal, suggest ways in which she will interpret the situation? 3
24. How resilience and health are related to each other? 3
- PART - D**
25. Write the main features of abnormal behaviour? 4
26. Describe Robert Sternberg’s Triarchic theory of intelligence. 4
27. A)In the last few years, Monica had to face many difficult circumstances. Quite often, she finds herself asking questions about the meaning of life. How will existential therapy alleviate her distress and help her achieve a sense of wholeness? 4
- OR**
- B)Ayesha has been feeling anxious and depressed. She is convinced that no one loves her and it would be very difficult for her to succeed. How will Beck’s cognitive therapy help her deal with her negative thoughts?
28. A big percentage of the population lives below the poverty line in India. As a responsible student, suggest steps to reduce poverty. 4
29. A)You are a career counsellor. Design an interview format to help Ahmed select an appropriate career. 4
- OR**
- B)You are acting in a school play. How can you communicate your part most effectively to the audience?
30. Define ‘interpersonal physical distance’. Explain its various types mentioned by Edward Hall. 4
31. A person has a Phobia of cockroaches. Explain this Phobia from the social learning perspective and psychoanalyst view point. Give examples. 6
32. A)What are some of the measures suggested by WHO to prevent suicide? What are the approaches that are useful in strengthening positive self-esteem in children? 6
- OR**
- B)Discuss listening as an effective component of communication