

PRE-BOARD EXAMINATION-2020-21

SUBJECT - PSYCHOLOGY

Class: XII (CBSE)

Total Marks: 80

Date.....

Time: 3 hrs.

General Instructions:

- All questions are compulsory except where internal choice has been given.
- Answers should be brief and to the point. Marks for each question are indicated against it.
 - Question No. 1- 14 in Section I are objective type questions carrying 1 mark each. You are expected to answer them as directed.
 - Question No. 15-16 in Section II are case based with objective type questions. Question No. 15 has three questions carrying 1 mark each. Question No. 16 has four questions carrying 1 mark each. You are expected to answer each one of them.
 - Question No. 17-22 in Section III are very short answer type questions carrying 2 marks each. Answers to each question should not exceed 30 words.
 - Question No. 23-25 in Section IV are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
 - Question No. 26-29 in Section V are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
 - Question No. 30 and 31 in Section VI are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

SECTION I

Q1.a) _____ are enduring belief about an ideal mode of behavior. **1**

OR

Q1.A) An individual's underlying potential for acquiring skills is called _____.

Q1.B) An unfaithful husband who is cheating his spouse suspects that his wife is unfaithful **1**
towards him. This is an example of

- | | |
|---------------|-----------------|
| a) Repression | b) Displacement |
| c) Denial | d) Projection |

Q3) Which among the following is a characteristic of CBT? **1**

- a) Time consuming and lengthy process
- b) It adopts biopsychosocial approach
- c) It tries to resolve intrapsychic conflicts
- d) It is not applicable for treating variety of psychological disorders

Q4) A person with a negative attitude towards junk food happened to read an article about the **1**
ill effects of junk food and his attitude towards junk food became more negative. The
attitude change taking place here is incongruent.

a) True

b) False

Q5) Anna, 7-year-old is having marked difficulties in interacting with other people. Her speech is poorly developed and is also having difficulty to express her emotions with others. She often shows body movements like rocking. She is most likely to be having _____.

a) Autism

b) ADHD

c) Oppositional Defiant Disorder

d) Separation Anxiety Disorder

Q6) A 36 years old working in a factory is terribly afraid of being contaminated by germs. He avoids shaking hands with others and eating along with others in the canteen. He repeatedly washes his hands and has trouble leaving the washroom. What could be the possible diagnosis for his condition?

a) Social Phobia

b) Generalized Anxiety Disorder

c) Obsessive Compulsive Disorder

d) Acute Stress Disorder

Q7) Which one of the following is not true of creativity tests? **1**

a) They are mostly open- ended

b) There are specified answers to the questions

c) They permit to think of different answers to the questions.

d) They involve divergent thinking

Q8) Behaviours or skill that helps to communicate, clearly and confidently, our feelings, needs and thoughts are called _____.

a) Assertiveness

b) Rational thinking

c) Hardiness

d) Self-efficacy

Q9) Ros eat excessive amounts of food, and then purge her body of food by using laxatives. Identify her eating disorder. **1**

Q10A) Calculate the IQ of a 10-year-old child with a mental age of 12. **1**

OR

Q10B) A child with an IQ below 70 is considered as _____.

Q11A) Lina was absent to school for a week due to her sickness and her friend helped her by giving notes to complete the missed portion. What kind of social support it is? **1**

a) Informational support

- b) Tangible support
- c) Emotional support
- d) Academic support

OR

Q11B) Whenever he is getting stressed, Ram tries to be with other people in order to manage his situation. What kind of coping strategy is he using?

- a) Avoidance- oriented
- b) Emotion- oriented
- c) Problem- focused
- d) Task- oriented

Q12) In a team, the responsibility of the work is for the leader. **1**

- a) True
- b) False

Q13) Person high on _____ intelligence can easily adapt to their present environment or modify the environment to fit their needs. **1**

- | | |
|-----------------|-----------------|
| a) Contextual | b) Experiential |
| c) Componential | d) Integral |

Q14) Choose the correct match for each activity with respect to the sequence of group formation. **1**

- | | |
|---|---------------|
| I) Members try to know each other and assess whether they will fit in. | i) Performing |
| II) Intergroup conflict among members in deciding the target to be achieved, leader of the group and the members to perform the task. | ii) Norming |
| III) Members develop norms for their group behaviours. | iii) Forming |
| IV) Members move towards achieving their goal. | iv) Storming |

- a) I iv, II iii, III ii, IV i
- b) I iii, II iv, III ii, IV i
- c) I ii, II iv, III iii, IV i
- d) I iii, II ii, III iv, IV i

SECTION II

Q15) Read the case and answer the questions that follow.

1x3=3

Jack graduated from high school and got a job working in a video store. After working for about 6 months Jack began to hear voices that told him he was no good. He also began to believe that his boss was planting small video cameras in the returned tapes to catch him making mistakes. Jack became increasingly agitated at work, particularly during busy times, and began "talking strangely" to customers. For example, one customer asked for a tape to be reserved and Jack indicated that that tape may not be available because it had "surveillance photos of him that were being reviewed by the CIA". After about a year Jack quit his job one night, yelling at his boss that he couldn't take the constant abuse of being watched by all the TV screens in the store and even in his own home.

Q15 i) Identify Jack's disorder.

- a) Bipolar Mood disorder
- b) Schizophrenia
- c) Delusional disorder
- d) Obsessive Compulsive Disorder

Q15 ii) 'He also began to believe that his boss was planting small video cameras in the returned tapes to catch him making mistakes'. What kind of delusion does it indicate?

Delusions of persecution

Delusions of reference

Delusion of grandeur

Delusion of control

Q15 iii) Which one of the following is not a symptom of Schizophrenia?

- a) Delusion
- b) Hallucination
- c) Blunted affect
- d) Selective memory loss

Q16) Read the case and answer the questions that follow.

1x4=4

A 24 aged lady visits a psychologist because of her intense fear of spiders. She reports that she has been afraid of spiders since early childhood. In the last few months, the spider fear has become more intense. Until recently, she lived with her parents, but now she has her own apartment. She is, however, seriously considering the possibility of returning to her parents' home as she was able to call her father when she suspected that there was a spider in her bedroom. On these occasions, her father inspected the room and removed a spider. But now that she lives in her own apartment, she is unable to call upon her father because her parents live in another town, some 40 miles away. She is especially afraid of spiders

at night. Consequently, she does not sleep very well. During the day she feels tired and finds it difficult to concentrate on her work. At home, she is constantly alert and keeps scanning the environment for spiders. Returning to her parents' home would probably mean having to give up her job as a secretary.

Therapist suggested behaviour therapy technique to elicit her fear.

Q16 i) Her symptoms indicate that she has _____.

- a) Agoraphobia
- b) Specific phobia
- c) Generalized Anxiety Disorder
- d) PTSD

Q16 ii) Which therapy is best suitable for treatment of phobia?

- a) Systematic desensitization
- b) Rational Emotive Therapy
- c) Client centered therapy
- d) Logotherapy

Q16 iii) Based on which principle does technique of systematic desensitization operates?

- a) Reciprocal inhibition
- b) Operant Conditioning
- c) Punishment
- d) Relaxation

Q16 iv) Who introduced systematic desensitization?

SECTION III

Q17) Differentiate between Technological intelligence and Integral intelligence. 2

Q18) What is group polarization? State any one reason for the occurrence of group polarization. 2

Q19) Differentiate between source and surface traits of Raymond Cattell. 2

Q20A) How does biofeedback help in managing stress? 2

OR

Q20B) What do you mean by stress resistant personality? What are their characteristics?

Q21) What is Panic disorder? Mention any 2 clinical features. 2

Q22A) What is Giftedness? Give any two characteristics of gifted children. 2

OR

Q22B) Differentiate between non- verbal and performance tests of intelligence with example.

SECTION IV

- Q23)** Define Attitude. Explain cognitive dissonance theory of attitude change with example. **3**
- Q24)** Meera was brought to the therapist due to her feelings of anxiety. She believes that she is not wanted and is not loved by anyone. During interview therapist understood that she was neglected by her parents during her childhood. Which therapy is best to treat her condition? Substantiate. **3**
- Q25A)** Discuss the factors that facilitate group formation? **3**
- OR**
- Q25B)** People join groups for several reasons. Explain.

SECTION V

- Q26A)** Explain multiple intelligence theory identified by Gardner. **4**
- OR**
- Q26B)** Describe PASS model of Intelligence.
- Q27)** Explain the factors that lead to the formation of attitude. **4**
- Q28)** Suicides are preventable. How can you identify students who are in distress in order to prevent suicide tendency? Suggest two ways to strengthen their self-esteem. **4**
- Q29)** Arihant wants to become a singer even though he belongs to a family of doctors. Though his family members claim to love him but strongly disapprove his choice of career. Using Carl Roger's terminology, describes the attitudes shown by Arihant's family. **4**

SECTION VI

- Q30A)** Describe how life skills can help meet life's challenges? **6**
- OR**
- Q30B)** Due to lifestyle changes, stress is on increase and schools, office, other institutions, and communities are concerned about ways to manage stress. Discuss major stress management techniques.
- Q31A)** What are the main goals of Psychoanalysis? Explain Freud's structure of personality in detail. **6**
- OR**
- Q31B)** What are the main contributions of humanistic approach to personality? Explain.

