

**GENERAL INSTRUCTIONS:**

- i) All questions are compulsory except where internal choice has been given.
- ii) Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
- iii) Question Nos. 16-21 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. 22-24 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. 25 - 28 in Section D are long answer type questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- vi) Question Nos. 29-30 in Section E are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- vii) Question Nos. 31 – 34 in Section F are based on two cases given. Answer to each one mark question should not exceed 20 words. Answer to each two-mark question should not exceed 30 words.

**SECTION – A**

1. Karim watches TV when he is stressed due to pending assignments in school. According to Endler and Parker, he is using \_\_\_\_\_ mechanism of coping. 1
2. The self is described as a/an \_\_\_\_\_ when it gets affected. 1
3. When someone is sociable and outgoing, as well as enjoys meeting friends, relatives and other people at social gatherings, she/he can be classified as an introvert. (True/False) 1
4. Mamta is suffering from a rare disease but her mother is refusing to accept the reality. She insists on taking Mamta from one doctor to another hoping to hear that nothing is wrong with her daughter. This is an example of: 1
  - a) Projection
  - b) Denial
  - c) Reaction Formation
  - d) Rationalisation
5. Dipa Karmakar is the first Indian gymnast to qualify for the Rio Olympics 2016. According to psychologists, Dipa would be high on \_\_\_\_\_ intelligence. 1
  - a) Spatial
  - b) Naturalistic
  - c) Interpersonal
  - d) Bodily – kinaesthetic
6. George's sympathetic nervous system is engaged in the flight or fight syndrome due to a major stressor in his life. Which stage of general adaptation syndrome is he experiencing? 1
7. Giftedness from the teachers' point of view depends on a combination of \_\_\_\_\_. 1
  - a) high ability, high creativity, high commitment
  - b) high ability, high creativity, high cooperation
  - c) high ability, high commitment, high talent
  - d) high ability, high creativity, high dependence
8. Hippocrates proposed a typology of personality based on \_\_\_\_\_. 1
  - a) trigunas
  - b) humour
  - c) tridosha
  - d) body build and temperament
9. Amit lacks motivation in life and has an overly complacent attitude. He remains relaxed and deals patiently with others. Which type of personality does Amit have according to Friedman and Rosenman? 1
  - a) Type A
  - b) Type B
  - c) Type C
  - d) Type D
10. Anjani just found a gold bracelet inside a movie theatre. Which part of her personality would urge her to deposit it at the manager's office? 1
  - a) id
  - b) ego
  - c) superego
  - d) Libido



**SECTION – E**

29. What is 'coping'? Explain the different ways of coping with stress.  
(OR)  
Discuss the various factors that lead to positive health and well-being. 6
30. How do you define personality? Explain any one approach to the study of personality.  
(OR)  
How do projective techniques assess personality? Explain any two well-known projective techniques. 6

**SECTION – F**

31. Neha is an average 16 years old student who scores around 70-80% in most of the subjects. She is not particularly an outstanding student in any of the particular fields yet has an average performance in most of them. She is not a high scorer but she is involved in most of the planning for various events in school as well as family as she always comes out with ideas which are her own and out of the box.  
There is another girl Anita who is regarded as excellent student by her teachers, does her work on time, scores the highest grades in her class and listens to instructions with care, grasps quickly, reproduces accurately but she rarely comes out with ideas which are her own.  
(1 x 3 = 3)
- i) Choose the most appropriate option:  
a) Neha is intelligent and Anita is creative.  
b) Neha is creative and Anita is intelligent.  
c) Both are creative.  
d) Both are intelligent and creative.
- ii) Which of the following statement is not true?  
a) Creative ideas could come from people who did not have a very high IQ.  
b) A person can be creative as well as intelligent.  
c) A person can be intelligent but not necessarily creative.  
d) William Stern did his research on creativity and intelligence.
- iii) Which of the following characteristics is true for creativity tests?  
a) They involve divergent thinking.  
b) They are close-ended.  
c) There is little scope for the expression of spontaneity, and originality.  
d) There are specified answers to questions in these tests.
32. Dave is a 41-year-old male who was referred by his primary care physician after presenting to the ER with difficulty breathing. Dave's physician was unable to find a medical explanation for his symptoms, which left Dave feeling confused, stressed, and angry. Over the last 6 months, Dave has had several instances where he felt an intense fear that would reach a peak within a few minutes. During these instances, he would also experience sweating, heart palpitations, chest pain and discomfort, and shortness of breath. At times, Dave worried that might die. As a result, Dave has persistent worry about having another attack. In addition, he has begun to avoid unfamiliar places and people where it may be difficult to get help in the event of another attack. All this is significantly impacting Dave's life as he has been turning down social invitations, making excuses to stay at home whenever possible, and relying on his wife to drive their children to their various activities. Although she understood at first, Dave's wife has grown frustrated with what she perceives as his irrational fear.
- i) Which disorder is been discussed in this study? 1
- ii) Discuss any two symptoms of this disorder. 2