PRE-BOARD EXAMINATION - 2023 Std. 12 20-12-2023

PSYCHOLOGY

Time : 3 hrs. Max. Marks : 70

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 I 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 II 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 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

SECTION - A

- 1. Shriya is 14 years old. She enrolled herself for pottery classes and in a very short span of time she learnt making pots and other earthen ware under the guidance of her coach. She now makes pots and pans with unique and amazing designs and is now thinking of taking advanced courses in pottery. In her free time, she prefers to play badminton and is a fan of P.V. Sindhu. Which of the statement DOES NOT seem to apply to Shriya on the basis of information provided?
 - a) Shriya seems to possess spatial and bodily-kinaesthetic intelligence.
 - b) Shriya is interested in badminton.
 - c) She has an aptitude for pottery.
 - d) She has an aptitude for badminton.

2.				wins separated foster home. H 0.90				his grandparents e correlate: 0.25	1
3.		on (A): Ii o n (R): T b Both A a A is true A is false	n behavioura f different tra he situationa ehaves unde nd R are true but R is false but R is true	aits and be infl al stress test is r stressful situ- e and R is the o e.	s may c uenced used to ation. correct e	arry biases t by a single o provide info explanation o	hat influer or favoural ormation a of A.	nce their judgments	1
4.	Asserti Reasor	on (A): R h n (R): S the most Both A a Both A a	educed level ighly stresse tress can aff appropriate nd R are true nd Rare true	ect cytotoxicity answer from th e, and R is the , but R is not t	ler cell ł /. ne optio correct	nave been fo ns given belo explanation	und in per ow: of A.		1
5.	 A is false, but R is true. It's your best friend's 18th birthday for which you have been planning for weeks. Just before you were about to leave for the party, there are some unexpected guests at your place. Due to their unexpected arrival, your parents have requested you to stay back & help them in attending the guests and skip the party. All this has put you under a lot of stress. Identify the source of 							to ng	
6.	The as a)	sessment Harm	of damage t b)	hat has alread Loss	y been c)	done by an e Threat	event is ca d)	lled: Physical Damage	1

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7.	, , ,							
8.	Sunil shows loss of interest in most of the activities that he used to enjoy earlier, cannot sleep wel at night, and exhibits excessive guilt. Sunil's symptoms are akin to that of:1a)Somatoform Disorderb)Obsessive compulsive disorderc)Major Depressive-disorderd)Generalized Anxiety Disorder							
9.	The model of mental disorders emphasizes the interaction the interaction between a pre- and an environmental condition encountered by the individuala)biologicalbiologicalb)c)cognitive modeld)psychodynamic model							
10.	According to the concept of balance proposed by Fritz Heider, imbalance between three aspects of the attitude is found when 1 i) all three sides are of the P.O.X triangle are negative. ii) two sides are positive and one is negative. iii) all the three sides are positive. iv) two sides are negative and one side is positive. a) only (iii) b) (i) & (ii) c) (i), (ii) & (iv) d) (ii) & (iv)							
11.	 Social loafing will occur when: a) The group members feel more responsible. b) Motivation of the members decreases. c) Belonging to the group is important. d) There is proper coordination among members. 	1						
12.	, , , , , , , , , , , , , , , , , , , ,	direction, it is referred to: 1 ttribution npression						
13.	If Michael Jordan makes more of his shots when he is playing in a real game in front of millions of viewers than he does when he is practicing all alone, then this would be an example of:1a)Social loafingb)The mere exposure effectc)Groupthinkd)Social facilitation							
14.	Stages of group formation, according to Tuckman are:1a)Storming, norming, adjourning, performing, forming.1b)norming, performing, forming, adjourning, storming.1c)adjourning, forming, storming, performing, norming.1d)forming, storming, norming, performing, adjourning.1							
15.	 Which out of the following are the correct steps to formulate a client's problem? 1 a) Identification of the area to be targeted for the treatment, choice of technique for treatment, understanding of the problem. b) Choice of technique for treatment, understanding of the problem, Identification of the area to be targeted for the treatment. c) Understanding of the problem, identification of the area to be targeted for the treatment, choice of technique for treatment. d) Understanding of the problem, choice of technique for treatment, identification of the area to be targeted for the treatment. 							
	SECTION – B							
16.	Sunita loves to have tea and drinks 4-5 cups every day. Being aware of its ill effects, she promised herself that she would watch her favourite show on TV only if she managed to							

promised herself that she would watch her favourite show on TV only if she managed to restrain herself from drinking more than one cup every day. Name the technique of self-control that Sunita is displaying here also give reason of it.

2

2

2

- 17. Differentiate between prejudice and stereotype.
- 18. Rehan always says 'I should be loved by everyone'. Through which technique we can resolve this thought of Rehan?

Explain a most effective technique for treating the specific phobia a person.

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19.

20. The economists Amartya Sen has got Nobel Prize for his work, which kind of intelligence it is depicting also tell the name of the founder of this theory. (OR)

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State the difference between interpersonal and intrapersonal Intelligence.

21. Write short note on the following: Kernel of truth ii) Self-fulfilling prophecy i)

SECTION - C

22. Kirti is of average intelligence but is high on ability to appraise, express and regulate her emotions. Identify the intelligence that she exhibits and why it is receiving so much attention these days. Suggest some ways to enhance this kind of intelligence of students in schools. 3

(OR)

Ananya is a good dancer who is well adjusted in school as she cooperates with her teachers and classmates in all school related activities. She is also liked by friends and family. Identify and explain the types of intelligences that Ananya is exhibiting.

- 23. What is burnout? Explain any one cause of burnout.
- Atif is a 5 years old child, he is more attached with his mother, whenever he is asked to go to 24. school, he always, cries, shout and opposed he use to shows tantrums that not to send to school otherwise she would die explain, and also one another disorder of this category. (2 + 1 = 3)

- 25. Explain the term intelligence. Describe the PASS model of intelligence.
- 26. Paul Costa and Robert McCrae have examined all possible personality traits. The findings indicate a set of five factors. Name that theory and explain those factors.
- 27. A five-year-old child is showing disruptive and aggressive behavior in the class. As her teacher, which form of therapy would you use to help modify her behavior?
- 28. A group of 20 students was asked to complete the task of decorating the classroom boards. However, it was brought to the notice of the teacher that not everyone was participating and putting in effort. Identify and explain the phenomenon being described above and give reasons why this occurs. 4

(OR)

SECTION – E

b)

Team and group

Give the difference between following: mob and audience a)

29. Describe the humanistic approach to personality. What did Maslow mean by self-actualization? Explain.

(OR) Explain the characteristics of indirect techniques that are used to assess personality. Describe any three such tests.

30. One day in the morning Mohan wake-up and moved somewhere to a new place with new name and identity, made new family, joined new job, forgot everything about past, explain which type of disorder he is suffering from also other types of this disorder with the help of suitable examples.

(OR)

Explain mental disorders from the perspective of any three psychological models.

 $(1 \times 2 = 2)$

2

2

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(2 + 1 = 3)

4

(2+2=4)

6

6

SECTION - F

31. Samyak is a 17-year-old grade XII student who is also preparing for law entrance exams. He has recently shifted to another rented accommodation as the landlord asked his family to vacate the house. Shifting home along with school work and coaching work was very stressful for him. His parents have told him it was OK for them if he did not clear law exam as he has other options too.

Commuting to school has become longer and faces many traffic jams on the way resulting in late arrival in school as well as his coaching class. Since he is doing two things simultaneously, he is struggling with the double load of work.

Samyak is a perfectionist who has to do all assignments just right or not do at all. While working on assignments he attempts them several times till he is satisfied. He is overwhelmed with pending assignments and has been frequently missing deadlines. He wanted to excel both in school exams as well as entrance exam for law.

His regular football sessions with his friends had to be cut down. Of late he has been experiencing mood swings and also shouts at his close friends. His friends now avoid meeting him because of his erratic behaviour and outbursts.

- a) Stress has adverse impact on our functioning and health. Samyak's erratic behaviour towards his friends, mood swing and outbursts can be attributed to:
 - a) Effect of stress on emotional functioning.
 - b) Effect of stress on cognitive functioning.
 - c) Effect of stress on behaviour.
 - d) Effect of stress on physiological functioning.
- b) Recognize the psychological stress in Samyak and also explain it.
- 32. Read the case given below and answer the following questions:

In a world where animals have no intention of eating each other, a little bunny named Sonu who grew up on a farm leaves her family to pursue her dreams of being the first bunny cop in Zootopia. Sonu is tiny compared to the other recruits at the Zootopia Police Academy and faces difficulties managing the obstacle courses run by the drill havildar. But through sheer determination, and by using her wits, Sonu wins the best student award. Zootopia Mayor Sher Singh oversees the ceremony and Assistant Mayor Toofan Singh, a sheep, formally congratulates Sonu as the first bunny police officer, saying it's a big day for all small animals. She is assigned to Division1 in the heart of Zootopia.

She's all too excited for her first day. She gets up bright and early and makes it to the police station where she is directed to roll-call by the pudgy desk havildar, a cheetah named Benjamin. All the other officers (elephants, rhinos, hippos, and bears) tower over Sonu. Police Chief Bogo calls them to order and explains their first priority is handling the case of fourteen missing animals; all predators. Bogo divides everyone into teams to pursue this but looking at Sonu's tiny frame assigns her to parking duty. Parking duty is issuing tickets to those who do traffic violations. It is usually done by traffic police.

- i) Identify the psychological phenomenon involved in Chief Bogo assigning parking duty to the best student of the Police Academy instead of the case that everyone else is involved in.
 - a) Scapegoating c) Identification

- b) Cognitive dissonanced) Prejudice
- ii) If Sonu was to stop trying to excel as a police officer and only do traffic duty from now on, it would be an example of ______ and also Identify the basis of cognitive component of Chief Bogo's attitude toward Sonu.

-X-X-X-X-X-X-X-X-X-

2

1

1

2