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INDIAN SCHOOL SALALAH
FIRST TERM EXAMINATION – SEPTEMBER 2024



PSYCHOLOGY (037)

Class: XII

Date: 18/09/2024

Time: 3 Hrs

Maximum Marks: 70

General Instructions:

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. **1 -15** in **Section A** carry **1** mark each. You are expected to answer them as directed.
3. 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.
4. 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.
5. 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.
6. 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.
7. Question Nos. **31-32** 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. Abhishek respects social orders, is committed to elders, concerned about others, and recognize other's perspectives. He is said to be high in

- a) Cognitive capacity
- b) Social competence
- c) Emotional competence
- d) Entrepreneurial competence

2. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.

Assertion (A): In the performance proper phase, a detailed story is made by the subject regarding what the picture depicted, what happened in the past and what will happen in the future.

Reason (R): There are 30 picture cards + 1 blank card in TAT.

Options:

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

d) A is false, R is true.

3. What is the main idea of libido?

- a) Person refuses to accept reality.
- b) Consisting of archetypes or primordial images.
- c) Involving love for the mother, hostility towards the father, and the consequent fear of punishment or castration by the father.
- d) The instinctual life force that energises the id. It works on the pleasure principle and seeks immediate gratification.

4. Which of the following is TRUE?

- a) Self-concept is the person's ideas and feelings about other people.
- b) Self-concept is the person's value judgment about the rest of the world.
- c) Self-concept is the value judgement of a person about himself/ herself.
- d) Self-concept is the person's feelings and ideas about himself or herself.

5. Annika shows a tough manner of interacting with people, hostility, ego centrality and a tendency to defy social conventions. According to Eysenck's personality questionnaire, she is high on_____.

- a) Neuroticism
- b) Emotional stability
- c) Psychoticism
- d) Sociability

6. Sravan is not able to play for his football team due to his injury, so he had to stay away from the matches. He is experiencing_____.

- a) Conflict
- b) Frustration
- c) Internal pressure
- d) Social pressure

7. Sakshi is frustrated and crying as she has not prepared well for her exams. The coping strategy that she is using is:

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

8. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.

Assertion (A): Bipolar disorders were earlier known as split mind disorder.

Reason (R): Bipolar disorders involve both mania and depression which are alternatively present with periods of normal moods.

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

9. If a person were diagnosed with agoraphobia, then which of the following scenarios would best describe their behavior due to the disorder?

- a) Avoidance of using public transport
- b) Continuously re-aligning writing utensils on their desk
- c) Refusal to sit on a 3rd-storey balcony
- d) Fear of interacting with colleagues

10. Pritam believes that he is being spied on, he feels threatened and victimized. He is suffering from _____ delusion.

- a) Control
- b) Persecution
- c) Grandeur
- d) d Reference

11. Srinidhi has marked difficulties in social interaction and communication, has strong desire for routine and have restricted interests. She is suffering from _____.

- a) Alogia
- b) Hyperactivity
- c) Impulsivity
- d) Autism

12. Rani suddenly lost her eye-sight, but doctors can find no physical reason for the problem. She is showing symptoms of _____

- a) Conversion disorder
- b) Dissociative disorder
- c) Somatoform symptom disorder
- d) Illness anxiety disorder

13. Maya has been feeling anxious and experiencing panic attacks for the past two weeks. She feels a constant sense of fear accompanied by rapid heartbeat, sweating, and shortness of breath. This is affecting her ability to participate in school activities. Which of the following criteria for abnormality in psychological disorders is best illustrated by Maya's symptoms?

- a) Deviance and danger
- b) Distress and dysfunction
- c) Duration and distress
- d) Danger and depression

14. Samina keeps organizing her cupboard the whole day. Even the thought of somebody messing it keeps her distracted in class and makes her anxious. Such symptoms are typical of which disorder?

- a) Obsessive Compulsive Disorder
- b) Depression
- c) Anxiety Disorder
- d) None of the above

15. When the person starts to use more and more of a substance to get the same effect is known as

- a) Substance misuse
- b) Substance abuse
- c) Tolerance
- d) Withdrawal

SECTION B

16. Priya is very smart at solving any problem that she encounters. She refers to similar problems that she has faced in the past and uses her experience to solve the present ones. Which type of intelligence is she using and what theory is this based on?

OR

Angel, a psychologist, is analysing the intelligence scores of the children. She notices that the children from rural areas scored significantly lower than the children from urban areas. What do you think would have influenced the result of intelligence tests?

17. William was diagnosed HIV positive but threatens to sue the doctor and alleges that his blood samples were mixed with someone else's. He continues with this belief after getting the same results from two other laboratories. What is the defense mechanism shown here? Define it.

18. Explain Type A personality

19. Explain biofeedback.

20. Jose listens to music when he is stressed due to the pending assignments in school. Identify and explain the coping strategy used by Jose according to Endler and Parker.

21. Every day before leaving for school, Kevin runs exactly three times in the compound of his house as he thinks that if he doesn't run three times, some kind of accident may happen to his mother. Identify and explain the disorder that Kevin has.

SECTION C

22. Shamin is a spiritual leader who possesses a particular type of intelligence as explained by Howard Gardner. Identify the intelligence and give reasons for your answer.

OR

Zarin is high in the ability to think analytically and performs well in academics. With respect to Robert Sternberg's theory, which type of intelligence does Zarin possess? Explain this type of intelligence.

23. What is a trait? Describe Cattell's trait theory.

24. Explain any three psychological models used to understand mental disorders.

SECTION D

25. Kyna and Kyra are identical twins. They were separated early in childhood. Will they show similarities in their intellectual characteristics? Give reasons for your answer.

26. JP Das' model of intelligence involves the 'Interdependent functioning of three neurological systems'. Discuss.

27. Name any two self-report measures for personality assessment. Explain any two limitations associated with them.

OR

What are behaviour ratings? Give two limitations of behaviour ratings.

28. Describe any four factors that facilitate positive health and act as stress buffers too.

SECTION E

29. A person's behavior in variety of situations provides us with meaningful information about his/her personality. Discuss behavioural analysis as a method of personality assessment.

OR

Explain any two type theories of personality in detail.

30. Describe Hans Selye's General Adaptation Syndrome. State its criticisms.

OR

Explain the different types of social support with relevant examples for each.

SECTION F

31. Read the case and answer the following questions:

Ziva is extremely stressed and wants to quit her job as she is facing a lot of problems in maintaining her work-life balance. She feels overburdened with responsibilities and extremely stressed that she ends up having break downs. The distance from her workplace and home is quite far and she spends approximately 5 hours in day travelling which exhausts her even more. She visits her friend, Veena, who is currently studying the effects of stress on immune system. Veena tells Ziva that it is important she learns to pay attention to her health or else the stress can cause damage to her natural killer cell cytotoxicity. When Ziva talks to her company HR about her problems and tells them she would like to quit; they offer her an increase in pay.

31.a) "She spends approximately 5 hours in day travelling to work which exhausts her even more" This is an example of _____ as a source of stress. (1)

- i) Life Event
- ii) Hassle
- iii) Trauma
- iv) Environmental

31.b) Why does Veena talk about the importance of protecting the natural killer cell cytotoxicity? (2)

32. Read the case and answer the following questions:

Delusions are false and irrational beliefs that someone holds onto, even when there is evidence that they are not real. Delusions occur in some mental illnesses and may need to be treated by a health professional. Delusions are fixed beliefs about something that are not based in reality, and that others in the same culture, religion or other social group do not share. For example, someone might believe they are the captain of the Australian rugby team, or that an alien has taken over the body of someone in their family. No facts or reasoning can shake the person's belief. The delusion seems entirely real to them, and they can become completely preoccupied with it. Not everyone who has delusions has a mental illness. Some people in society have very strong and unusual ideas. But when these ideas become distressing or interfere with day-to-day life, work or relationships, they can be the sign of a psychotic illness.

32. a) State whether delusions are a positive or a negative symptom. (1)

32. b) Name the four types of delusions. (2)