

**Budha Dal Public School, Patiala**  
**Pre Board Examination (20 January 2025)**

**Class - XII**

**Time - 3 hrs.**

**Subject – Psychology ( Set - A )**

**M.M. – 70**

**General Instructions-**

- All questions are compulsory except where internal choice has been given.
- Answers should be brief and to the point.
- Question, No. 1-14 in Section A are objective type questions carrying 1 mark each. You are expected to answer them as directed.
- Question No. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. Answers to each question should not exceed 30 words.
- Question No. 20-23 in Section C are very short answer type-II questions carrying 3 marks each. Answers to each question should not exceed 60 words.
- Question No. 24-27 in Section D are long answer type-I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question No. 28-29 in Section E are long answer type-II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question No. 30-33 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**

Q1. Learning behaviour by observing the behaviour of a role model is known as:

- (a) Positive reinforcement
- (b) Negative reinforcement
- (c) Aversive conditioning
- (d) Modelling

Q2. In the theory of balance that gives P-O-X triangle, O represents the \_\_\_\_\_.

Q3. When an individual performs an activity alone in the presence of others, it is known as \_\_\_\_\_.

- (a) Social loafing (b) Social facilitation
- (c) Group polarisation (d) Groupthink

Q4. Blunted affect refers to showing no emotions at all. (True / False)

Q5. Social cognition is activated by cognitive units called:

- (a) Concept (b) Category
- (c) Schemas (d) Opinion

Q6. Empathy means understanding things from other person's perspective. (True/False)

Q7. Read the statement and choose the appropriate options.

Assertion (A) : According to diathesis stress model, psychological disorders develop when a diathesis is set off by a faulty gene.

Reasoning (B) : The diathesis or the presence of some biological aderration which may be inherited.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

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

Q8. These are persons who easily adapt to their present environment or select a more favourable environment than the existing one, or modify the environment to fit their needs therefore, they turn out to be successful in their life. This kind of intelligence shown by them is \_\_\_\_\_ intelligence.

- (a) Experiential (b) Componential (c) Contextual (d) Emotional

Q9. Identify the correct sequence of the stages of group formation:

- (a) Performing, norming, storming and forming  
(b) Forming, storming, norming and performing  
(c) Norming, storming, forming and performing  
(d) Storming, norming, performing and forming

Q10. A student who believes that he has the ability to excel in sports demonstrates high \_\_\_\_.

- (a) Self-regulation (b) Self-efficacy (c) Self-esteem (d) Self-confidence

Q11. Being a bully is an example of \_\_\_\_\_ aggression.

Q12. According to the Indian approach, personality is a combination of \_\_\_\_\_ Gunas.

- (a) Sattva and Rajas. (b) Rajas and Tamas  
(c) Sattva, Rajas and Vata  
(d) Sattva, Rajas and Tamas

Q13. \_\_\_\_\_ is the behavioural component of prejudice.

- (a) Opinion (b) Stereotype  
(c) Discrimination (d) None of the above

Q14. Read the statement and choose the appropriate options.

Assertion (A) : The therapeutic alliance, which is formed between the therapist and the client, has healing properties.

Reasoning (B) : The regular availability of the therapist, and the warmth and empathy provided by the therapist helps the client to heal.

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

### Section - B

Q15. Differentiate between repression and regression.

Q16. Differentiate between an audience and a mob.

Q17. Describe the Structure of Intellect Model of Intelligence.

Q18. Explain the term 'burnout'.

Q19. What is the interactional approach to understand personality?

### Section - C

Q20. How will personality traits influence ability to tolerate stress?

- Q21. Explain Cognitive Behaviour Therapy (CBT).  
Q22. State the techniques of self-control.  
Q23. What are the features of abnormal behaviour?

**Section - D**

- Q24. How does Freud explain the structure of personality?  
Q25. What is assessment? Explain briefly any two methods of psychological assessment.  
Q26. How does cognitive dissonance led to attitude change?  
Q27. Describe the techniques that can help to manage stress in life.

**Section - E**

- Q28. How does the Triarchic theory help us to understand intelligence?

**OR**

State the four competencies of intelligence in the Indian tradition.

- Q29. What are the causes of suicide? How can it be prevented? Describe the various ways to strengthen students' self esteem.

**OR**

Describe the historical background behind abnormal behaviour.

**Section - F**

**Read the case and answer the questions that follow.**

Mr. Shyam and his group has won the elections from his constituency against Mr. Ram and his group. Mr. Ram and his group is in minority and is too weak to defend himself. Often Mr. Shyam places the blame on Mr. Ram for all the social, economic and political problems. Mr. Ram is too weak to defend himself against such accusations. Also Mr. Shyam expresses frustration and aggression and has developed negative attitude towards Mr. Ram and is very prejudiced against him.

- Q30. Name the phenomenon which is being talked about in the above case. (1)

- Q31. Define Prejudice. What are the other sources of prejudices? (2)

**Read the case and answer the questions that follow .**

Abhay feels desperate due to the financial losses he faced in his business. He feels lonely and is not able to find meaning and genuine fulfilment in life. He experiences mood swings and exhibits feeling of guilt and helplessness due to his inability to succeed in business.

- Q32. Discuss the type of therapy that would be appropriate for Abhay. (1)

- Q33. How does Abhay get benefitted through this therapy. (2)

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**Section - A**

- Q1. RET( Rational Emotive Therapy) has been proposed by:  
(a) Abraham Maslow (c ) Aaron Beck  
(b) Albert Ellis (d) Carl Rogers
- Q2. Manan and Prisha both love music. Hence, they form a group due to \_\_\_\_\_.  
(a) proximity (b) similarity  
(c) cohesiveness (d) all of the above
- Q3. Responding to others who are in need or distress is called \_\_\_\_\_ behaviour.  
(a) Presocial (b) Prosocial  
(c) Active (d) Passive
- Q4. Flat affect refers to showing less emotions than normal. (True / False)
- Q5. Which one of the following is not a part of group structure?  
(a) Roles (b) Status  
(c) Cohesiveness (d) Security
- Q6. Behaviour therapy is a unified therapy. (True/False)



Q7. Read the statement and choose the appropriate options.

Assertion (A) : The stigma attached to mental illness means that people are open to consult a psychologist or doctor.

Reasoning (B) : It is commonly believed that psychological disorder is something to be ashamed of.

(a) Both (A) and (R) are true and (R) is the correct explanation of (A).

(b) Both (A) and (R) are true and (R) is not the correct explanation of (A).

(c) (A) is true but (R) is false.

(d) (A) is false but (R) is true.

Q8. If it is demonstrated that an intelligence test discriminates against certain ethnic groups, then it can be said that the test \_\_\_\_\_.

(a) is reliable (b) has used a standardisation (c) is valid (d) has culture bias

Q9. Identify the correct sequence of the stages of group formation:

(a) Performing, norming, storming and forming

(b) Forming, storming, norming and performing

(c) Norming, storming, forming and performing

(d) Storming, norming, performing and forming

Q10. According to Freud, which part of our personality are we born with, that allow basic needs to be met?

(a) Id (b) Ego (c) Superego (d) All of the above

Q11. People suffering from \_\_\_\_\_ become euphoric.

Q12. Rohan exhibits strong tendencies but often complains of other people acting in an excessively aggressive way. Which of the following ego defence mechanism is used?

(a) Projection (b) Rationalisation

(c) Denial (d) Reaction formation

Q13. In the theory of balance that gives P-O-X triangle, X represents the \_\_\_\_\_.

Q14. Read the statement and choose the appropriate options.

Assertion (A) : If your class teacher embarrasses you for asking a question in class, it is less likely that you would ask questions in class in future.

Reasoning (B) : Negative reinforcement reduces the occurrence of a behaviour.

(a) Both (A) and (R) are true and (R) is the correct explanation of (A).

(b) Both (A) and (R) are true and (R) is not the correct explanation of (A).

(c) (A) is true but (R) is false.

(d) (A) is false but (R) is true.

### Section - B

Q15. Describe type- A personality.

Q16. How is Eustress different from Distress?

Q17. Explain briefly any two methods of psychological assessment.

Q18. Differentiate between repression and regression.

Q19. What are norms?

### **Section - C**

- Q20. Explain the concept of stress resistant personality.  
Q21. Differentiate between delusions and hallucinations.  
Q22. Enumerate any three psychological techniques of self-control.  
Q23. What are the ethics needed for psychotherapy?

### **Section - D**

- Q24. Explain the effects of stress on psychological functioning.  
Q25. Explain Componential Intelligence with example.  
Q26. Explain the Cognitive dissonance with example.  
Q27. Explain the techniques of behavioural analysis used in personality assessment.

### **Section - E**

- Q28. Explain the psychometric approach to understand intelligence. State three theories based on this approach.

**OR**

Explain briefly the multiple intelligence identified by Gardener.

- Q29. Explain any four types of disorders found in children.

**OR**

Describe the various factors underlying abnormal behaviour.

### **Section - F**

**Read the case and answer the questions that follow.**

Treatment for people who suffer from psychological disorders vary from oral medication and injection to rehabilitation programs and complementary and alternative medicine rehabilitation. Rehabilitation is defined as set of interventions designed to optimise functioning and reduce disability in individuals with health conditions in interaction with their environment. Programmes are often designed to help people with milder disorders like anxiety disorder, reactive depression or phobia, housing lack of motivation to do work or interact with people. Aim of rehabilitation is to empower them to become a productive member of the society to the extent possible. They are taught skills and given different types of therapies and training to become self-sufficient.

- Q30. What are the different types of therapies and training given in rehabilitation? (1)  
Q31. Name some psychological disorders which can be treated by rehabilitation? (2)

**Read the case and answer the questions that follow .**

By 1891, some 46,788 Indians were resident in the coastal colony of Natal, dominated by British, with an African population estimated at 455,983. All the Indian settlers were contemptuously and without distinction dubbed "Coolies" and forbidden to walk on foot paths or be out at night without permits.

Gandhiji quickly discovered colour discrimination in South Africa and confronted the realisation that being Indian subjected him to it as well. He would not be an exception. At the Pietermaritzburg train station, railway employees ordered him out of the carriage despite his possessing a first-class ticket. Then on the stage coach for the next leg of his journey, the coachman, who was white, boxed his ears. A Johannesburg hotel also barred him from lodging there.

Q32. Which form of social behaviour is being talked about in the above cases? What it is based upon? (1)

Q33. What are the strategies for handling Prejudice. (2)