

**Budha Dal Public School, Patiala**  
**First Term Examination (8 September 2023)**

Class - XII

Time - 3 hrs.

Subject – Psychology ( Set - B )

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. 1-15 in Section A are objective type questions carrying 1 mark each. You are expected to answer them as directed.
- Question No. 16-21 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. 22-24 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. 25-28 in Section D are long answer type-I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question No. 29-30 in Section E are long answer type-II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question No. 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**

- Q1. Rajat has his national football match. He worked hard for 5 years and on the same day he has his final Board exams.
- |                          |                         |
|--------------------------|-------------------------|
| (a) Psychological stress | (c) Tangible support    |
| (b) Social stress        | (d) Behavioural effects |
- Q2. The IQ range for individuals with mild intellectual deficiency is \_\_\_\_.
- |           |           |           |              |
|-----------|-----------|-----------|--------------|
| (a) 55-69 | (b) 40-54 | (c) 25-29 | (d) below 25 |
|-----------|-----------|-----------|--------------|
- Q3. Learning to delay or defer the gratification of needs is called \_\_\_\_.
- Q4. To make a better career choice Personality tests are used. (True / False)
- Q5. \_\_\_\_ refers to an "I will do it later" attitude.
- Q6. The ego obeys the \_\_\_\_ principle.
- Q7. Read the statement and choose the appropriate options.
- Assertion (A) : To manage stress, we often need to reassess the way we think and learn coping strategies.
- Reasoning (B) : People who cope poorly with stress have an impaired immune response and diminished activity of natural killer cells.
- |  |  |
|--|--|
| (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. Howard Gardener has proposed many type of intelligence except \_\_\_\_\_.  
(a) Linguistic (b) Experiential (c) Interpersonal (d) Intrapersonal

Q9. Sunita loves to have pizzas every day. Being aware of its ill effects on her body, she promised herself that she would buy a book of her choice if she managed to restrain herself from eating pizzas for a month. This is an example of :

- (a) Self reinforcement (c) Self instructions  
(b) Self esteem (d) Observation of own behaviour

Q10. Stress that causes our body wear and tear is called:

- (a) Distress (b) Threat (c) Eustress (d) Resilience

Q11. ICD - 10 has been prepared by the \_\_\_\_\_.

Q12. The \_\_\_\_\_ approach considers intelligence as an aggregate of abilities.

Q13. Depression may be due to low activity of \_\_\_\_\_.

- (a) GABA (b) Dopamine (c) Serotonin (d) None of the above

Q14. \_\_\_\_\_ test can predict how well you can accomplish a skill with training.

Q15. 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.

### Section - B

Q16. Mahir is unable to decide whether to study dance or music as he likes both. Is he frustrated or facing a conflict? Explain very briefly.

Q17. Describe type-A personality.

Q18. What is deinstitutionalisation?

Q19. What do you understand by individual differences?

Q20. Differentiate between Eustress and Distress.

Q21. What is meant by self actualization?

### Section - C

Q22. What is simultaneous and successive processing in intellectual functioning?

Q23. Explain the strategies to cope with stress. Give examples from daily life.

Q24. Discuss the personality type given by Sheldon?

### Section - D

- Q25. Explain the effects of stress on psychological functioning.
- Q26. How does Freud explain the structure of personality?
- Q27. Can a distorted body image lead to eating disorders? Classify the various form of it.
- Q28. Explain briefly the Multiple Intelligence identified by Gardener.

### Section - E

- Q29. Explain the techniques of behavioural analysis used in personality assessment.

OR

Describe the different stages of personality developed by Frued.

- Q30. What do you understand by the term "Dissociation"? Discuss its various types.

OR

Explain the types of Anxiety Disorder.

### Section - F

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

A 27 year old, athletic young man has an intense fear of needles. He tries to rationalize his fear by explaining that he is just being cautious and protecting himself from acquired immunodeficiency disease syndrome (AIDS). He realizes that his fear is irrational but is unable to control it. The patient has fainted twice in the past when his blood was drawn during a physical examination. He becomes extremely anxious at the sight of a needle and worries for days before an appointment with his physician or dentist.

- Q31. Identify the disorder? (1)

- Q32. Specify the type of therapy and the technique also, which can be given to the athletic as treatment. (2)

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

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Many people have been suffering from changes in sleep or eating patterns, extreme palpitations. However despite of this people were adapting to the changes in the lifestyle and moving towards more healthy approach. They started using certain techniques come up in their way. But everybody did not come up in the same way. Some people were frustrated and felt emotionally weak often resulted in emotional outburst and this made them more susceptible and vulnerable to diseases.

- Q33. Which coping techniques have been mentioned in the passage? (1)

- Q34. Name some stress management techniques that can be used. (2)