

Budha Dal Public School, Patiala

First Term Examination (27 August 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. Which type of yoga combines breathing techniques with chanting of the mantras?
(a) Ashtanga (b) Kundalini (c) SKY (d) Vipasana
- Q2. If a person has the skill of understanding the motives, feelings and behaviours of other people, he/she is said to have-
(a) Interpersonal Intelligence (b) Intrapersonal Intelligence
(c) Linguistic Intelligence (d) Social Intelligence
- Q3. Being a bully is an example of _____ aggression.
(a) physical (b) proactive (c) hostile (d) verbal
- Q4. Intelligence test can predict how well you can accomplish a skill with training, (True / False)
- Q5. _____ attitudes that contain moral content.
(a) Values (b) Beliefs (c) Stereotype (d) Opinions
- Q6. Attitude always predicts behaviour accurately. (True/False)
- Q7. Read the statement and choose the appropriate options.
Assertion (A) : There may be many people who are academically talented but are unsuccessful in their own lives.
Reasoning (B) : The sources of their difficulty is lack of emotional intelligence.
(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. J.M. Ojha made an Indian version of _____.
(a) DAT (b) RPM (c) GATB (d) ASVAB

Q9. Harnoor's mother ignores her when she throws tantrums if asked to keep her room tidy. However, she appreciates Harnoor when she arranges her toys after playtime. The method being used is known as-

(a) Positive reinforcement (b) Negative reinforcement
(c) Differential reinforcement (d) Modelling

Q10. _____ is the poverty of speech.
(a) Avolition (b) Neologism (c) Alogia (d) Delusion

Q11. Cognitive therapy for the treatment of depression is given by _____.

Q12. Responding to others who are in need or distress is called _____ behaviour.
(a) Presocial (b) Prosocial (c) Active (d) Passive

Q13. Neha shows advanced logical thinking as compared to others, Neha is also creative and has high level of intrinsic motivation and self-esteem. Neha is-
(a) Talented (b) Interested (c) Differently-abled (d) Gifted

Q14. Read the statement and choose the appropriate options.

Assertion (A) : In recent years, a new approach called interactional approach has emerged to explain abnormality.

Reasoning (B) : The approach lays emphasis on all the three spheres of abnormality i.e., biological, psychological and social.

- (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 the different types of aggressive behaviour exhibited by children.
Q16. What is the difference between Sympathy and Empathy?
Q17. What are the features of abnormal behaviour?
Q18. Briefly summarise the concept of situation by giving an example.
Q19. What is pro-social behaviour?

Section - C

- Q20. Explain Cognitive Behaviour Therapy.
Q21. Explain the significant features of attitude.
Q22. Sharon a 16 years old teenager has enrolled herself in a pre exam counselling and meditation courses as she thinks this will help her in increasing her emotional intelligence. How do you think emotional intelligence is useful to her?
Q23. What are the symptoms that help in identifying students in distress?

Section - D

- Q24. How is behaviour therapy used to treat phobias?
Q25. Explain any two disorders found in children.
Q26. What are the factors that influence the formation of an attitude?
Q27. Any intellectual activity involves the interdependent function of three neurological systems. Explain with reference to PASS model.

Section - E

Q28. Explain the nature and components of attitude.

OR

How are prejudices formed? How can we reduce them?

Q29. What are the factors that contribute to healing in psychotherapy? Enumerate some of the alternative therapies.

OR

Describe the nature and goals of psychotherapy. Highlight the importance of therapeutic relationship in psychotherapy.

Section - F

Read the case and answer the questions that follow.

Rajesh is 23 years old and he owns a start-up where he helps homemakers to provide cooked meals to students and some other people who are living alone away from homes during the corona pandemic. He was able to tackle the crisis of unavailability of safe, healthy nutritious and hygienic home cooked food by converting his car with a sanitized box to place food. Since, he himself was not able to go to office due to lock down, he used his business sense on how to indulge into sales and marketing. His practical approach to life and street smartness made him successful in life.

Q30. Identify the type of intelligence Rajesh is high on? (1)

Q31. According to Triarchic theory, name the three components of intelligence. (2)

Read the case and answer the questions that follow .

The client, Nisha is a 27-years- old female who stated that she had daily crying spells, felt sad "all the time", had trouble in sleeping at night and was overeating. She reported that her sleeping was disturbed. It frequently took her several hours to fall asleep, and that some nights she could not fall asleep at all, and if she did, she slept only for a little while. She was not a good mom, and she felt that she was a problem to her husband. She reported that she thought about her family of origin and her unsatisfactory relationship with her mother. She stated events. She reported that she felt unable to work outside her home at this time, therefore it was having a financial impact. She expressed unhappiness that she was not the person she wanted to be and thus felt worthless.

Q32. Identify the disorder being discussed here. (1)

Q33. Explain the symptoms of the disorder. (2)

Section - E

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OR

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