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Candidates must write the Set No. on the title page of the answer book.

SAHODAYA PREBOARD EXAMINATION (2023-24)

- Please check that this question paper contains 06 printed pages.
- Set number given on the right-hand side of the question paper should be written on the title page of the answer book by the candidate.
- Check that this question paper contains 34 questions.
- Write down the Serial Number of the question in the left side of the margin before attempting it.
- 15 minutes time has been allotted to read this question paper. The question paper will be distributed 15 minutes prior to the commencement of the examination. The students will read the question paper only and will not write any answer on the answer script during this period.
- Students should not write anything on the question paper.

CLASS XII

SUB: PSYCHOLOGY (037)

Time Allowed: 3 Hours

Maximum Marks: 70

General instructions:

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 16-21 in Section B are very short answer type-I questions carrying 2 mark each. Answer to each question should not exceed 30 words.
- 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.
- 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.
- 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.
- 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. Zareene aspires to become a psychotherapist. As per Gardner's theory of Intelligence, Zareene's teachers should provide opportunities to enhance her _____ intelligence. (1)
a. Spatial b. Musical c. Naturalistic d. Interpersonal
2. Roma is a ten-year-old girl who has exceptional general ability across a wide variety of areas. She is also considered a singing prodigy at her school. Which abilities are being discussed here? (1)
i. Giftedness ii. Creativity iii. Intelligence iv. Talent
a. i and ii b. ii and iii c. i and iii d. i and iv
3. Navya evaluates herself positively with regard to her personality as well as life decisions. The positive value judgement of Navya about herself indicates she has high _____. (1)
a. Self concept b. Self esteem c. Self regulation d. Self control
4. _____ appraisals are associated with more confident expectations of the ability to cope with a stressful event. (1)
a. Harm b. Threat c. Challenge d. Secondary
5. Anish is facing a lot of issues in his marital life. This is stressful and challenging. The source of Anish's stress is: (1)
a. Environmental Stress b. Hassle c. Life Events d. Strain
6. In the following question, a statement of assertion (A) is followed by a statement of reasoning (R). Mark the correct choice. (1)
Assertion (A): Prolonged exposure to stress leads to the activation of the resistance stage in the General Adaptation Syndrome (GAS).
Reasoning (R): During the resistance stage, the parasympathetic nervous system encourages cautious use of the body's resources to cope with the stress.
a. Both A and R are true, and R is the correct explanation of A.
b. Both A and R are true, R is not the correct explanation of A.
c. A is true, but R is false.
d. A is false, but R is true.
7. Aahana picks up the pencil box of a classmate and puts it in another student's bag. Which type of aggression is Aahana showing? (1)
a. Online aggression b. Hostile aggression
c. Verbal aggression d. Physical aggression
8. Saurabh likes all his cups and cutlery to be in proper order. He spends several hours of his day checking on the cups and cutlery position in the kitchen. This is to the extent that he has now started checking the position of cutlery even at restaurants. Saurabh's behaviour indicates: (1)
a. Anxiety b. Obsessions c. Compulsions d. Phobia

9. Which of the following is/are positive symptom/s of schizophrenia? (1)
- Rahul believes he is being spied on and plotted against by the aliens.
 - Joy displays no emotion at all, even during significant life events.
 - Rosy remains in a huddled position for long hours
 - Little Suzy has difficulty resisting immediate temptation and delaying gratification
- a. Only i is true. b. i and ii are true. c. Only iii is true d. ii and iv are true
10. Nishant feels very strongly that everyone should love him and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be the most suitable for him to overcome this problem? (1)
- Logotherapy
 - Client Centered Therapy
 - Differential Reinforcement
 - Rational Emotive Therapy
11. When the components of an attitude system are in the same direction, it is referred to as _____. (1)
- Dissonance
 - Attribution
 - Consonance
 - Impression formation
12. Tarun's group has won the elections from his constituency. His opponents, Ramesh and his group, are weak and too small in number. Tarun often expresses frustration and negative attitude towards Ramesh's group. This is an example of prejudice due to: (1)
- Scapegoating
 - Kernel of Truth
 - Self-Fulfilling Prophecy
 - Halo Effect
13. In the following question, a statement of assertion (A) is followed by a statement of reasoning (R). Mark the correct choice. (1)
- Assertion (A): Drinking milk is said to make a person healthy, good-looking, more energetic and be more successful at one's job.
- Reasoning (R): The motives activated by the message also determine attitude change.
- Both A and R are true, and R is the correct explanation of A.
 - Both A and R are true, but R is not the correct explanation of A.
 - A is true, but R is false.
 - A is false, but R is true.
14. The school dramatics team is in the final stage of presenting their play. Identify the stage of group formation the team is at. (1)
- Forming
 - Storming
 - Norming
 - Performing
15. Which of the following is not a feature of a team? (1)
- Members of teams often have complementary skills.
 - They are committed to a common goal or purpose.
 - Members are unaccountable for their activities.

- d. There is a positive synergy attained through the coordinated efforts of the members.

SECTION B

16. A) Discuss the theory of intelligence that was proposed by employing factor analysis. (2)

OR

- B) Explain situationism with the help of an example.

17. Distinguish between formal assessment and informal assessment. (2)
18. 'A strong sense of self-efficacy allows people to select, influence and even construct the circumstances of their own life'. Justify this statement with the help of an example. (2)
19. Dilip suffers from Trypanophobia or fear of injections. Which technique is most suitable to treat phobias? Explain. (2)
20. Imagine the following situation:
A therapist asks the client to reveal all his/her thoughts including early childhood experiences and helps the client to identify and challenge negative thought patterns that contribute to feelings of sadness and hopelessness. By replacing these thoughts with more realistic and positive ones, it can alleviate symptoms. Describe the technique and type of therapy being used. (2)
21. Suppose you want to bring about a change in the attitude in your peers to make your city greener and cleaner, which two qualities of the target group would you keep in mind for an effective attitude change? (2)

SECTION C

22. A) Dhristi is of average intelligence but is high on ability to appraise, express and regulate her emotions. Identify the intelligence and highlight its importance in the current scenario. (3)

OR

- B) Vikas lags behind his peers in language and motor skills. He is trained in self-care as well as in simple social and communication skills. He also needs partial supervision in everyday tasks. Identify the disability faced by Vikas. Explain the other levels of the disability.
23. Explain stress-resistant personality giving suitable examples. (3)
24. Somatic symptoms and related disorders are peculiar in nature. Justify the statement and discuss the various kinds of somatic symptoms and related disorders. (3)

SECTION D

25. Shyam works in an MNC. He always understands how his work affects his colleagues' emotions in the office and how he can improve his work environment to enhance productivity. He always tries to empathize with others' feelings and respond appropriately in social situations. He is also

hardworking and sensitive to the context in which he tries to solve problems. Elaborate on the competencies of Shyam as aspects of integral intelligence. (4)

26. Avoiding social media when you are studying so that it doesn't hurt your productivity is the right approach. Define self-control and suggest the different psychological techniques to control ourselves. (4)

27. Explain any four alternative therapies that can be used to help people. (4)

28. A) Whether it is a sports team, a college class, or a work committee, understanding group dynamics is essential for effective collaboration and achievement of goals. Explain the important elements of group structure. (4)

OR

B) An institute is about to observe its silver jubilee celebrations. They decide to put a committee for planning and executing their silver jubilee celebration. Explain the conditions that influence group formation.

SECTION E

29. A) What is Behavioral Analysis? Explain how it can be used to assess the personality of an individual. (6)

OR

B) According to Freud, much of human behaviour reflects ego defense mechanisms. Explain ego defense mechanisms and its various forms with the help of suitable examples.

30. A) What are substance abuse and addiction disorders? Explain how heroin and cocaine addiction impact lives. (6)

OR

B) Describe the types of neuro developmental disorders that are seen in children.

SECTION F

Read the case and answer the questions as follows:

Dr. Sudipt is a professor in the dept. of psychology, Patna University. Besides teaching continuously without breaks at the university, he also conducts counselling sessions at home for individuals who face some or the other kind of psychological problem such as anger, panic attacks, stress, depression and trauma. He mostly suggests in his counselling sessions to decide on priorities and act, so as to deal directly with the stressful situation and make an effort to maintain hope as well as control one's emotions. Dr. Sudipt often writes and gets his papers published, he attends conferences, national as well as international, and he even travels abroad to present his research papers. He creates lesson plans, tests and does a lot of research study. All this work doesn't give him much time to sleep either. In addition to this, he also has a family to look after, his

wife and two children. Despite Dr. Sudipt being continuously involved in extensive work with such stressful situations, his performance is beyond excellence and he enjoys multitasking.

- 31. Identify the type of stress being referred to here. (1)
- 32. Suggest and explain two strategies to cope with stress. (2)

Read the case and answer the questions as follows:

Sarah, a high school student, initially held a neutral perspective on volunteering. However, her attitude began to shift after actively participating in community service activities at a local shelter. Engaging in these activities involved serving meals to the homeless, organizing donation drives, and spending time interacting with the shelter's residents.

Through these hands-on experiences, Sarah directly witnessed the impact of her efforts on the community and the lives of those in need. She observed the gratitude of the shelter's residents, saw the positive changes her actions brought, and felt a sense of fulfillment from contributing to the welfare of others. These direct experiences significantly influenced her perceptions and emotional responses toward volunteering.

- 33. Identify the factor that has influenced Sarah's attitude towards volunteering. (1)
- 34. Explain any two factors that influence attitude formation. (2)
