

**CLASS- XII**  
**PSYCHOLOGY (Code-037)**  
**SAMPLE QUESTION PAPER 2018-19**

**Time allowed– 3 Hours**

**Max Marks – 70**

**General instructions**

- All questions are compulsory and answers should be brief and to the point.
- Marks for each question are indicated against it.
- Question No 1- 10 in part A carry 1 mark each. You are expected to answer them as directed.
- Question No 11-16 in Part B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question No. 17-20 in Part C are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question No. 21-26 in Part D are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- Question No. 27 and 28 in Part E are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

**PART – A**

- Q 1. A student with high aptitude in verbal reasoning and strong interest in reading is more likely to succeed as a \_\_\_\_\_ **1**
- (a) Journalist
  - (b) Engineer
  - (c) Athlete
  - (d) Agriculturalist
- Q 2. You just found a wallet in a movie hall. Which aspect of your personality, according to psychoanalytic theory, would urge you to return it to the owner? **1**
- Q 3. Radhika is frustrated and is crying, as she has not prepared well for her examination. The coping strategy that she is using to deal with this stress is: **1**
- (a) Avoidance oriented
  - (b) Task oriented
  - (c) Problem focused
  - (d) Emotion oriented

**OR**

Rajat is satisfied only if he does everything perfectly. This is an instance of

- (a) social pressure
- (b) internal pressure
- (c) conflict
- (d) social stress

- Q 4. Priya exhibits strong aggressive tendencies but often complains of other people acting in an excessively aggressive way. Identify the defence mechanism: **1**
- (a) Rationalisation
  - (b) Reaction formation
  - (c) Denial
  - (d) Projection
- Q 5. 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? **1**
- Q 6. If a child gives trouble in eating dinner, an antecedent operation would be to praise the child every time he/she finishes dinner. (True/False) **1**
- Q7. When people attribute failure to task difficulty, they are referring to one of the following factors: **1**
- (a) External, stable
  - (b) Internal, stable
  - (c) External, unstable
  - (d) Internal, unstable

**OR**

\_\_\_\_\_ is an example of negative attitude towards people.

- (a) Prototype
  - (b) Stereotype
  - (c) Discrimination
  - (d) Prejudice
- Q 8. Cohesion amongst group members can interfere with effective leadership and lead to disastrous decisions. This process is called: **1**
- (a) Cohesiveness
  - (b) Groupthink
  - (c) Polarization
  - (d) Conflict
- Q 9. When you are interacting with a close friend or relative, you maintain a distance of about 18 inches to 4 feet. This distance is called \_\_\_\_\_. **1**
- OR**
- People growing up in a large family that lives in a small house develop \_\_\_\_\_ tolerance.
- Q 10. The interview questions intended to get a person to reflect on what he or she has said are called leading questions. (True/False) **1**

## **PART – B**

- Q 11. What is biofeedback? 2
- Q12. Differentiate between self-esteem and self-efficacy. 2

**OR**

Differentiate between self as subject and self as object.

- Q13. How is empathy different from sympathy? 2
- Q14. Differentiate between the minimalistic perspective and instrumental perspective of human environment relationship. 2
- Q15. Why is it important to develop ethical standards and codes in counseling? 2

**OR**

Why is positive regard an important characteristic of an effective helper?

- Q. 16. What are situational stress tests? 2

## **PART – C**

- Q 17. Differentiate between dissociative amnesia and depersonalization. 3
- Q18. With the help of an example, explain how cognitive dissonance leads to attitude change. 3
- Q. 19. Ecological environment influences our occupation, living style and attitudes. Justify. 3

**OR**

“Poverty begets poverty”. Justify the statement.

- Q 20. How does understanding of body language help in effective communication? 3

## **PART – D**

- Q21. How would Karen Horney’s explanation of psychological disorders be different from that of Alfred Adler’s? 4
- Q22 Explain the influence of heredity and environment on intelligence. 4
- Q23 What is Giftedness? State its characteristics. 4

Q24. Describe Lazarus' general model of stress appraisal. 4

**OR**

What is positive health? Describe any three stress buffers that facilitate positive health.

Q25 A client experiences irrational thoughts that are self-defeating in nature. Suggest and explain a suitable therapy that will help him to reduce his distress. 4

**OR**

During therapy, Rishi shows resentment towards the therapist and starts avoiding therapy sessions. Identify the therapy and the processes being referred to.

Q. 26 "ProSocial behavior is expressed, when the situation activates certain social norms". Justify the statement. 4

**PART – E**

Q. 27 What are the different Neurodevelopmental disorders? Explain. 6

**OR**

Explain mental disorders from the perspective of any three psychological models.

Q. 28 Differentiate between cooperation and competition and discuss their determinants. 6

**OR**

Why do conflicts arise between groups and how can they be resolved?