

**PSYCHOLOGY (037)**  
**CLASS - XII**  
**SAMPLE QUESTION PAPER – 2019-2020**

**Time – 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 Nos. 1-17 in Part A are objective type questions carrying one mark each. You are requested to answer them as directed.
- Question Nos. 18-21 in Part B are very short answer type questions carrying two marks each. Answer to each question should not exceed 30 words.
- Question Nos. 22-24 in Part C are short answer type I questions carrying three marks each. Answer to each question should not exceed 60 words.
- Question Nos. 25-30 in Part D are short answer type II questions carrying four marks each. Answer to each question should not exceed 100 words.
- Question Nos. 31-32 in Part E are long answer type questions carrying six marks each. Answer to each question should not exceed 200 words.

**PART A**

Q1 Learning alphabets and digits is an example of simultaneous processing. True/False 1

Q2. Calculate the MA of a 10-year-old boy who has an IQ of 120. 1

Q3. Ramesh is aspiring to head his company. He is very motivated and works hard. However, he is unable to relax and feels he is always short on time. This is an example of \_\_\_\_\_ personality. 1

a) Type B  
b) Type A  
c) Type D  
d) Type C

Q4. Children with high \_\_\_\_\_ self-esteem are more liked by their peers. 1

a) academic  
b) athletic  
c) physical appearance  
d) social

Q5. \_\_\_\_\_ are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. 1

Q6. Ramya is being provided with books and uniforms by the school. Identify the kind of support that she is receiving. 1

a) Informational Support  
b) Tangible Support  
c) Emotional Support  
d) Positive Support

Q7. A soldier from the army reported paralysis of his right hand. On investigation, no neurological cause could be identified. Name the disorder he is suffering from. 1

Q8. Rohit believes he is a secret agent and that a network of spies communicates with him through messages sent directly into his head. Identify the type of delusion he is experiencing. 1

(a) Delusion of reference  
(b) Delusion of control  
(c) Delusion of grandeur  
(d) Delusion of persecution

Q9. Choose the features of attitudes from the options given below: 1

a) Extremeness and Centrality  
b) A-B-C Components  
c) Schemas and Stereotypes  
d) Values & Beliefs

Q10. The Nazis committed atrocities against the Jews. This is an example of \_\_\_\_\_.  
1  
a) Prejudice  
b) Discrimination  
c) Stereotype  
d) Scapegoating

Q11. \_\_\_\_\_ and \_\_\_\_\_ are two alternative therapies. 1

Q12. A collection of people who may be present at a place by chance is called a \_\_\_\_\_. 1

Q13. The school dramatics team is in the final stage of presenting their play. Identify the stage of group formation the team is at. 1

a) Forming  
b) Storming  
c) Norming  
d) Performing

Q14. The minimalistic perspective suggests that the physical environment exists mainly for use by human beings. True/False 1

Q15. You were interviewed by your school selection team for the post of head boy/head girl. Identify the interpersonal distance in this situation. 1

- a) Intimate distance
- b) Public distance
- c) Personal distance
- d) Social Distance

Q16. \_\_\_\_\_ means that your behavioural expressions are consistent with what you value, the way you feel and relate to your inner self-image. 1

- (a) empathy
- (b) positive regard
- (c) self-concept
- (d) authenticity

Q17. A major advantage of the observation method is that the events being observed are subject to bias due to the feelings of the observer involved. True/False 1

## **PART B**

Q18. Discuss the main limitation of Hans Selye's model of stress. 2

Q19. A) Describe the symptoms of obsessive-compulsive disorder. 2

### **OR**

B) What is separation anxiety disorder? List any two symptoms.

Q20. How can faulty behavior be modified with token economy? Elucidate with the help of an example. 2

Q21. Why do people obey? Give any two reasons for obedience to take place. 2

## **PART C**

Q22. Why is emotional intelligence receiving increasing attention of educators? 3

Q23. Ankita's job requires her to shift cities very frequently. With reference to secondary appraisal, suggest ways in which she will interpret the situation. 3

Q24.A) Two sections of Class XII of your school are at conflict over shared resources such as activity room, football ground and audio-visual center. Suggest possible solutions to reduce and resolve this conflict. 3

**OR**

B) Your school is organizing a picnic. Using techniques of compliance, suggest a plan to get your parents to agree to send you for this picnic.

### **PART D**

Q25. Describe Robert Sternberg's Triarchic theory of intelligence. 4

Q26. What are the features of indirect techniques of personality assessment? Describe any one such test. 4

Q27. Explain any two of Freud's psychosexual stages of development. How did Freud explain the concept of fixation and regression? 4

Q28. A) In the last few years, Monica has had to face many difficult circumstances. Quite often, she finds herself asking questions about the meaning of life. How will existential therapy alleviate her distress and help her achieve a sense of wholeness? 4

**OR**

B) Ayesha has been feeling anxious and depressed. She is convinced that no one loves her and that it would be very difficult for her to succeed. How will Beck's cognitive therapy help her deal with her negative thoughts? 4

Q29. A big percentage of the population lives below the poverty line in India. As a responsible student, suggest steps to reduce poverty. 4

Q30. A) You are a career counsellor. Design an interview format to help Ahmed select an appropriate career. 4

**OR**

B) You are acting in a school play. How can you communicate your part most effectively to the audience? 4

### **PART E**

Q31.A) What are some of the measures suggested by WHO to prevent suicide? What are the approaches that are useful in strengthening positive self-esteem in children? 6

**OR**

B) What is addictive behaviour? Name any two frequently abused substances and describe their consequences. 4

Q32. A) Is there a consistency between attitude and behavior? Explain. 6

**OR**

B) What do you understand by social facilitation? Discuss the factors that influence this phenomenon.