



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS

SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL

MID TERM EXAMINATION (2024-25)

PSYCHOLOGY (037)



CLASS: XII

Date: 19-09-2024

Admission No: _____

MARKING SCHEME

Time: 3 Hour

Max. Marks: 70

Roll No: _____

INSTRUCTIONS

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
3. Question Nos. 16-21 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
4. 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.
5. 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.
6. 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.
7. 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

(15X1=15)

1. The theory of multiple intelligences was proposed by _____. 1
a) Charles Spearman b) Howard Gardner c) Robert Sternberg
d) J.P. Guilford
2. The concept of 'Mental Age' was first introduced by _____. 1
a) Alfred Binet b) Lewis Terman c) J.P. Guilford d) Charles Spearman
3. According to Spearman, the 'g' factor represents _____. 1
a) General intelligence b) Group factor c) Specific intelligence
d) Genetic intelligence
4. Which of the following is NOT one of the Big Five personality traits? 1
a) Openness b) Conscientiousness c) Dominance
d) Neuroticism
5. Who proposed the concept of the 'unconscious mind' in personality? 1
a) Carl Rogers b) Sigmund Freud c) Alfred Adler d) Carl Jung
6. The trait theory of personality was significantly developed by _____. 1
a) Sigmund Freud b) Gordon Allport c) Alfred Adler d) Carl Rogers
7. Which of the following is NOT a type of stress? 1
a) Eustress b) Distress c) Hyperstress d) Acute stress

8. The concept of 'General Adaptation Syndrome (GAS)' was proposed by _____.
 a) Sigmund Freud b) **Hans Selye** c) Walter Cannon d) Richard Lazarus 1
9. What does the term "life skills" refer to in the context of managing stress? 1
 a) Basic daily activities
 b) **Psychological competencies to deal with life challenges**
 c) Physical exercise routines d) Academic skills
10. Which of the following is not a symptom of depression? 1
 a) Persistent sadness b) Lack of interest in activities
 c) **Increased energy levels** d) Feelings of hopelessness
11. Which of the following is not a type of anxiety disorder? 1
 a) Generalized Anxiety Disorder b) Panic Disorder c) **Schizophrenia** d) OCD
12. Which therapeutic approach is most commonly used to treat phobias? 1
 a) **Cognitive-behavioral therapy** b) Psychoanalysis
 c) Humanistic therapy d) Electroconvulsive therapy
13. Which of the following is a key technique used in psychoanalytic therapy? 1
 a) Systematic desensitization b) **Free association**
 c) Cognitive restructuring d) Token economy
14. In cognitive therapy, the focus is primarily on _____. 1
 a) Resolving unconscious conflicts b) **Changing irrational beliefs**
 c) Altering maladaptive behaviors d) Developing a strong therapeutic alliance
15. Who is the founder of client-centered therapy? 1
 a) Sigmund Freud b) **Carl Rogers** c) B.F. Skinner d) Albert Ellis

SECTION B

(6X2=12)

16. What is difference between hallucinations and delusions in schizophrenia? 2
 A: In schizophrenia, hallucinations involve perceiving non-existent stimuli, like hearing voices or seeing things others don't. Delusions are firmly held false beliefs, such as having special powers or being persecuted.

OR

What are the symptoms of Autism Spectrum Disorder?

Symptoms include difficulty with social interactions, repetitive behaviors, limited interests, and communication challenges. Individuals may show unusual responses to sensory stimuli and struggle with changes in routines.

17. How does social support contribute to handling life challenges? 2

A: Social support offers emotional, informational, and practical help from friends, family, and community. It reduces stress, improves coping, and enhances mental health by making individuals feel understood and less isolated.

18. What is self-concept, and why is it important? 2

A: Self-concept is how we view our abilities and personality. A positive self-concept boosts self-esteem and well-being, while a negative one can lead to self-doubt and impact mental health.

19. What is the main focus of Cognitive-Behavioral Therapy (CBT)? 2

A: Cognitive-Behavioral Therapy (CBT) focuses on identifying and changing negative thought patterns and behaviors. It helps individuals challenge distorted thinking and develop healthier cognitive processes, leading to improved emotional regulation and behavior.

20. What is the concept of 'individual differences' in psychology? 2

A: Individual differences refer to the distinctiveness and variations in people's behavior, thoughts, and emotions. These differences are influenced by a combination of genetic, environmental, and cultural factors, and they affect how individuals perceive and interact with the world.

21. What is experiential intelligence in the context of variations in psychological attributes? 2

A: Experiential intelligence is the skill to creatively and adaptively apply past experiences to solve new problems, showcasing insight and the ability to learn and adapt from previous encounters.

SECTION C

(3X3=9)

22. What is Self-Regulation? Give an Example. 3

A: Self-regulation is the ability to control one's own emotions, thoughts, and behaviors in different situations to achieve long-term goals. It involves managing impulses, staying focused, and maintaining self-discipline. For example, a student who refrains from checking their phone during study time, despite the temptation, demonstrates self-regulation. They prioritize their academic goals over immediate distractions.

OR

What is neuroticism?

Neuroticism is a personality trait marked by emotional instability, anxiety, and mood swings. People with high levels of neuroticism frequently experience negative emotions and stress, reacting more intensely to stressors compared to those with lower neuroticism. This trait often leads to increased vulnerability to anxiety and mood disorders, affecting overall emotional well-being.

23. What is Dissociative Identity Disorder (DID)? 3

A: Dissociative Identity Disorder (DID) is a severe form of dissociation, where an individual experiences two or more distinct personality states or identities. Each identity has its own way of perceiving and interacting with the world. This condition often develops as a response to severe trauma, such as abuse, during early childhood. The different identities may have their own names, ages, histories, and characteristics, and can take control of the person's behavior at different times.

24. What is problem-focused coping and emotion-focused coping strategies? Give examples. 3

A: Problem-focused coping involves taking direct action to address the source of stress. It includes strategies like planning, seeking information, or taking steps to eliminate or reduce the stressor, thereby effectively managing the challenge.

Emotion-focused coping involves managing emotions rather than confronting the stressor directly. Techniques include seeking emotional support, using relaxation methods, or engaging in activities that provide comfort, helping to reduce the emotional impact of the stress.

25. Write any four methods used for psychological assessments? 4

A: The four assessment methods used in psychological testing are as follows:

- a. Self-report Measures: Individuals provide subjective information about their thoughts, feelings, or behaviors, through questionnaires. These measures are useful for assessing constructs like personality traits and attitudes.
- b. Behavioral Observation: This involves observing an individual's behavior in a controlled or natural setting. It helps in understanding how a person behaves in real-life situations.
- c. Projective Techniques: These tests present ambiguous stimuli to individuals, such as the Rorschach Inkblot Test, and analyze their responses to uncover underlying thoughts, feelings, and desires. They are useful for assessing unconscious aspects of personality.
- d. Performance Tests: These assess specific abilities or skills by requiring individuals to perform particular tasks, such as intelligence tests to measure cognitive abilities like memory, problem-solving, and reasoning.

26. What are psychological stresses and their sources? 4

A: Psychological stresses are internal and personal challenges that we create in our minds, which can lead to anxiety, worry, and depression. These stresses stem from various sources. Frustration arises when our needs or goals are blocked by external factors, such as social discrimination or low academic performance. Conflicts occur when we face incompatible needs or goals, such as choosing between pursuing dance or psychology. Internal pressures come from unrealistic expectations we set for ourselves, like striving for perfection. Social pressures arise from others' demands or interpersonal conflicts, which can heighten stress when working with difficult individuals. These internal and external factors contribute to ongoing stress and dissatisfaction.

27. What are the symptoms of Anorexia Nervosa and Bulimia Nervosa? 4

A: Symptoms of anorexia nervosa include extreme weight loss, an intense fear of gaining weight, and a distorted body image. Individuals may refuse to eat adequate amounts of food, engage in excessive exercise, or use laxatives. Psychological symptoms often involve severe anxiety about weight and food, denial of the severity of their condition, and preoccupation with dieting and body shape.

Symptoms of bulimia nervosa include recurrent episodes of binge eating, where individuals consume large quantities of food in a short period and feel a lack of control. Following these episodes, they engage in compensatory behaviors like vomiting, excessive exercise, or using laxatives. Psychological symptoms often involve feelings of shame, guilt, and anxiety about eating and body image.

28. What are the types of reinforcement in behavioral therapy? 4

A: The types of reinforcement in behavioral therapy are given as follows:

- Positive Reinforcement: This involves adding a desirable stimulus to increase a behavior. For example, giving a child praise or a reward for completing their homework encourages them to continue the behavior.
- Negative Punishment: This involves removing a desirable stimulus to decrease a behavior. For instance, taking away a teenager's gaming privileges for breaking the rules.
- Aversion Conditioning: This technique uses unpleasant stimuli to reduce undesirable behaviors. For example, pairing a negative consequence with a behavior to discourage it, like associating an unpleasant taste with smoking.
- Token Economy: This system uses tokens as rewards for desired behaviors. Tokens can be exchanged for various privileges or items, encouraging

individuals to repeat the desired behavior.

OR

What is Client-Centered Therapy?

A: Client-centered therapy, developed by Carl Rogers, emphasizes the client's role in the therapeutic process. It is a humanistic approach where the therapist provides a non-judgmental, empathetic, and accepting environment to facilitate personal growth. Key components include:

- Unconditional Positive Regard: The therapist offers unwavering unconditional acceptance and support, regardless of the client's actions or feelings.
- Empathy: The therapist deeply understands and reflects the client's feelings and experiences, helping them feel valued and understood.
- Congruence: The therapist is genuine and transparent, creating a real and authentic relationship with the client.

SECTION E

(6X2=12)

29. What are the key stages of Freud's Psychosexual Theory? Explain in short result of fixation at every stage. 6

A: Sigmund Freud's Psychosexual Theory, highlights how early childhood experiences shape personality and behavior. It proposes that personality develops through a series of stages, each with distinct focuses and challenges.

- Oral Stage (0-1 year): This stage centers on the mouth, with activities like sucking and chewing providing pleasure. Fixation here can lead to oral behaviors in adulthood, such as smoking or overeating, and issues related to dependency or aggression.
- Anal Stage (1-3 years): Pleasure shifts to the anus, and toilet training is key. How parents manage this process influences the child's development. Fixation may result in an anal-retentive personality (obsessive and orderly) or an anal-expulsive personality (disorganized and rebellious).
- Phallic Stage (3-6 years): Focus moves to the genitals, with children experiencing the Oedipus complex (boys) or the Electra complex (girls). This involves feelings of desire for the opposite-sex parent and jealousy towards the same-sex parent. Fixation can cause difficulties in relationships and authority issues.
- Latency Stage (6 years to puberty): Sexual impulses are repressed, allowing focus on social interactions and learning. Inadequate progress here may affect social skills and academic performance.
- Genital Stage (puberty onward): The focus returns to the genitals in a mature way, aiming for balanced romantic relationships and concern for others' wellbeing. Unresolved conflicts from earlier stages may impact one's ability to form fulfilling relationships. Freud's theory underscores the enduring impact of early experiences on adult psychological health.

OR

What are the 16 PF and Rorschach Inkblot Test?

A: 16 PF (16 Personality Factor Questionnaire): Developed by Raymond Cattell, the 16 PF is a personality assessment tool designed to measure 16 primary personality traits. These traits include factors like warmth, reasoning, emotional stability, and openness to change. The test uses a series of multiple-choice questions to evaluate how individuals perceive and react to various situations. It helps in understanding an individual's personality structure and is used for various purposes, including career counseling, psychological research, and clinical assessments. The results provide a detailed profile of an individual's personality traits, aiding in personal and professional development.

Rorschach Inkblot Test: Created by Hermann Rorschach, the Rorschach Inkblot Test is

a projective psychological test consisting of 10 inkblot cards. Each card features abstract inkblots, and the individual is asked to describe what they see in each image. The responses are analyzed to gain insight into the person's thought processes, emotional functioning, and personality structure. The test assesses how people perceive and interpret ambiguous stimuli, revealing underlying aspects of their personality, such as their coping mechanisms, conflicts, and interpersonal relationships. It is used in clinical settings to diagnose mental disorders and understand individual differences in perception and thought processes.

30: Explain the factors underlying abnormal behavior.

6

A: Abnormal behavior is influenced by biological, psychological, and social factors.

Biological Factors:

- **Genetic Influences:** Some mental disorders, like schizophrenia and bipolar disorder, have a genetic basis, indicating that abnormal behavior can be inherited.
- **Neurochemical Imbalances:** Abnormal levels of neurotransmitters, such as serotonin, dopamine, and norepinephrine, are linked to mental health issues. For example, low serotonin levels are associated with depression.

Psychological Factors:

- **Cognitive Factors:** Dysfunctional thinking patterns and cognitive distortions can lead to abnormal behavior. For instance, negative thought patterns in depression can worsen the condition.
- **Personality Factors:** Certain personality traits, such as high neuroticism, can increase susceptibility to mental disorders. Personality disorders, like borderline or narcissistic personality disorder, illustrate how personality traits impact behavior.

Social Factors:

- **Environmental Stressors:** Stressful events, such as trauma or abuse, can trigger or worsen abnormal behavior, as seen in post-traumatic stress disorder (PTSD).
- **Cultural and Societal Influences:** Cultural beliefs and societal norms affect how abnormal behavior is perceived and expressed. Stigma and discrimination can also impact mental health and treatment.
- **Family Dynamics:** Dysfunctional family relationships and inadequate support can contribute to abnormal behavior, with chaotic family environments or neglect affecting emotional and psychological development.

OR

What are the negative symptoms of schizophrenia?

A: Negative symptoms of schizophrenia refer to the reduction or absence of normal behaviors and functions. These symptoms significantly impact an individual's ability to lead a normal life. Key negative symptoms include:

- **Affective Flattening:** This involves a severe reduction in emotional expression. Individuals may show little to no facial expressions, and their voice may be monotone, making it difficult for others to gauge their feelings.
- **Alogia:** This symptom is characterized by poverty of speech. Individuals may speak very little, and their responses to questions may be brief and uninformative, reflecting a lack of thought content.
- **Avolition:** Avolition refers to a lack of motivation to initiate or complete tasks. Individuals may struggle with self-care, work, or daily activities, often appearing apathetic or uninterested in life.
- **Anhedonia:** This involves a reduced ability to experience pleasure. Individuals may lose interest in activities they once found enjoyable, such as hobbies or social interactions.

- **Social Withdrawal:** People with schizophrenia may withdraw from social interactions, preferring to be alone. This can result from an inability to connect emotionally with others or a lack of interest in relationships.

These negative symptoms contribute to significant impairments in social, occupational, and personal functioning, making daily life challenging for those affected by schizophrenia.

SECTION F

(2X3=6)

Read the case and answer the following questions.

Ankita is a 17-year-old student who has always excelled academically. She is known for her analytical thinking and problem-solving abilities, especially in subjects like mathematics and science. However, Ankita often finds it challenging to express her emotions and struggles with interpersonal relationships. Despite her academic success, she feels isolated and has few close friends. Ankita's teachers and parents have noticed that while she scores high on cognitive tasks, she seems to lack emotional intelligence. She often misinterprets social cues and finds it difficult to understand others' emotions. Ankita's parents are concerned about her well-being and are considering whether to seek professional help to improve her emotional and social skills.

31. What type of intelligence does Ankita seem to excel in, and which type does she struggle with? 1
32. What measures should be taken to assess and support Ankita's emotional and social skills?

A: Ankita demonstrates strong cognitive intelligence, especially in analytical and problem-solving skills, as shown by her academic success, but she struggles with emotional intelligence, affecting her emotional and social understanding.

To support Ankita, a mix of psychometric tests and counseling is essential. Psychometric tests will assess her emotional intelligence and social skills, while counseling will help her develop these abilities, improve her interpersonal relationships, and enhance her emotional well-being.

Read the case and answer the following questions.

Arjun is a 17-year-old high school student who has always been diligent and focused on his studies. He recently faced a significant challenge when his father lost his job, leading to financial difficulties for the family. As a result, Arjun has been feeling stressed and anxious, and his academic performance has started to decline. He finds it difficult to concentrate on his studies and has been experiencing sleep disturbances.

33. Identify and explain the types of stress Arjun is experiencing. 1
34. What coping strategies might be beneficial for Arjun to manage his stress? 2

A: Types of Stress Arjun is Experiencing:

- **Acute Stress:** This type of stress is immediate and short-term, triggered by a specific event, such as his father's job loss.
- **Chronic Stress:** This type of stress is long-term and results from ongoing situations or pressures that can lead to continuous feelings of anxiety and tension.
- **Situational Stress:** It is directly related to his current life circumstances and the changes in his family's financial status.

Beneficial Coping Strategies for Arjun:

- **Time Management:** Arjun could benefit from organizing his study schedule and breaking down his tasks into manageable segments. Creating a structured plan can help him feel more in control.
- **Relaxation Techniques:** Engaging in relaxation techniques such as deep breathing exercises, meditation, or progressive muscle relaxation can help Arjun manage his

stress levels and improve his ability to concentrate.

- **Seeking Support:** Talking to trusted teacher about his difficulties can provide emotional support and practical advice. Support from family and friends can also be helpful in coping with the stress.
- **Healthy Lifestyle Choices:** Regular physical exercise, a balanced diet, and adequate sleep can improve overall well-being and help Arjun better handle stress.
- **Mindfulness and Self-care:** Practicing mindfulness and making time for hobbies or activities he enjoys can provide a mental break and reduce stress.

*****All the best*****