



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. _____

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 _____ 1
 a) Sigmund Freud b) Hans Selye c) Walter Cannon d) Richard Lazarus
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 the difference between hallucinations and delusions in schizophrenia? 2
 OR
 What are the symptoms of Autism Spectrum Disorder?
17. How does social support contribute to handling life challenges? 2
 18. What is self-concept, and why is it important? 2
 19. What is the main focus of Cognitive-Behavioral Therapy (CBT)? 2
 20. What is the concept of 'individual differences' in psychology? 2
 21. What is experiential intelligence in the context of variations in psychological attributes? 2

SECTION C

(3X3=9)

22. What is Self-Regulation? Give an Example. 3
 OR
 What is neuroticism?
23. What is Dissociative Identity Disorder (DID)? 3
 24. What is problem-focused coping and emotion-focused coping strategies? Give examples. 3

SECTION D

(4X4=16)

25. Write any four methods used for psychological assessments? 4
 26. What are psychological stresses and their sources? 4
 27. What are the symptoms of Anorexia Nervosa and Bulimia Nervosa? 4
 28. What are the types of reinforcement in behavioral therapy? 4

OR

What is Client-Centered Therapy?

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

OR

What are the 16 PF and Rorschach Inkblot Test?

- 30: Explain the factors underlying abnormal behavior. 6

OR

What are the negative symptoms of 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? 2

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

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