



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: XI
Date: 23-09-2024

Time: 3 Hour
Max. Marks: 70

Admission No: _____

MARKING SCHEME

Roll No: _____

INSTRUCTIONS

1. All questions are compulsory.
2. Question Nos. 1-20 in Section A carry 1 mark each.
3. Question Nos. 21-24 in Section B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30-40 words.
4. Question Nos. 25-29 in Section C is short answer questions carrying 3 marks. Answer to question should not exceed 40-50 words.
5. Question No. 30-32 in Section D is case based question carrying 4 marks. Answer to question should not exceed 60-80 words.
6. Question No. 33-36 in Section E is long answer question carrying 5 marks. Answer to question should not exceed 80-100 words.
7. Question No. 37-41 in Section F is case study/application based question carrying 1 mark each. Answer to question should not exceed 20-30 words.

SECTION A

(15X1=15)

1. The study of how people grow and change throughout their lifespan is known as _____. 1
a) Cognitive Psychology b) Social Psychology
c) **Developmental Psychology** d) Forensic Psychology

2. The scientific method in psychology typically involves _____. 1
a) Gathering data through subjective opinions
b) **Observing phenomena, forming hypotheses, conducting experiments, and analyzing results**
c) Relying solely on common sense d) Avoiding empirical evidence

3. Which of the following is NOT a subfield of psychology? 1
a) Industrial-Organizational Psychology b) Environmental Psychology
c) **Culinary Psychology** d) Sports Psychology

4. Which term refers to the gradual weakening and eventual disappearance of a conditioned response? 1
a) **Extinction** b) Spontaneous Recovery c) Generalization d) Discrimination

5. Which psychologist is most closely associated with the concept of latent learning? 1
a) B.F. Skinner b) Ivan Pavlov c) **Edward Tolman** d) John Watson

6. Correlation between two variables is measured by _____. 1
a) Mean b) Mode c) **Correlation Coefficient** d) Standard Deviation

- 7. Which method of enquiry is primarily used to establish cause-and-effect relationships?** 1
 a) Introspection **b) Experimentation** c) Case study d) Observation
- 8. The term “sample” in psychological research refers to _____.** 1
 a) The entire population being studied
b) A subset of the population selected for study
 c) The group of variables manipulated d) The results of the experiment
- 9. Human development is a process of growth and change from birth to death, encompassing which of the following dimensions?** 1
 a) Physical, Emotional, and Spiritual **b) Physical, Cognitive, Psychosocial**
 c) Emotional, Cognitive, and Social d) Physical, Moral, and Cultural
- 10. Which psychologist is best known for his theory of cognitive development?** 1
 a) Sigmund Freud b) Erik Erikson **c) Jean Piaget** d) Lev Vygotsky
- 11. In Erikson's theory, which stage is characterized by the conflict of "Trust vs. Mistrust"?** 1
 a) **Infancy** b) Early Childhood c) Adolescence d) Late Adulthood
- 12. Which of the following principles explains why objects that are close together are perceived as a group?** 1
 a) Similarity b) Continuity **c) Proximity** d) Closure
- 13. The tendency to perceive objects as unchanging despite changes in sensory input is known as _____.** 1
 a) **Perceptual Constancy** b) Sensory Adaptation c) Gestalt Principle
 d) Sensory Overload
- 14. The principle of "figure-ground" in perception refers to _____.** 1
 a) The ability to recognize depth in two-dimensional images
b) The process of distinguishing an object from its background
 c) The tendency to group objects by similarity
 d) The illusion of motion in still images
- 15. Which of the following is a form of associative learning?** 1
 a) Classical Conditioning b) Operant Conditioning c) Observational Learning
d) Both a and b

SECTION B

(6X2=12)

16. Explain the concept of "sensation" and "perception" with an example to illustrate the difference between the two processes. 2

A: Sensation involves receiving stimuli through sensory receptors, while perception is the interpretation of these inputs. For example, hearing a sound is sensation; recognizing it as a car horn is perception.

OR

Explain bottom-up processing with an example?

A: Bottom-up processing refers to interpreting sensory information starting from the basic level, building up to a complete perception. For example, recognizing a new object by analyzing its shapes and colors before identifying it as a smartphone.

17. Explain the concept of “developmental milestones” and provide an example of one such milestone in infancy. 2

A: Developmental milestones are critical skills children typically achieve at certain ages, helping assess normal development or identify delays. For instance, sitting unsupported is usually reached by 6-8 months.

18. What is the main advantage of using experimental research in psychology? 2

A: Experimental research in psychology excels at establishing cause-and-effect by manipulating an independent variable, controlling extraneous factors, and observing its impact on a dependent variable, yielding reliable conclusions.

19. Differentiate between psychology and psychiatry. 2

A: Psychology studies behavior and mental processes, offering therapy based on research. Psychiatry, a medical field, diagnoses and treats mental disorders, often using medications prescribed by psychiatrists, who are medical doctors.

20. What is neuropsychology? 2

A: Neuropsychology explores how brain function impacts behavior, studying the effects of brain injuries and disorders on cognition. Neuropsychologists assess cognitive deficits and create interventions to enhance patients' well-being.

21. What is spontaneous recovery? 2

A: Spontaneous recovery is when a previously extinguished conditioned response reappears after a period of rest or absence of the stimulus. For example, a dog may salivate to a bell again after a break.

SECTION C

(3X3=9)

22. What are the microsystem and mesosystem in contextual view of development? 3

A: Microsystem: The microsystem is the immediate environment surrounding an individual, such as family, school, and peer interactions, directly influencing their development.

Mesosystem: The mesosystem involves the interconnections between different microsystems, like how family dynamics impact school performance or how peer relationships influence family interactions. It highlights the interactions between various aspects of an individual's immediate environment.

OR

What does the term "cephalocaudal" and “proximodistal” refer to in terms of development?

A: Cephalocaudal is a developmental principle referring to the progression of growth and motor development from the head downward toward the feet. For instance, infants first gain control over their head and upper body before developing control over their lower body and legs.

Proximodistal is a developmental principle that describes growth and motor skill development from the center of the body outward toward the extremities. For example, infants typically gain control over their shoulder and arm movements before developing finer control over their hands and fingers.

23. Describe the survey method of research in psychology. What are its limitations? 3

A: The survey method gathers data from many people via questionnaires or interviews to assess attitudes, opinions, or behaviors, typically from a representative sample.

However, limitations include potential social desirability bias, misinterpretation of questions, superficial data that may not fully capture respondents' complexities, and the risk of low response rates, which can affect sample representativeness and validity.

24. Explain the process of sensory adaptation and provide an example. 3

A: Sensory adaptation is when sensory receptors become less responsive to constant stimuli over time, helping us focus on new changes rather than being overwhelmed. Initially, receptors react strongly to a new stimulus, but if it remains constant, their response diminishes. For example, you might notice a strong odor when entering a room but become less aware of it as your sense of smell adapts.

SECTION D

(4X4=16)

25. What is operant conditioning, and what role does reinforcement play in it? What are the types of reinforcement? Give examples. 4

A: Operant conditioning is a learning method where behavior is shaped by consequences, such as rewards or punishments. Reinforcement plays a crucial role by increasing the likelihood of a behavior being repeated. It involves providing positive outcomes or removing negative ones.

Types of reinforcement include:

- Positive Reinforcement: Adding a desirable stimulus to strengthen behavior. For example, a teacher giving praise or a reward to a student who completes their homework.
- Negative Reinforcement: Removing an aversive stimulus to strengthen behavior. For instance, relieving a child from extra chores when they finish their homework on time.

These reinforcements help in reinforcing desired behaviors and shaping learning outcomes.

26. How is psychology applied in fields such as mass communication, medicine, law and criminology, and music and fine arts? 4

A: Psychology plays a vital role in various fields:

- Mass Communication: It helps analyze audience behavior, tailoring messages for better engagement, and improving the effectiveness of media campaigns.
- Medicine: Psychology is crucial for patient care, providing mental health treatments, and understanding behaviors related to health, aiding in comprehensive medical care.
- Law and Criminology: It supports criminal profiling, insights into criminal behavior, and refining legal practices, enhancing the justice system's effectiveness.
- Music and Fine Arts: Psychology explores the creative process, boosts performance techniques, and examines how art affects emotional and mental states, enriching the artistic experience and understanding its psychological impact.
- These applications illustrate how psychology enhances both professional practices and individual experiences across diverse fields.

27. What are the primary concerns associated with the adolescent stage of development? 4

A: Adolescence is a vulnerable period marked by conflicts, peer pressure, and self-doubt. Challenges such as delinquency, substance abuse, and eating disorders are common. Delinquency includes behaviors which are socially unacceptable like theft, legal offenses and vandalism, often linked to low parental support, poverty, and poor self-identity. While many delinquent youths reform by changing peer groups and developing positive self-worth, some continue problematic behaviors. Substance abuse,

driven by stress and peer pressure, can lead to addiction and interfere with decision-making. Positive relationships and programs like the Society for Theatre in Education help prevent drug abuse. Eating disorders like anorexia nervosa and bulimia, often influenced by media and peer comparisons, involve unhealthy eating patterns and are more prevalent in urban settings.

28. What is selective attention, what factors influence it, and explain one theory related to it? 4

A: Selective attention is the ability to focus on specific stimuli or information while ignoring other inputs. Factors affecting this process include the intensity and relevance of the stimuli, personal interests and needs, and the presence of potential distractions. For example, stimuli that are highly relevant or intense are more likely to capture and hold attention. Broadbent's Filter Theory is a key explanation of selective attention, proposing that attention functions as a filter. This filter blocks out irrelevant information and allows only the most important stimuli to be processed. This theory highlights how selective attention helps individuals efficiently manage and process the vast amount of information they encounter by concentrating on what is most essential.

OR

What are binocular cues and how do they contribute to depth perception?

A: Binocular cues are visual signals that use both eyes to perceive depth and distance. These include:

- **Convergence:** The inward turning of the eyes when focusing on a nearby object, allowing the brain to estimate the object's distance based on the angle of convergence.
- **Binocular Disparity:** The slight difference between the images seen by each eye due to their horizontal separation, which the brain combines to gauge depth and distance.
- **Accommodation** refers to the eye's adjustment of focus for objects at different distances. It involves:
 - **For Close Objects:** The ciliary muscles contract, making the lens thicker and rounder to increase focusing power for nearby vision.
 - **For Distant Objects:** The ciliary muscles relax, causing the lens to flatten and reduce its focusing power to see distant objects clearly.

Both binocular cues and accommodation are crucial for accurate depth perception and maintaining clear vision across varying distances.

SECTION E

(6X2=12)

29. Explain the concept of correlational research, its types and correlation coefficient. Give example. 6

A: Correlational research is used to investigate whether and how two or more variables are related. Unlike experimental research, correlational studies do not manipulate variables but rather observe the natural relationships between them.

Types of Correlational Research:

- **Positive Correlation:** This occurs when two variables increase or decrease together. For example, there is a positive correlation between the amount of time spent studying and academic performance; as study time increases, academic performance generally improves.
- **Negative Correlation:** This happens when one variable increases while the other decreases. An example is the negative correlation between stress levels and sleep quality; as stress increases, sleep quality typically decreases.
- **No Correlation:** When two variables show no predictable relationship, they are said to have no correlation. For instance, there is no correlation between a person's shoe

size and their intelligence; changes in one do not predict changes in the other. Correlational research is valuable for identifying relationships between variables but does not establish causation. Correlation coefficients (r) quantify these relationships, ranging from -1 to +1, where +1 indicates a perfect positive correlation, -1 indicates a perfect negative correlation, and 0 signifies no correlation.

OR

What is the nature of psychological data?

A: In psychology, data collection differs from other sciences due to its focus on human behavior, subjective experiences, and mental processes. Unlike physical sciences, psychological data are context-dependent, influenced by the method of collection and the conditions under which it occurs. For example, individuals may behave differently when alone versus in a group, or in different environments like home and office. Methods such as surveys, interviews, or experiments, and factors like the respondent's age, gender, or socio-economic status, can impact data quality and nature.

Psychological data include:

- Demographic Information: Personal details such as age, gender, education, occupation, and family background.
- Physical Information: Data on living conditions, housing, transportation, and environmental factors.
- Physiological Data: Measurements of physical and physiological states, such as heart rate, blood pressure, sleep patterns, and brain activity.
- Psychological Information: Insights into intelligence, personality, emotions, motivation, psychological disorders, and subjective experiences.

This data is often categorized, ranked, or scored and analyzed qualitatively through methods like verbal reports, observations, and personal records. The interpretation of this data involves contextualizing it to understand its relevance and implications.

30. Explain the Gestalt principles of proximity, similarity, and closure, and provide an example of each principle in real-life visual perception. 6

A: Gestalt Principles of Perception are as follows:

- Proximity: The principle of proximity states that objects that are close to each other tend to be perceived as a group. This means that elements that are physically close together are often seen as belonging to the same object or group. Example: In a classroom, if students are seated in clusters of desks close together, they are perceived as forming groups or teams.
- Similarity: The principle of similarity refers to the tendency to perceive objects that are similar in color, shape, or size as being related or part of a group. This helps in organizing visual input by categorizing similar elements. Example: In a store, products on a shelf that have similar packaging designs or colors are often perceived as part of the same brand or category, making it easier to identify and compare them.
- Closure: The principle of closure involves the tendency to perceive incomplete shapes or figures as complete. When parts of a visual stimulus are missing, the brain fills in the gaps to create a whole, complete object. Example: When viewing a partially obscured circle, such as when a circular object is partly hidden behind another object, people still perceive it as a full circle due to the principle of closure.

OR

How do illusions impact perception? Provide examples

A: Our perceptions can sometimes be misleading due to misinterpretations of sensory information, leading to illusions where the perceived stimulus does not match the physical reality. Illusions, which are often studied in visual perception, can be categorized into universal and personal types. Universal illusions, like the Muller-Lyer illusion, are experienced similarly by everyone; for instance, people perceive one line as shorter than another even when both are of equal length. Personal illusions vary

between individuals and are influenced by personal experiences. An example of a geometrical illusion is the Muller-Lyer illusion, where two lines of equal length appear different due to the arrows at their ends. Another example is the illusion of vertical and horizontal lines, where vertical lines seem longer than horizontal ones, despite being the same length.

Apparent movement illusions, such as the phi phenomenon, occur when static images are shown in rapid succession, creating the illusion of motion. This is commonly experienced in films and flickering lights, where the continuity and speed of light sources are crucial for perceiving movement. These illusions highlight that our perception is not always a direct reflection of reality but is often shaped by the stimuli and our experiences.

SECTION F

(3X2=6)

Read the case and answer the questions that follow.

Ananya is an 11-year-old girl who has recently entered adolescence. Her parents have noticed several changes in her behavior and physical appearance. She has become more conscious about her looks, spends more time with her friends, and is sometimes moody and withdrawn. Ananya has also shown a growing interest in understanding who she is and where she fits in the world. Her parents are concerned about these changes and wonder if they are normal.

31. Based on your understanding of human development, explain the changes Ananya is experiencing. 1

32. Discuss the stage of development she is in and the typical characteristics associated with this stage. 2

A: Ananya's behavior reflects typical early adolescence, marked by heightened self-awareness, focus on appearance, mood swings, increased peer interactions, and a growing interest in personal identity.

Ananya is in the early adolescence stage, typically occurring between ages 10 and 12. This stage is characterized by significant physical, emotional, and social changes. Physically, adolescents experience puberty, which leads to changes in appearance and growth. Emotionally, they often face mood swings and heightened self-consciousness. Socially, there is an increased focus on peer relationships and a growing interest in identity formation. Adolescents begin to explore their personal values and beliefs, seeking a sense of who they are and where they belong in the broader social context.

Read the case and answer the questions that follow.

A 15-year-old student, Riya, is struggling with concentration and motivation in her studies. She finds it hard to stay focused in class and often feels anxious about her academic performance. Her parents are concerned and want to understand why she might be experiencing these issues. They are also interested in how psychological principles could help address her challenges.

33. Under which field of psychology would this case fall? 1

34. Would you recommend referring this student to a psychiatrist or a psychologist, and why? 2

A: This case falls under educational psychology, focusing on improving learning, motivation, and managing academic-related stress and anxiety.

One could refer Riya to a psychologist because her issues with concentration, motivation, and anxiety can be effectively addressed through counseling and behavioral strategies. Psychologists specialize in therapeutic techniques that can help manage and improve these concerns.

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