



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL
PRE-BOARD-1 (2024-25)
PSYCHOLOGY (037)



CLASS. XII
Date. 23-11-2024
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 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
3. Question Nos. 15-19 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. 20-23 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. 24 - 27 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. 28-29 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. 30 – 33 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

1. Social inhibition refers to _____. 1
 - a) Improved performance due to the presence of others.
 - b) Decreased performance due to the presence of others.
 - c) No effect on performance due to the presence of others.
 - d) Increased aggression in the presence of others.

2. What does the "valence" of an attitude refer to? 1
 - a) The strength of the attitude
 - b) The direction of the attitude (positive or negative)
 - c) The number of people sharing the attitude
 - d) The cause of the attitude

3. What is a culture-fair test? 1
 - a) A test that includes elements specific to one culture
 - b) A test that is designed to minimize cultural bias
 - c) A test based solely on verbal skills
 - d) A test that is administered only in urban settings

4. Social competence refers to _____. 1
 - a) The ability to solve mathematical problems
 - b) The ability to interact effectively with others
 - c) Academic knowledge in social studies
 - d) Personal financial management skills

- 5. By what age does self-esteem related to academic competence, social competence, physical/athletic competence, and physical appearance typically develop in a child?** 1
 a) 2-3 years b) 4-7 years c) 8-10 years d) 11-13 years
- 6. Self-reinforcement refers to _____.** 1
 a) Rewarding oneself after achieving a goal or desired behavior
 b) Relying on others for motivation
 c) Setting goals for others to accomplish
 d) Ignoring one's own achievements to remain humble
- 7. What is the primary function of white blood cells in the immune system?** 1
 a) Transporting oxygen to the body b) Providing energy to cells
 c) Defending the body against infections and foreign substances
 d) Breaking down nutrients for digestion
- 8. What is the purpose of biofeedback as a strategy for stress management?** 1
 a) To enhance physical fitness through exercise
 b) To monitor physiological functions and promote relaxation
 c) To increase academic performance through motivation
 d) To eliminate the need for medication in all cases
- 9. What does the term "stigma" refer to in a psychological and social context?** 1
 a) A positive attribute associated with an individual
 b) A mark of disgrace associated with a particular circumstance, quality, or person
 c) An unrecognized talent or skill
 d) A form of psychological resilience
- 10. Which neurotransmitter is primarily associated with anxiety?** 1
 a) Serotonin b) Dopamine c) Norepinephrine d) GABA
- 11. Who is the creator of logotherapy?** 1
 a) Carl Jung b) Sigmund Freud c) Viktor Frankl d) Abraham Maslow
- 12. According to psychodynamic therapy, what is considered to lead to psychological problems?** 1
 a) Inherited traits and genetics b) Unconscious conflicts and unresolved issues from the past
 c) Environmental stressors and social circumstances d) Behavioral habits and learned responses
- 13. What does the term "cohesiveness" refer to in a group context?** 1
 a) The competition among group members
 b) The degree of attraction and unity among group members
 c) The independence of each group member
 d) The number of members in a group
- 14. According to Tuckman's model, what are the five stages of group development?** 1
 a) Planning, Organizing, Executing, Evaluating, Reflecting
 b) Forming, Storming, Norming, Performing, Adjourning
 c) Analyzing, Synthesizing, Implementing, Monitoring, Reporting
 d) Building, Collaborating, Competing, Compromising, Concluding

SECTION B

15. What is mental age, and what is chronological age? 2
OR
What is the difference between intelligence and aptitude?
16. What are the terms Oedipus complex and Electra complex in the phallic stage mean? 2
17. What is assertiveness, give an example? 2
18. What is the exhaustion stage in the General Adaptation Syndrome? 2
19. What is a delusion of control in Schizophrenia? 2

SECTION C

20. What is the classification of people based on IQ, explain in detail? 3
OR
What are individual and group tests?
21. What is EPQ (Eysenck Personality Questionnaire) and what are its dimensions? 3
22. What is a phobia, and write any three types of phobias along with the symptoms? 3
23. What are antecedent operations and consequent operations? 3

SECTION D

24. What are unhelpful habits, and how do they impact positive health, write in detail? 4
25. What are the different types of hallucinations? Provide examples of each. 4
26. What are free association and dream interpretation? Give examples. 4
27. Why does social loafing occur and how to reduce it? 4
OR
Why do people join groups?

SECTION E

28. What is emotional intelligence, and what is the correlation between intelligence and creativity? Give relevant examples. 6
OR
What is the PASS model?
29. Write in detail about the Rorschach inkblot test and the Thematic Apperception Test (TAT). 6
OR
Write in detail about MMPI (Minnesota Multiphasic Personality Inventory) and 16PF (16 Personality Factors) assessments, and what are their key features?

SECTION F

Read the case and answer the questions that follow.

Sarah, a 16-year-old high school student, had always been indifferent towards environmental issues. She rarely participated in school initiatives aimed at promoting recycling or reducing plastic use. However, when her close friends began to actively engage in environmental activism, attending workshops and sharing their experiences on social media. Gradually her friends got recognized and appreciated for their work by the people and lasted a deep impact on people. Sarah started to reconsider her stance.

30. What belief did Sarah hold towards environmental issues? 1
31. How did Sarah's attitude formation regarding environmental issues develop, and why? 2

Read the case and answer the questions that follow.

In a high school counselling setting, a 16-year-old student, Aisha, frequently expresses feelings of inadequacy and low self-esteem, stemming from her belief that academic success is the only path to self-worth. After several counselling sessions, the counsellor uses cognitive-behavioural techniques to help Aisha identify her underlying beliefs, such as "I must always achieve high grades to be valued." Through guided reflection and activities like journaling and value clarification exercises, Aisha begins to recognize that her self-worth is not solely dependent on academic performance but also on her personal interests, friendships, and growth. As a result, Aisha shifts her focus from solely pursuing high grades to embracing her passion for art and building healthy relationships, leading to improved self-esteem and a more balanced perspective on success.

32. What cognitive-behavioural techniques were used to help Aisha identify her underlying beliefs? **1**

33. What changes did Aisha make in her belief systems and values as a result of the counselling sessions? **2**

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