



# B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS  
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL



## TERM-1 EXAMINATION, 2025-26 PSYCHOLOGY 037

Class: XII  
Date: 5.09.25  
Admission no:

Time: 3 Hours  
Max Marks: 70  
Roll no:

### INSTRUCTIONS:

- I. All questions are compulsory except where internal choice has been given.
- II. Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
- III. 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.
- IV. 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.
- V. 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.
- VI. 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.
- VII. 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

1. Which of the following statements best explains the concept of emotional intelligence as proposed by Daniel Goleman? 1
  - A. It refers to the ability to solve abstract problems quickly and accurately.
  - B. It is the ability to understand and manage one's own emotions and those of others.
  - C. It involves the capacity to recall and reproduce previously learned information.
  - D. It refers to the aptitude for learning new languages and understanding symbols.
2. Which of the following is NOT a characteristic of gifted children? 1
  - A. High creativity
  - B. High social adaptability
  - C. High task commitment
  - D. Above-average intelligence
3. A student scores very high on verbal reasoning but average on spatial and mechanical abilities. According to Thurston's theory of Primary Mental Abilities, this suggests \_\_\_\_\_ 1
  - A. Intelligence is a single general ability
  - B. The student lacks emotional intelligence
  - C. The student has strengths in specific areas of intelligence
  - D. Intelligence cannot be measured reliably
4. According to Carl Rogers, a healthy personality develops when there is \_\_\_\_\_. 1
  - A. Complete suppression of the id
  - B. A balance between the id, ego, and superego
  - C. Congruence between the real self and ideal self
  - D. Strong external locus of control

- 5.** Which of the following defense mechanisms involves attributing one's own unacceptable thoughts to others? 1  
 A. Repression                      B. Displacement                      C. Projection                      D. Regression
- 6.** The Big Five personality trait model includes all of the following EXCEPT \_\_\_\_\_ 1  
 A. Openness to experience      B. Conscientiousness      C. Neuroticism      D. Psychoticism
- 7.** Assertion (A): People with high hardiness are better able to cope with stress.  
 Reason (R): Hardiness includes commitment, control, and challenge as core components that help individuals perceive stressors as manageable. 1  
 A. Both A and R are true, and R is the correct explanation of A.  
 B. Both A and R are true, but R is not the correct explanation of A.  
 C. A is true, but R is false.  
 D. A is false, but R is true.
- 8.** Assertion (A): Avoidance-oriented coping strategies are the most effective in managing long- term stress.  
 Reason (R): Avoidance coping helps an individual to distract themselves and forget about the stressor completely. 1  
 A. Both A and R are true, and R is the correct explanation of A.  
 B. Both A and R are true, but R is not the correct explanation of A.  
 C. A is false, but R is true.  
 D. Both A and R are false.
- 9.** Assertion (A): High levels of stress always lead to poor performance and psychological dysfunction.  
 Reason (R): Stress has a curvilinear relationship with performance. 1  
 A. Both A and R are true, and R is the correct explanation of A.  
 B. Both A and R are true, but R is not the correct explanation of A.  
 C. A is false, but R is true.  
 D. Both A and R are false.
- 10.** Which of the following best distinguishes Obsessive-Compulsive Disorder (OCD) from other anxiety disorders? 1  
 A. It involves sudden, unexpected episodes of intense fear.  
 B. It is characterized by persistent, irrational fears of specific objects or situations.  
 C. It includes intrusive thoughts and repetitive behaviors performed to reduce anxiety.  
 D. It causes an individual to avoid social interactions due to fear of embarrassment.
- 11.** Which of the following is NOT a criterion under the DSM-5 for diagnosing Major Depressive Disorder? 1  
 A. Depressed mood most of the day, nearly every day  
 B. B. Delusions and hallucinations  
 C. Significant weight loss or gain  
 D. Diminished interest or pleasure in almost all activities
- 12.** In Dissociative Identity Disorder (DID), the presence of two or more distinct identities is primarily a result of \_\_\_\_\_. 1  
 A. Chronic substance use  
 B. B. Neurochemical imbalances  
 C. Traumatic experiences, especially during early childhood  
 D. Delusional thinking and disorganized speech

- 13.** Which of the following techniques is least likely to be used in cognitive therapy? 1
- A. Identifying and challenging automatic negative thoughts
  - B. Free association to uncover unconscious conflicts
  - C. Reattribution of responsibility for negative events
  - D. Thought recording and reality testing
- 14.** Which of the following is a core assumption of the humanistic approach to therapy? 1
- A. Psychological disorders arise due to irrational thoughts and must be corrected logically.
  - B. Behavior is shaped by reinforcement and punishment in the environment.
  - C. Individuals possess the inner potential for growth and self-actualization.
  - D. Unconscious conflicts from childhood must be resolved to reduce symptoms.
- 15.** Systematic desensitization, a behavior therapy technique, is based on which of the following principles? 1
- A. Free will and self-awareness
  - B. Operant conditioning and reinforcement
  - C. Classical conditioning and reciprocal inhibition
  - D. Cognitive restructuring and schema modification

### **SECTION B**

- 16.** Differentiate between life events and hassles. 2
- 17.** A teacher notices that Neeraj, one of her class 5 students, learns new languages very easily, loves new subjects, and is very sensitive to changes in the classroom. Comment on the intellectual abilities of Neeraj. 2
- 18.** Ria and Neha both scored the same marks in an IQ test. However, Ria excels in art and music, while Neha is good at solving mathematical problems and reasoning tasks. Which theory of intelligence best explains their differing abilities, and why? 2

**OR**

Differentiate between interpersonal and intrapersonal intelligence as per Gardner's theory.

- 19.** Explain the role of culture in influencing intelligence. 2
- 20.** What is unconditional positive regard according to Carl Rogers? 2
- 21.** What is the main goal of cognitive therapy? 2

### **SECTION C**

- 22.** Explain the concept of self-efficacy with an example. 3
- 23.** You are working with a client who handles high stress well and remains healthy. How would you evaluate and support their ability to manage stress effectively? 3
- 24.** Explain how the Age of Reason and Enlightenment influenced the treatment and perception of psychological disorders in the seventeenth and eighteenth centuries. 3

**OR**

Peter is a 28-year-old man who has been diagnosed with schizophrenia. He lacks the necessary skills to be independent and productive member of society. As a mental health professional, suggest any three rehabilitation techniques to support Peter in becoming self-sufficient.

### **SECTION D**

- 25.** Explain any two types of intelligence proposed by Howard Gardner in his theory of Multiple

Intelligences, with examples. 4

26. Explain any two types of stress with suitable examples. 4

27. Differentiate between Generalized Anxiety Disorder (GAD) and Panic Disorder on the basis of symptoms and duration. 4

**OR**

Explain any two positive symptoms and any two negative symptoms of schizophrenia with examples.

28. Differentiate between Psychodynamic Therapy and Cognitive Behaviour Therapy (CBT) in terms of approach, techniques, and goals. 4

### **SECTION E**

29. Compare and contrast Freud's psychoanalytic theory and Rogers' humanistic theory of personality. 6

**OR**

Explain the Big Five Factor Model of personality. How is it different from Cattell's 16 Personality Factors?

30. Explain the criteria used to identify abnormal behaviour. How do these criteria help in diagnosis? 6

### **SECTION F**

Case Study – 1: Read the case study given below and answer the questions that follow:

Social stress can be broadly defined as a situation which threatens one's relationships, esteem, or sense of belonging within a dyad group, or larger social context. Social stress, can emerge in a number of situations. Social stress can stem from difficult social interactions, for example, a conflictual or tumultuous marital or family relationship. Social stress can also emerge in the context of evaluated performance situations, where others could be judgmental or critical, or in contexts in which one feels rejected, ostracized, or ignored. Social stress can also be more broadly construed, representing perceptions of one's lower role or standing within a group or community. Social stress can lead to a range of observable and measurable responses related to health outcomes.

31. What impact can social stress have on an individual? 1

32. State two causes of social stress in day-to-day life. 2

Case Study – 2: Read the case study given below and answer the questions that follow:

Ritika, a 17-year-old student, excels in academics, especially in science and math. Her teachers praise her logical reasoning and analytical thinking. However, she struggles with expressing emotions and often appears detached in group activities. Her classmates describe her as intelligent but not very approachable. During a group project, she completed all technical tasks but avoided collaborative discussions. Her career counsellor noted she had high scores in analytical ability but average in interpersonal skills. Her parents are concerned that despite her high IQ, Ritika finds it difficult to connect emotionally with others. Ritika, however, feels she is performing well and doesn't see a need to change.

33. Which type of intelligence is Ritika high in, as per Gardner's theory? 1

34. Why might Ritika face challenges in group tasks despite having a high IQ? 2

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

**CL\_12\_TERM-1\_PSYCHOLOGY (037) \_QP\_ 4/4**