



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL
POST MID-TERM EXAMINATION (2024-25)
PSYCHOLOGY (037)



CLASS: XI
Date: 9-01-2025
Admission No: _____

Time: 1 Hour
Max. Marks: 25
Roll No: _____

INSTRUCTIONS

1. *All questions are compulsory.*
2. *Question Nos. 1-5 in Section A carry 1 mark each.*
3. *Question Nos. 6-7 in Section B are very short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 40-50 words.*
4. *Question Nos. 8-9 in Section C are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 60-80 words.*
5. *Question No. 10 in Section D are long answer type - I questions carrying 6 marks. Answer to question should not exceed 120 words.*

SECTION A

1. **According to Maslow's hierarchy of needs, which need is at the base of the pyramid?** **1**
a) Esteem needs b) Self-actualization needs c) Safety needs d) Physiological needs
2. **Which of the following is a characteristic of intrinsic motivation?** **1**
a) Seeking external rewards b) Performing activities for personal satisfaction
b) Relying on external factors to succeed d) Being driven by fear of punishment
3. **Which of the following emotions is considered a primary emotion?** **1**
a) Jealousy b) Happiness c) Pride d) Guilt
4. **Which of the following is not a physiological reaction to emotion?** **1**
a) Increased heart rate b) Sweating c) Problem-solving d) Dilated pupils
5. **What is the term for emotions that are universally expressed and recognized across cultures?** **1**
a) Subjective emotions b) Basic emotions
c) Secondary emotions d) Complex emotions

SECTION B

6. How does the biological motive of hunger operate, and what factors influence it? **3**
7. What is the need for power, and why is it significant in understanding human motivation? **3**

OR

How does thirst function as a biological motive, and what processes are involved in its regulation?

SECTION C

8. Describe the motivational cycle, including a diagram and a relevant example? **4**
9. What are the effective ways to reduce negative emotions and enhance positive emotions? **4**

OR

How do cultural differences influence the way emotions are expressed and understood?

SECTION D

10. What are the five levels of Maslow's Hierarchy of Needs? Describe each in detail. 6

OR

How can exam anxiety be managed effectively?