

रोल नं.

Roll No.



परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें।

Candidates must write the Q.P. Code on the title page of the answer-book.

मनोविज्ञान (सैद्धान्तिक)
PSYCHOLOGY (Theory)

निर्धारित समय : 3 घण्टे

अधिकतम अंक : 70

Time allowed : 3 hours

Maximum Marks : 70

नोट	NOTE
(I) कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 19 हैं।	(I) Please check that this question paper contains 19 printed pages.
(II) कृपया जाँच कर लें कि इस प्रश्न-पत्र में 34 प्रश्न हैं।	(II) Please check that this question paper contains 34 questions.
(III) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।	(III) Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
(IV) कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में प्रश्न का क्रमांक अवश्य लिखें।	(IV) Please write down the serial number of the question in the answer-book before attempting it.
(V) इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा। 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे।	(V) 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.

सामान्य निर्देश :

- (i) जिन प्रश्नों में आंतरिक विकल्प दिए गए हैं, उन्हें छोड़कर सभी प्रश्न अनिवार्य हैं ।
- (ii) **खण्ड क :** प्रश्न संख्या 1 से 15 में प्रत्येक के लिए 1 अंक निर्धारित है । आपसे निर्देशानुसार उत्तर देने की अपेक्षा की जाती है ।
- (iii) **खण्ड ख :** प्रश्न संख्या 16 से 21 तक अति लघु-उत्तरीय प्रकार-I प्रश्न हैं, जिनमें प्रत्येक के लिए 2 अंक निर्धारित हैं । प्रत्येक प्रश्न का उत्तर 30 शब्दों से अधिक नहीं होना चाहिए ।
- (iv) **खण्ड ग :** प्रश्न संख्या 22 से 24 तक लघु-उत्तरीय प्रकार-II प्रश्न हैं, जिनमें प्रत्येक के लिए 3 अंक निर्धारित हैं । प्रत्येक प्रश्न का उत्तर 60 शब्दों से अधिक नहीं होना चाहिए ।
- (v) **खण्ड घ :** प्रश्न संख्या 25 से 28 तक दीर्घ-उत्तरीय प्रकार-I प्रश्न हैं, जिनमें प्रत्येक के लिए 4 अंक निर्धारित हैं । प्रत्येक प्रश्न का उत्तर 120 शब्दों से अधिक नहीं होना चाहिए ।
- (vi) **खण्ड ङ :** प्रश्न संख्या 29 और 30 दीर्घ-उत्तरीय प्रकार-II प्रश्न हैं, जिनमें प्रत्येक के लिए 6 अंक निर्धारित हैं । प्रत्येक प्रश्न का उत्तर 200 शब्दों से अधिक नहीं होना चाहिए ।
- (vii) **खण्ड च :** प्रश्न संख्या 31 से 34 दो व्यक्ति अध्ययनों पर आधारित प्रश्न हैं । इन पर आधारित 1 अंक वाले प्रश्नों की उत्तर सीमा 20 शब्दों और 2 अंक वाले प्रश्नों की उत्तर सीमा 30 शब्दों से अधिक नहीं होनी चाहिए ।

खण्ड क

1. राघव को शिक्षिका ने एक परीक्षा के बारे में बताया, जिसे वह आयोजित करने की योजना बना रही थी । यह उसे अध्ययनों की विषय-वस्तु को पढ़ने, सीखने तथा दोहराने के लिए अभिप्रेरित करता है । इसका कारण है _____ । 1
- (A) भाव प्रबोधन/अवधान (B) कूट संकेतन
(C) सहकालिक प्रक्रमण (D) आनुक्रमिक प्रक्रमण
2. नीरजा की मानसिक आयु 14 वर्ष है और उसकी बुद्धि लब्धि 110 है । उसकी कालानुक्रमिक आयु कितनी है ? 1
- (A) लगभग 9.7 वर्ष (B) लगभग 10.7 वर्ष
(C) लगभग 11.7 वर्ष (D) लगभग 12.7 वर्ष
3. एक परीक्षा में खराब प्रदर्शन के बाद मोही ने एक नया पेन सेट खरीदा । वह दावा करती है कि नए पेन के साथ वह बेहतर प्रदर्शन करेगी । वह खराब प्रदर्शन के कारण होने वाली व्याग्रता को कम करने के लिए _____ का उपयोग कर रही है । 1
- (A) अस्वीकरण (B) प्रतिक्रिया निर्माण
(C) प्रक्षेपण (D) युक्तिकरण



General Instructions :

- (i) *All questions are **compulsory**, except where internal choice has been given.*
- (ii) *Question No. 1 – 15 in **Section A** carry 1 mark each. You are expected to answer them as directed.*
- (iii) *Question No. 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 No. 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 No. 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 No. 29 and 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 No. 31 – 34 in **Section F** are based on **two** case studies 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. Raghav was told by the teacher about a test which she plans to hold. This forces him to focus on reading, learning and revising the contents of the chapters. This is because of _____. 1
(A) Arousal/Attention (B) Coding
(C) Simultaneous processing (D) Successive processing
2. Nirja has a mental age of 14 years with an Intelligence Quotient (IQ) of 110. What is her chronological age? 1
(A) 9·7 years approximately (B) 10·7 years approximately
(C) 11·7 years approximately (D) 12·7 years approximately
3. Mohi buys a set of new pens after doing poorly in an examination. She asserts that she will do much better with the new pens. She is using _____ to reduce anxiety caused due to poor performance. 1
(A) Denial (B) Reaction formation
(C) Projection (D) Rationalisation

4. निम्नलिखित प्रश्न में एक अभिकथन (A) के बाद एक तर्क (R) का कथन दिया गया है। कथनों को पढ़िए और उचित विकल्प का चयन कीजिए।

1

अभिकथन (A) : व्यक्तित्व केवल आनुवंशिक कारकों द्वारा निर्धारित होता है।

तर्क (R) : यद्यपि आनुवंशिक कारक व्यक्तित्व विशेषकों के विकास में योगदान करते हैं, पारिस्थितिक और सांस्कृतिक पर्यावरण भी महत्वपूर्ण भूमिका निभाते हैं।

(A) अभिकथन (A) और तर्क (R) दोनों सही हैं और तर्क (R), अभिकथन (A) की सही व्याख्या है।

(B) अभिकथन (A) और तर्क (R) दोनों सही हैं, परन्तु तर्क (R), अभिकथन (A) की सही व्याख्या नहीं है।

(C) अभिकथन (A) सही है, परन्तु तर्क (R) ग़लत है।

(D) अभिकथन (A) ग़लत है, परन्तु तर्क (R) सही है।

5. मीना अपने मित्र से फ़ोन पर बात करके कार्यालय में अपना काम पूर्ण करने की गंभीरता को नकारती है। वह निम्नलिखित में से किस युक्ति का उपयोग कर रही है ?

1

(A) कृत्य-अभिविन्यस्त युक्ति

(B) संवेग-अभिविन्यस्त युक्ति

(C) परिहार-अभिविन्यस्त युक्ति

(D) समस्या-केन्द्रित युक्ति

6. अब्दुल अनुचित ईर्ष्या और नाराजगीयुक्त व्यवहार से दूर रहता है। वह सामने वाले की बात को धैर्यपूर्वक सुनता है। यह _____ की कुंजी है।

1

(A) आग्रहिता

(B) संबंधों में सुधार

(C) स्वयं की देखभाल

(D) असहायक आदतों पर विजयी होना

7. अमरीकी मनोरोग संघ _____ नामक एक आधिकारिक पुस्तिका प्रकाशित करता है। यह पुस्तिका मनोवैज्ञानिक विकारों का वर्णन तथा वर्गीकरण करती है।

1

(A) डायनोस्टिक एंड स्टैटिस्टिकल मैनुस्क्रिप्ट – V

(B) डायनोस्टिक एंड स्टैटिस्टिकल मैनुअल ऑफ़ मेंटल डिसऑर्डर्स – V

(C) बीमारियों का अंतर्राष्ट्रीय वर्गीकरण – 11

(D) विकारों का अंतर्राष्ट्रीय वर्गीकरण – 11

4. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. 1

Assertion (A) : Personality is solely determined by genetic factors.

Reason (R) : While genetic factors contribute to the development of personality traits, the ecological and cultural environment also plays a crucial role.

- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
- (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is **not** the correct explanation of Assertion (A).
- (C) Assertion (A) is true, but Reason (R) is false.
- (D) Assertion (A) is false, but Reason (R) is true.
5. Meena denies the seriousness of completing her work in the office by talking to her friend on the phone. Which of the following strategy is she using ? 1
- (A) Task-oriented strategy (B) Emotion-oriented strategy
- (C) Avoidance-oriented strategy (D) Problem-focused strategy
6. Abdul avoids misplaced jealousy and sulking behaviour. He listens to what the other person is saying very patiently. This is the key to _____ . 1
- (A) Assertiveness
- (B) Improving relationships
- (C) Self-care
- (D) Overcoming unhelpful habits
7. The American Psychiatric Association publishes an official manual called _____ . This manual describes and classifies psychological disorders. 1
- (A) Diagnostic Statistical Manuscript-V
- (B) Diagnostic and Statistical Manual of Mental Disorders-V
- (C) International Classification of Diseases-11
- (D) International Classification of Disorders-11

8. भूकंप से हुए नुकसान को देखने के बाद नमिता अतीतावलोकन, एकाग्रता में कमी और सांवेगिक शून्यता का शिकार हो गई। उसे _____ होने की सर्वाधिक संभावना है। 1
- (A) अभिघातज उत्तर दबाव विकार (B) दुश्चिंता विकार
(C) कायिक अभिलक्षण विकार (D) विच्छेदी स्मृतिलोप
9. निम्नलिखित प्रश्न में एक अभिकथन (A) के बाद एक तर्क (R) का कथन दिया गया है। कथनों को पढ़िए और उचित विकल्प का चयन कीजिए। 1
- अभिकथन (A) : जब कोई विद्युत आवेग तंत्रिका-कोशिका के अंतिम छोर तक पहुँचता है तब अक्षतंतु उद्दीप्त होकर कुछ रसायन प्रवाहित करते हैं, जिसे तंत्रिकासंचारक कहते हैं।
- तर्क (R) : अध्ययन यह बताते हैं कि किसी विशेष तंत्रिकासंचारक की अपसामान्य क्रियाएँ अनुकूली व्यवहार को जन्म दे सकती हैं।
- (A) अभिकथन (A) और तर्क (R) दोनों सही हैं और तर्क (R), अभिकथन (A) की सही व्याख्या है।
(B) अभिकथन (A) और तर्क (R) दोनों सही हैं, परन्तु तर्क (R), अभिकथन (A) की सही व्याख्या नहीं है।
(C) अभिकथन (A) सही है, परन्तु तर्क (R) ग़लत है।
(D) अभिकथन (A) ग़लत है, परन्तु तर्क (R) सही है।
10. सबीना इस सवाल में उलझी रहती है कि वह इस दुनिया में क्यों है। वह अक्सर जीवन के अर्थ और उद्देश्य संबंधी प्रश्नों से घिरी रहती है। शायद वह _____ का अनुभव कर रही है। 1
- (A) अस्तित्वपरक दुश्चिंता
(B) दबाव
(C) अचेतन दुश्चिंता
(D) अंतः मनोद्वंद्व



8. Namita had flashbacks, impaired concentration, and emotional numbing after she witnessed the damage caused by the earthquake. She is most likely to be experiencing _____ . 1

- (A) Post-traumatic stress disorder (B) Anxiety disorder
(C) Somatic symptom disorder (D) Dissociative amnesia

9. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. 1

Assertion (A) : When an electrical impulse reaches a neuron's ending, the nerve ending is stimulated to release a chemical called a neurotransmitter.

Reason (R) : Studies indicate that abnormal activity by certain neurotransmitters can lead to adaptive behaviour.

- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is **not** the correct explanation of Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false.
(D) Assertion (A) is false, but Reason (R) is true.

10. Sabina seems to be preoccupied with the question of why she is in this world here. She is often plagued with questions about the meaning and purpose of life. Thus, she may be experiencing _____ . 1

- (A) Existential anxiety
(B) Stress
(C) Unconscious anxiety
(D) Intrapsychic conflict

11. 'दुर्भीति या अविवेकी भय के उपचार के लिए वोल्प द्वारा प्रतिपादित क्रमिक विसंवेदनीकरण एक तकनीक है।'

1

उपर्युक्त चिकित्सा के संदर्भ में निम्नलिखित को सही क्रम में व्यवस्थित कीजिए :

- (i) सेवार्थी के साथ-साथ चिकित्सक दुश्चिंता उत्पन्न करने वाले उद्दीपकों का एक पदानुक्रम तैयार करता है और सबसे कम दुश्चिंता उत्पन्न करने वाले उद्दीपकों को पदानुक्रम में सबसे नीचे रखता है।
- (ii) सेवार्थी का साक्षात्कार भय उत्पन्न करने वाली स्थितियों को जानने के लिए किया जाता है।
- (iii) कई सत्रों के पश्चात सेवार्थी विश्रांति की अवस्था बनाए रखते हुए तीव्र भय उत्पन्न करने वाली स्थितियों के बारे में सोचने में समर्थ हो जाता है।
- (iv) चिकित्सक सेवार्थी को विश्रांत करता है और सबसे कम दुश्चिंता उत्पन्न करने वाली स्थिति के बारे में सोचने को कहता है।

- (A) (i) – (iv) – (iii) – (ii) (B) (iii) – (iv) – (i) – (ii)
(C) (iv) – (i) – (ii) – (iii) (D) (ii) – (i) – (iv) – (iii)

12. चिकित्सात्मक उपागम के बारे में निम्नलिखित में से कौन-सा कथन सत्य **नहीं** है ?

1

- (i) चिकित्सात्मक उपागम सुधारात्मक और सहायक प्रकृति के होते हैं।
- (ii) चिकित्सात्मक उपागम में चिकित्सक और सेवार्थी के बीच पारस्परिक संबंध शामिल नहीं होता है।
- (iii) कुछ चिकित्सात्मक उपागम जैसे सेवार्थी-केंद्रित चिकित्सा प्रकृति में निर्देशात्मक हैं।
- (iv) कुछ चिकित्सात्मक उपागम जैसे मानवतावादी-अस्तित्वपरक चिकित्सा निर्देशात्मक नहीं हैं।

- (A) (i) और (ii)
(B) (ii) और (iii)
(C) (i) और (iii)
(D) (ii) और (iv)

11. 'Systematic desensitisation is a technique introduced by Wolpe for treating phobias or irrational fears.'

1

Referring to the above therapy, arrange the following in the correct sequence :

- (i) Together with the client, the therapist prepares a hierarchy of anxiety-provoking stimuli with the least anxiety-provoking stimuli at the bottom of the hierarchy.
- (ii) The client is interviewed to elicit fear-provoking situations.
- (iii) Over sessions, the client is able to imagine more severe fear-provoking situations while maintaining the relaxation.
- (iv) The therapist relaxes the client and asks the client to think about the least anxiety-provoking situation.

- (A) (i) – (iv) – (iii) – (ii) (B) (iii) – (iv) – (i) – (ii)
(C) (iv) – (i) – (ii) – (iii) (D) (ii) – (i) – (iv) – (iii)

12. Which of the following are **not** true about therapeutic approaches ?

1

- (i) Therapeutic approaches are corrective and helping in nature.
- (ii) Therapeutic approaches do not involve an interpersonal relationship between the therapist and the client.
- (iii) Some therapeutic approaches such as client-centred therapy are directive in nature.
- (iv) Some therapeutic approaches are non-directive such as humanistic-existential therapy.

- (A) (i) and (ii)
(B) (ii) and (iii)
(C) (i) and (iii)
(D) (ii) and (iv)

13. जब हम यह जानने में रुचि रखते हैं कि लोग किसी विशेष प्रकार से ही व्यवहार क्यों करते हैं तो इसके आधार पर हम विशिष्ट सामाजिक परिस्थितियों में दर्शाए गए व्यवहार के कारणों को भी बताते हैं। इस प्रक्रिया को _____ कहा जाता है।

1

- (A) छवि निर्माण (B) गुणारोपण
(C) सामाजिक संज्ञान (D) सामाजिक अवरोध

14. विकास महिलाओं के सशक्तीकरण के प्रति किसी सीमा तक सकारात्मक अभिवृत्ति रखता है। जब उसने कल्पना चावला की उपलब्धियों के बारे में पढ़ा, तो उसकी अभिवृत्ति और अधिक सकारात्मक हो गई। यह एक _____ परिवर्तन होगा।

1

- (A) चरम (B) सरल
(C) सर्वसम (D) विसंगत

15. अखिल ने अपने कर्मचारी को घूस लेते हुए पकड़ लिया। अखिल के स्टाफ ने उसके उस कर्मचारी की सेवाएँ समाप्त करने के निर्णय का समर्थन किया। _____ के कारण यह चरम कार्यवाही की जा सकी।

1

- (A) समूह ध्रुवीकरण (B) विप्लवन
(C) सामाजिक स्वैराचार (D) सामाजिक सुकरीकरण

खण्ड ख

16. तृप्ति एक मनोवैज्ञानिक है। वह एक परीक्षा का आयोजन करती है जिसमें परीक्षार्थी को कोई कार्य संपादित करने के लिए कुछ वस्तुओं या अन्य सामग्रियों का प्रहस्तन करना होता है। इस बुद्धि परीक्षण के प्रकार का नाम व महत्त्व बताइए।

2

17. डेनियल अक्सर स्वयं को तात्कालिक सुख-प्राप्ति और सामाजिक नियमों का पालन करने के बीच फँसा हुआ महसूस करता है। स्पष्ट कीजिए कि मनोगतिक सिद्धांत उसके द्वंद्व को कैसे व्याख्यायित करता है।

2



13. When we are interested in why people behave in the ways they do, we also assign causes to the behaviour shown in specific social situations. This process is called _____ . 1
- (A) Impression formation (B) Attribution
(C) Social cognition (D) Social inhibition
14. Vikas has a somewhat positive attitude towards empowerment of women. When he read about Kalpana Chawla's achievements, his attitude became more positive. This would be a/an _____ change. 1
- (A) Extreme (B) Simple
(C) Congruent (D) Incongruent
15. Akhil caught his employee taking bribes. Akhil's staff supported his decision to terminate the services of his employee. This extreme action could be taken because of _____ . 1
- (A) Group polarisation (B) Storming
(C) Social loafing (D) Social facilitation

SECTION B

16. Tripti is a psychologist. She administers a test that requires the subject to manipulate objects and other materials to perform a task. Name the type of intelligence test and state its importance. 2
17. Daniel often feels torn between seeking immediate pleasure and adhering to societal rules. How does the psychodynamic theory explain his conflict ? Explain. 2



18. जिकरा को अपनी शरीर प्रतिमा के बारे में गलत धारणा है जिसके कारण वह अपने को अधिक वजन वाला समझती है। इस विचार का क्या नकारात्मक प्रभाव हो सकता है ? 2

19. (क) क्या कोई किसी अन्य की दुर्दशा समझकर चिकित्सात्मक संबंध को समृद्ध बनाकर इसे एक स्वास्थ्यकर संबंध में परिवर्तित कर सकता है ? यदि हाँ या नहीं, तो स्पष्ट कीजिए। 2

अथवा

(ख) क्या व्यवहारपरक और मनोगतिक चिकित्सक मनोवैज्ञानिक समस्याओं का एक जैसा कारण मानते हैं ? अपने उत्तर के कारण बताइए। 2

20. नितिन अपने विद्यालय में वार्षिक दिवस की योजना बनाने के लिए एक समिति का गठन करता है। वह इस बात पर नज़र रखता है कि हर कोई कैसे आगे बढ़ता है। प्रत्येक व्यक्ति को सभी योजनाएँ बनाने की पूर्ण स्वायत्तता है। समिति के सदस्य कार्य करते समय एक-दूसरे का प्रेक्षण भी करते हैं। उन विभिन्न चरणों को बताइए जिनके सामने आने की संभावना है। 2

21. समूह द्वारा प्रतिमान या मानक क्यों स्थापित किए जाते हैं ? व्याख्या कीजिए। 2

खण्ड ग

22. 'जे.पी. गिलफोर्ड का बुद्धि-संरचना मॉडल बुद्धि को समझने के लिए मनोमतिक उपागम का प्रतिनिधित्व करता है।' क्या आप इस कथन से सहमत हैं ? इसका कारण और उनके सिद्धांत की प्रमुख विशेषताएँ बताइए। 3

23. (क) पुनीत अपने सेवार्थी के करियर मार्गदर्शन के लिए आत्म-प्रतिवेदन माप का उपयोग कर रहा है। उसके द्वारा जिस आत्म-प्रतिवेदन माप का उपयोग किए जाने की सर्वाधिक संभावना है, उसकी व्याख्या कीजिए। आत्म-प्रतिवेदन मापों की कोई दो सीमाएँ बताइए। 3

अथवा

(ख) कायना को सांसारिक वस्तुओं से कोई लगाव नहीं है क्योंकि वह बहुत आत्म-नियंत्रण रख सकती है। आत्म-नियंत्रण की कौन-सी मनोवैज्ञानिक तकनीकों से उसे मदद मिल सकती है ? 3

24. मनोवैज्ञानिक प्रकार्य पर पड़ने वाले दबाव के किन्हीं तीन प्रमुख प्रभावों की व्याख्या कीजिए। 3



18. Zikra has a distorted body image that leads her to see herself as overweight. What can be the negative after-effect of this thought ? 2
19. (a) Can one transform the therapeutic relationship into a healing relationship by understanding the plight of others ? If yes or no, explain. 2

OR

- (b) Do behavioural and psychodynamic therapists view the cause of psychological problems as being the same ? Give reasons for your answer. 2
20. Nitin forms a committee to plan for the annual day in his school. He observes how everyone goes ahead. Everyone has full autonomy to do all the planning. Members of the committee also observe each other as they function. State the stages that you feel are likely to emerge. 2
21. Why are norms established by a group ? Explain. 2

SECTION C

22. 'J.P. Guilford's structure-of-intellect model is a representation of a psychometric approach to understand intelligence.' Do you agree with this statement ? State the reasons for the same and the characteristics of his theory. 3
23. (a) Punit is administering a self-report measure to his client for career guidance. Explain the self-report measure he is most likely to use. State any two limitations of the self-report measures. 3

OR

- (b) Kyna is not attached with the worldly things as she can exercise a lot of self-control. What are the psychological techniques of self-control that may have helped her ? 3
24. Explain any three major effects of stress on psychological functioning. 3

खण्ड घ

25. पदयात्रा के दौरान मुकेश का सामना एक साँप से होता है। सामान्य अनुकूलन संलक्षण के अनुसार उसकी शारीरिक अनुक्रिया का स्वरूप क्या है? सेल्ये के सिद्धांत की एक आलोचना बताइए। 4
26. (क) मानसिक विकारों को समझने में व्यवहारात्मक मॉडल कैसे सहायता करता है? स्पष्ट कीजिए। 4

अथवा

- (ख) क्या आपको लगता है कि बिना किसी जैविक कारण के भी शारीरिक लक्षणों की शिकायतें और चिंताएँ हो सकती हैं? इससे जुड़ी स्थितियाँ या दशाएँ और लक्षण क्या हैं? 4
27. विहान अपने सेवार्थी की चिकित्सा कर रहा है। मनश्चिकित्सा करते समय उसे किन नैतिक सिद्धांतों का ध्यान रखना होगा? चर्चा कीजिए। 4
28. पूर्वाग्रह और भेदभाव के बीच संबंध का वर्णन कीजिए। 4

खण्ड ड

29. (क) हावर्ड गार्डनर द्वारा पहचान किए गए बहु-बुद्धि के सिद्धांत को उदाहरणों सहित संक्षेप में स्पष्ट कीजिए। 6

अथवा

- (ख) बुद्धि के संप्रत्ययीकरण में सांस्कृतिक भिन्नताओं पर चर्चा कीजिए। 6
30. (क) किसी व्यक्ति के व्यक्तित्व को समझने के लिए मानवतावादी उपागम को स्पष्ट कीजिए। 6

अथवा

- (ख) फ्रायड ने व्यक्तित्व की संरचना की व्याख्या कैसे की है? उपयुक्त उदाहरणों की सहायता से समझाइए। 6



SECTION D

25. Mukesh encounters a snake while on a hike. Referring to the General Adaptation Syndrome (GAS), what is the pattern of his bodily response ? State one criticism of Selye's theory. 4
26. (a) How does the behavioural model help us in understanding mental disorders ? Explain. 4
- OR**
- (b) Do you think that complaints and worries of physical symptoms may occur without any biological cause ? What are the symptoms related to this and its related conditions ? 4
27. Vihan is treating his client. What are the ethical standards that he has to keep in mind when he is administering psychotherapy ? Discuss. 4
28. Describe the relationship between prejudice and discrimination. 4

SECTION E

29. (a) Explain briefly the multiple intelligences identified by Howard Gardner with the help of examples. 6
- OR**
- (b) Discuss the cultural differences in the conceptualisation of intelligence. 6
30. (a) Explain the humanistic approach to understand the personality of an individual. 6
- OR**
- (b) How does Freud explain the structure of personality ? Explain with the help of suitable examples. 6



खण्ड च
व्यक्ति अध्ययन-1

निम्नलिखित व्यक्ति अध्ययन पढ़कर नीचे दिए गए प्रश्नों (प्र. 31 व 32) के उत्तर दीजिए :

वैशाली को एक उन्माद प्रकरण के दौरान अस्पताल में भर्ती कराया गया था। जब वह कॉलेज में थी तब कई महीनों तक वह अवसाद के लिए मनश्चिकित्सा लेती रही थी। उसे एक स्थानीय समाचार-पत्र के विज्ञापन कार्यालय में नौकरी मिल गई, जहाँ वह एक साल से काम कर रही थी। वैशाली के उन्माद प्रकरण का पता उसके अस्पताल में भर्ती होने से तीन या चार महीने पहले शुरू हुए अनुभवों से लगाया जा सकता है। वह कई सप्ताह से असामान्य रूप से अच्छा महसूस कर रही थी। पहले तो उसे कुछ भी गलत नहीं लगा। वास्तव में उसकी धारणा इसके विपरीत थी। नौकरी के अलावा सब कुछ उसके लिए सही चल रहा था। उसने अपने कार्य से सारा ध्यान खो दिया था क्योंकि उसकी ऊर्जा का स्तर बहुत अधिक था। उसे अपने आप में और अन्य लोगों के साथ अपने संबंधों में एक नया आत्म-विश्वास महसूस हुआ। वह विशेष रूप से आनंदित महसूस कर रही थी। प्रारंभ में वैशाली ने इन भावनाओं का स्वागत किया क्योंकि पहले वह बहुत आलसी थी और लोगों के साथ घुलती-मिलती नहीं थी। जल्द ही उसे एहसास हुआ कि उसकी भावदशा लगातार बदलती रहती है। नवीन और रोमांचक गतिविधियों में स्वयं को पूरी तरह लिप्त दिखाने का उल्लास और उत्साह जल्द ही खत्म हो जाएगा। अब वह अपने व्यवहार में बिल्कुल सामान्य रहने लगी। उसने ईमानदारी से फिर से काम शुरू किया और शांत दिखने लगी।

31. वैशाली जिस विकार से ग्रस्त है, उसका नाम व एक विशिष्ट विशेषता बताइए।

1

32. 'जब वह कॉलेज में थी तब कई महीनों तक वह अवसाद के लिए मनश्चिकित्सा लेती रही थी।' अवसाद के इस दौर में उसे किन लक्षणों का अनुभव हुआ होगा ?

2



SECTION F
Case Study-1

Read the case study given below and answer the questions (Q. 31 and 32) that follow :

Vaishali was admitted to a hospital in the midst of a manic episode. She had been in psychotherapy for depression for several months while she was in college. She found a job in an advertising office of a local newspaper, where she had been working for a year. Vaishali's manic episode could be traced to experiences that began three or four months prior to her admission to the hospital. She had been feeling unusually good for several weeks. At first, she didn't think anything was wrong. In fact, her impression was quite the opposite. Everything seemed to be going right for her, except her job. She had lost all focus from her work as her energy level was extremely high. She felt a renewed confidence in herself and her relationships with other people. She was feeling particularly exhilarated. Vaishali initially welcomed these feelings, especially because she had been so lethargic and also tended to be reserved with people. Soon she realised that her moods shifted constantly. The enthusiasm of gleefully throwing herself into new and exciting activities, would soon be over. Now she started being quite normal in her behaviour. She resumed work sincerely and appeared calm.

31. Name and state a characteristic feature of the disorder that Vaishali is experiencing. 1
32. 'She had been in psychotherapy for depression for several months while she was in college.' What are the symptoms that she may have experienced during this phase of depression ? 2



व्यक्ति अध्ययन-2

निम्नलिखित व्यक्ति अध्ययन पढ़कर नीचे दिए गए प्रश्नों (प्र. 33 व 34) के उत्तर दीजिए:

दक्षिण भारतीय राज्य केरल में होने वाली वार्षिक सर्पाकार नौका-दौड़ अपने परिमाण और लोकप्रियता के कारण एक अद्वितीय क्रीड़ा-चमत्कार है। प्रत्येक टीम में कई खिलाड़ी होते हैं। नौका-दौड़ प्रतियोगिता से पहले खिलाड़ी सप्ताहों तक अभ्यास करते हैं। कार्यक्रम के दिन वे ढोल की उन्मादी थापों के साथ पूर्ण सामंजस्य करते हुए अपने नाविकों को लाते हैं। नौका-दौड़ के दौरान दर्शकों के उग्र हो जाने से जैसे हवा के बीच बूँदाबाँदी की स्थिति उत्पन्न हो जाती है। जो नाव आगे बढ़ती है, वह दुनिया में किसी भी जल-क्रीड़ा में भाग लेने वाली सबसे बड़ी नावों में से एक है।

जब नौकायन जैसे कार्य की बात आती है तो क्या हर कोई (प्रतिभागी) अपने हिस्से का कार्य करता है ? जब किसी कार्य को पूरा करने के लिए कई लोग मिलकर एक साथ काम करते हैं तो संभावना है कि हर कोई समान मात्रा में प्रयास नहीं करेगा। कुछ लोग बहुत कड़ी मेहनत करेंगे, अन्य कम मेहनत करेंगे और कुछ कड़ी मेहनत करने का दिखावा करते हुए कुछ भी नहीं करेंगे ! यह तरीका उन स्थितियों में सामान्य है जहाँ वे समूह में कार्य करते हैं, जिन्हें योग्य कार्यों के रूप में जाना जाता है, जिनमें प्रत्येक सदस्य के योगदान को एक एकल समूह उत्पाद (आउटपुट) के रूप में संयोजित किया जाता है। कुछ लोग जितना संभव हो सके, उतना परिश्रम कर योगदान देंगे, जबकि कुछ लोग यथासंभव मेहनत करने का दिखावा करेंगे लेकिन वास्तविकता में वे ऐसा नहीं कर रहे होते हैं। सामाजिक मनोवैज्ञानिक इस तथ्य का अध्ययन करने में रुचि रखते हैं।

33. 'सामाजिक मनोवैज्ञानिक इस तथ्य का अध्ययन करने में रुचि रखते हैं।' यहाँ किस तथ्य की बात हो रही है ? इस तथ्य की एक विशिष्ट विशेषता बताइए।

1

34. क्या यह तथ्य अभ्यास के दिनों में अधिक घटित होगा या अंतिम दौड़ के दिन ? अपने उत्तर का कारण बताइए।

2



Case Study-2

Read the case study given below and answer the questions (Q. 33 and 34) that follow :

The annual snake boat race in the southern Indian State of Kerala is a unique sporting spectacle because of its scale and popularity. Each team has many players. The participants practice for weeks before the race. On the day of the event, they bring down their oars in perfect harmony with frenzied beats of drums, creating a drizzle in mid-air as spectators go wild during the race. The boat that springs forward is one of the biggest in a water sport anywhere in the world.

When it comes to a task like rowing, does everyone perform their share of the work ? When several people work together to accomplish a task, it is probable that everyone will not exert the same amount of effort. Some will work very hard, others will do less, and perhaps a few will do nothing at all, while pretending to work hard! This pattern is quite common in situations where groups perform what are known as additive tasks — ones in which the contributions of each member are combined into a single group output. Some will contribute by taking on as much of the load as they can, while some will pretend to be working as hard as they can when, in fact, they are not. Social psychologists are interested in studying this phenomenon.

33. ‘Social psychologists are interested in studying this phenomenon.’ Which phenomenon is being talked about here ? State a characteristic feature of this phenomenon. 1
34. Will this phenomenon occur more on practice days or on the day of the final race ? Give reasons for your answer. 2



Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior Secondary School Supplementary Examination, 2024
SUBJECT NAME: Psychology, SUBJECT CODE: 037 , PAPER CODE : 63/S

General Instructions: -

1	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2	“Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, Evaluation done and several other aspects. Its’ leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in News Paper/Website etc may invite action under various rules of the Board and IPC.”
3	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one’s own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In class-XII, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.
4	The Marking scheme carries only suggested value points for the answers. These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6	Evaluators will mark(√) wherever answer is correct. For wrong answer CROSS ‘X’ be marked. Evaluators will not put right (✓)while evaluating which gives an impression that answer is correct and no marks are awarded. This is most common mistake which evaluators are committing.
7	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled. This may be followed strictly.
8	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.
9	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note “Extra Question” .
10	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11	A full scale of marks _____80_____ (example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines).



13	<p>Ensure that you do not make the following common types of errors committed by the Examiner in the past:- Giving more marks for an answer than assigned to it.</p> <ul style="list-style-type: none"> • Wrong totaling of marks awarded on an answer. • Wrong transfer of marks from the inside pages of the answer book to the title page. <p>Wrong question wise totaling on the title page.</p> <ul style="list-style-type: none"> • Leaving answer or part thereof unassessed in an answer book. • Wrong totaling of marks of the two columns on the title page. • Wrong grand total. • Marks in words and figures not tallying/not same. • Wrong transfer of marks from the answer book to online award list. • Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) • Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14	<p>While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0)Marks.</p>
15	<p>Any un assessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.</p>
16	<p>The Examiners should acquaint themselves with the guidelines given in the "Guidelines for spot Evaluation" before starting the actual evaluation.</p>
17	<p>Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.</p>
18	<p>The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.</p>



PSYCHOLOGY (037)
PAPER CODE 63/S (SET- 4)
MARKING SCHEME
2023-24

Q.NO		NCERT BOOK PAGE NO. REFERENCE	DISTRIBUTION OF MARKS
SECTION-A			(1 mark)
Q.1.	a. Arousal/Attention	9	1
Q.2.	d. 12.7 years approximately	10-11	1
Q.3.	d. a defense mechanism	35	1
Q.4.	(D) Assertion (A) is false, but Reason (R) is true.	39-40	1
Q.5.	c. Avoidance-oriented Strategy	61-62	1
Q.6.	b. Improving Relationships	64	1
Q.7.	b. Diagnostic Statistical Manual-V	73	1
Q.8.	a. Post-traumatic stress disorder	78	1
Q.9.	(C) Assertion (A) is true, but Reason (R) is false.	74	1
Q.10.	a. existential anxiety	101	1
Q.11.	D ii---i--iv--iii	98	1
Q.12.	b. ii and ii	90	1
Q.13.	b. attribution, Question is out of syllabus, one mark should be given to all.	107	1
Q.14.	c. Congruent	114	1
Q.15.	Group Polarisation	137-138	1
SECTION – B			(2 marks)
Q.16.	Performance tests require subjects to manipulate objects and other material to perform a task. For example, Kohs' Block Design Test.	13-14	2

Q.17.	The psychodynamic theory explains Daniel's struggle as a conflict between his id (the unconscious, pleasure-seeking part of his personality) and his superego (the internalized societal rules and moral standards). This conflict could lead to feelings of guilt or anxiety as he tries to balance his desire for immediate pleasure with the need to conform to societal expectations.	34-35	1+1
Q.18.	Anorexia nervosa, the individual has a distorted body image that leads her to see herself as overweight. Often refusing to eat, exercising compulsively and developing unusual habits such as refusing to eat in front of others, the person with anorexia may lose large amount of weight and even starve herself to death. In bulimia nervosa, the individual may eat excessive amounts of food, then purge her/his body laxatives or diuretics or by vomiting. The person often feels disgusted and ashamed when s/he binges and is relieved of tension and negative emotions after purging. (explanation of any one of the above with reference to Zikra)	84	2
Q.19.	a. Yes Empathy is present when one is able to understand the plight of another person and feel like the other person. It means understanding things from the other person's perspective.	91	2
	OR b. No Psychodynamic therapy is of the view that intrapsychic conflicts, i.e. the conflicts that are present within the psyche of the person, are the source of psychological problems. According to behaviour therapies, psychological problems arise due to faulty learning of behaviours and cognitions.	92	1+1
Q.20.	Forming, storming, norming, performing and adjourning. (Enlisting any four stages)	133-134	0.5 x 4
Q.21.	<ul style="list-style-type: none"> Norms are expected standards of behaviour and beliefs established, agreed upon, and enforced by group 	134	1+1



	<p>members.</p> <ul style="list-style-type: none"> • They may be considered as a group's 'unspoken rules'. • For eg, in a family, there are norms that guide the behaviour of family members. • These norms represent shared ways of viewing the world. <p>(Any two points)</p>		
SECTION – C		(3 marks)	
Q.22.	<p>Yes, The psychometric approach considers intelligence as an aggregate of abilities. It expresses the individual's performance in terms of a single index of cognitive abilities. The structure of-intellect model classifies intellectual traits among three dimensions: operations, contents, and products. (Explanation of the above dimensions)</p>	5-6	1.5 0.5 x 3
Q.23.	<p>a. Sixteen Personality Factor Questionnaire (16 PF) by Cattell The self - report measures suffer from a number of problems.</p> <ul style="list-style-type: none"> • Social desirability is one of them. It is a tendency on the part of the respondent to endorse items in a socially desirable manner. • Acquiescence is another one. It is a tendency of the subject to agree with items/questions irrespective of their contents. It often appears in the form of saying "yes' to items. <p style="text-align: center;">OR</p> <p>b. Kyna may have adopted the following psychological techniques of self-control.</p> <ul style="list-style-type: none"> • Observation of own behaviour is one of them. This provides us with necessary information that may be used to change, modify, or strengthen certain aspects of self. • Self-instruction is another important technique. We often instruct ourselves to do something and behave the way we want to. Such instructions are quite effective in self-regulation. • Self-reinforcement is the third technique. This involves rewarding behaviours that have pleasant outcomes. 	42-43	1.5 + 1.5
		27	1+1+1



<p>Q.24.</p>	<p>There are four major effects of stress associated with the stressed state, viz. emotional, physiological, cognitive, and behavioural.</p> <ul style="list-style-type: none"> • Emotional Effects: Mood swings, Show erratic behavior, decreasing confidence, leading to more serious emotional problems. Some examples are feelings of anxiety and depression, increased physical tension etc. • Physiological Effects: when the human body is placed under physical or psychological stress, it increases the production of certain hormones, such as adrenaline and cortisol. These hormones produce marked changes in heart rate, blood pressure levels, metabolism and physical activity. Examples of physiological effects are release of epinephrine and nor-epinephrine, slowing down of the digestive system, expansion of air passages in the lungs etc. • Cognitive Effects: Mental overload, to lose their ability to make sound decisions, faulty decisions made at home, in career, or at workplace may lead to arguments, failure, financial loss or even loss of job etc. • Behavioural Effects: Eating less nutritional food, increasing intake of stimulants such as caffeine, excessive consumption of cigarettes, alcohol and other drugs such as tranquillisers etc. <p>(Explanation of any three points)</p>	<p>57-58</p>	<p>1+1+1</p>
<p style="text-align: center;">SECTION – D</p>			<p style="text-align: right;">(4 marks)</p>
<p>Q.25.</p>	<ul style="list-style-type: none"> • According to GAS Mukesh's bodily response involves three stages: <ul style="list-style-type: none"> • alarm reaction, • resistance, and • exhaustion. • (explanation of these stages). • Selye's model has been criticised for assigning a limited role to psychological factors in stress. 	<p>59</p>	<p>1+1+1</p> <p style="text-align: center;">1</p>
<p>Q.26.</p>	<p>a. Learning can take place by classical conditioning (temporal association in which two events repeatedly occur close</p>	<p>74-75</p>	<p>4</p>

	<p>together in time), operant conditioning (behaviour is followed by a reward), and social learning (learning by imitating others' behaviour),</p> <ul style="list-style-type: none"> • The behavioural model states that both normal and abnormal behaviours are learned • Psychological disorders are the result of learning maladaptive ways of behaving. • The model concentrates on behaviours that are learned through conditioning and proposes that what has been learned can be unlearned. • These three types of conditioning account for behaviour, whether adaptive or maladaptive. <p style="text-align: center;">OR</p> <p>b. Yes,</p> <ul style="list-style-type: none"> • Somatic symptom disorder involves a person having persistent body-related symptoms which may or may not be related to any serious medical condition. • Illness anxiety disorder involves persistent preoccupation about developing a serious illness and constantly worrying about this possibility. • The symptoms of conversion disorders are the reported loss of part or all of some basic body functions. Paralysis, blindness, deafness etc. 	78	1+2+1
Q.27.	<p>Some of the ethical standards that need to be practiced by professional psychotherapists are:</p> <ul style="list-style-type: none"> • Informed consent needs to be taken. • Confidentiality of the client should be maintained. • Alleviating personal distress and suffering should be the goal of all attempts of the therapist. • Integrity of the practitioner-client relationship is important. • Respect for human rights and dignity. • Professional competence and skills are essential. <p>(Any four points)</p>	102-103	1+1+1+1
Q.28.	<p>Prejudices are examples of attitudes towards a particular group. They are usually negative.</p> <ul style="list-style-type: none"> • Prejudice may also get translated into 	118	1+1+1+1



	<p>discrimination, the behavioural component, whereby people behave in a less positive way towards a particular target group compared to another group which they favour.</p> <ul style="list-style-type: none"> • History contains numerous examples of discrimination based on race and social class or caste. The genocide committed by the Nazis in Germany against Jewish people is an extreme example of how prejudice can lead to hatred, discrimination and mass killing of innocent people. • Prejudices can exist without being shown in the form of discrimination. Similarly, discrimination can be shown without prejudice. • Wherever prejudice and discrimination exist, conflicts are very likely to arise between groups within the same society. • Our own society has witnessed many deplorable instances of discrimination, with and without prejudice, based on gender, religion, community, caste, physical handicap, and illnesses such as AIDS. • In many cases discriminatory behaviour can be curbed by law. But, the cognitive and emotional components of prejudice are more difficult to change. <p>(Any four points)</p>		
<p>SECTION – E (6 marks)</p>			
Q.29.	<p>a. Theory of multiple intelligences by Howard Gardner. These are as follows:</p> <ul style="list-style-type: none"> • Linguistic (an ability to produce and use language) • Logical-Mathematical (an ability to think logically and critically, and solve problems) • Spatial (an ability to form visual images and patterns) • Musical (an ability to produce and manipulate musical rhythms and patterns) • Bodily-Kinaesthetic (an ability to use whole or portions of the body flexibly and creatively) • Interpersonal (an ability to understand to 	7-8	1+1+1+1+1



	<p>subtle aspects of others' behaviours)</p> <ul style="list-style-type: none"> • Intrapersonal (an ability to understand of one's own feelings, motives, and desires) <p>(explanation of any six of the above types)</p> <p style="text-align: center;">OR</p> <p>b.</p> <ul style="list-style-type: none"> • The cultural environment provides a context for intelligence to develop. • Vygotsky, a Russian psychologist, has argued that culture provides a social context in which people live, grow, and understand the world around them. • For example, in less technologically developed societies, social and emotional skills relating to people are valued. • In technologically advanced societies, personal achievement founded on abilities of reasoning and judgement is considered to represent intelligence. • Sternberg's notion of contextual or practical intelligence implies that intelligence is a product of culture. • Vygotsky also believed that cultures, like individuals, have a life of their own; they grow and change, and in the process specify what will be the end-product of successful intellectual development. • According to him, while elementary mental functions (e.g., crying, attending to mother's voice, sensitivity to smells, walking, and running) are universal, the manner in which higher mental functions such as problem solving and thinking operate are largely culture-produced. <p>(Any six points from above explanation or any other relevant explanation)</p>	15-16	1+1+1+1+1+1
Q.30.	<p>a. Humanistic approach:</p> <p>Carl Rogers and Abraham Maslow have particularly contributed to the development of a humanistic perspective on personality.</p> <ul style="list-style-type: none"> • The idea proposed by Rogers is that of a fully functioning person. He believes that fulfillment is the motivating force for personality development. • Rogers makes two basic assumptions about human behaviour. One is that 	40 – 41	1+1+1+1+1+1



	<p>behaviour is goal-directed and worthwhile. The second is that people (who are innately good) will almost always choose adaptive, self-actualising behaviour.</p> <ul style="list-style-type: none"> • Rogers suggests that each person also has a concept of an ideal self. An ideal self is the self that a person would like to be. • The discrepancy between the real self and the ideal self often results in unhappiness and dissatisfaction. • When social conditions are positive, the self-concept and self-esteem are high. • An atmosphere of unconditional positive regard must be created in order to ensure enhancement of people's self-concept. • The client-centered therapy that Rogers developed basically attempts to create this condition. • Maslow has given a detailed account of psychologically healthy people in terms of their attainment of self-actualisation, a state in which people have reached their own fullest potential. <p style="text-align: center;">OR</p> <p>b. According to Freud's theory, the primary structural elements of personality are three, i.e. id, ego, and superego. They reside in the unconscious as forces, and they can be inferred from the ways people behave.</p> <ul style="list-style-type: none"> • Id: It is the source of a person's instinctual energy. It deals with immediately gratification of primitive needs, sexual desires and aggressive impulses. It works on the pleasure principle. • Ego: It grows out of id, and seeks to satisfy an individual's instinctual needs in accordance with reality. It works by the reality principle. • Superego: the best way to characterize the superego is to think of it as the moral branch of mental functioning. The superego tells the id and the ego whether gratification in a particular instance is ethical. 	34-35	2+2+2
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SECTION – F			
Q.31.	Bipolar I disorder. It involves both mania and depression, which are alternately present and sometimes interrupted by periods of normal mood.	80-81	1
Q.32.	<ul style="list-style-type: none"> • Depressed mood and/or loss of interest or pleasure in most activities, • Change in body weight, • Constant sleep problems, tiredness, • Inability to think clearly, agitation, • Greatly slowed behaviour, • Thoughts of death and suicide. • Excessive guilt or feelings of worthlessness (Any four symptoms)	79	0.5 x 4
Q.33.	Social loafing Reduction in individual effort while working on a collective task or any other characteristic.	137	0.5+0.5
Q.34.	Will occur more on practice days because there is no outgroup for competition. <ul style="list-style-type: none"> • Group members feel less responsible for the overall task being performed and therefore exert less effort. • Motivation of members decreases because they realise that their contributions will not be evaluated on an individual basis. • The performance of the group is not to be compared with other groups • There is improper coordination (or no coordination) among members. • "Belonging to the same group is not important for members. It is only an aggregate of individuals. (Any two of the above reasons)	137	1+1

