

Class XII Session 2025-26
Subject - Psychology
Sample Question Paper - 5

Time Allowed: 3 hours

Maximum Marks: 70

General 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. The 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. The 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. The 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. The answer to each question should not exceed 200 words.
7. Question Nos. 30–33 in Section F are based on two cases given. The answer to each onemark question should not exceed 20 words. The answer to each two-mark question should not exceed 30 words.

Section A

- By what age children seem to have formed self-esteem? **[1]**
 - 7 to 8
 - 9 to 10
 - 8 to 9
 - 6 to 7
- Which of the following is a technique Freud used in therapy? **[1]**
 - Free association
 - Projective techniques
 - All of these
 - Dream analysis
- Assertion (A):** Gardner put forth that different types of intelligence interact and work together to find a solution to a problem. **[1]**
Reason (R): Intelligence is the ability to acquire and apply knowledge and skills.
 - Both A and R are true and R is the correct explanation of A.
 - Both A and R are true but R is not the correct explanation of A.
 - A is true but R is false.
 - A is false but R is true.
- _____ are those factors which lead to the persistence of the faulty behaviour. **[1]**
 - Antecedent operations
 - Psychological factors

- c) Maintaining factors d) Establishing operations
5. Frankl exercised the role of spiritual anxieties in leading to meaninglessness and hence may be called an _____. [1]
- a) Free association b) Insight
- c) Core schemas d) Existential anxiety
6. _____ is a technique to treat Phobia. [1]
- a) Rationalization b) improve thinking
- c) Systematic desensitization d) Sublimation
7. **Assertion (A):** Selye's model has been criticised for assigning a very limited role to psychological factors. [1]
Reason (R): He observed patients with various injuries and illnesses in hospitals.
- 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. Children who have marked difficulties in social interaction and communication, desire for routine and restricted interests are suffering from: [1]
- a) Alogia b) Hyperactivity
- c) Autism d) Impulsively
9. People who remain motionless or silent for long stretches of time suffer from _____. [1]
- a) Catatonic stupor b) Avolition
- c) Catatonic rigidity d) Catatonic posturing
10. After a long discussion, the initial position of the group became much stronger, thus, demonstrating the effect of _____. [1]
- a) Groupthink b) Group cohesiveness
- c) Group polarisation d) Group conformity
11. Why does group polarisation occur? [1]
- a) Validation of the view happens when others also favour a viewpoint. b) All of these
- c) Like minded people give newer arguments favouring a particular viewpoint. d) Ingroup support becomes natural.
12. Which one of the following can reduce social loafing? [1]
- a) Decreasing the value of task b) Decreasing group cohesiveness
- c) Making each person's effort identifiable d) Decreasing the pressure of hard work
13. The cognitive component of attitudes which form the ground on which they stand is _____. [1]
- a) Values b) Stereotype
- c) Beliefs d) Prejudice
14. The Human Resource Manager found that as the number of employees increased in the company, the productivity reduced. What steps can be taken to reduce this phenomenon called **social loafing**? [1]



- i. Making the effort of each person identifiable
- ii. Decreasing group cohesiveness to impact motivation
- iii. Making group members committed to successful task performance
- iv. Making group members feel less responsible for the task being performed

a) (i) and (iii)

b) (i), (iii) and (iv)

c) (i), (ii) and (iv)

d) (iii) and (iv)

Section B

- 15. What are cognitive behavioural techniques in the management of stress? [2]
- 16. How would Horney's explanation of depression be different from that of Alfred Adler? [2]
- 17. Barkha is using a psychological test to determine the personality characteristics of a client. Explain the skills that she needs to develop. [2]
- 18. What is **Planning** in Intelligence according to J.P. Das? [2]
- 19. What is the bandwagon effect? [2]

OR

What is a group?

Section C

- 20. What is attitude? Explain its various components. [3]
- 21. Shyam believes that he should be loved by everybody, all the time. Most of his beliefs have a **must** or **should** component. When things don't go his way, he feels distressed. Suggest a suitable therapy that will make Shyam think deeper into his irrational belief system and help him to feel better. [3]
- 22. Naresh's fear of furry objects was explained both by social learning theory as well as psychoanalytic theory. How would both theorists account for the same fear? Explain. [3]
- 23. Define observation. Explain the limitations of observation as a method to evaluate personality. [3]

OR

How does Erich Fromm differ from Freud's approach to personality?

Section D

- 24. There are many instances to show how prejudice can lead to hatred and discrimination. Discuss any four sources leading to these prejudices. [4]
- 25. What is **coping**? Explain the different ways of coping with stress. [4]
- 26. How do the post Freudians differ from Freud? [4]

OR

How do you define personality? What are the main approaches to the study of personality?

- 27. What role does culture play in the conceptualisation of intelligence? Explain in the context of western and Indian cultures with the help of suitable examples. [4]

Section E

- 28. Describe psychological models explaining abnormal behaviour. [6]

OR

What are the consequences of alcohol substance addiction?

- 29. Explain Balance Theory of attitude change. [6]

Section F

Question No. 30 to 31 are based on the given text. Read the text carefully and answer the questions: [3]

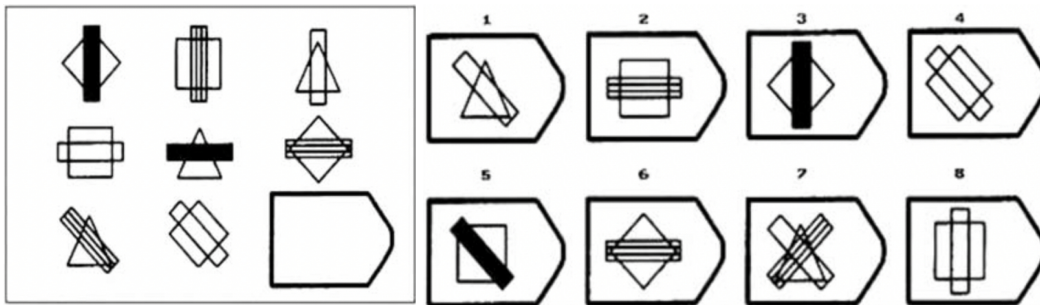


Raven's Progressive Matrices (RPM) is a **multiple-choice test that measures abstract reasoning, spatial awareness, and cognitive thinking**. The test is administered as a nonverbal group test. The most common version of the test consists of 60 questions.

The test is typically used to measure general human intelligence and is regarded as a non-verbal estimate of fluid intelligence. It is one of the most common tests administered to both groups and individuals ranging from 5-year-olds to the elderly.

The test was originally developed by Dr. John C. Raven in 1936. In each test item, the subject is asked to identify the missing item that completes a pattern.

The test is considered a very effective and accurate tool for assessing cognitive thinking and intellectual capacity. A larger number of correct answers than average indicates above-average intelligence, and vice versa.



30. Which type of test is represented in the picture? Is it an IQ test? (1)

31. What are the Raven's progressive matrices? What is the use of this test? (2)

Question No. 32 to 33 are based on the given text. Read the text carefully and answer the questions:

[3]

Stress has the ability to negatively impact our lives. It can cause physical conditions, such as headaches, digestive issues, and sleep disturbances. It can also cause psychological and emotional strains, including confusion, anxiety, and depression. According to the American Psychological Association, untreated chronic stress, or stress that's constant and lasts over an extended period of time, can result in high blood pressure or a weakened immune system. It can also contribute to the development of obesity and heart disease. There are four major effects of stress associated with the stressed state-emotional, physiological, cognitive, and behavioral. Chronic daily stress can divert an individual's attention from caring for herself/himself. When stress is prolonged, it affects physical health and impairs psychological functioning. People experience exhaustion and attitudinal problems when the stress due to demand from the environment and constraints are too high and little support is available from family and friends. Selye noticed a similar pattern of bodily responses in animals. he called this pattern the General Adaptation Syndrome(GAS).

32. what is burnout? when does it occurs?

33. What is GAS? What are the three stages of GAS? (2)

Solution

Section A

1.
(d) 6 to 7
Explanation:
By the age of 6 to 7 children form self esteem at least in 4 areas academic competence, social competence, physical competence and physical appearance.
2.
(c) All of these
Explanation:
Freud used **projective techniques** (a method to assess unconscious motives and feelings), **free association** (a method in which a person is asked to openly share all the thoughts, feelings, and ideas that come to her/his mind), **dream analysis**, and analysis of errors to understand the internal functioning of the mind.
3.
(b) Both A and R are true but R is not the correct explanation of A.
Explanation:
Gardner put forth that different types of intelligence interact and work together to find a solution to a problem. Intelligence is not a single entity rather distinct types of intelligence exist. Each of these intelligence is independent of the other.
4.
(c) Maintaining factors
Explanation:
Maintaining factors
5.
(d) Existential anxiety
Explanation:
Existential crisis, or existential anxiety, the concept is the same: the idea is that life is inherently pointless. That our existence has no meaning because there are limits or boundaries on it, namely, that we all must die someday.
6.
(c) Systematic desensitization
Explanation:
Systematic desensitization
7.
(b) Both A and R are true but R is not the correct explanation of A.
Explanation:
Selye's model has been criticised for assigning a very limited role to psychological factors. Researchers have reported that the psychological appraisal of events is important for the determination of stress.
8.
(c) Autism
Explanation:
Autism



9. (a) Catatonic stupor

Explanation:

Catatonic stupor -people may hold rigid poses (stupor), an inability to speak (mutism), or waxy flexibility, in which they maintain positions after being placed in them by someone else.

10.

(c) Group polarisation

Explanation:

Group polarisation

11.

(b) All of these

Explanation:

Group polarization occurs due to (i) In the company of like-minded people, people are likely to hear newer arguments favouring their view-points. (ii) When people find others also favouring their view-point, they feel that their view is validated by the public (iii) in group support is perceived

12.

(c) Making each person's effort identifiable

Explanation:

In a group performance, members feel less responsible for the overall task being performed so if their efforts are identified, social loafing can be decreased.

13.

(c) Beliefs

Explanation:

Attitude is closely related to concepts of beliefs and values. Beliefs refer to the cognitive component of attitudes and form the ground on which attitudes stand.

14. (a) (i) and (iii)

Explanation:

(i) and (iii)

Section B

15. Cognitive-behavioural techniques for stress management focus on changing negative thought patterns and behaviours. This involves identifying and challenging stress-inducing thoughts, developing coping mechanisms, and practicing relaxation techniques like deep breathing and meditation.

16. While **Karen Horney** focuses more on interpersonal relationships during childhood, **Alfred** gives greater importance to personal goals of an individual.

There are, in my opinion, Horney would attribute the cause of depression to parental relations with children which are characterized by excessive interference or indifference.

Alfred Adler would, on the other hand, attribute depression to the feeling of inadequacy and guilt arising within the individual, due to the inability to achieve his/her personal goals. These goals provide an individual with security and are important in overcoming feelings of inadequacy. If individual is not able to attain the goals and could not overcome inferiority appropriately then it leads to depression.

17. Barkha needs to develop several skills for effective personality assessment using psychological tests:

- **Test Administration:** She should be proficient in administering the test according to standardized procedures, ensuring accurate results.
- **Interpretation Skills:** She needs the ability to analyze the client's test responses accurately, considering potential biases and limitations of the test itself.
- **Integration with Client History:** Barkha should integrate test results with the client's background, behavior, and self-reported experiences to create a comprehensive picture.



- **Communication Skills:** She should effectively communicate the assessment findings to the client in a clear, unbiased, and empathetic way.

By honing these skills, Barkha can ensure a reliable and insightful personality assessment that benefits her client.

18.
 - i. Planning is the concept of the PASS model.
 - ii. Planning refers to the generation of plans or problems. It involves goal setting, strategy selection and performance monitoring.
 - iii. It allows the individual to think of possible course of action, implement them, evaluate their effectiveness, and modify it if the plan does not work.
19. The bandwagon effect is a psychological phenomenon in which people do something primarily because other people are doing it, regardless of their own beliefs, which they may ignore or override. When people find that others are favouring their viewpoint, they feel that their view is validated by the public also. They do so under the bandwagon effect. This tendency of people to align their beliefs and behaviors with those of a group is also called a herd mentality.

OR

A group may be defined as an organised system of two or more individuals, who are interacting and interdependent, who have common motives, have a set of role relationships among its members, and have norms that regulate the behaviour of its members for e.g., family, class and playgroup.

Section C

20. An attitude is a state of mind, a set of views thoughts or ideas regarding some topic, which have an evaluative feature (positive, negative or neutral quality). These are relatively stable predispositions.

Various components of an attitude are as follows:

1. The thought component is referred to as the cognitive aspect of attitude.
2. The emotional component is known as the affective aspect.
3. The tendency to act is called the behavioural (conative) aspect.

These three aspects have been referred to as the A-B-C components (Affective-behavioral-cognitive) of attitude.

21. The therapy that will force Shyam to reflect more deeply on his illogical beliefs and improve his emotional state is known as Rational Emotive Therapy (RET). The central thesis of this therapy is that irrational beliefs mediate between antecedent events and their consequences.

Irrational beliefs are assessed through questionnaires and interviews. The first step in RET is the Antecedent-Belief-Consequence (ABC) analysis. In the process of RET, the irrational beliefs are refuted by the therapist through a process of non-directive questioning. The nature of questioning is gentle, without probing or being directive. The questions make the client think deeper into her/his assumptions about life and problems. Gradually, the client is able to change irrational beliefs by making a change in her/his philosophy about life. The rational belief system replaces the irrational belief system and it brings a reduction in psychological distress.

22. Naresh's Fear: Social Learning versus Psychoanalysis

Social Learning Theory:

- **Focuses on learned behaviors:** Naresh might have observed someone reacting fearfully to furry objects, and this association triggered his own fear response.
- **Reinforcement:** Perhaps his fear was reinforced by parental attention or avoidance of the feared objects, strengthening the connection.

Psychoanalytic Theory:

- **Unconscious conflicts:** Naresh's fear might symbolize an unconscious conflict. Furry objects could represent something he subconsciously fears, perhaps a childhood trauma involving a furry object.
- **Defense mechanism:** The fear could be a defense mechanism, like displacement, where anxiety from a deeper issue gets attached to a less threatening object (furry objects).

Both theories offer different explanations for the same fear. Social learning theory emphasizes observational learning and the role of modeling in behavior. In contrast, Psychoanalytic theory, focuses on unconscious processes and childhood experiences shaping behavior.

23.
 - i. Observation refers to systematic, organised and objective gathering and recording relevant information by a trained observer from a natural setting.
 - ii. It is a careful perception.
 - iii. It is a sophisticated method and cannot be carried out by untrained people. It requires the careful training of the observer.

Limitations of Observational Method:



- i. Professional training is required for the collection of useful data though these methods are quite demanding and time-consuming.
- ii. Maturity of the psychologist is a precondition for obtaining valid data through these techniques.
- iii. Mere presence of the observer may contaminate the results.

OR

- i. According to Freud, approachable personality is biologically oriented whereas **Erich Fromm's** theory of personality has a social orientation.
- ii. He viewed human beings basically as social beings.
- iii. For him, personality traits develop due to social interaction whereas, according to **Freud**, the roots of personality development lies in innate tendencies and unconscious desires.

Section D

24. Prejudice can stem from various sources, leading to hatred and discrimination. Here are four key sources:

- i. **Socialization:** Individuals often absorb prejudiced views from family, peers, and societal norms. If a person grows up in an environment where negative stereotypes about certain groups are prevalent, they may internalize these beliefs, leading to bias against those groups.
- ii. **Cultural Norms:** Cultural narratives and media representations can perpetuate stereotypes and reinforce prejudices. For instance, portrayals of certain ethnic groups in films or news can create generalized and negative perceptions, influencing public attitudes and behaviors.
- iii. **Fear of the Unknown:** Lack of exposure to diverse groups can foster fear and misunderstanding. When people have limited interactions with others who are different from themselves, they may develop unfounded fears or assumptions, leading to prejudiced attitudes.
- iv. **Scapegoating:** During times of social or economic stress, individuals or groups may look for scapegoats to blame for their problems. This tendency can exacerbate prejudices, as marginalized groups are often unfairly targeted as the source of societal issues, leading to increased discrimination and hatred.

25. Coping is a dynamic, situation-specific reaction to stress. It is a set of concrete responses to stressful situations that are intended to resolve the problem and reduce stress. Endler and Parker gave the following Coping Strategies:

1. Task-oriented Strategy:

- It is goal management through confrontation with the problem.
- This involves obtaining information about the stressful situation and making the best use of the resources available.
- It also involves prioritizing and acting to deal directly with the stressful situation.

Task-oriented strategies are particularly effective when the resources in the environment are within the control of the individual. It is a cognitive response to stress.

2. Emotion-Hyper-oriented Strategy:

- It is emotion management.
- This strategy involves efforts to maintain hope and to control one's emotions. Individuals work on their emotions rather than situations and goals.
- This mainly happens when the stressful event is such that it cannot be manipulated in any way eg. the loss of spouse or a family member.
- The individual deals with his emotions of anxiety, helplessness, hopelessness etc. and tries to gain hope and happiness again in his life.
- Emotion-oriented strategies are particularly effective when the resources in the environment are beyond the control of the individual

3. 3. Avoidance-Hyper oriented Strategy:

- It is avoiding stressful event by indulging in different activities. Individual does not want to accept that he is facing such a stressful situation.
- This involves denying or minimizing the seriousness of the situation.
- It also involves conscious suppression of stressful thoughts and their replacement by self-protective thoughts.
- Watching T.V., attending parties or going to sleep are example of this type of coping.
- It is basically escapism by using defense mechanisms.

The most effective coping strategy depends on the specific situation and individual.

26. Many brilliant students and colleagues of Freud disagree with Freud on several issues like biological determination of human behaviour and Freud but too much emphasis on libido as a source of energy. According to these scholars, human personality is



basically socially determined. On such issues, they separated themselves from Freud and proposed their own theories although they believed in other postulates of Freud. These psychologists were known as **post Freudians**.

They disagreed with Freud particularly on the following views:

- i. They have given attention to social determinants of personality and conscious reality instead of Freud's biological determinism.
- ii. They put less emphasis on the importance of general sexual urges or libidinal energy.
- iii. They have extended personality development beyond childhood to include the entire lifespan.
- iv. The ego is viewed as the seat of creativity, planning and the formation of self-fulfilling goals.

OR

The word 'personality' is derived from the Latin word 'persona', which means a mask or false face which Greek actors used to wear when acting on stage. According to **Gordon Allport** "Personality is the dynamic organization within the individual of those psychological systems that determine his unique adjustments to his environment" One of the major approaches to understanding personality was to develop theories on what it was. There are many broad personality theories, which can be grouped into four categories:

- i. **Dynamic approaches**, which emphasize on-going interaction among motives, impulses and psychological processes.
 - ii. **Type and trait approaches**, which focus on people's characteristics, stubbornness, shyness and so forth and how these characteristics are organized into systems.
 - iii. **Humanistic approaches**, which emphasize the self and the importance of the individual's subjective view of the world.
 - iv. **Learning and behavioural approaches**, which emphasize the way habits are acquired through the basic learning process.
27. Culture plays a crucial role in shaping how intelligence is defined and valued. In **Western cultures**, intelligence is often viewed as individual cognitive ability, emphasizing analytical thinking and measurable skills, exemplified by standardized IQ tests. Success in education and careers is a primary indicator of intelligence.

In contrast, **Indian culture** adopts a more holistic perspective, valuing emotional and social intelligence alongside cognitive abilities. Intelligence is often linked to wisdom and moral values, with concepts like "Buddhi," which encompasses ethical discernment.

For example, while Western society might celebrate innovators like Steve Jobs for their analytical skills, Indian culture may honor figures like Mahatma Gandhi for their wisdom and ability to connect with people, highlighting diverse aspects of intelligence across cultures.

Section E

28. **Psychological models** maintain that psychological and interpersonal factors have a significant role to play in abnormal behaviour. These factors include:

- i. **Maternal deprivation** (separation from the mother, or lack of warmth and stimulation during the early year of life).
- ii. **Faulty parent-child relationships** (rejection, overprotection, over-permissiveness, faulty discipline, etc).
- iii. **Maladaptive family structures** (inadequate or disturbed family) and severe stress.

The psychological models include the psychodynamic, behavioural, cognitive, and humanistic-existential models.

- i. **The Psychodynamic Model:** This model is the oldest and most famous of the modern psychological models. **Abnormal behaviour** is viewed as the result of intrapsychic conflicts.
- ii. **The Behavioural Model:** This model states that both normal and abnormal behaviours are learned and psychological disorders are the result of learning maladaptive ways of behaving.
- iii. **The Cognitive Model:**
 - a. This model states that abnormal functioning can result from cognitive problems like negative thinking and irrational beliefs.
 - b. People may hold assumptions and attitudes about themselves that are irrational and inaccurate.

iv. **The Humanistic-Existential Model:**

- a. **Humanists** believe that human beings are born with a natural tendency to be friendly, cooperative and constructive, and are driven to self-actualize, i.e., to fulfil this potential for goodness and growth.
- b. **Existentialists** believe that from birth we have total freedom to give meaning to our existence or to avoid that responsibility. Those who shirk from this responsibility would live empty, inauthentic and dysfunctional lives.

OR

Disorders relating to maladaptive behaviours resulting from regular and consistent use of the substance involved are called **substance abuse disorders**.

These disorders include problems associated with using and abusing such drugs as alcohol, cocaine and which alter the way



people think, feel and behave.

There are **two sub-groups of substance-use disorders**:

- i. **Substance Dependence** refers to **intense craving for the substance** to which the person is addicted.

The person shows tolerance, withdrawal symptoms and compulsive drug taking. Tolerance means that the person has to use more and more of a substance to get the same effect.

- ii. **Substance Abuse** refers to recurrent and significant adverse consequences related to the use of substances.

People, who regularly consume drugs, damage their family and social relationships, perform poorly at work, and create physical hazards.

The three most common forms of substance abuse:

Alcohol Abuse and Dependence:

- i. People, who abuse alcohol, drink large amounts regularly and rely on it to help them face difficult situations.
- ii. Eventually, the drinking interferes with their social behaviour and ability to think and work.

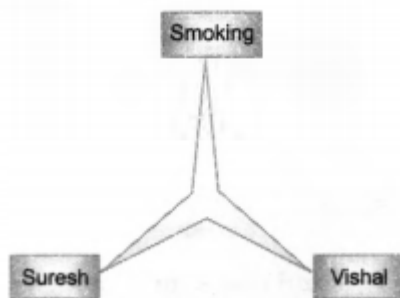
Heroin Abuse and Dependence:

- i. Heroin intake significantly interferes with social and occupational functioning.
- ii. Most abusers further develop a dependence on heroin, revolving their lives around the substance, building up a tolerance for it, and experiencing a withdrawal reaction when they stop taking it.

29. Balance Theory of Attitude Change:

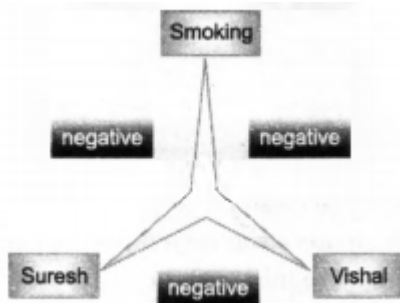
The balance theory of attitude change was proposed by **Fritz Heider**. It is a part of cognitive consistency theory. **Cognitive consistency** means that components, aspects, or elements of the attitude or attitude system must be in the same direction to experience psychological comfort. If this does not happen, the person experiences psychological discomfort. This leads to some change in the attitude system to attain logical consistency. The Balance Theory of attitude change is based on the same principle. Balance theory can be explained with the help of a relationship between three aspects or components of the attitude represented in a form of a triangle.

For example, let's consider two people having a relationship and their attitude towards smoking.

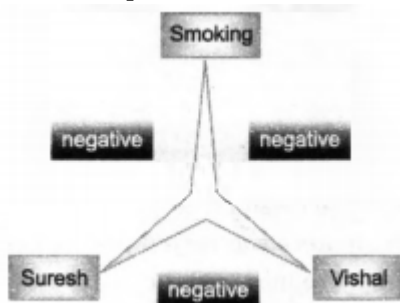


According to Balance theory **imbalance** (leading to psychological discomfort) is found when:

- i. **All three: sides of a triangle are negative.**



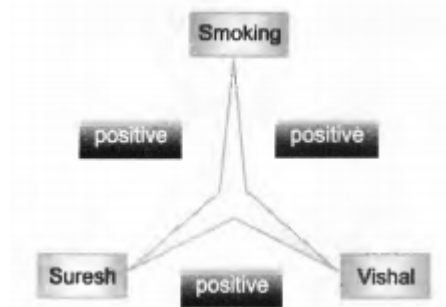
- ii. **Two sides are positive and one side is negative:**



Balance is found when:

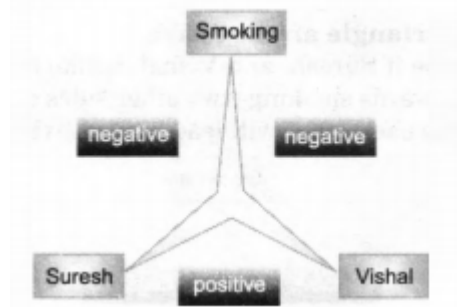
i. All three sides are positive.

In the above example, Suresh and Vishal are very good friends and both of them love smoking.



ii. Two sides are negative and one side is positive.

In the above example, Suresh and Vishal are very good friends and both of them hold a negative attitude towards smoking.



Section F

30. It is a non-verbal test. Raven's Progressive Matrices (RPM) is an IQ test, which contains multiple-choice questions pertaining to abstract reasoning.
31. Raven's Progressive Matrices (often referred to simply as Raven's Matrices) or RPM is a non-verbal test typically used to measure general human intelligence and abstract reasoning and is regarded as a non-verbal estimate of fluid intelligence. It is widely used to measure general cognitive ability.
32. Burnout is the state of physical, emotional and psychological exhaustion. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.
33. General adaptation syndrome (GAS) describes the process your body goes through when you are exposed to any kind of stress, positive or negative. It has three stages: alarm, resistance, and exhaustion. If you do not resolve the stress that has triggered GAS, it can lead to physical and mental health problems.