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**CBSE Last Year Paper**  
**Class 12th Psychology**  
**Question Paper 2016 Delhi (Set 1) (Theory)**

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Time allowed : 3 hours / Maximum marks : 70

**General Instructions:**

- (i)** All questions are compulsory.
  - (ii)** Marks for each question are indicated against it.
  - (iii)** Answers should be brief and to the point.
  - (iv)** Questions No. 1 - 10 in Part A has Learning Checks (very short answer type) questions carrying 1 mark each. You are required to answer them as directed.
  - (v)** Questions No. 11 - 16 in Part B are Very Short Answer type questions carrying 2 marks each. Answer to each question should not exceed 30 words.
  - (vi)** Questions No. 17 - 20 in Part C are Short Answer Type I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
  - (vii)** Questions No. 21 - 26 in Part D are Short Answer Type II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
  - (viii)** Questions No. 27 and 28 in Part E are Long Answer Type questions carrying 6 marks each. Answer to each question should not exceed 200 words.
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**PART – A**

**1. The \_\_\_\_\_ approach considers intelligence as an aggregate of abilities.**

**Ans.** Psychometric approach.

**2. Personality characterised by proneness to depression is classified as type \_\_\_\_\_ personality.**

**Ans.** Type D.

**3. Personality traits of hardiness are control, commitment and \_\_\_\_\_.**



**Ans.** challenge.

**4. Mood disorders in which both mania and depression are alternatively present is known as \_\_\_\_\_.**

**Ans.** Bipolar mood disorder.

**5. Repeated association of undesired response with an aversive consequence is called \_\_\_\_\_ conditioning.**

**Ans.** Aversive.

**6. Assigning causes to the behaviour shown in specific social situations is known as \_\_\_\_\_.**

**Ans.** Attribution.

**7. Binding or mutual attraction among group members is referred to as \_\_\_\_\_.**

**Ans.** Cohesiveness.

**8. Act of aggression meant to obtain a certain goal or object is known as \_\_\_\_\_ aggression.**

**Ans.** Instrumental.

**9. Non-verbal acts in any talk are referred to as \_\_\_\_\_.**

**Ans.** Body language.

**10. Ability to organise and monitor our own behaviour is known as \_\_\_\_\_.**

**Ans.** Self regulation.

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## PART – B

**11. Explain information-processing approach to understand intelligence.**

**Ans. Information Processing Approach** It describes the processes people use in intellectual reasoning and problem solving or explain with an example. It mainly focuses on how an intelligent person acts and cognitive functioning underlying intelligent behaviour. Intelligence is not a single entity.

**12. Explain the term frustration.**

**Ans. Frustration:** It results from the blocking of needs and motives by something or



someone that hinders us from achieving a desired goal.

### 13. What is the meaning of logotherapy?

**Ans. Logotherapy:** Victor Frankl propounded logotherapy.

Logotherapy means treatment of the soul.

It is the process of finding meaning even in life threatening circumstances as the process of meaning making.

Neurotic anxiety of spiritual origin i.e. existential anxiety causes disorders.

### 14. What are norms?

**Ans. Norms:** Norms are expected standards of behaviour and beliefs established, agreed upon and enforced by group members. They may be considered as a group's "unspoken rules".

### 15. Explain the term crowding.

**Ans. Crowding** – feeling of discomfort due to the presence of too many people or things around an individual. Explanation involving the following features or through any example:

- feeling of discomfort
- loss or decrease in privacy
- negative view of space around the person
- feeling of loss of control over social interaction

### 16. What do you understand by the term skill?

**Ans. Skill:** It is defined as proficiency, facility or dexterity that is acquired or developed through training and experience. It is the possession of the qualities required to do something or get something done or any other suitable definition.

## PART – C

### 17. State the salient feature of dissociative amnesia.

**Ans. Dissociative amnesia** is a type of dissociative disorder characterized by

- extensive but selective memory loss that has no organic causes (e.g. head injury)
- some people cannot remember anything about their past, others can no longer recall specific events, people, places or objects while their memory for other events remain intact



- associated with overwhelming stress

OR

**Differentiate between delusions and hallucinations.**

**Ans.** Many people suffering from schizophrenia develop delusions or may experience hallucinations. A **delusion** is a false belief that is firmly held on inadequate grounds. It is not affected by rational argument as no basis in reality.

**Hallucination** is a perception that occurs in the absence of external stimuli

- people hear sounds or see objects where none exists Can also be illustrated with the help of examples.

**18. Explain social cognition with the help of suitable examples.**

**Ans. Social cognition** refers to all those psychological processes that deal with the gathering and processing of information relating to social objects. These include all the processes that help in understanding, explaining and interpreting social behavior.

- The processing of information relating to social objects particularly individuals, groups, people relationships, social issues etc is different because people as social objects may themselves change as the cognitive process takes place.
- E.g. A teacher who observed a student in the school and the mother who observes the same student at home may draw different conclusions about him /her
- Attitude, impression formation and attribution collectively called social cognition.
- In social cognition category based schemas that are related to groups of people are called stereotypes
- Social cognition is guided by mental units called schemas

**19.State the three characteristics of an effective counsellor.**

**Ans. The characteristics of an effective counsellor are**

- Authenticity
- Positive regard for others
- Empathy
- Paraphrasing

**20. Explain any three situational factors leading to aggression.**



**Ans.** Three situational factors leading to aggression are

- a) Learning
- b) Observing an aggressive model
- c) Anger – provoking action by others
- d) Availability of weapons of aggression
- e) Cultural factors

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## PART - D

**21. Explain the behavioural approach to study personality.**

**Ans. Behavioural Approach**

- Behaviourists believe in data.
- Anything which is not observable, empirical and scientifically verifiable cannot be subject matter of Psychology
- All characteristics of personality are learned or can be unlearned. We learn through association (classical conditioning), reward and punishment (operant conditioning), modelling (observational learning)
- Response is the structural unit of personality
- Each response is a behaviour which is emitted to satisfy a specific need. (give example)
- Core tendency that organises the behaviour is the reduction of biological needs. This is accomplished through responses (behaviours) that are reinforced.

**22. What are defence mechanisms? Explain repression.**

**Ans. Defense mechanisms** is a way of reducing anxiety by distorting reality of which the individual is not aware, regulated by ego. Some defense against anxiety is normal and adaptive but people who use these mechanisms to such an extent that reality is truly distorted, develop various forms of maladjustments.

**Repression** Anxiety provoking behaviours or thoughts are totally dismissed by the unconscious.

OR

**Explain Erikson's concept of identity crisis.**

**Ans. Erickson concept of identity crisis**

- He was a post Freudian
- Human beings are social beings
- Development is viewed as a lifelong process
- Identity is granted as a central place in this process (personality development)
- He argued that due to identity crisis young people must generate for themselves a central perspective and a direction that can give them a meaningful sense of unity and purpose.

**23. Explain stress resistant personality with the help of examples.**

**Ans. Stress resistant personality – By Kobasa** Explanation of 3 C"s

- Commitment
- Control
- Challenge

**24. Discuss cognitive behaviour therapy (CBT).**

**Ans. Cognitive Behaviour Therapy** Based on biological, psychological and social model It is a short and effective treatment for a wide range of psychological disorders such as anxiety, depression, panic attacks and borderline personality. Biological aspects of disorders are addressed through relaxation procedure, the psychological ones through behaviour therapy and cognitive therapy techniques and the social ones with environmental manipulations. It is a comprehensive technique, easy to use.

**25. Explain any two conditions which lead to learning of attitudes.**

**Ans. Conditions for Learning Attitudes**

- Learning attitudes by association
- Learning attitudes by being rewarded or punished
- Learning attitudes through modelling
- Learning attitudes through group or cultural norms
- Learning attitudes through exposure to information (any two points with explanation and examples) OR
- Family and school environment
- Reference groups
- Personal experiences
- Media related influences (explanation of any two points with examples)

**26. Describe any two elements of group structure.**



**Ans. Elements of group structure are**

- Role
- Norms
- Status
- Cohesiveness

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## PART – E

**27. Explain the term intelligence. Describe the PASS model of intelligence.**

**Ans.** Intelligence Wechsler defined intelligence as the global and aggregate capacity of an individual to think rationally, act purposefully and to deal effectively with his / her environment.

Pass Model of Intelligence Developed by J P Dass, Jack Naglieri & Kirby – 1994

This model is comprised of the following

P – PLANNING

A – AROUSAL / ATTENTION

S – SIMULTANEOUS

S – SUCCESSIVE

- PASS model is based on three basic neurological systems
- Arousal / Attention: Arousal and attention enables a person to process information
  - An optimal level of arousal focuses our attention on the relevant aspects of problem
  - Too much or too little arousal would interfere with attention (any example)
- Simultaneous processing: - takes place when we perceive the relations among various concepts and integrate them into a meaningful pattern for comprehension - in RPM test, by grasping the meaning and relationship between the given option of designs and the given abstracted figure, the correct option is chosen. Simultaneous processing of all given figures helps in choosing the correct option
- Successive processing: - takes place when all the information is remembered serially so that recall of one leads to the recall of another, e.g. in learning of digits, alphabets, multiplication tables etc, successive processing helps
- Planning: After the information is attended to and processed, planning is activated. - It allows us to think of the possible courses of action, implement them to reach the target and evaluate their effectiveness - If a plan does not work, it is modified to suit the requirement to task or situation. (any example)



OR

**Explain how intelligence is the result of heredity and environment.**

**Ans.** Intelligence is the result of heredity and environment

Role of Heredity

Study of identical twins

Correlation

- reared together (.90)
- reared apart (.72)
- fraternal twins reared together (.60)
- siblings reared together (.50)
- siblings reared apart (.25)

Studies of adopted children's intelligence show more similarity to their biological parents

Role of Environment

- As children grow, their intelligence level moves closer to their adoptive parents
- Environment deprivation lowers intelligence while enriched environment increases level of intelligence

Hence heredity sets the range within which an individual's intelligence is shaped by support and opportunities of the environment.

**28. Explain abnormal behaviour from the perspective of socio-cultural model.**

**Ans.** According to the socio cultural model, abnormal behaviour is best understood in light of the social and cultural forces that influence an individual

- Socio-cultural factors such as wars and violence, group prejudice and discrimination, economic and employment problems and rapid social change, put stress on most of us and can lead to psychological problems in some individuals.
- Certain family structures are likely to produce abnormal functioning in members e.g. families which are over involved with each other have children who may have difficulty in becoming independent in life.
- Social and professional relationships also play an important role
- People who are isolated and lack societal support are likely to become more depressed and remain depressed longer than those who have good friendship.
- Societal labels and roles assigned to troubled people also cause abnormal functioning
- When people break the norms of their society they are called deviant and „mentally ill“ and





people may start behaving and living up to these labels.

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OR

**Explain diathesis-stress model of abnormal behavior taking examples from daily life.**

**Ans. Diathesis stress model** This model states that psychological disorders develop when a diathesis (biological aberration to the disorder) is set off by a stressful situation. This model has three components

- Presence of some biological aberration
- Diathesis may carry predisposition or vulnerability to develop a psychological disorder
- Presence of pathogenic stressors i.e. factors that may lead to psychopathology

