

MARKING SCHEME-HALF YEARLY EXAM

PSYCHOLOGY

XII-2023-24

A-1 b. Divergent thinking

2 c. i and iii

3 c) High average

4 c) Hierarchical model of intelligence

5 d) Response

6 c) A is true but R is false.

7 b) Rationalization

8 c) Projective test

9 d) Avoidance

10 (d) T helper cells

11 b) Tangible Support

12 (b) Delusion of control

13 a. Both A and R are true, and R is the correct explanation of A

14 b) diathesis-stress model

15 d) Autism

16 a. Attaching stigma

b. discriminating practices

c. may underestimate IQ of underprivileged

d. ignore other potentialities of an individual (ANY 2)

OR

- Advanced logical thinking, questioning and problem solving behaviour.
- High speed in processing information.
- Superior generalisation and discrimination ability.
- Advanced level of original and creative thinking.
- High level of intrinsic motivation and self-esteem.

- Independent and non-conformist thinking.
- Preference for solitary academic activities for long periods. (ANY 2)

17 The source traits are stable, and are considered as the building blocks of personality. Besides these, there are also a number of surface traits that result out of the interaction of source traits. Cattell described the source traits in terms of opposing tendencies.

18 : Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short-term but which make one more vulnerable to stress.

19 It is a procedure to monitor and reduce the physiological aspects of stress by providing feedback about current physiological activity and is often accompanied by relaxation training.

Biofeedback training involves three stages : developing an awareness of the particular physiological response, e.g. heart rate, learning ways of controlling that physiological response in quiet conditions; and transferring that control into the conditions of everyday life

20 People affected by obsessivecompulsive disorder are unable to control their preoccupation with specific ideas or are unable to prevent themselves from repeatedly carrying out a particular act or series of acts that affect their ability to carry out normal activities.

Obsessive behaviour is the inability to stop thinking about a particular idea or topic. The person involved, often finds these thoughts to be unpleasant and shameful.

Compulsive behaviour is the need to perform certain behaviours over and over again. Many compulsions deal with counting, ordering, checking, touching and washing.

21 According to the socio-cultural model, abnormal behaviour is best understood in light of the social and cultural forces that influence an individual. As behaviour is shaped by societal forces, factors such as family structure and communication, social networks, societal conditions, and societal labels and roles become more important.

Studies have shown that people who are isolated and lack social support, i.e. strong and fulfilling interpersonal relationships in their lives are likely to become more depressed and remain depressed longer than those who have good friendships. Socio-cultural theorists also believe that abnormal functioning is influenced by the societal labels and roles assigned to troubled people. When people break the norms of their society, they are called deviant and 'mentally ill'.

22 Gordon Allport is considered the pioneer of trait approach. He proposed that individuals possess a number of traits, which are dynamic in nature. Allport, based on this, categorised traits into cardinal, central, and secondary.

Cardinal traits are highly generalised dispositions. They indicate the goal around which a person's entire life seems to revolve. Mahatma Gandhi's non-violence and Hitler's Nazism are examples of cardinal traits. Such traits often get associated with the name of the person so strongly that they derive such identities as the 'Gandhian' or 'Hitlerian' trait.

Less pervasive in effect, but still quite generalised dispositions, are called central traits. These traits (e.g., warm, sincere, diligent, etc.) are often used in writing a testimonial or job recommendation for a person.

The least generalised characteristics of a person are called secondary traits. Traits such as 'likes mangoes' or 'prefers ethnic clothes' are examples of secondary traits.

OR

According to Freud's theory, the primary structural elements of personality are three, i.e. id, ego, and superego.

Id : It is the source of a person's instinctual energy. It deals with immediate gratification of primitive needs, sexual desires and aggressive impulses. It works on the pleasure principle, which assumes that people seek pleasure and try to avoid pain.

Ego-It works by the reality principle, and often directs the id towards more appropriate ways of behaving.

Superego-The superego tells the id and the ego whether gratification in a particular instance is ethical. It helps control the id by internalising the parental authority through the process of socialisation.

23 GAS involves three stages: alarm reaction, resistance, and exhaustion

Alarm reaction stage : The presence of a noxious stimulus or stressor leads to activation of the adrenalpituitary-cortex system. This triggers the release of hormones producing the stress response. Now the individual is ready for fight or flight.

2. **Resistance stage** : If stress is prolonged, the resistance stage begins. The parasympathetic nervous system calls for more cautious use of the body's resources. The organism makes efforts to cope with the threat, as through confrontation.

3. **Exhaustion stage** : Continued exposure to the same stressor or additional stressors drains the body of its resources and leads to the third stage of exhaustion. The physiological systems involved in alarm reaction and resistance become ineffective and susceptibility to stress-related diseases such as high blood pressure becomes more likely.

24 . Classifications are useful because they enable users like psychologists, psychiatrists and social workers to communicate with each other about the disorder and help in understanding the causes of psychological disorders and the processes involved in their development and maintenance.

The American Psychiatric Association (APA) has published an official manual describing and classifying various kinds of psychological disorders. The current version of it, the Diagnostic and Statistical Manual of Mental Disorders, 5 th Edition (DSM-5), presents discrete clinical criteria which indicate the presence or absence of disorders.

The classification scheme officially used in India and elsewhere is the tenth revision of the International Classification of Diseases (ICD-10), which is known as the ICD-10 Classification of Behavioural and Mental Disorders. It was prepared by the World Health Organisation (WHO).

SECTION D

25 Salovey and Mayer who considered emotional intelligence as “the ability to monitor one’s own and other’s emotions, to discriminate among them, and to use the information to guide one’s thinking and actions”. Emotional Quotient (EQ) is used to express emotional intelligence.

Characteristics of Emotionally Intelligent Persons – ANY-3

- Perceive and be sensitive to your feelings and emotions.
- Perceive and be sensitive to various types of emotions in others by noting their body language, voice and tone, and facial expressions.
- Relate your emotions to your thoughts so that you take them into account while solving problems and taking decisions.
- Understand the powerful influence of the nature and intensity of your emotions.
- Control and regulate your emotions and their expressions while dealing with self and others to achieve harmony and peace.

26 The way we perceive ourselves and the ideas we hold about our competencies and attributes is also called self-concept.

As persons we always make some judgment about our own value or worth. This value judgment of a person about herself/himself is called self-esteem.

Self-efficacy is another important aspect of our self. People differ in the extent to which they believe they themselves control their life outcomes or the outcomes are controlled by luck or fate or other situational factors.

Self-regulation refers to our ability to organise and monitor our own behaviour.

27 Coping is a dynamic situation-specific reaction to stress.

The three coping strategies given by Endler and Parker are:

Task-oriented Strategy : This involves obtaining information about the stressful situation and about alternative courses of action and their probable outcome; it also involves deciding priorities and acting so as to deal directly with the stressful situation. For example, schedule my time better, or think about how I have solved similar problems.

Emotion-oriented Strategy : This can involve efforts to maintain hope and to control one’s emotions; it can also involve venting feelings of anger and frustration, or deciding that nothing can be done to change things. For example, tell myself that it is not really happening to me, or worry about what I am going to do.

Avoidance-oriented Strategy : This involves denying or minimising the seriousness of the situation; it also involves conscious suppression of stressful thoughts and their replacement by self protective thoughts.

According to Lazarus and Folkman coping responses can be divided into two types of responses, problem-focused and emotionfocused.

28 a) Illness anxiety disorder

b) Somatic symptom disorder involves a person having persistent body-related symptoms which may or may not be related to any serious medical condition.

The symptoms of conversion disorders are the reported loss of part or all of some basic body functions. Paralysis, blindness, deafness and difficulty in walking are generally among the symptoms reported.

OR

Dissociative fugue. Other disorders are-

Dissociative amnesia is characterised by extensive but selective memory loss that has no known organic cause.

Dissociative identity disorder, often referred to as multiple personality, It is often associated with traumatic experiences in childhood. In this disorder, the person assumes alternate personalities that may or may not be aware of each other.

Depersonalisation/Derealisation disorder involves a dreamlike state in which the person has a sense of being separated both from self and from reality.

SECTION E

29 Observation of behaviour serves as the basis of behavioural analysis. An observer's report may contain data obtained from interview, observation, ratings, nomination, and situational tests

EXPLAIN ALL 5 METHODS IN DETAIL ALONG WITH ADV AND DISADV-5+1

OR

The Humanistic approach focuses on subjective experiences of individuals and their choices. Rogers emphasised the relationship between the 'real self' and the 'ideal self'. The congruence of these selves makes a person fully functioning.

Maslow discussed personality in terms of the interplay of needs that motivated people. The needs could be arranged in a hierarchy from lower-order (survival related) needs to higher-order (development related) needs.

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. Maslow had an optimistic and positive view of man who has the potentialities for love, joy and to do creative work. Human beings are considered free to shape their lives and to self-actualise. Self-actualisation becomes possible by analysing the motivations that govern our life. We know that biological, security, and belongingness needs (called survival needs) are commonly found among animals and human beings. Thus, an individual's sole concern with the satisfaction of these needs reduces her/ him to the level of animals. The real journey of human life begins with the pursuit of self-esteem and self.

30 Researchers have found that the relationship between creativity and intelligence is positive. All creative acts require some minimum ability to acquire knowledge and capacity to comprehend, retain, and retrieve.

- a. Terman, in the 1920s, found that persons with high IQ were not necessarily creative. At the same time, creative ideas could come from persons who did not have a very high IQ.
A general feature of most of the creativity tests is that they are open-ended.
- b. Creativity tests involve divergent thinking and assess such abilities as ability to produce a variety of ideas. This is contrary to the tests of intelligence which mostly involve convergent thinking.
- c. Since expressions of creativity are varied, tests have been developed using different stimuli like words, figures, action, and sounds.
- d. Some of the famous psychologists who have developed creativity tests are Guilford, Torrance, Khatena, Wallach and Kogan, Paramesh, Baqer Mehdi, and Passi.

OR

Sternberg's triarchic theory describe the processes underlying intelligent behaviour. Howard Gardner suggests that there are eight different kinds of intelligence.

EXPLAIN BOTH THE THEORIES IN DETAIL 3+3

31. phobia (specific)
32. systematic desensitization
33. social phobia, agoraphobia or GAD,panic,SAD
34. c) cognitive effect
- 35.primary
- 36.emotion-focused