



BAL BHARATI PUBLIC SCHOOL
COMMON SAMPLE PAPER (2020-2021)
SUBJECT: PSYCHOLOGY

TIME: 3 hrs

M.M: 70 marks

General Instructions:

All questions are compulsory except where internal choice has been given.

- Answers should be brief and to the point. Marks for each question are indicated against it.
- Question No. 1- 14 in Section I are objective type questions carrying 1 mark each. You are expected to answer them as directed.
- Question No. 15-16 in Section II are case based with objective type questions. Question No. 15 has three questions carrying 1 mark each. Question No. 16 has four questions carrying 1 mark each. You are expected to answer each one of them.
- Question No. 17-22 in Section III are very short answer type questions carrying 2 marks each. Answers to each question should not exceed 30 words.
- Question No. 23-25 in Section IV are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question No. 26-29 in Section V are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- Question No. 30 and 31 in Section VI are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

Section 1

Q1. A) The _____ approach considers intelligence as an aggregate of abilities and expresses the individual's performance in terms of a single index of cognitive abilities.

(1)

Or

Q1. B) Robert Sternberg's triarchic theory of intelligence represents the _____ approach to _____ understand _____ intelligence.

(1)

Q2.) According to Allport's Trait theory, Mother Teresa's personality trait of compassion would be termed as _____ trait.

(1)

Q 3.) Neera is going to appear for her Class XII examinations and is also preparing for entrance examinations. She is experiencing a lot of stress because of this. Her elder sister has provided her information on websites providing study notes, information on career counselling sessions and also lets her know about application procedures and deadlines. Identify the support being provided by her elder sister?

(1)

- a.) Tangible support
- b.) Informational support
- c.) Emotional support

Q4.) Which of the following statement does not apply to Generalized Anxiety Disorder? (1)

- a.) Prolonged, vague and intense fears that are not attached to any object.
- b.) Worrying thoughts and apprehension about the future.
- c.) Abrupt surge in anxiety and thinking about a particular stimuli.
- d.) Constantly scanning the environment for dangers.

Q5. A) Secondary groups are central to an individual's functioning and play a critical role in developing ideals and values during the early years of development. (True/False) (1)

Or

Q 5. B) Every group member has a status within the group. Neelakshi joined an organization and within a span of few months, she brought down the production costs through her innovative suggestions. She also helped in increasing the revenue manifold by revamping the marketing policies. Ever since, her colleagues respect her a lot and her suggestions are much valued. She is a prized employee despite being one of the youngest in her organization. What kind of status is she enjoying? (1)

- a.) Ascribed status
- b.) Achieved status

Q6.) Neha is a successful interior designer. She is acclaimed for creatively doing up spaces and solves the problem of less space through her ingenuity. She integrates her past knowledge and experiences to come up with new, original and unique designs and space solutions. The intelligence being exhibited by her is:

(1)

- a.) Experiential Intelligence
- b.) Componential Intelligence
- c.) Contextual Intelligence

Q7.) _____ is an effective technique of behavioural analysis to obtain peer assessment. (1)

Q8.) Which of the following statement applies to Individual Psychology Approach to Personality by Alfred Adler? (1)

- a.) Depression may be caused by traumatic incidents in an individual's childhood.
- b.) A person has developed psychopathology by learning maladaptive ways of behaving.
- c.) An individual has developed depression as he/she had disturbed interpersonal relationships during childhood.
- d.) An individual has developed major depressive disorder as he/she lacks personal goals and has not been able to overcome inferiority complex.

Q9.) Sneha is in class IX. She feels that she must always come first in examinations and whatever competition she participates in. She also strongly feels that all tasks must be completed perfectly

by her without any error. Identify the kind of psychological stress being experienced by her?

(1)

- a.) Social Pressure
- b.) Internal Pressure
- c.) Frustration
- d.) Conflict

Q10.) Pranjal is 28 years old and is working as a lawyer in an organization. He experiences frequent stomach pains and gastric related discomfort. He has visited multiple doctors and has got many diagnostic tests done. However no physiological cause for pain and discomfort has been identified. He is sometimes unable to focus in his meetings and also misses work because of the pain and discomfort. He also avoids going out with his friends and colleagues. He may be experiencing: (1)

- a.) Illness Anxiety Disorder
- b.) Somatic Symptom Disorder
- c.) Conversion Disorder
- d.) Depersonalization Disorder

Q11. A) Ramanuj is undergoing psychotherapy. His therapist interviewed him and used questionnaires to identify his beliefs. He then used gentle, subtle and non-directive questioning to refute his irrational beliefs. His therapist is using:

(1)

- a.) Logotherapy
- b.) Client centered therapy
- c.) Gestalt therapy
- d.) Rational emotive therapy

Or

Q11. B) Cognitive Behavioural therapists enable the client to identify the obstacles on their path to self-actualization and through therapy facilitate the client to remove them. (True/False) (1)

Q12.) Shantanu did not like wearing masks and avoided wearing them. However, ever since Mr. Amitabh Bachchan his favorite film star started sensitizing people to wear masks, wash hands and maintain social distancing, he started wearing the mask. What factor was responsible for change in his attitude? (1)

- a.) Emotional appeal of the message.
- b.) Mode of transmission.
- c.) Credibility and attractiveness of the source.
- d.) Motives activated by the message.

Q13.) Which of the following statement does not apply to Creativity? (1)

- a.) Individuals vary in terms of their creativity and may be operating at different levels.
- b.) Creativity involves modifying earlier perspectives or putting old things to new use.
- c.) Limits of the creative potential are set by heredity and further expression is influenced by environmental opportunities.
- d.) To be creative, a person should possess superior level of intelligence.

Q14.) According to behavioral approach to personality, _____ is the structural unit of personality. (1)

Section II

Q15. A) Read the case and answer the questions that follow: (1*3)

Vinay graduated from college and got a job at the local grocery store. After working for about 6 months he began to hear voices that told him he was no good. He also began to believe that his supervisor was planting small video cameras in the shop to catch him making mistakes. He would take long detours on way back home as he felt his supervisor was following him home. He reported smelling strange odors in the shop. He told his family that the supervisor might kill him by gassing the shop. Once he slapped a customer and later said that somebody else had slapped the customer using his hand. He later left the job saying his supervisor was plotting to kill him. No evidence was found to support his allegations.

Q15 i) Which disorder does Vinay seem to be suffering from?

- a.) Dissociative Identity Disorder
- b.) Depersonalisation Disorder
- c.) Schizophrenia

Q15 ii) What type of symptoms are being exhibited by Vinay?

- a.) Positive symptoms
- b.) Negative symptoms
- c.) Catatonic symptoms

Q15. iii) Identify the type of delusion being exhibited in the statement, “Once he slapped a customer and later said that somebody else had slapped the customer using his hand”.

- a.) Delusion of persecution
- b.) Delusion of grandeur
- c.) Delusion of reference
- d.) Delusion of control

Or

Q15. B) . Ravi is a 27-year-old professional athlete. He has an intense fear of needles. He tries to rationalize his fear by explaining that he is just being cautious and protecting himself from Acquired Immunodeficiency Disease Syndrome (AIDS). He realizes that his fear is irrational but is unable to control it. He has fainted twice in the past when his blood was drawn during a physical examination. He also avoids travelling to countries where vaccinations may be required before travel for fear of being injected. He has also missed out on international athletic competitions

because of this. He becomes extremely anxious at the sight of a needle and worries for days before an appointment with his physician or dentist.

Q15. B i) Identify the phobia that Ravi is suffering from?

- a.) Specific Phobia
- b.) Social Phobia
- c.) Substance Induced anxiety disorder

Q15. B ii) Phobias are a type of anxiety disorder. (True/False)

Q15. B iii) The fear of entering unfamiliar situation is termed as:

- a.) Agoraphobia
- b.) Social Phobia
- c.) Separation Anxiety Disorder

Q16.) Read the case and answer the questions that follow:

(1*4)

Anita is a 32 year old marketing professional and has just changed her job after working in a previous organization for one year. Immediately after joining the new organization, her landlord asked her to vacate the house and she shifted to another rented accommodation. Shifting home along with a new job was very stressful for her. Also now she has to commute a longer distance from her new home and experiences many traffic jams on the way and is often late to work.

At her new organization, a lot of work has been assigned to her. She is feeling very overwhelmed and has been frequently missing deadlines. Of late she has been experiencing mood swings and also shouts at her close friends. Her friends now avoid meeting her because of her erratic behavior and outbursts.

Recently her office started yoga and meditation sessions in the premises along with weekly sessions on dance and music. Anita started attending the sessions regularly and also consulted a Counsellor. She now effectively manages her time, prioritizes her assignments and also obtains additional information on how a task can be accomplished.

Q16. i) The frequent traffic jams that Anita encountered on her way to work can be termed as:

- a.) Traumatic Events
- b.) Life Events
- c.) Hassles

Q16. ii) Stress has adverse impact on our functioning and health. Anita's erratic behavior towards her friends, mood swing and outbursts can be attributed to:

- a.) Effect of stress on emotional functioning.
- b.) Effect of stress on cognitive functioning.
- c.) Effect of stress on behavior
- d.) Effect of stress on physiological functioning

Q16. iii) Why did Anita's organization offer Yoga, Meditation, Dance and Music classes?

- a.) To help employees bond with each other.
- b.) To help employees utilize their free time in an effective manner.
- c.) To help their employees acquire new skills.
- d.) To help their employees manage stress.

Q16. iv) After Anita visited the counsellor and regularly attended the recreation sessions in her organization, there was a difference in her approach to work. Identify the new coping mechanism adopted by her?

- a.) Task oriented coping
- b.) Emotion oriented coping

c.) Avoidance oriented coping

Section III

- Q17.) Why are natural killer cells important to us? What factors influence their cytotoxicity? (2)
Q18.) Why is classification of psychological disorders important? Mention any one tool/manual being used by mental health professionals for classification and diagnosis. (2)
Q19.) Differentiate between illness anxiety disorder and somatic symptom disorder. (2)
Q20.) Why are major life events stressful for individuals? (2)
Q21.) What role is played by norms in a group? (2)

Q22. A) When is positive reinforcement used in behavior therapy? (2)

Or

Q22. B) Discuss the goal of Gestalt therapy. (2)

Section IV

Q23.) Ramya is a member of her school rock band. She is the lyricist for the band and comes up with new rhythms and tunes for their songs. Identify the type of intelligences being exhibited by her. (3)

Q24.) Why did Psychodynamic theories of personality face criticism? (3)

Q25. A) Explain any three sources of prejudice. (3)

Or

Q25. B) Differentiate between simple and complex attitudes. (3)

Section V

Q26. A) Neera is a 26 year old young woman. She has started losing interest in her hobbies, has difficulty sleeping and feels worthless. Identify the disorder she may be suffering from. What are the other symptoms of the disorders and what factors predispose people towards this disorder? (4)

Or

Q26. B) What behavioral problems are exhibited by individuals with Conduct Disorder? (4)

Q27.) Ramesh has undergone treatment for Schizophrenia. His therapist feels that he should resume his normal activities but should undergo a rehabilitation program. Why is rehabilitation important? What are the components of an effective rehabilitation program? (4)

Q28.) How do target characteristics influence attitude change? (4)

Q29.) What is social loafing? Why does it take place? (4)

Section VI

Q30. A) Who were Post Freudians? What are the main tenets of Karen Horney's approach to personality? (6)

Or

Q30. B) Discuss the cultural approach to personality. (6)

Q31.A) What is emotional intelligence? Why is it receiving the increased attention of educators? (6)

Or

Q31. B) What is integral intelligence? What competencies are identified as facets of intelligence in the Indian tradition? (6)