

Gujarat Board Class 12 Psychology Question Paper with Solutions(Memory Based)

Time Allowed :3 Hour	Maximum Marks :60	Total Questions :24
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General Instructions

Read the following instructions very carefully and strictly follow them:

- Answers to this Paper must be written on the paper provided separately.
- You will not be allowed to write during the first 15 minutes
- This time is to be spent in reading the question paper.
- The time given at the head of this Paper is the time allowed for writing the answers,
- The paper has four Sections.
- Section A is compulsory - All questions in Section A must be answered.
- You must attempt one question from each of the Sections B, C and D and one other question from any Section of your choice.

1. Define Sensation and explain the process of Auditory Perception.

Solution:

Concept: Sensation is the initial step in the process of perception. It refers to the detection of physical stimuli from the environment through sensory organs and the transmission of this information to the brain. Sensation provides the raw data that the brain later organizes and interprets during perception. One important type of sensory experience is **auditory perception**, which involves the process of hearing and interpreting sound.

Step 1: Definition of Sensation.

Sensation can be defined as the process by which sensory receptors and the nervous system receive and represent stimulus energies from the environment. It occurs when physical stimuli such as light, sound waves, smell, taste, or touch stimulate specialized sensory organs. These stimuli are converted into neural impulses that are sent to the brain for further processing.

Step 2: Meaning of Auditory Perception.

Auditory perception refers to the ability to recognize, interpret, and make sense of sounds through the sense of hearing. It involves the detection of sound waves by the ear and the interpretation of these signals by the brain, enabling individuals to understand speech, music, and environmental sounds.

Step 3: Process of Auditory Perception.

The process of auditory perception occurs through several stages:

- **Collection of Sound Waves:** Sound waves from the environment enter the ear through the outer ear (pinna). The pinna collects and directs these sound waves into the ear canal.

- **Transmission through the Ear Canal:** The sound waves travel through the auditory canal and strike the tympanic membrane (eardrum), causing it to vibrate.
- **Amplification by the Middle Ear:** The vibrations of the eardrum are transmitted to three small bones in the middle ear called the ossicles (malleus, incus, and stapes). These bones amplify the vibrations and send them to the inner ear.
- **Conversion into Neural Signals:** The vibrations reach the cochlea in the inner ear, which is filled with fluid. Movement of this fluid stimulates tiny hair cells that convert mechanical vibrations into electrical signals.
- **Transmission to the Brain:** These electrical impulses travel through the auditory nerve to the brain.
- **Interpretation by the Brain:** The auditory cortex of the brain processes and interprets these signals, allowing us to recognize different sounds, speech, and music.

Conclusion: Thus, sensation is the basic process of receiving stimuli through sensory organs, while auditory perception involves the detection, transmission, and interpretation of sound waves by the ear and brain.

Quick Tip

Sensation refers to detecting stimuli through sensory organs, whereas perception involves interpreting those sensory signals in the brain. Auditory perception specifically deals with how the ear and brain work together to enable hearing.

2. What are the objective determinants of Attention?

Solution:

Concept: Attention refers to the process of focusing our consciousness on a particular stimulus while ignoring other stimuli present in the environment. The factors that influence attention are called **determinants of attention**. These determinants are generally classified into **objective determinants** (related to the external characteristics of the stimulus) and **subjective determinants** (related to the internal state of the individual). Objective determinants depend on the nature and features of the stimulus itself.

Step 1: Meaning of Objective Determinants of Attention.

Objective determinants of attention are those external factors or characteristics of a stimulus that naturally attract our attention. These factors are related to the physical properties of the stimulus rather than the internal condition of the observer.

Step 2: Major Objective Determinants of Attention.

- **Intensity:** A stimulus that is strong or intense attracts attention more easily than a weak stimulus. For example, a bright light, loud sound, or strong smell quickly draws our attention.
- **Size:** Larger objects usually attract more attention than smaller ones. For instance, a large advertisement board is more noticeable than a small notice.

- **Contrast:** Stimuli that stand out against their background are more likely to attract attention. For example, white chalk writing on a blackboard is easily noticed because of the contrast.
- **Movement:** Moving objects attract attention more readily than stationary ones. For example, a moving vehicle on the road catches our attention faster than a parked vehicle.
- **Novelty (Newness):** New or unusual stimuli naturally attract attention. Anything different from the usual environment is likely to be noticed quickly.
- **Repetition:** A stimulus that is repeated frequently tends to attract attention. Repeated advertisements or announcements often draw people’s attention.
- **Change:** Any sudden change in the environment such as a change in light, sound, or temperature can immediately capture attention.

Conclusion: Objective determinants of attention are external characteristics of stimuli that automatically draw our focus. Factors such as intensity, size, contrast, movement, novelty, repetition, and change play an important role in attracting and directing human attention.

Quick Tip

Objective determinants of attention are stimulus-based factors. Remember the key factors: intensity, size, contrast, movement, novelty, repetition, and change.

3. Detail Gardner’s Theory of Multiple Intelligences with examples.

Solution:

Concept: The **Theory of Multiple Intelligences** was proposed by psychologist **Howard Gardner** in 1983. According to this theory, intelligence is not a single general ability measured only by IQ tests. Instead, human beings possess different types of intelligences, and each individual has a unique combination of these abilities. Gardner suggested that intelligence involves the ability to solve problems or create products that are valued in a particular culture.

Step 1: Meaning of Multiple Intelligences.

Gardner argued that traditional views of intelligence focused mainly on linguistic and logical abilities. However, individuals may be talented in other areas such as music, movement, interpersonal relationships, or understanding nature. Therefore, intelligence should be viewed as a set of multiple abilities rather than a single capacity.

Step 2: Types of Multiple Intelligences.

Gardner initially proposed seven intelligences and later added more. The major types are explained below with examples:

- **Linguistic Intelligence:** This refers to the ability to use language effectively in speaking and writing. People with this intelligence are good at reading, storytelling, and expressing ideas through words. *Example:* Writers, poets, journalists, and teachers.
- **Logical–Mathematical Intelligence:** This involves the ability to think logically, analyze problems, and perform mathematical calculations. Individuals with this intelligence are skilled in reasoning and problem solving. *Example:* Scientists, mathematicians, engineers, and programmers.

- **Spatial Intelligence:** Spatial intelligence refers to the ability to visualize and manipulate objects or images in space. People with this intelligence can think in pictures and understand visual relationships. *Example:* Architects, painters, designers, and pilots.
- **Musical Intelligence:** This is the ability to understand rhythm, melody, pitch, and musical patterns. Individuals with musical intelligence are sensitive to sounds and music. *Example:* Singers, composers, musicians, and music directors.
- **Bodily–Kinesthetic Intelligence:** This intelligence involves using the body skillfully to express ideas or perform activities. It includes coordination, balance, and physical control. *Example:* Dancers, athletes, actors, and surgeons.
- **Interpersonal Intelligence:** This refers to the ability to understand and interact effectively with other people. Individuals with high interpersonal intelligence can communicate well and understand others' emotions and motivations. *Example:* Teachers, counselors, politicians, and social workers.
- **Intrapersonal Intelligence:** Intrapersonal intelligence is the ability to understand one's own feelings, thoughts, and motivations. People with this intelligence are self-aware and reflective. *Example:* Philosophers, psychologists, and spiritual leaders.
- **Naturalistic Intelligence:** This involves the ability to recognize, classify, and understand elements of the natural environment such as plants, animals, and natural patterns. *Example:* Botanists, farmers, environmentalists, and wildlife experts.

Step 3: Educational Importance of the Theory.

Gardner's theory has significant implications for education. It suggests that teaching methods should be diverse so that students with different types of intelligence can learn effectively. Schools should provide opportunities for students to develop their unique talents rather than focusing only on linguistic and mathematical abilities.

Conclusion: Gardner's Theory of Multiple Intelligences broadened the concept of intelligence by recognizing that individuals possess different kinds of abilities. This theory highlights the importance of appreciating diverse talents and designing educational practices that nurture multiple forms of intelligence.

Quick Tip

Gardner's theory states that intelligence is not a single ability. It includes multiple forms such as linguistic, logical–mathematical, spatial, musical, bodily–kinesthetic, interpersonal, intrapersonal, and naturalistic intelligence.

4. How is Intelligence Quotient (IQ) calculated? Provide the formula.

Solution:

Concept: The Intelligence Quotient (IQ) is a numerical measure used to assess an individual's intellectual ability in relation to others of the same age group. The concept of IQ was introduced to quantify intelligence through standardized psychological tests. It compares a person's **mental age** with their **chronological age**.

Step 1: Meaning of Mental Age (MA).

Mental Age refers to the level of intellectual performance of an individual as determined by standardized intelligence tests. It represents the age level at which a person is functioning intellectually.

Step 2: Meaning of Chronological Age (CA).

Chronological Age is the actual age of a person measured in years from the date of birth.

Step 3: Formula for Intelligence Quotient (IQ).

The Intelligence Quotient is calculated using the following formula:

$$IQ = \frac{\text{Mental Age (MA)}}{\text{Chronological Age (CA)}} \times 100$$

Step 4: Example of IQ Calculation.

Suppose a child has a mental age of 12 years and a chronological age of 10 years. Using the formula:

$$IQ = \frac{12}{10} \times 100 = 120$$

This means the child's intelligence level is above the average for their age group.

Conclusion: Thus, IQ is calculated by comparing mental age with chronological age and multiplying the result by 100. It helps psychologists estimate an individual's intellectual level relative to others.

Quick Tip

The standard formula for calculating Intelligence Quotient is:

$$IQ = \frac{MA}{CA} \times 100$$

where MA = Mental Age and CA = Chronological Age.

5. Explain the difference between Individual and Group intelligence tests.

Solution:

Concept: Intelligence tests are standardized tools used to measure an individual's intellectual abilities such as reasoning, problem-solving, memory, and understanding. These tests can be administered in two main ways: **Individual intelligence tests** and **Group intelligence tests**. The main difference lies in the way the tests are conducted and the number of people tested at one time.

Step 1: Meaning of Individual Intelligence Tests.

Individual intelligence tests are tests that are administered to **one person at a time** by a trained examiner. The examiner interacts directly with the test taker, gives instructions, observes behavior, and records responses carefully. These tests allow detailed evaluation of a person's intellectual abilities.

Examples: Stanford–Binet Intelligence Test, Wechsler Intelligence Scale.

Step 2: Meaning of Group Intelligence Tests.

Group intelligence tests are administered to **many individuals at the same time**. The same

instructions and questions are given to all participants, usually in written form. These tests are commonly used in schools, colleges, and large organizations because they save time and resources.

Examples: Army Alpha Test, Army Beta Test.

Step 3: Differences between Individual and Group Intelligence Tests.

- **Administration:** Individual tests are conducted with one person at a time, whereas group tests are conducted with many people simultaneously.
- **Interaction with Examiner:** In individual tests, there is direct interaction between the examiner and the subject. In group tests, interaction is minimal or absent.
- **Observation:** Individual tests allow detailed observation of the test taker's behavior, motivation, and emotional responses. Group tests do not allow such close observation.
- **Time and Cost:** Individual tests require more time and are more expensive to administer. Group tests are faster and more economical.
- **Accuracy:** Individual tests generally provide more accurate and detailed results, while group tests provide more general assessments.

Conclusion: Both individual and group intelligence tests are important tools for measuring intellectual ability. Individual tests are useful for detailed psychological assessment, while group tests are more practical for evaluating large numbers of people efficiently.

Quick Tip

Individual intelligence tests assess one person at a time with detailed observation, while group intelligence tests assess many people simultaneously and are quicker and more economical.

6. Discuss the ABC Model of attitude formation.

Solution:

Concept: An **attitude** refers to a learned tendency to evaluate people, objects, or situations in a positive or negative way. Psychologists explain attitudes through the **ABC Model**, which describes the three main components involved in the formation and expression of attitudes. The three components are **Affective**, **Behavioral**, and **Cognitive**.

Step 1: Meaning of the ABC Model of Attitude.

The ABC Model explains that attitudes consist of three interrelated components that influence how individuals think, feel, and behave toward a particular object or situation.

Step 2: Components of the ABC Model.

- **Affective Component (A):** The affective component refers to the emotional or feeling aspect of an attitude. It involves a person's feelings or emotional reactions toward an object, person, or situation. *Example:* A person may feel happy and relaxed while listening to their favorite music.

- **Behavioral Component (B):** The behavioral component refers to the way an attitude influences how a person acts or behaves toward something. It includes the tendency to behave in a certain way. *Example:* A person who likes music may frequently attend concerts or listen to music daily.
- **Cognitive Component (C):** The cognitive component refers to the beliefs, thoughts, or knowledge a person has about an object or situation. It involves what a person thinks or believes to be true. *Example:* A person may believe that music helps reduce stress and improves mood.

Step 3: Interaction of the Components.

These three components work together to form and shape an individual's attitude. A person's beliefs (cognitive), feelings (affective), and actions (behavioral) interact with each other and influence how attitudes are developed and expressed.

Conclusion: The ABC Model of attitude formation explains that attitudes are not formed by a single factor but by the interaction of feelings, beliefs, and behaviors. Understanding these components helps psychologists analyze how attitudes are developed and how they influence human behavior.

Quick Tip

The ABC Model explains attitude through three components: A = Affective (feelings), B = Behavioral (actions), C = Cognitive (beliefs or thoughts).

7. What are the most effective methods to reduce Prejudice in a community?

Solution:

Concept: Prejudice refers to a negative attitude or unfair judgment toward individuals or groups based on characteristics such as race, religion, gender, or social background. Prejudice often develops due to stereotypes, lack of knowledge, and social influences. Psychologists and social scientists suggest several methods to reduce prejudice and promote harmony within a community.

Step 1: Education and Awareness.

Education plays a major role in reducing prejudice. When people are informed about different cultures, traditions, and values, misunderstandings and stereotypes can be reduced. Awareness programs, inclusive education, and intercultural learning help individuals develop respect and tolerance toward others.

Step 2: Intergroup Contact.

Direct contact between members of different groups can reduce prejudice. When people interact, cooperate, and communicate with each other in positive situations, they begin to understand each other better and negative stereotypes decrease. This method is often referred to as the **contact hypothesis**.

Step 3: Promoting Cooperation and Shared Goals.

Encouraging individuals from different groups to work together toward common goals can reduce prejudice. Cooperation in activities such as community projects, sports, or social programs helps build trust and mutual understanding.

Step 4: Media and Communication.

Media can influence public attitudes significantly. Positive representation of diverse groups in media, films, and news can help challenge stereotypes and promote equality and acceptance.

Step 5: Laws and Social Policies.

Government laws and policies that promote equality and prohibit discrimination help reduce prejudice in society. Anti-discrimination laws encourage fair treatment and protect the rights of minority groups.

Step 6: Development of Empathy and Perspective Taking.

Encouraging people to understand the experiences and feelings of others helps reduce prejudice. When individuals develop empathy, they are less likely to judge others unfairly.

Conclusion: Reducing prejudice requires collective efforts from individuals, communities, educational institutions, media, and government. Through education, interaction, cooperation, and fair policies, societies can promote tolerance, equality, and peaceful coexistence.

Quick Tip

Effective ways to reduce prejudice include education, intergroup contact, cooperation toward common goals, positive media influence, anti-discrimination laws, and developing empathy.

8. List and explain five Stress Management techniques.

Solution:

Concept: Stress is a psychological and physical response to challenging or demanding situations. While a certain level of stress can motivate individuals to perform better, excessive stress can negatively affect mental and physical health. Stress management techniques help individuals cope with stress effectively and maintain emotional well-being.

Step 1: Meaning of Stress Management.

Stress management refers to the methods and strategies used to control, reduce, and cope with stress in daily life. These techniques help individuals maintain balance and improve their overall quality of life.

Step 2: Five Stress Management Techniques.

- **Relaxation Techniques:** Relaxation methods such as deep breathing, meditation, and progressive muscle relaxation help calm the mind and body. These practices reduce tension and promote mental peace.
- **Regular Physical Exercise:** Physical activities such as walking, jogging, yoga, or sports help reduce stress by releasing endorphins, which are natural mood-enhancing chemicals in the body. Exercise also improves physical health and energy levels.
- **Time Management:** Proper planning and organization of tasks help individuals avoid unnecessary pressure. Creating schedules, setting priorities, and completing tasks on time can significantly reduce stress.

- **Social Support:** Talking with friends, family members, or counselors about problems can provide emotional relief and practical advice. Social support helps individuals feel understood and less isolated during stressful situations.
- **Positive Thinking and Cognitive Restructuring:** Developing a positive attitude and changing negative thought patterns can help manage stress effectively. Cognitive restructuring encourages individuals to view challenges as opportunities for growth rather than threats.

Conclusion: Stress management is essential for maintaining mental and physical health. Techniques such as relaxation, exercise, time management, social support, and positive thinking can help individuals cope with stress and lead a balanced life.

Quick Tip

Common stress management techniques include relaxation exercises, regular physical activity, effective time management, seeking social support, and maintaining positive thinking.

9. What are the primary symptoms of Schizophrenia?

Solution:

Concept: Schizophrenia is a severe mental disorder that affects a person's thinking, emotions, and behavior. Individuals with schizophrenia may appear to lose contact with reality and may have difficulty distinguishing between what is real and what is imagined. The symptoms of schizophrenia are generally classified into **positive symptoms**, **negative symptoms**, and **cognitive symptoms**.

Step 1: Positive Symptoms.

Positive symptoms refer to abnormal experiences or behaviors that are added to normal functioning.

- **Delusions:** Delusions are false beliefs that are firmly held despite clear evidence that they are not true. For example, a person may believe that others are trying to harm or control them.
- **Hallucinations:** Hallucinations involve perceiving things that are not actually present. The most common type is hearing voices that others cannot hear.
- **Disorganized Thinking and Speech:** Individuals may have difficulty organizing their thoughts, which can lead to unclear or incoherent speech.
- **Abnormal or Disorganized Behavior:** This may include unpredictable actions, unusual movements, or difficulty performing everyday tasks.

Step 2: Negative Symptoms.

Negative symptoms refer to the reduction or absence of normal behaviors and emotional responses.

- **Lack of Motivation (Avolition):** Individuals may have little interest in starting or completing activities.

- **Reduced Emotional Expression:** People may show limited facial expressions or reduced emotional responses.
- **Social Withdrawal:** Individuals may avoid social interactions and prefer isolation.
- **Reduced Speech (Alogia):** There may be limited verbal communication or brief responses during conversations.

Step 3: Cognitive Symptoms.

Cognitive symptoms affect mental processes related to thinking and memory.

- **Poor Attention and Concentration:** Difficulty focusing on tasks or conversations.
- **Memory Problems:** Trouble remembering information or following instructions.
- **Difficulty in Decision Making:** Individuals may struggle with planning, problem solving, and making everyday decisions.

Conclusion: The primary symptoms of schizophrenia include positive symptoms such as delusions and hallucinations, negative symptoms such as emotional withdrawal and lack of motivation, and cognitive symptoms that affect thinking and memory. These symptoms can significantly impact a person's daily functioning and quality of life.

Quick Tip

Schizophrenia symptoms are mainly classified into three groups: positive symptoms (delusions and hallucinations), negative symptoms (loss of motivation and emotional expression), and cognitive symptoms (problems with thinking and memory).

10. Outline the essential characteristics of an effective Counsellor.

Solution:

Concept: Counselling is a professional process in which a trained counsellor helps individuals understand their problems, emotions, and behaviors in order to make better decisions and improve their well-being. An effective counsellor must possess certain personal and professional qualities that help build trust and facilitate meaningful communication with clients.

Step 1: Meaning of an Effective Counsellor.

An effective counsellor is someone who has the ability to understand clients' feelings, provide guidance, and support them in solving personal, emotional, or social problems while maintaining professionalism and ethical standards.

Step 2: Essential Characteristics of an Effective Counsellor.

- **Empathy:** Empathy refers to the ability to understand and share the feelings of another person. An effective counsellor should be able to see situations from the client's perspective and respond with sensitivity and understanding.
- **Good Listening Skills:** Active and attentive listening is essential in counselling. A counsellor must listen carefully to the client without interrupting, allowing the client to express thoughts and emotions freely.

- **Patience:** Counselling often requires time for clients to open up and discuss their problems. A counsellor must remain patient and give the client sufficient time to express themselves.
- **Non-Judgmental Attitude:** An effective counsellor should avoid judging or criticizing clients. Maintaining a neutral and accepting attitude helps create a safe and supportive environment.
- **Confidentiality:** Counsellors must keep the information shared by clients private and confidential. This builds trust and encourages clients to speak openly about their concerns.
- **Good Communication Skills:** Clear and effective communication helps the counsellor guide clients, ask meaningful questions, and provide constructive feedback.
- **Emotional Stability:** A counsellor should be emotionally balanced and capable of handling sensitive situations without becoming overwhelmed.

Conclusion: An effective counsellor combines professional knowledge with personal qualities such as empathy, patience, good listening, and confidentiality. These characteristics help create a trusting relationship with clients and support them in overcoming their difficulties.

Quick Tip

Key qualities of an effective counsellor include empathy, active listening, patience, a non-judgmental attitude, confidentiality, good communication skills, and emotional stability.

11. Describe the core principles of Cognitive Behaviour Therapy (CBT).

Solution:

Concept: Cognitive Behaviour Therapy (CBT) is a widely used form of psychotherapy that focuses on the relationship between thoughts, emotions, and behaviors. It is based on the idea that negative or distorted thinking patterns lead to emotional distress and maladaptive behaviors. CBT helps individuals identify and change these negative thought patterns in order to improve emotional well-being and behavior.

Step 1: Relationship between Thoughts, Feelings, and Behavior.

One of the central principles of CBT is that thoughts, emotions, and behaviors are interconnected. Negative or irrational thoughts can lead to negative emotions and unhealthy behaviors. By changing these thought patterns, individuals can improve their emotional responses and actions.

Step 2: Identification of Negative Thought Patterns.

CBT helps individuals recognize automatic negative thoughts and cognitive distortions such as overgeneralization, catastrophizing, and black-and-white thinking. Identifying these patterns is the first step toward changing them.

Step 3: Cognitive Restructuring.

Cognitive restructuring involves challenging and replacing irrational or negative thoughts with more realistic and balanced ones. This helps individuals develop healthier ways of thinking and responding to situations.

Step 4: Behavioral Change.

CBT emphasizes modifying problematic behaviors through techniques such as exposure, skill training, and behavioral experiments. These strategies encourage individuals to practice healthier behaviors in real-life situations.

Step 5: Focus on Present Problems.

Unlike some other therapies that focus heavily on past experiences, CBT primarily concentrates on current problems and practical solutions. The therapy aims to help individuals manage present difficulties effectively.

Step 6: Skill Development and Self-Help.

CBT teaches coping skills and problem-solving techniques that individuals can apply independently in daily life. This empowers clients to manage their thoughts, emotions, and behaviors even after therapy ends.

Conclusion: Cognitive Behaviour Therapy is based on the idea that changing negative thought patterns can lead to improvements in emotions and behavior. By identifying irrational thoughts, restructuring them, and adopting healthier behaviors, individuals can effectively cope with psychological difficulties.

Quick Tip

The core idea of CBT is that thoughts influence emotions and behavior. By identifying and changing negative thinking patterns, individuals can improve their mental health and coping skills.