

Haryana Board 2026 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 intelligence.

Solution:

Concept: Intelligence is a fundamental concept in psychology that refers to the mental ability of an individual to perform various cognitive functions. It involves the capacity to learn from experience, understand complex ideas, adapt to new situations, and use reasoning and problem-solving skills effectively.

Definition:

Intelligence can be defined as the ability to acquire and apply knowledge and skills. It includes the capacity for logical reasoning, planning, abstract thinking, problem-solving, decision-making, and learning from experience.

Quick Tip

Intelligence is not just about knowledge, but also about how effectively a person uses that knowledge in different situations.

2. Define psychological assessment and defense mechanisms.

Solution:

Concept: In psychology, various tools and processes are used to understand human behavior and mental processes. Psychological assessment helps in evaluating an individual's mental functions, while defense mechanisms explain how individuals cope with internal conflicts and stress.

Definitions:

Psychological Assessment:

Psychological assessment is the systematic process of collecting, analyzing, and interpreting information about an individual's mental abilities, personality traits, and behavior using standardized tools such as tests, interviews, and observations.

Defense Mechanisms:

Defense mechanisms are unconscious psychological strategies used by individuals to protect themselves from anxiety, stress, or uncomfortable thoughts and feelings by distorting or denying reality.

Quick Tip

Psychological assessment focuses on evaluation, while defense mechanisms focus on coping with internal conflicts.

3. Explain the concepts of social stress and general stress.

Solution:

Concept: Stress is a psychological and physiological response to demands or challenges. It can arise from various sources, including social interactions and general life situations. Understanding different types of stress helps in better management and coping.

Explanation:

General Stress:

General stress refers to the overall response of an individual to any demand or pressure placed upon them. It may arise from daily life situations such as work pressure, academic demands, financial problems, or health issues. It affects both the mind and body, leading to emotional, cognitive, and physical changes.

Social Stress:

Social stress is a type of stress that originates from interactions with other people or social situations. It includes stress caused by relationships, social expectations, peer pressure, social rejection, or conflicts within family and society. It often impacts emotional well-being and interpersonal behavior.

Quick Tip

General stress comes from overall life demands, whereas social stress specifically arises from interactions and relationships with others.

4. Define agoraphobia and token economy.

Solution:

Concept: In psychology, certain terms describe mental health conditions as well as behavioral techniques used for modification of behavior. Agoraphobia relates to anxiety disorders, while token economy is a method used in behavior therapy.

Definitions:

Agoraphobia:

Agoraphobia is an anxiety disorder in which an individual experiences intense fear or anxiety about being in situations where escape might be difficult or help may not be available, such as open spaces, crowded places, or public transport.

Token Economy:

Token economy is a behavior modification technique in which individuals are given tokens as rewards for displaying desired behaviors. These tokens can later be exchanged for privileges, goods, or other reinforcements.

Quick Tip

Agoraphobia is a fear-based disorder, whereas token economy is a therapeutic technique used to encourage positive behavior.

5. Identify reasons for joining groups and distinguish between formal and informal groups.

Solution:

Concept: Groups play an important role in human life as they fulfill various psychological and social needs. People join groups for different purposes, and groups can be broadly classified into formal and informal based on their structure and functioning.

Reasons for Joining Groups:

Individuals join groups for several reasons, such as:

- **Security:** Groups provide a sense of safety and protection.
- **Status:** Being part of a group can enhance social identity and prestige.
- **Self-esteem:** Group membership can increase confidence and self-worth.
- **Affiliation:** People join groups to satisfy the need for companionship and belongingness.
- **Power:** Groups allow individuals to achieve goals that cannot be achieved alone.
- **Goal Achievement:** Groups help in accomplishing tasks more efficiently through cooperation.

Distinction Between Formal and Informal Groups:

- **Formal Groups:**

- Created deliberately to achieve specific objectives.
- Have a well-defined structure, roles, and rules.
- Relationships are official and task-oriented.
- Examples include organizations, committees, and work teams.

- **Informal Groups:**

- Formed naturally based on personal relationships and interactions.
- Lack a formal structure or defined roles.
- Relationships are personal and based on mutual interests.
- Examples include friend circles and peer groups.

Quick Tip

Formal groups are structured and goal-oriented, whereas informal groups are based on personal relationships and social interactions.

6. Explain the term “Mental Retardation.”

Solution:

Concept: The term “Mental Retardation” has historically been used in psychology to describe a condition involving limitations in intellectual functioning and adaptive behavior. In modern usage, it is more appropriately referred to as **Intellectual Disability**.

Explanation:

Mental Retardation (Intellectual Disability) is a developmental condition characterized by significantly below-average intellectual functioning along with deficits in adaptive behaviors such as communication, self-care, social skills, and problem-solving. These limitations originate during the developmental period, typically before the age of 18 years.

Individuals with this condition may have difficulty in learning, reasoning, and performing daily life activities independently. The severity can vary from mild to profound depending on the level of impairment.

Quick Tip

The modern and preferred term is “Intellectual Disability,” which emphasizes abilities and support rather than limitations.

7. Describe the Triarchic theory of intelligence.

Solution:

Concept: The Triarchic theory of intelligence was proposed by Robert Sternberg. It suggests that intelligence is not a single ability but a combination of three different types of intelligences that help individuals adapt to their environment.

Description:

According to Sternberg, intelligence consists of the following three components:

- **Analytical Intelligence:** This refers to problem-solving ability, logical reasoning, and evaluation. It is used in tasks such as analyzing, comparing, and judging information, and is often measured by traditional IQ tests.
- **Creative Intelligence:** This involves the ability to deal with new situations and generate novel ideas. It helps individuals think innovatively and adapt to unfamiliar problems.
- **Practical Intelligence:** This refers to the ability to apply knowledge in real-life situations. It involves adapting to, shaping, and selecting environments to meet one's goals, often described as "street smart" behavior.

Thus, the Triarchic theory emphasizes that intelligence is a combination of analytical, creative, and practical abilities, rather than a single general factor.

Quick Tip

According to Sternberg, true intelligence involves not just thinking (analytical), but also creating (creative) and doing (practical).

8. Outline techniques for self-control.

Solution:

Concept: Self-control refers to the ability to regulate one's emotions, thoughts, and behaviors in the face of temptations and impulses. It is essential for achieving long-term goals and maintaining psychological well-being.

Techniques for Self-Control:

The following techniques can help in developing and maintaining self-control:

- **Self-Monitoring:** Keeping track of one's behavior to become aware of habits and patterns that need change.
- **Goal Setting:** Setting clear, realistic, and achievable goals helps in directing behavior and maintaining focus.
- **Self-Reinforcement:** Rewarding oneself for achieving desired behaviors strengthens self-control.
- **Stimulus Control:** Modifying the environment to reduce exposure to temptations or triggers.

- **Delay of Gratification:** Learning to postpone immediate rewards in favor of long-term benefits.
- **Cognitive Restructuring:** Changing negative or unhelpful thought patterns to more positive and constructive ones.
- **Relaxation Techniques:** Practicing methods such as deep breathing or meditation to manage stress and impulses.

Quick Tip

Self-control improves with practice—small, consistent efforts can lead to significant behavioral change over time.

9. Explain the impact of stress on the immune system and methods for coping.

Solution:

Concept: Stress is a psychophysiological response that affects both mental and physical health. One of its significant effects is on the immune system, which protects the body against infections and diseases.

Impact of Stress on the Immune System:

Stress, especially when chronic, weakens the immune system and reduces the body's ability to fight illnesses. The key impacts include:

- **Reduced Immunity:** Chronic stress lowers the production of lymphocytes, making the body more vulnerable to infections.
- **Delayed Healing:** Stress slows down the healing process of wounds and injuries.
- **Increased Illness:** Individuals under stress are more likely to suffer from colds, flu, and other infections.
- **Hormonal Effects:** Stress hormones like cortisol suppress immune responses when present in high levels for long durations.

Methods for Coping with Stress:

Effective coping strategies help in reducing stress and protecting the immune system:

- **Regular Exercise:** Physical activity improves mood and strengthens immunity.
- **Healthy Diet:** Balanced nutrition supports overall health and immune function.
- **Relaxation Techniques:** Practices such as meditation, yoga, and deep breathing reduce stress levels.
- **Time Management:** Proper planning helps reduce unnecessary pressure and anxiety.
- **Social Support:** Sharing problems with friends and family provides emotional relief.
- **Adequate Sleep:** Proper rest is essential for recovery and maintaining immune strength.

Quick Tip

Managing stress effectively not only improves mental health but also strengthens the body's immune defense system.

10. Describe OCD and define the components of attitude.

Solution:

Concept: Psychological disorders and social psychology concepts help us understand human behavior. Obsessive-Compulsive Disorder (OCD) is a mental health condition, while attitude refers to a person's evaluation of objects, people, or situations.

Description and Definitions:

Obsessive-Compulsive Disorder (OCD):

OCD is a psychological disorder characterized by the presence of obsessions and compulsions. **Obsessions** are persistent, unwanted thoughts, images, or impulses that cause anxiety, while **compulsions** are repetitive behaviors or mental acts performed to reduce that anxiety. These behaviors are often irrational and time-consuming, interfering with daily functioning.

Components of Attitude:

Attitude consists of three main components, commonly known as the ABC components:

- **Affective Component:** Refers to the emotional aspect of attitude, i.e., how a person feels about an object, person, or situation.
- **Behavioral Component:** Involves the tendency to act or behave in a certain way toward the attitude object.
- **Cognitive Component:** Refers to beliefs, thoughts, and knowledge about the attitude object.

Quick Tip

Remember the ABC model of attitude: Affective (feelings), Behavioral (actions), and Cognitive (beliefs).

11. Describe projective techniques for personality assessment.

Solution:

Concept: Projective techniques are psychological assessment methods used to explore an individual's personality by presenting ambiguous stimuli. These techniques are based on the idea that people project their unconscious thoughts, feelings, and desires onto unclear or unstructured stimuli.

Description:

In projective techniques, individuals are asked to interpret or respond to ambiguous images, words, or situations. Their responses are then analyzed to uncover hidden emotions, motives, and personality traits that may not be revealed through direct questioning.

Common projective techniques include:

- **Rorschach Inkblot Test:** Individuals are shown inkblots and asked what they see. Their interpretations provide insights into their personality and emotional functioning.
- **Thematic Apperception Test (TAT):** Individuals are asked to create stories based on ambiguous pictures. These stories reveal underlying motives, conflicts, and interpersonal relationships.
- **Sentence Completion Test:** Individuals complete incomplete sentences, which helps in understanding their attitudes, thoughts, and emotional state.
- **Word Association Test:** Individuals respond with the first word that comes to mind when presented with a stimulus word, revealing unconscious associations.

These techniques are widely used in clinical psychology to assess personality dynamics, especially when individuals may not be able to express themselves directly.

Quick Tip

Projective techniques use ambiguous stimuli to reveal hidden aspects of personality through projection.

12. Outline the symptoms of Schizophrenia and explain substance abuse/dependence.**Solution:**

Concept: Schizophrenia is a severe mental disorder affecting thinking, perception, and behavior, while substance abuse/dependence refers to maladaptive patterns of substance use leading to significant impairment or distress.

Symptoms and Explanation:**Symptoms of Schizophrenia:**

The symptoms of schizophrenia are broadly classified into the following categories:

- **Positive Symptoms:** These are excesses or distortions of normal functioning, such as hallucinations (hearing or seeing things that are not present), delusions (false beliefs), and disorganized speech or behavior.
- **Negative Symptoms:** These involve a reduction or loss of normal functions, such as lack of motivation, reduced emotional expression, social withdrawal, and decreased speech.
- **Cognitive Symptoms:** These include difficulties in attention, memory, and decision-making, which affect daily functioning.

Substance Abuse/Dependence:

Substance abuse refers to the harmful or hazardous use of psychoactive substances such as alcohol or drugs, leading to negative consequences in physical, social, or psychological functioning. Substance dependence is a more severe condition characterized by:

- Strong craving or urge to use the substance.
- Loss of control over substance use.
- Development of tolerance (needing more of the substance to achieve the same effect).
- Withdrawal symptoms when substance use is reduced or stopped.

Thus, substance abuse may progress to dependence if not controlled, leading to significant impairment in daily life.

Quick Tip

Schizophrenia symptoms are grouped as positive, negative, and cognitive, while substance dependence includes craving, tolerance, and withdrawal.

13. Analyze the role of heredity and environment in intelligence.**Solution:**

Concept: Intelligence is influenced by both genetic (heredity) and environmental factors. The interaction between these two determines the development and expression of intellectual abilities.

Analysis:**Role of Heredity:**

Heredity refers to the genetic transmission of traits from parents to offspring. It plays a significant role in determining the potential level of intelligence.

- Intelligence is partly inherited through genes.
- Studies on twins and families show similarities in IQ levels, suggesting genetic influence.
- Heredity sets the upper and lower limits within which intelligence can develop.

Role of Environment:

Environment includes all external factors that influence an individual's development.

- Factors such as education, nutrition, family background, and socio-economic status affect intelligence.
- A stimulating environment enhances learning, reasoning, and problem-solving abilities.
- Lack of proper environment (e.g., deprivation, poor schooling) can hinder intellectual development.

Interaction of Heredity and Environment:

Intelligence is not determined by heredity or environment alone, but by their interaction.

- Heredity provides the potential, while environment shapes and develops it.
- Even with high genetic potential, a poor environment may limit intellectual growth.
- A supportive environment can help individuals reach their maximum potential.

Thus, intelligence is the result of a dynamic interplay between heredity and environmental influences.

Quick Tip

Heredity loads the gun, but environment pulls the trigger in the development of intelligence.
