

# Kerala Board Class 12 2026 Psychology Question Paper

Time Allowed :2 Hours

Maximum Marks :70

Total questions :32

## General Instructions

**Read the following instructions very carefully and strictly follow them:**

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

## Section - A

**1. The personal stresses we endure as individuals, due to the happenings in our daily life can be called as**

- (A) Hassles
- (B) Antibodies
- (C) Pathogens
- (D) Antigens

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**2. Name the term used for people developing a fear of entering unfamiliar situations.**

- (A) Acrophobia
- (B) Agoraphobia
- (C) Claustrophobia

(D) Zoophobia

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**3. What term describes the habit of delaying tasks that need to be completed and intending to do them later?**

(A) Procrastination

(B) Perfectionism

(C) Avoidance

(D) Resilience

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**4. Out of the following, which term refers to understanding things from another person's perspective? (Put oneself in someone else's shoes)**

(A) Sympathy

(B) Apathy

(C) Antipathy

(D) Empathy

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**5. In Fritz Heider's P-O-X model of balance, what does X represent?**

(A) Person

(B) Another person

(C) Attitude object

(D) Balance

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**6. Which among the following intelligences is found high in people who are 'word smart'?**

(A) Linguistic intelligence

(B) Musical intelligence

(C) Naturalistic intelligence

(D) Spatial intelligence

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**7. Choose the correct sequence of stages in group development from the following:**

- (A) Storming - Forming - Norming - Performing - Adjourning
  - (B) Forming - Storming - Norming - Performing - Adjourning
  - (C) Norming - Performing - Storming - Forming - Adjourning
  - (D) Adjourning - Performing - Norming - Storming - Forming
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**8. According to Salovey and Mayer, which concept means understanding and managing one's own and others' emotions to guide thinking and actions?**

- (A) Social intelligence
  - (B) Emotional intelligence
  - (C) Cognitive intelligence
  - (D) Practical intelligence
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**9. The state of physical, emotional and psychological exhaustion is known as**

- (A) Conflict
  - (B) Burn out
  - (C) Coping
  - (D) Depression
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**10. Who developed Analytical psychology?**

- (A) Karen Horney
  - (B) Alfred Adler
  - (C) Erich Fromm
  - (D) Carl Jung
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**Section - B**

**11. Positive symptoms are 'bizarre additions' to a person's behaviour. Explain various positive symptoms of Schizophrenia.**

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**12. A range of behavioural therapy techniques is available for changing behaviour. Explain any four of them.**

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**13. Due to lifestyle changes, stress is increasing day by day. Explain any four techniques for managing stress.**

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**14. Projective techniques are indirect methods of personality assessment. Explain any four projective techniques.**

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**15. Who proposed General Adaptation Syndrome (GAS)?**

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**16. Explain the three stages involved in GAS.**

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**17. Prepare short notes on dissociative disorders.**

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**18. We can learn about the process of attitude formation through various methods. Explain any three.**

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**19. Name two systems used for the classification of psychological disorders.**

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**20. What are the various sources of prejudice?**

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**21. What is group polarisation?**

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**22. Identify any four alternative therapy techniques for treating psychological distress.**

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**23. Define intelligence.**

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**24. Write the formula for finding IQ.**

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**25. List out various levels of intellectual deficiencies.**

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**26. Briefly explain the theory of multiple intelligence by Gardner.**

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**27. What is trait? Explain Cattell's trait theory.**

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**28. Describe General Adaptation Syndrome suggested by Selye.**

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**29. Discuss the main components of an attitude.**

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**30. Describe Freud's Psychosexual stages of personality development.**

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**31. Name the two approaches on which theories of intelligence can be broadly classified.**

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**32. Enumerate any three types of groups.**

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