

MP Board Class 12, 2026 Psychology Question Paper

Time Allowed :3 Hours	Maximum Marks :100	Total questions :38
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. The MP Board Class 12 History Exam is of a total of 100 marks, and the duration of the examination is 3 hours.
2. The paper is divided into two sections – Section A (Compulsory) and Section B (Elective).
3. Section A is compulsory for all candidates and generally includes objective-type questions, short answer questions, and long answer questions from the prescribed syllabus.
4. In Section A, candidates are required to answer all questions. The questions will cover topics from ancient, medieval, and modern history as prescribed by the syllabus.
5. Section B consists of elective questions. Candidates are required to attempt questions from the chosen topic according to the provided options.
6. The questions in Section A will be in the form of multiple-choice, short answer, and essay-type questions.
7. Answers to all questions must be written in neat and legible handwriting. Candidates must adhere strictly to the word limit mentioned in the questions.
8. Use of unfair means or electronic devices during the examination is strictly prohibited.
9. Candidates must ensure that they write their answers in the correct format, following the instructions given for each section.

1. Name the treatment that combines Pranayam with chanting of mantras.

- (A) Kundalini Yoga
- (B) Vipassana
- (C) Ashtanga Yoga
- (D) Sudarshana Kriya Yoga

2. Which component of attitude is emotional in nature?

- (A) Cognitive
- (B) Affective
- (C) Values
- (D) Behavioural

3. Lana is focused on achievement, self-disciplined, and keen to do his duty. He would be expected to score highly on:

- (A) Conscientiousness
- (B) Neuroticism
- (C) Agreeableness
- (D) Extraversion

4. _____ is a technique to treat Phobia.

- (A) Rationalization
- (B) Sublimation
- (C) Systematic desensitization
- (D) Improve thinking

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6. Capacity to bounce back in the face of stress is popularly known as _____.

- (A) Commitment
- (B) Hardiness
- (C) Resilience
- (D) Positive attitude

7. The inability to stop thinking about a particular idea or topic is called _____.

- (A) Impulsive behavior
- (B) Obsessive behavior
- (C) Compulsive behavior
- (D) Hyperactive behavior

8. What strategies can be used for handling prejudice and discrimination?

9. Discuss uses and abuses of intelligence test.

10. How group influences are different from social influences?

11. What do you mean by individual differences?

12. Explain the relationship between stress and the immune system.

13. What is social facilitation?

14. What are psychological disorders? Explain any three psychological disorders with examples.
