

PSEB 12 Psychology 2026 Sample Question Paper

Time Allowed :3 Hours	Maximum Marks :70	Total Questions :29
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General Instructions

1. All questions are compulsory.
2. This question paper consists of 29 questions divided into 3 parts.
3. Part I consists of 18 questions, worth 1 mark each.
4. Part II consists of 7 questions, worth 4 marks each.
5. Part III consists of 4 questions, worth 6 marks each.

Part - I Multiple Choice Questions

1. Which of the following principle of development is incorrect one?

- (a) There are individual differences in development
- (b) Development is a continuous process
- (c) Development occurs through coincidence
- (d) It is predictable

2. Erik Erikson proposed that each stage of development involves a crisis. Human development is:

- a) quantitative
- b) qualitative
- c) both quantitative and qualitative
- d) unmeasurable to a certain extent

3. Which of the following best describes the concept of an emotion?

- a. a response to an external or internal stimulus with the purpose of motivating an action or behaviour
- b. an enduring or recurrent state with no specific causes
- c. the mental representation of general feelings within an individual
- d. a highly illogical concept, captain

4. Which of the following is a response of the sympathetic nervous system?

- a. extra sugar is released into the bloodstream
 - b. increased perspiration
 - c. increased respiration
 - d. all of the above
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5. _____ is the set of forces that energizes, directs and sustains behavior

- (a) motivation
 - (b) emotion
 - (c) Empowerment
 - (d) Socialization
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6. You receive verbal praise from your caregivers when you behave appropriately. This positive reinforcement connects to motivation as a(n):

- (a) incentive
 - (b) extrinsic motivation
 - (c) drive
 - (d) need
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7. A perceptual set that causes one to become hung up on wrong solutions or remain blind to alternatives is called

- (a) Fixation
 - (b) Incubation
 - (c) Creative thinking
 - (d) Conditional thinking
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8. General 'mental short cuts' or quick decision making rules could be considered what type of problem solving strategy?

- (a) Heuristics
 - (b) Ideal Strategy
 - (c) Brainstorming
 - (d) Graphical representations
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9. Anna's husband dies, and she continues to set a place for him at the dinner table. This is an example of

- (a) repression
 - (b) denial
 - (c) problem-focused coping
 - (d) projection adaptation
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10. A child left by himself without provisions for his needs/or without proper supervision falls under what special category of a child?

- a. abandoned child
 - b. neglected child
 - c. abused child
 - d. dependent child
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11. Who defined intelligence as an aggregate or global capacity of an individual to act purposefully, think rationally and deal effectively with the environment

- (a) David Wechsler
 - (b) Charles Spearman
 - (c) Edward Thorndike
 - (d) Terman
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12. Raven' standard progressive Matrices is a type of a:

- (a) Personality Test
 - (b) Aptitude Test
 - (c) Power Test of Intelligence
 - (d) None of the above
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13. What is self-actualization?

- (a) the ability to fulfill one's physiological needs
 - (b) feeling safe and secure in life
 - (c) maintain intimate personal relationships
 - (d) achieving one's potential in life
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14. Which psychologist created a hierarchy of needs depicting one's fulfillment of needs in life?

- a. Sigmund Freud
- b. Abraham Maslow

- c. Erik Erikson
 - d. Carl Rogers
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15. Which measure of central tendency includes the magnitude of scores?

- (a) Mean
 - (b) Mode
 - (c) Median
 - (d) Range
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16. Mode refers to the value within a series that occurs _____ number of times.

- (a) Maximum
 - (b) Minimum
 - (c) Zero
 - (d) Infinite
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17. Define intrinsic motivation with example

18. Define mental health

Part - II Short Answer Type Questions

19. Differentiate between growth and development.

20. Write three characteristics of emotions.

21. Differentiate between intrinsic and extrinsic motivation

22. Throw light upon stages of problem solving

23. Mention three preventive measures of delinquent behavior

24. Differentiate between group and individual tests with examples

25. Mention three characteristics of fully functioning person

Part - III Long Answer Type Questions

26. Throw light upon relative role of Heredity and Environment on the development of Intelligence.

26 (OR). Explains six principles of development.

27. How old are professional football players? The 11th Edition of The Pro Football Encyclopedia gave the following information. Random sample of pro football player ages in years. Compute mean age

24 23 25 23 30 29 28 26 33 29 24 37 25 23 22 27 28 25 31 29 22 31 29 22 28
27 26 23 21 25 21 25 24 22 26 25 32 26 29

27 (OR). Compute Median for the following data set

146 152 168 174 180 178 179 180 178 178 168 165 152 144

28. Throw light upon different types of emotions.

28 (OR). Elaborate on physiological correlates of emotions.

29. Discuss frustrations and conflicts as motives.

29 (OR). Explain characteristics of motivated behavior.
