

ISC 2026 Class 12 Psychology Question paper

Time Allowed :3 Hours	Maximum Marks :100	Total Questions :96
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. You are allowed an additional fifteen minutes for only reading the question paper.
2. You must NOT start writing during the reading time.
3. This question paper has 10 printed pages.
4. It is divided into three sections and has 12 questions in all.
5. All questions are compulsory. Answer all questions.
6. Section A has fourteen subparts which are very short answer questions. Each question carries 1 mark.
7. While attempting Multiple Choice Questions in Section A, you are required to write only ONE option as the answer.
8. Section B has seven questions which are short answer questions. Each question carries 4 marks.
9. Section C has four questions which are long answer questions. Each question carries 7 marks.
10. Internal choices have been provided in two questions in Section B and in one question in Section C.
11. The intended marks for questions are given in brackets [].

SECTION A – 14 MARKS

1(i). Ravi possesses expertise in science subjects and in mathematics. He also has the skill to apply complex formulas of statistics. According to Charles Spearman's theory, what type of intelligence does Ravi display?

- (A) General factor (*g*)
- (B) Specific factor (*s*)
- (C) Fluid intelligence
- (D) Crystallized intelligence

1(ii). Sigmund Freud believed in a driving force within the psyche that comprised pleasure-seeking behaviours of the Id. What term did he use to denote this force?

- (A) Thanatos
 - (B) Ego-ideal
 - (C) Libido
 - (D) Archetype
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1(iii). Jaspreet, aged ten years, asks her friend, Reema to help her clean her room. Reema readily agrees and helps Jaspreet as she does not want to upset her. She wants to be liked and appreciated. According to Lawrence Kohlberg, name the sub-stage of the orientation of moral development that Reema is displaying.

- (A) Punishment and Obedience orientation
 - (B) Individualism and Exchange orientation
 - (C) Good boy-Nice girl orientation
 - (D) Social Contract orientation
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1(iv). Name the theory of Intelligence that is represented by a three-dimensional cube with many sub-categories and is difficult to measure.

- (A) Triarchic Theory of Intelligence
 - (B) Multiple Intelligence Theory
 - (C) Structure of Intellect Theory
 - (D) PASS model of Intelligence
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1(v). Hannah failed her dance audition. She blamed the Judge as being biased. When her friend, Sabha failed, she said it was due to Sabha's lack of preparation. Name the type of bias displayed by Hannah.

- (A) Self-serving bias
 - (B) Actor-observer bias
 - (C) Fundamental attribution error
 - (D) Halo effect
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1(vi). Given below are two statements marked as Assertion and Reason. Read the statements carefully and choose the correct option.

Assertion: People tend to change their attitudes when their behaviour conflicts with their beliefs.

Reason: Cognitive dissonance creates physical discomfort and motivates individuals to reduce it.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.

(d) Both Assertion and Reason are false.

1(vii). Given below are two statements marked as Assertion and Reason. Read the statements carefully and choose the correct option.

Assertion: A stressful work deadline can lead to strain with increased levels of anxiety.

Reason: Stress is the cause and strain is the effect.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
 - (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
 - (c) Assertion is true and Reason is false.
 - (d) Both Assertion and Reason are false.
-

1(viii)(a). Study the relation between the first two terms / phrases and complete the analogy.

Conservation: Concrete Operational Stage :: Abstract thought: -----

1(viii)(b). Study the relation between the first two terms / phrases and complete the analogy.

Ego: Reality Principle :: Super ego: -----

1(ix). A psychologist diagnoses an individual as ‘abnormal’ based on their dangerous behaviour. Which one of the following is an example of ‘dangerous’ behaviour?

- (a) Soma becomes violent and attacks individuals when they do not agree with her.
 - (b) Keya has few friends as she is rude, unaccommodating and upsets others.
 - (c) Shyama’s friends feel embarrassed and avoid going out with her as she wears flashy and bold clothes.
 - (d) Rahim has become disoriented and moody after his accident.
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1(x). Albert Bandura places great emphasis on the concept of Self-Efficacy. It relates to an individual’s faith and confidence in their ability to perform some tasks successfully. Which one of the following scenarios is the correct example of this term?

- (a) Harjot applies for the post of Captain of her House in her school. She thinks that she is capable despite her inability to organise and lead the team.
- (b) Zara participates in a singing competition. She believes that she deserves to win even though some have performed better than her.

- (c) David is demoralised as he performs poorly in a Computer Science examination. He thought that he had studied well and was sure that he would secure a rank in it.
- (d) Kanak believes that he can finish the project well within a tight timeline. He has done similar projects earlier despite the paucity of time.
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1(xi). Shadab can confidently say ‘no’ to a request he cannot fulfil. He has high self-esteem and expresses his opinions without being self-conscious. Which one of the following skills is Shadab exhibiting?

- (a) Assertiveness
 - (b) Positive attitude
 - (c) Rational thinking
 - (d) Mindfulness
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1(xii). Sumisha is a counsellor and makes a summary of the thoughts shared by her client in her own words. Which one of the following skills of communication is exhibited by Sumisha?

- (a) Attention
 - (b) Listening
 - (c) Paraphrasing
 - (d) Reception
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1(xiii). Maya is a content writer who works mostly from home. While she likes the freedom and flexibility of working from home, she sometimes misses interacting and socialising with her community of coworkers. She visits her office twice a week and meets her colleagues to sort out work related matters. She also joins a group of writers on social media whom she meets at a local café once a week. She brainstorms on various topics with them and exchanges ideas.

Which one of the following groups relate to Maya’s social life?

- (P) A group which involves roles performed by members in the organisation in a specific manner within rules and regulations.
- (Q) A group in which members’ likes and dislikes are considered over those who are not a part of it.
- (R) A group that relates to one another and exchanges their feelings as they are related by blood.
- (S) A group in which the members motivate one another and assist those who are new in the field.
- (a) Only (P) and (S)
 - (b) Only (Q) and (P)

- (c) Only (P) and (R)
(d) Only (R) and (Q)
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SECTION B – 28 MARKS

2(i). Read the extract given below and answer the questions that follow. Stress can adversely affect one's health. Some of the key biological mechanisms through which stress impacts health is the hypothalamic-pituitary-adrenal axis regulation and cortisol. The studies reviewed in this article confirm that stress has an impact on multiple biological systems affecting one's health. Counsellors work with such people experiencing a wide range of emotional and psychological problems. They help them bring about effective change and/or enhance their wellbeing. (Source (edited): Stress and Health: A Review of Psychobiological Processes. Daryl B. O'Connor, Julian F. Thayer and Kavitha Vedhara, Vol. 72:663-688 (Volume publication date January 2021, <https://doi.org/10.1146/annurev-psych-062520-122331>)

2(i)(a). With reference to the extract on stress and health, explain any two characteristics of a Counsellor that would help to enhance an individual's well-being.

2(i)(b). With reference to the study on biological mechanisms, examine any two long-term effects of stress on health.

OR

2(ii). Riya and Meher are assigned the same hostel room with three other girls. The room is small and often noisy. While Riya feels stressed, complains of lack of privacy, and prefers to study in the library, Meher adjusts well, chats with everyone, and does not mind the space constraints.

2(ii)(a). Suggest how Riya can develop a positive attitude towards her situation.

2(ii)(b). Referring to Riya's and Meher's responses, explain how individual reactions to crowded situations can impact their well-being.

3. When judging the value of a product or an experience, people may be overly influenced by the state in which they consumed and / or experienced it, giving

an overrated response. For example, Anthony tried out a new restaurant when he was very hungry and subsequently rated it as high quality. He was the only one to review it with five stars, as compared to one star by all the other customers. (Source (edited): Kareem Haggag, Devin G Pope, Kinsey B Bryant-Lees, Maarten W Bos. The Review of Economic Studies, Volume 86, Issue 5, October 2019, Pages 2136 2183).

3(i). Briefly explain the type of judgment indicated in the story about Anthony rating the restaurant.

3(ii). Referring to Harold Kelley's theory, explain the cause behind Anthony's response referred to above.

4. Read the conversation given below and answer the question that follows.

Rohan meets his therapist regarding a family problem that he is facing. According to him, the therapist does not respond to him.

Rohan: "You seem to neither listen to me nor bother about my problem since you are not saying anything."

Therapist: "I am listening. But it looks like you are very upset."

Rohan: "You are just like my father who ignores me whenever I wish to share my problems. You seem indifferent towards my feelings just like him."

Therapist: "Rohan, I am understanding you. But I am angry and hurt at this moment by what you are saying. You should not compare me to your father. Please apologise to me."

4. Evaluate the conversation between the patient Rohan and his Therapist to explain Transference and Counter Transference.

5(i). Name any one psychomotor sub-test of GATB.

5(ii). Explain any three subtests of GATB that measure the other composites apart from the one referred to in subpart (i).

Question 6(i) Case Study.

Read the study given below and answer the following questions.

A cross-sectional study was conducted on 7,563 adolescents aged between 13 and

17 years. They were enrolled in 204 government schools in all 12 districts in a city in India. The results were alarming, as many as 30 percent of the adolescents indulged in substance abuse. This raised serious concerns over their well-being and future.

(Source(edited):<https://www.tribuneindia.com/news/himachal/30-adolescents-indulged-in-substance-abuse-survey> / Tribune News Service Updated At: 06:33 AM Aug 08, 2024 IST)

6(i)(a). With reference to the given study, explain the possible symptoms of substance abuse among the adolescents referred to above.

6(i)(b). In your opinion, how would such behaviours of adolescents lead to delinquency?

Question 6(ii) Case Study.

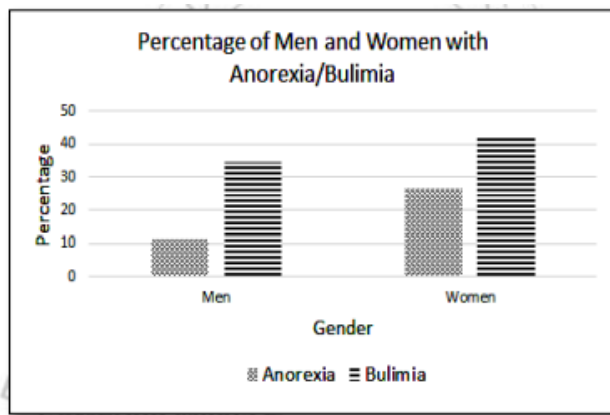
Researchers like Bronfenbrenner pointed to the role of lack of mothering i.e. tender and affectionate care, producing long-term deficits in children raised in institutions like orphanages. He concluded that children are most vulnerable to long term negative effects of institutionalisation in the first six months of life. The risk decreases with children who are admitted into orphanages at older ages. Moving to a more developmentally supportive environment, reduces the negative effects of institutionalization.

(Source (modified) Age At Adoption from Institutional Care as a window into the Lasting Effects of Early Experiences-Clin Child Fam Psychol Rev. 2013 Jun;16(2):101–145.doi:10.1177/1063426913505013 Megan M Julian-National Library of Medicine)

6(ii)(a). According to Bronfenbrenner, explain two ecological systems that young children brought up in an orphanage are deprived of.

6(ii)(b). Based on the study as stated above, discuss any two points to highlight the importance of understanding lifespan development.

7. Study the graph given below that represents the percentage of cases of males and females suffering from Bulimia Nervosa and Anorexia Nervosa and answer the question that follows. Interpret the graph given above and compare the symptoms of the two disorders.



Question 8 Case Study.

Ravi worries excessively and is restless all the time. He feels fatigued and finds it difficult to concentrate. He always has a sense of unease and dread and feels that something bad is about to happen. His mother suffered from similar symptoms. His psychiatrist has diagnosed it as Generalised Anxiety Disorder. He has also advised a medical examination to determine the cause of Ravi’s psychological state.

8(i). Explain the approach to abnormality that Ravi’s psychiatrist has adopted.

8(ii). Explain any two causes for Ravi’s psychological condition.

SECTION C – 28 MARKS

9(i). Discuss Carl Rogers’ theory of Personality.

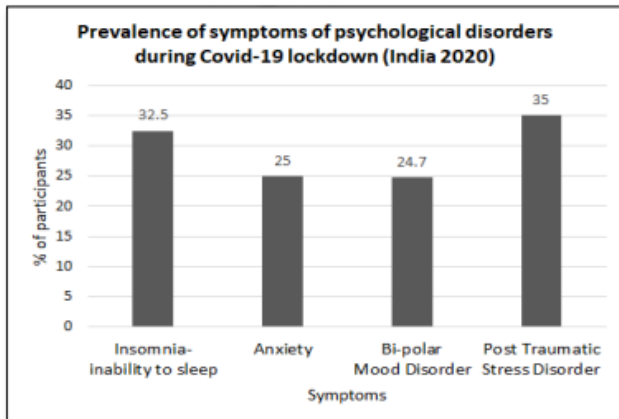
9(ii). Briefly explain any one criticism of Carl Rogers’ theory of Personality.

Question 10 Case Study.

The graph given below represents the prevalence of psychological disorders during the Covid-19 lockdown (India 2020).

Prevalence of symptoms: Insomnia - 32.5%, Anxiety - 25%, Bi-polar Mood Disorder - 24.7%, Post Traumatic Stress Disorder - 35%.

(Source (edited): Coronavirus lockdown — Rise in post-traumatic stress disorder: survey. The web-based study reveals that COVID lockdown has affected the psychological profile of people Updated - November 28, 2021 12:54 pm Ist - New Delhi)



10(a). From the given data, identify the psychological disorder that has the highest reported percentage. State any two of its symptoms.

10(b). State the two stages of the disorder with the lowest percentage as shown in the graph. Discuss any three causes of this disorder.

11(i). What is emotional intelligence?

11(ii). Comment on the relevance of assessing Emotional Intelligence of candidates for a job.

11(iii). Explain five characteristics of Emotionally Intelligent persons that organisations use as criteria to select suitable candidates.

11(iv). What is intelligence quotient?

11(v). Comment on the relevance of measuring Intelligence Quotient in an individual.

11(vi). Explain any five positive characteristics of individuals with superior intelligence.

Question 12 Case Study.

Arjun moved from his home in a rural area to a busy area in a metropolitan city, for higher education. He lived in the old, congested part of the city where the small window in his room showed a contrasting view to the fresh air and open green fields of his hometown. In a few months, he developed headache, felt tired and tensed. He found it hard to concentrate on his studies and felt anxious in the crowds outside.

12(i). Explain four environmental factors that affect Arjun.

12(ii). Suggest any three ways to help Arjun develop pro-environmental behaviours.
