

# WB Board Class 12 Psychology Question Paper with Solutions(Memory Based)

Time Allowed :3 Hours	Maximum Marks :70	Total questions :37
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## General Instructions

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

1. Please check that this question paper contains 23 printed pages.
2. Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
3. Please check that this question paper contains 37 questions.
4. 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period.

### **1. Explain Sternberg's Triarchic Theory or Gardner's Theory of Multiple Intelligences.**

#### **Solution:**

**Concept:** Modern theories of intelligence emphasize that intelligence is not a single ability but a combination of different cognitive skills. Two important theories are Sternberg's Triarchic Theory and Gardner's Theory of Multiple Intelligences.

#### **1. Sternberg's Triarchic Theory of Intelligence**

Proposed by Robert Sternberg, this theory states that intelligence has three components:

##### **1. Analytical Intelligence:**

- Problem-solving and logical reasoning
- Academic intelligence

- Example: Solving math problems

## **2. Creative Intelligence:**

- Ability to deal with new situations
- Innovation and imagination
- Example: Writing stories, inventing ideas

## **3. Practical Intelligence:**

- Ability to adapt to real-life situations
- Common sense or "street smart"
- Example: Managing daily life tasks

## **2. Gardner's Theory of Multiple Intelligences**

Proposed by Howard Gardner, this theory suggests that intelligence is not single but consists of multiple independent types.

### **Major Types of Intelligence:**

- Linguistic Intelligence (language skills)
- Logical-Mathematical Intelligence (reasoning ability)
- Spatial Intelligence (visual thinking)
- Musical Intelligence (rhythm and sound)
- Bodily-Kinesthetic Intelligence (physical coordination)
- Interpersonal Intelligence (understanding others)
- Intrapersonal Intelligence (self-awareness)
- Naturalistic Intelligence (understanding nature)

### **Key Difference:**

- Sternberg → Focuses on how intelligence is used

- Gardner → Focuses on different types of intelligence

### Quick Tip

Sternberg → Analytical, Creative, Practical Gardner → Multiple independent intelligences

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## 2. Define IQ and explain how to calculate it using Mental Age (MA) and Chronological Age (CA).

### Solution:

**Concept:** Intelligence Quotient (IQ) is a numerical measure of a person's intellectual ability relative to their age group. It helps compare cognitive performance across individuals.

### Definition of IQ:

IQ (Intelligence Quotient) is defined as the ratio of Mental Age (MA) to Chronological Age (CA), multiplied by 100.

### Formula:

$$IQ = \frac{\text{Mental Age (MA)}}{\text{Chronological Age (CA)}} \times 100$$

### Explanation of Terms:

#### Mental Age (MA):

- Level of intellectual functioning
- Determined through intelligence tests

#### Chronological Age (CA):

- Actual age of the person in years

### Example Calculation:

If a child has:

- Mental Age = 12 years

- Chronological Age = 10 years

$$IQ = \frac{12}{10} \times 100 = 120$$

**Interpretation:**

- IQ = 100 → Average intelligence
- IQ > 100 → Above average
- IQ < 100 → Below average

**Quick Tip**

$$IQ = \frac{MA}{CA} \times 100$$

**3. Differentiate between Individual vs. Group tests and Verbal vs. Non-verbal tests.**

**Solution:**

**Concept:** Psychological tests are classified based on how they are administered and the type of responses required. Common classifications include Individual vs. Group tests and Verbal vs. Non-verbal tests.

**1. Individual vs. Group Tests**

Feature	Individual Tests	Group Tests
Administration	One person at a time	Many people at once
Time	Time-consuming	Time-saving
Accuracy	More detailed and accurate	Less detailed
Interaction	Examiner interacts directly	Minimal interaction
Examples	Stanford-Binet, Wechsler tests	Army Alpha, school aptitude tests

**Explanation:**

**Individual Tests:** Conducted with one subject at a time, allowing observation of behavior and detailed evaluation.

**Group Tests:** Administered to many individuals simultaneously, useful for screening large populations.

## 2. Verbal vs. Non-verbal Tests

Feature	Verbal Tests	Non-verbal Tests
Language use	Require language skills	Do not depend on language
Content	Words, sentences, comprehension	Pictures, symbols, patterns
Suitability	Educated individuals	Illiterate or diverse populations
Bias	Language and cultural bias possible	Less cultural bias
Examples	Vocabulary tests	Raven's Progressive Matrices

### Explanation:

**Verbal Tests:** Use language-based questions and require reading, writing, or speaking skills.

**Non-verbal Tests:** Use images, diagrams, or patterns and are suitable for people with language barriers.

### Quick Tip

Individual → One person; Group → Many people Verbal → Language-based; Non-verbal → Picture/pattern-based

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## 4. Define Emotional Intelligence (EI) and state its importance in daily life.

### Solution:

**Concept:** Emotional Intelligence (EI) refers to the ability to understand and manage emotions effectively in oneself and others.

### Definition:

Emotional Intelligence (EI) is the ability to:

- Recognize one's own emotions
- Understand others' emotions

- Manage and regulate emotional responses
- Use emotions to guide thinking and behavior

It was popularized by psychologists like Daniel Goleman.

### **Key Components of EI:**

- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social skills

### **Importance of Emotional Intelligence in Daily Life:**

- Improves interpersonal relationships
- Helps in stress management
- Enhances decision-making ability
- Promotes effective communication
- Increases leadership and teamwork skills
- Helps in conflict resolution
- Supports mental well-being

**Conclusion:** Emotional Intelligence is essential for personal success, healthy relationships, and professional effectiveness.

#### **Quick Tip**

EI = Understanding + Managing emotions for better life and relationships.

## 5. Explain the Big Five Factor Model (OCEAN) or Cattell's Trait Theory.

### **Solution:**

**Concept:** Trait theories of personality focus on identifying stable characteristics that influence behavior. Two major approaches are the Big Five Factor Model and Cattell's Trait Theory.

### **1. Big Five Factor Model (OCEAN)**

The Big Five model describes personality using five broad traits, remembered by the acronym OCEAN.

#### **O – Openness to Experience:**

- Creativity and curiosity
- Interest in new ideas and experiences

#### **C – Conscientiousness:**

- Discipline and organization
- Responsibility and goal orientation

#### **E – Extraversion:**

- Sociability and talkativeness
- Energy and assertiveness

#### **A – Agreeableness:**

- Kindness and cooperation
- Trust and empathy

#### **N – Neuroticism:**

- Emotional instability
- Anxiety and mood swings

### **2. Cattell's Trait Theory**

Raymond Cattell proposed that personality consists of measurable traits identified through factor analysis.

#### **Key Features:**

- Identified 16 primary personality traits
- Developed the 16 Personality Factor (16PF) test

**Types of Traits:**

- Surface traits – Observable behaviors
- Source traits – Underlying basic traits

**Difference:**

- Big Five → Broad personality dimensions
- Cattell → Detailed trait analysis (16 traits)

**Quick Tip**

Big Five = OCEAN traits Cattell = 16 personality factors

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**6. Write a short note on the Rorschach Inkblot Test or the Thematic Apperception Test (TAT).**

**Solution:**

**Concept:** Projective tests are personality assessment tools that use ambiguous stimuli to reveal unconscious thoughts, feelings, and motives.

**1. Rorschach Inkblot Test**

Developed by Hermann Rorschach, this test uses inkblots to analyze personality.

**Features:**

- Consists of 10 standardized inkblot cards
- Some are black and white, others colored
- Individuals describe what they see in each inkblot

**Purpose:**

- Reveals unconscious emotions and conflicts
- Used in clinical psychology and diagnosis

**Principle:** People project their inner feelings and personality traits onto ambiguous images.

## 2. Thematic Apperception Test (TAT)

Developed by Henry Murray and Christiana Morgan, the TAT assesses personality through storytelling.

### Features:

- Consists of picture cards showing social situations
- Person is asked to create a story about each picture

### Story Includes:

- What is happening in the scene
- Thoughts and feelings of characters
- Outcome of the situation

### Purpose:

- Reveals motives, needs, and conflicts
- Widely used in personality research

### Difference:

- Rorschach → Interpretation of inkblots
- TAT → Storytelling based on pictures

### Quick Tip

Rorschach = Inkblots TAT = Storytelling from pictures

## 7. Briefly explain Freud's concepts of Id, Ego, and Superego.

### **Solution:**

**Concept:** Sigmund Freud proposed the Psychoanalytic Theory of personality, which describes personality as consisting of three interacting components: Id, Ego, and Superego.

#### **1. Id:**

- The primitive and instinctive part of personality
- Present from birth
- Operates on the **pleasure principle**
- Seeks immediate gratification of desires (hunger, sex, aggression)

**Example:** A child crying loudly when hungry.

#### **2. Ego:**

- The rational and realistic part of personality
- Develops as a person grows
- Operates on the **reality principle**
- Mediates between Id and external world

**Example:** Waiting patiently for food instead of crying.

#### **3. Superego:**

- The moral component of personality
- Represents internalized values and ideals
- Develops through parental and social influences
- Guides behavior based on right and wrong

**Example:** Feeling guilty after doing something wrong.

### **Summary:**

Component	Principle	Role
Id	Pleasure principle	Instinctual desires
Ego	Reality principle	Rational decision-making
Superego	Moral principle	Ethical standards

### Quick Tip

Id = Desire, Ego = Balance, Superego = Morals

## 8. Discuss the role of family, school, and culture in personality development.

### Solution:

**Concept:** Personality development is influenced by socialization agents that shape behavior, values, attitudes, and emotional growth. The most important among them are family, school, and culture.

### 1. Role of Family:

The family is the primary agent of socialization and has the earliest influence on personality.

- Provides love, security, and emotional support
- Shapes values, beliefs, and moral development
- Influences self-esteem and confidence
- Parenting style affects behavior patterns
- Teaches social norms and basic habits

### 2. Role of School:

School plays a major role in social and intellectual development.

- Develops discipline and responsibility
- Enhances cognitive and academic skills

- Promotes social interaction and teamwork
- Teachers act as role models
- Encourages leadership and competition

### 3. Role of Culture:

Culture provides a broader social framework that shapes personality.

- Defines traditions, customs, and values
- Influences language and communication style
- Shapes attitudes toward gender roles and authority
- Determines acceptable behavior patterns
- Affects lifestyle and worldview

**Conclusion:** Personality development is the result of continuous interaction between family influence, educational environment, and cultural background.

#### Quick Tip

Family = Foundation School = Social and intellectual growth Culture = Values and worldview

## 9. Define abnormal behavior and explain the 4 D's (Deviance, Distress, Dysfunction, Danger).

### Solution:

**Concept:** Abnormal behavior refers to patterns of thoughts, emotions, or actions that deviate from societal norms and may impair an individual's functioning. Psychologists often use the "4 D's" to identify abnormality.

### Definition of Abnormal Behavior:

Abnormal behavior is behavior that is:

- Statistically rare or unusual
- Violates social norms
- Causes personal or social problems

### **The 4 D's of Abnormal Behavior:**

#### **1. Deviance:**

- Behavior that differs from societal norms
- Varies across cultures and time

**Example:** Talking loudly to oneself in public.

#### **2. Distress:**

- Emotional suffering experienced by the individual
- Includes anxiety, sadness, or fear

**Example:** Severe depression causing emotional pain.

#### **3. Dysfunction:**

- Impairment in daily functioning
- Difficulty in work, relationships, or self-care

**Example:** Inability to perform routine tasks due to mental illness.

#### **4. Danger:**

- Risk of harm to self or others
- Includes suicidal or violent tendencies

**Example:** Self-harm behavior.

**Conclusion:** A behavior is considered abnormal when it significantly reflects one or more of the 4 D's.

## Quick Tip

Abnormality = Deviance + Distress + Dysfunction + Danger

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### 10. Explain the symptoms of Schizophrenia, Depression, or Anxiety Disorders (like Phobias).

#### **Solution:**

**Concept:** Psychological disorders affect thoughts, emotions, and behavior. Common disorders include Schizophrenia, Depression, and Anxiety Disorders.

#### **1. Schizophrenia**

A severe mental disorder affecting perception and thinking.

##### **Symptoms:**

- Hallucinations (hearing or seeing things that are not real)
- Delusions (false beliefs)
- Disorganized speech and thinking
- Social withdrawal
- Lack of emotional expression

#### **2. Depression**

A mood disorder characterized by persistent sadness and loss of interest.

##### **Symptoms:**

- Persistent sadness or hopelessness
- Loss of interest in activities
- Fatigue and low energy
- Sleep disturbances
- Changes in appetite

- Difficulty concentrating
- Thoughts of death or suicide (severe cases)

### 3. Anxiety Disorders (e.g., Phobias)

Disorders involving excessive fear or worry.

#### Symptoms:

- Intense and irrational fear of specific objects or situations
- Rapid heartbeat and sweating
- Avoidance behavior
- Restlessness and tension
- Panic attacks (in severe cases)

**Conclusion:** These disorders differ in nature but significantly affect emotional well-being and daily functioning.

#### Quick Tip

Schizophrenia → Distorted reality Depression → Persistent sadness Anxiety → Excessive fear or worry

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## 11. Differentiate between Environmental, Social, and Psychological stress.

### Solution:

**Concept:** Stress is a physical and psychological response to demands or challenges. It can arise from different sources such as environment, social interactions, or internal thoughts.

### Difference between Environmental, Social, and Psychological Stress:

Feature	Environmental Stress	Social Stress	Psychological Stress
Source	Surroundings or physical conditions	Interactions with people	Internal thoughts and emotions
Cause	Noise, pollution, disasters	Conflicts, peer pressure	Worries, fears, expectations
Nature	External and physical	Interpersonal	Internal and mental
Examples	Extreme weather, traffic	Family disputes, bullying	Anxiety, self-doubt
Impact	Physical discomfort	Emotional strain	Mental tension

**Explanation:**

**Environmental Stress:** Caused by physical surroundings such as pollution, crowding, or natural disasters.

**Social Stress:** Arises from social relationships and interactions, including conflicts and social pressure.

**Psychological Stress:** Originates within the individual due to negative thoughts, fears, or internal conflicts.

**Quick Tip**

Environmental = Surroundings Social = People Psychological = Mind