

CBSE Class 12 Psychology 2022 - 63 - Term 2

Question Paper

Conducted by the Central Board of Secondary Education (CBSE)



Time Allowed: 2 Hours

Maximum Marks: 35

General Instructions

- (i) This question paper contains **12 questions** in four sections. Follow the internal choices given.
- (ii) Section A: Q1–3 carry 2 marks each; answer in no more than 40 words.
- (iii) Section B: Q4–6 carry 3 marks each; answer in no more than 80 words.
- (iv) Section C: Q7–10 carry 4 marks each; answer in no more than 120 words.
- (v) Section D: Q11–12 are based on one case study. Answer both questions; each carries 2 marks with a limit of 40 words.

Section A

1(a). What is well-being?

OR

1(b). Differentiate between obsession and compulsion.

2. Explain the characteristics of an attitude in terms of complexity and centrality.

3. How does self-fulfilling prophecy help in strengthening prejudices? Give an example to support your answer.

Section B

4(a). Imran is a forty-year-old male who complains of difficulty in breathing and other body-related symptoms. On being examined, the doctors were unable to find any medical explanation for his reported symptoms. Explain this disorder and discuss its various types.

OR

4(b). Richa is a young girl working as an officer in an organisation. One day she just disappeared from the city and after two years she was found on the banks of a river. Nobody there knew who she was and where she had come from. But, one day she suddenly 'woke up' and wanted to know how she had reached the banks of the river. Explain this disorder and list the other disorders in the same category.

5. Shyam believes that he should be loved by everybody, all the time. Most of his beliefs have a 'must' or 'should' component. When things don't go his way, he feels distressed. Suggest a suitable therapy that will make Shyam think deeper into his irrational belief system and help him to feel better.

6. Mary found herself very lonely when she joined a new college, but soon felt at ease when she made friends and became a member of a hobby group too. With the help of this example, discuss the conditions that lead to group formation.

Section C

7(a). Discuss the risk factors associated with suicides. What are the symptoms that help in identifying students in distress? Examine some ways to foster positive self-esteem in students.

OR

7(b). What are the characteristics of neurodevelopmental disorders? Describe any three neurodevelopmental disorders.

8(a). Describe the process of rehabilitation of the mentally ill in detail.

OR

8(b). Discuss the various techniques used in behaviour therapy to eliminate faulty behaviours.

9. Quite often we see people getting themselves photographed while helping others or even when they are offering donations to the needy. Can we identify the attitudes of these people through their behaviour? When would there be consistency between attitude and behaviour? Explain.

10. A teacher 'X' found that the project that she/he gave to a group of students, when submitted to her/him, lacked quality as compared to the ones submitted by individual students. What is the reason for this phenomenon and how can it be reduced? Discuss.

Section D

11. Read the following case study and answer the questions that follow: Sundar, a college going 20-year-old male, has moved from his home town to live in a big city. He has continuous fear of insecurity and feels that the enemy soldiers are following him. He gets very tense when he spots anyone in a uniform and feels that they are coming to catch him. This intense anxiety is interfering with his work and relationship, and his friends are extremely concerned as it does not make any sense to them. Sundar occasionally laughs abruptly and inappropriately, and sometimes stops speaking mid-sentence, scanning off in the distance as though he sees or hears something. He expresses concern about television and radio in the room potentially being monitored by the enemies. His beliefs are fixed and if they are challenged, his tone becomes hostile. Based on the symptoms being exhibited, identify the disorder. Explain the other symptoms that can be seen in this disorder.

12. Read the following case study and answer the questions that follow: Sundar, a college going 20-year-old male, has moved from his home town to live in a big city. He has continuous fear of insecurity and feels that the enemy soldiers are following him. He gets very tense when he spots anyone in a uniform and feels that they are coming to catch him. This intense anxiety is interfering with his work and relationship, and his friends are extremely concerned as it does not make any sense to them. Sundar occasionally laughs abruptly and inappropriately, and sometimes stops speaking mid-sentence, scanning off in the distance as though he sees or hears something. He expresses concern about television and radio in the room potentially being monitored by the enemies. His beliefs are fixed and if they are challenged, his tone becomes hostile. Define delusion and inappropriate affect. Support it with the symptoms given in the above case study.

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