

CBSE Class 12 Psychology 2023 - 63 - Annual



Question Paper

Conducted by the Central Board of Secondary Education (CBSE)

Time Allowed: 3 Hours

Maximum Marks: 70

General Instructions

- (i) This question paper contains **36 questions**. All questions are compulsory, except where an internal choice is provided.
- (ii) Section A: Q1–18 carry 1 mark each. Answer as directed.
- (iii) Section B: Q19–23 carry 2 marks each. Answer each in no more than 30 words.
- (iv) Section C: Q24–27 carry 3 marks each. Answer each in no more than 60 words.
- (v) Section D: Q28–31 carry 4 marks each. Answer each in no more than 120 words.
- (vi) Section E: Q32 carry 6 marks each. Answer each in no more than 200 words.
- (vii) Section F: Q33–36 are based on two case studies. Each question carries 2 marks; answer in no more than 30 words.

Section A

1. Vijay's parents are confused as to what subjects should he choose in Grade 11. To know where his strengths lie, the School Counsellor suggested that he take an aptitude test. What form of aptitude test do you think would be given to him?

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| (A) Specialised | (B) Independent |
| (C) Generalised | (D) Vocational |

2. There are some people who are hostile, egocentric and antisocial. They are said to be high on _____.

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| (A) Sociability | (B) Psychoticism |
| (C) Neuroticism | (D) Introversion |

3. The self that values family and social relationships is referred to as _____.

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| (A) (i) and (iii) | (B) (ii) and (iii) |
| (C) (iii) and (iv) | (D) (i) and (iv) |

4. Some traits often get associated strongly with the name of the person and derive such identities as the 'Gandhian' or 'Hitlerian' trait. Identify the trait.

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| (A) Central | (B) Secondary |
| (C) Surface | (D) Cardinal |

5. Which of the following statements is *not* true about coping with stress? (i) Coping is a dynamic situation-specific reaction to stress. (ii) It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress. (iii) People who cope poorly with stress have high level of natural killer cell cytotoxicity. (iv) Individuals show similarity in coping strategies that they use to deal with stressful situations.

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| (A) (ii), (iii) and (iv) | (B) (iii) only |
| (C) (ii) and (iii) | (D) (i) and (ii) |

6. Meena's work environment is highly stressful due to unrealistic expectations by the organisation. She had been trying to balance her job as well as her home front. Since the last few months, she was not feeling well. So, she went for a check-up and was diagnosed with high blood pressure. According to General Adaptation Syndrome, at what stage does this happen?

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|--------------------|----------------|
| (A) Alarm reaction | (B) Resistance |
| (C) Exhaustion | (D) Adaptation |

7. Wasim is always brushing everything under the carpet and refuses to face the stressor or even accept it. Which kind of unhelpful habit is this?

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|---------------------|-------------------|
| (A) Forgetfulness | (B) Avoidance |
| (C) Procrastination | (D) Perfectionism |

8. Which of the following statements is/are true about the diathesis-stress model? (i) Presence of some biological aberration which may be inherited. (ii) Physiological disorders develop due to combination of psychological predisposition and stressors. (iii) Diathesis may carry vulnerability to develop a psychological disorder. (iv) Absence of pathogenic stressors that may lead to psychopathology.

- (A) Only (i) is true. (B) (i) and (iii) are true.
(C) Only (iii) is true. (D) (ii) and (iv) are true.

9. Some people are unable to prevent themselves from specific ideas or from repeatedly carrying out a set of actions that disrupts their daily functioning. These people are showing symptoms of _____.

- (A) Manic depressive disorder (B) Panic disorder
(C) Somatic symptom disorder (D) Obsessive-compulsive disorder

10. Michael, a 10-year-old boy, was diagnosed with a disorder where he has difficulty in perceiving and processing information accurately and efficiently. This impacts his basic skills of reading, writing and doing mathematics. Identify this disorder.

- (A) Autism spectrum disorder (B) Intellectual disability
(C) Specific learning disorder (D) Attention-deficit hyperactivity disorder

11. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Select the correct choice from (a), (b), (c), (d). Assertion (A): According to cognitive therapy, childhood experiences provided by the family and society develop core schemas in the child which include beliefs and action patterns in individual. Reason (R): In this therapy, irrational beliefs mediate between antecedent events and their consequences.

- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is correct explanation of Assertion (A). (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false. (D) Assertion (A) is false, but Reason (R) is true.

12. Ritik is undergoing a therapy where he is being taught to recognise bodily processes and the emotions that are being blocked out from his awareness. Which therapy is being applied here?

- (A) Client-centred therapy (B) Logotherapy
(C) Cognitive behaviour therapy (D) Gestalt therapy

13. Why is behavioural analysis conducted to overcome stress? (i) To find malfunctioning behaviour (ii) To find the consequent operations of the adaptive behaviour (iii) To identify the antecedents of faulty learning (iv) To identify factors that maintain faulty learning

- (A) (i), (iii) and (iv) (B) Only (iii)
(C) (ii) and (iii) (D) (i) and (ii)

14. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Select the correct choice from (a), (b), (c), (d). Assertion (A): Cognitive consistency means that two components in an attitude system must be in the opposite direction. Reason (R): If the two elements are not logically in consonance with each other, it leads to distress in the individual.

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| (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is correct explanation of Assertion (A). | (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A). |
| (C) Assertion (A) is true, but Reason (R) is false. | (D) Assertion (A) is false, but Reason (R) is true. |

15. Ashwin's roommate at college, who belonged to a particular State, was always rude and selfish towards him. Ashwin now does not befriend or employ people from this State as he feels that they are all impolite. This is an example of

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| (A) Self-fulfilling prophecy | (B) Kernel of truth |
| (C) Scapegoating | (D) Social cognition |

16. Which one of the following is *not* a factor that will lead to attitude change?

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|-----------------------------|-----------------------------------|
| (A) Message characteristics | (B) Environmental characteristics |
| (C) Source characteristics | (D) Target characteristics |

17. We all belong to different types of groups. What type of group will the armed forces be if you join it? (i) Primary (ii) Secondary (iii) Formal (iv) Informal

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|-------------------------|------------------------|
| (A) (i), (iii) and (iv) | (B) (iii) and (iv) |
| (C) (ii) and (iii) | (D) (i), (ii) and (iv) |

18. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Select the correct choice from (a), (b), (c), (d). Assertion (A): Children from disadvantaged homes, when adopted into families with higher socio-economic status, exhibit a large increase in their intelligence scores. Reason (R): Environmental deprivation lowers intelligence while rich nutrition, good family background and quality of schooling increases intelligence.

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| (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is correct explanation of Assertion (A). | (B) Assertion (A) is true, but Reason (R) is false. |
| (C) Assertion (A) is false, but Reason (R) is true. | (D) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A). |

Section B

19. Adil, a young man, shows aggressive actions that threaten or cause harm to people or animals and indulges in serious rule violations. What are these symptoms indicative of? Mention two other types of aggressive behaviour.

20(a). Ranjan has faced a lot of mishaps in his life. However, he shows low levels of illness despite high levels of stress. What makes people like Ranjan resistant to stress?

OR

20(b). Neerav's parents have recently shifted to Bengaluru and have been busy settling him in the new city. Neerav misses his friends back in Nagpur and this has impacted his academic performance. What is the source of this stress? State the other sources of stress as well.

21. Explain cognitive distortions. Give an example of cognitive distortion that a client might be experiencing.

22. Suppose you are a college student who wants to contribute towards the country's economy. Suggest a process that you will use to bring an attitude change amongst your peers towards buying only Indian goods to support the nation's economy.

23. Differentiate between ingroup and outgroup.

Section C

24. Ryan and Shireen are siblings brought up in the same environment. Ryan knows all the formulae in mathematics and can recall them as they are but cannot solve problems based on those formulae, whereas Shireen can use formulae to solve any kind of problem that are based on them. Explain the intelligence they both exhibit. Which approach is this theory based on?

25. Explain any three psychological models used to understand mental disorders.

26(a). 'An individual's attitude towards a particular topic may be contrary to his/her behaviour.' Justify this statement with evidence.

OR

26(b). 'Values and beliefs are not the same as attitudes.' Explain this statement with the help of examples.

27. Mehak is an important member of her Psychology group and has recently been selected to be a member of the football team as well. What is the main difference between the group and the team that she is a part of?

Section D

28(a). Describe the model which states that intellectual activity involves the three interdependent functioning of neurological systems.

OR

28(b). The cultural environment provides a context for intelligence to develop. How does the role of culture influence our understanding of intelligence? Explain.

29. A study found that one-third of British children, at age six, are afraid of snakes even though it is rare to encounter snakes in British Isles. The children had never come in contact with snakes in a traumatic situation, but snakes still generated anxious response. How would Carl Jung's theory of personality explain the same? Throw some light on his theory.

30(a). To deal effectively with environment, the individuals must possess the right life skills. Explain any four of these life skills.

OR

30(b). Many ailments like hypertension, ulcers, etc. could be stress related. To prevent this from happening, we need to be aware about stress management techniques. Explain any four of these techniques.

31. An eight-year-old child is showing aggressive and disruptive behaviour in the class. As a student of Psychology, what techniques would you suggest to help modify the child's behaviour?

Section E

32(a). A number of theories have been used to understand 'personality'. Discuss how efforts have been made to categorise people into personality types since ancient times.

OR

32(b). According to Freud, individuals avoid anxiety by using mechanisms that protect the ego by distorting reality. What are these mechanisms called? Explain its different kinds with the help of examples.

Section F

33(a). Read the case study and answer the question (Q. 33 - 34) that follows: Mohsin, a 6-year-old boy, has difficulty in feeding and dressing himself, but training from his parents has helped him to be a little independent. He faces trouble making friends outside his family and has difficulty in dealing with people in social situations. His parents are always worried about him and know that he needs consistent level of supervision in daily tasks. Mohsin's brother understands his needs and what he says but it is difficult for his peers to understand him as he lags behind them in communication and language skills. Throughout Mohsin's journey, psychologists and health workers focused on engaging his family with various strategies and resources to plan for his meaningful future. This included offering them timely information, understanding resources and connecting them with them. Identify the disorder Mohsin is exhibiting. Distinguish it from autism spectrum disorder.

OR

33(b). Read the case study and answer the question (Q. 33 - 34) that follows: Mohsin, a 6-year-old boy, has difficulty in feeding and dressing himself, but training from his parents has helped him to be a little independent. He faces trouble making friends outside his family and has difficulty in dealing with people in social situations. His parents are always worried about him and know that he needs consistent level of supervision in daily tasks. Mohsin's brother understands his needs and what he says but it is difficult for his peers to understand him as he lags behind them in communication and language skills. Throughout Mohsin's journey, psychologists and health workers focused on engaging his family with various strategies and resources to plan for his meaningful future. This included offering them timely information, understanding resources and connecting them with them. How are the symptoms that Mohsin is exhibiting different from a more severe form of that disorder?

34. Read the case study and answer the question (Q. 33 - 34) that follows: Mohsin, a 6-year-old boy, has difficulty in feeding and dressing himself, but training from his parents has helped him to be a little independent. He faces trouble making friends outside his family and has difficulty in dealing with people in social situations. His parents are always worried about him and know that he needs consistent level of supervision in daily tasks. Mohsin's brother understands his needs and what he says but it is difficult for his peers to understand him as he lags behind them in communication and language skills. Throughout Mohsin's journey, psychologists and health workers focused on engaging his family with various strategies and resources to plan for his meaningful future. This included offering them timely information, understanding resources and connecting them with them. In order to understand Mohsin's disorder, what do psychologists refer to classify psychological disorders?

35. Read the case study and answer the questions (Q. 35 - 36) that follow: When Srikanth Bolla was born, neighbours in the village suggested that his parents smother him. It was better than the pain they would have to go through their lifetime, some said. He is a “useless” baby without eyes; being born blind is a sin, others added. Twenty-three years later, Srikanth is standing tall living by his conviction that if the “world looks at me and says, 'Srikanth, you can do nothing', I look back at the world and say, I can do anything.” Srikanth is the Founder and CEO of Hyderabad-based Bollant Industries, an organisation that employs uneducated and challenged employees to manufacture eco-friendly, disposable consumer packaging solutions, which is worth ₹ 50 crore. He considers himself the luckiest man alive, not because he is now a millionaire, but because his uneducated parents, who earned ₹ 20,000 a year, did not heed any of the 'advice' they received and raised him with love and affection. “They are the richest people I know,” says Srikanth. We can see that Srikanth has the ability to adopt, shape and select the environment. Identify the theory of intelligence that would best support our understanding of Srikanth's intelligence.

36. Read the case study and answer the questions (Q. 35 - 36) that follow: When Srikanth Bolla was born, neighbours in the village suggested that his parents smother him. It was better than the pain they would have to go through their lifetime, some said. He is a “useless” baby without eyes; being born blind is a sin, others added. Twenty-three years later, Srikanth is standing tall living by his conviction that if the “world looks at me and says, 'Srikanth, you can do nothing', I look back at the world and say, I can do anything.” Srikanth is the Founder and CEO of Hyderabad-based Bollant Industries, an organisation that employs uneducated and challenged employees to manufacture eco-friendly, disposable consumer packaging solutions, which is worth ₹ 50 crore. He considers himself the luckiest man alive, not because he is now a millionaire, but because his uneducated parents, who earned ₹ 20,000 a year, did not heed any of the 'advice' they received and raised him with love and affection. “They are the richest people I know,” says Srikanth. “Srikanth is standing tall living by his conviction that if the 'world looks at me and says, Srikanth, you can do nothing', I look back at the world and say, I can do anything.” According to Gardner's multiple theory of intelligences, which kind of intelligence explains this? Discuss this intelligence in brief.

- End of Question Paper -