

CBSE Class 12 Psychology 2023 - 63 - Compartment



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.
- (ii) All questions are compulsory, except where an internal choice is provided.
- (iii) Keep your answers brief and to the point. Marks are indicated against each question.
- (iv) Section F contains two case studies, with two questions each. Each question carries 2 marks; answer in no more than 30 words.
- (v) Section A: Questions 1–18 carry 1 mark each. Answer as directed.
- (vi) Section B: Questions 19–23 carry 2 marks each. Answer in no more than 30 words.
- (vii) Section C: Questions 24–27 carry 3 marks each. Answer in no more than 60 words.
- (viii) Section D: Questions 28–31 carry 4 marks each. Answer in no more than 120 words.
- (ix) Section E: Questions 32–32 carry 6 marks each. Answer in no more than 200 words.

Section A

1.

While responding on a self-report inventory, there is a tendency in many individuals to respond by ticking “yes” to the items. Identify this tendency.

- | | |
|-------------------------|---------------------------|
| (A) Social desirability | (B) Halo effect |
| (C) Acquiescence | (D) Extreme response bias |
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2.

Chetan lacks motivation in life and is prone to depression. He does not like to converse with others and likes to stay alone. According to Friedman and Rosenman, which type of personality does Chetan have?

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|------------|------------|
| (A) Type-A | (B) Type-B |
| (C) Type-C | (D) Type-D |
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3.

Identify the statements that are true to the familial self. (i) It is also referred to as social or relational self. (ii) It is the self that emerges in relation with others in the social world. (iii) It brings out aspects like cooperation, affiliation and sacrifice, etc. (iv) This self values family and social relationships.

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|-------------------------|-------------------------------|
| (A) (i), (iii) and (iv) | (B) (i) and (iv) |
| (C) (i) and (ii) | (D) (i), (ii), (iii) and (iv) |
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4.

Ayush is a young engineering graduate, who has effective communication skills and is good at problem solving. He is respected in his society because he shows commitment towards elders, the young and the needy and values others' perspectives. According to integral intelligence, what are the competencies that are visible in him?

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|-----------------------------------|-----------------------------------|
| (A) Cognitive and social | (B) Social and emotional |
| (C) Emotional and entrepreneurial | (D) Entrepreneurial and cognitive |
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5.

_____ is a behaviour or skill that helps to communicate clearly and confidently, our feelings, needs, wants and thoughts.

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|-----------------------|-----------------------|
| (A) Positive attitude | (B) Perfectionism |
| (C) Assertiveness | (D) Rational thinking |
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6.

A 14-year-old girl was sent for psychometric testing, where her I.Q. was found to be 140. What will her Mental Age (MA) be like?

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|--|--|
| (A) Mental age will be greater than chronological age. | (B) Mental age will be less than chronological age. |
| (C) Mental age will be equal to chronological age. | (D) Mental age will have no relationship with chronological age. |
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7.

Sahira has joined a medical college and is overwhelmed by the syllabus out there. Her mother often complains about Sahira's mood swings, erratic behaviour and decreased confidence. What is this effect of stress that Sahira is experiencing?

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|-------------------|-----------------|
| (A) Physiological | (B) Emotional |
| (C) Cognitive | (D) Behavioural |
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8.

As per the American Psychiatric Association, the manual which describes and classifies mental disorders is called _____.

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|---|--|
| (A) Diagnostic and Statistical Manuscript-V | (B) Diagnostic and Statistical Manual-V |
| (C) International Classification of Diseases-11 | (D) International Classification of Disorders-11 |
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9.

The Human Resource Manager found that as the number of employees increased in the company, the productivity reduced. What steps can be taken to reduce this phenomenon called 'social loafing'?

- (i) Making the effort of each person identifiable
- (ii) Decreasing group cohesiveness to impact motivation
- (iii) Making group members committed to successful task performance
- (iv) Making group members feel less responsible for the task being performed

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

10.

Majid likes all his cups and cutlery to be in proper and systematic order. He spends several hours of his day checking on the position of cups and cutlery in the kitchen. This has increased to the extent that he has now started checking the position of cutlery even at restaurants. Majid's behaviour indicates _____.

- (A) Anxiety
- (B) Obsession
- (C) Compulsion
- (D) Phobia

11.

Systematic desensitisation is a technique introduced by Wolpe for treating phobias or irrational fears. Referring to the above therapy, arrange the following in correct sequence: (i) Together with the client, the therapist prepares a hierarchy of anxiety-provoking stimuli with the least anxiety-provoking stimuli at the bottom of the hierarchy. (ii) The client is interviewed to elicit fear-provoking situations. (iii) Over sessions, the client is able to imagine more severe fear-provoking situations, while maintaining the relaxation. (iv) The therapist relaxes the client and asks the client to think about the least anxiety-provoking situation.

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

12.

After undergoing therapy for mental illness, Kavita was admitted into a rehabilitation centre to become a responsible and productive member of society. After improvement, she was helped to gain skills necessary to undertake productive employment. This is a part of

- (A) Cognitive training
- (B) Social skills training
- (C) Occupational therapy
- (D) Vocational training

13.

In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. Assertion (A): In client-centred therapy, unconditional positive regard indicates that the positive warmth of the therapist is not dependent on what the client reveals. Reason (R): Empathy sets up an emotional resonance between the therapist and the client which helps the client to feel secure.

- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the 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).

14.

There will be a consistency between attitude and behaviour only when

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|--|---|
| (A) The attitude is not very strong. | (B) The person is unaware of his/her attitude. |
| (C) There is a lot of external pressure to behave in a particular way. | (D) The person's behaviour is not being watched or evaluated by others. |
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15.

Ritesh buys groceries from a store that advertises its responsibility towards protection of the environment by providing free reusable cloth bags to its customers. This is an example of changing attitude through

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|----------------------|--------------------|
| (A) Emotional appeal | (B) Attractiveness |
| (C) Rational appeal | (D) Persuasibility |
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16.

In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. Assertion (A): Beliefs are the cognitive components of attitudes and form the ground on which attitudes stand, such as belief in God. Reason (R): It has all the three components of an attitude.

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|---|---|
| (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the 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). |
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17.

We all belong to different types of groups. If you join the Armed Forces, what type of group will it be? (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) |
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18.

In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. Assertion (A): Psychometric approach expresses the individual's performance in terms of a single index of cognitive abilities. Reason (R): It describes the process people use in intellectual reasoning and problem solving.

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|---|---|
| (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the 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). |
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19.

Vivian is the Human Resource Manager of a multinational company. For a team building activity, he randomly selected a few members from different departments to form a committee for the upcoming silver jubilee celebrations of the company. He gave them full autonomy to do the planning and observed some developmental sequences in each group that formed. Discuss the stages that he observed.

20(a).

Priya is very smart at solving any problem that she encounters. She refers to similar problems that she has faced in the past and uses her experience to solve the present ones. Which type of intelligence is she using and what theory is this based on?

OR

20(b).

Angel, a psychologist, is analysing the intelligence scores of the children. She notices that the children from rural areas scored significantly lower than the children from urban areas. What do you think would have influenced the result of intelligence tests? Explain how she can overcome it.

21.

What is meant by the term 'therapist and patient variables' in the context of psychotherapy?

22.

Athar is popular in school but very careless when it comes to managing his things. He behaves rudely when his parents ask him to take care of his things. Explain two factors that led to this type of attitude formation.

23.

How are groups formed? Explain.

Section C

24.

Discuss in detail the hallucinations experienced by a person diagnosed with schizophrenia.

25(a).

Explain any three life skills that will help to meet the challenges of life.

OR

25(b).

How does an individual with a stress resistant personality cope with demands of everyday life? Give examples to support your viewpoint.

26.

Explain how the concept of balance leads to a change in attitude of an individual.

27.

Pia has just joined school. Her teachers observed her closely during her group interactions. They noticed that she shows narrow patterns of interest and is preoccupied in flapping her hands. Pia also finds it challenging to start and maintain a conversation. What do Pia's symptoms indicate? List the other symptoms displayed by children diagnosed with this problem.

Section D

28(a).

What is assessment? Explain any three methods of psychological assessment.

OR

28(b).

What is the relationship between creativity and intelligence? Differentiate between creativity tests and intelligence tests.

29.

If we look around in our environment, we find that success is not associated with marks at school. There are many other types of intelligences. How will Gardner's theory of intelligences explain this? Describe his theory of multiple intelligences.

30(a).

Explain the relationship between stress and illness. How does stress affect the immune system? Explain.

OR

30(b).

Describe any four factors that facilitate positive health and act as stress buffers too.

31.

Deepa has been diagnosed with generalised anxiety disorder. Explain the development of this disorder with the help of diathesis-stress model.

32(a).

A person's behaviour in variety of situations provides us with meaningful information about his/her personality. Discuss behavioural analysis as a method of personality assessment.

OR

32(b).

Explain the characteristics of a trait. Describe the trait approaches to the understanding of personality.

OR

33(a).

Read the case study and answer the questions (Q. 33 – 34) that follow: Sameera was referred to a clinical psychologist for anger issues pertaining to differences with her parents. Initially, Sameera kept denying any such concerns and said, it is nothing but an adolescent phase. The clinical psychologist was not convinced and decided to probe deeper. She knew that Sameera was hesitating to share her private feelings and thoughts. The clinical psychologist started by creating an environment where there was trust, empathy, genuineness and warmth. This helped Sameera to develop a positive relationship with the clinical psychologist. Soon Sameera was sharing her inner turmoils and the reasons of her anger towards her parents. The psychologist challenged her faulty thought patterns and substituted them with adaptive and positive thoughts. This helped to reduce her distress. Identify the nature of this relationship between the clinical psychologist and Sameera. What are its components?

33(b).

Read the case study and answer the questions (Q. 33 – 34) that follow: Sameera was referred to a clinical psychologist for anger issues pertaining to differences with her parents. Initially, Sameera kept denying any such concerns and said, it is nothing but an adolescent phase. The clinical psychologist was not convinced and decided to probe deeper. She knew that Sameera was hesitating to share her private feelings and thoughts. The clinical psychologist started by creating an environment where there was trust, empathy, genuineness and warmth. This helped Sameera to develop a positive relationship with the clinical psychologist. Soon Sameera was sharing her inner turmoils and the reasons of her anger towards her parents. The psychologist challenged her faulty thought patterns and substituted them with adaptive and positive thoughts. This helped to reduce her distress. How is this relationship unique in nature? Differentiate between empathy and intellectual understanding.

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35.

Read the case study and answer the questions (Q. 35 – 36) that follow: Anna first came to the attention of psychoanalyst, Joseph Breuer, in 1880 when he was called to her house in Vienna where she was lying in bed, almost entirely paralysed. Her other symptoms included hallucinations, personality changes and rambling speech, but doctors could not find any physical cause. Breuer visited her almost daily and talked to her about her thoughts and feelings, including her grief for her father. The more she talked, the more her symptoms seem to fade — this was apparently one of the first ever instances of psychoanalysis or “the talking cure”. Although Freud never met Anna, he wrote about her case, including the notion that she had a hysterical pregnancy, although this was also disputed later. What could be the reasons for Anna's illness as per psychoanalysts?

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