

CBSE Class 12 Psychology 2024 - 63/S4 - 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 34 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. Answer 1-mark questions in no more than 20 words and 2-mark questions in no more than 30 words.
- (v) Section A: Questions 1–15 carry 1 mark each. Answer as directed.
- (vi) Section B: Questions 16–21 carry 2 marks each. Answer in no more than 30 words.
- (vii) Section C: Questions 22–24 carry 3 marks each. Answer in no more than 60 words.
- (viii) Section D: Questions 25–28 carry 4 marks each. Answer in no more than 120 words.
- (ix) Section E: Questions 29–30 carry 6 marks each. Answer in no more than 200 words.

1.

Raghav was told by the teacher about a test which she plans to hold. This forces him to focus on reading, learning and revising the contents of the chapters. This is because of _____.

- | | |
|-----------------------------|---------------------------|
| (A) Arousal/Attention | (B) Coding |
| (C) Simultaneous processing | (D) Successive processing |

2.

Nirja has a mental age of 14 years with an Intelligence Quotient (IQ) of 110. What is her chronological age?

- | | |
|------------------------------|------------------------------|
| (A) 9.7 years approximately | (B) 10.7 years approximately |
| (C) 11.7 years approximately | (D) 12.7 years approximately |

3.

Mohi buys a set of new pens after doing poorly in an examination. She asserts that she will do much better with the new pens. She is using _____ to reduce anxiety caused due to poor performance.

- | | |
|----------------|------------------------|
| (A) Denial | (B) Reaction formation |
| (C) Projection | (D) Rationalisation |

4.

In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. Assertion (A): Personality is solely determined by genetic factors. Reason (R): While genetic factors contribute to the development of personality traits, the ecological and cultural environment also plays a crucial role.

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

5.

Meena denies the seriousness of completing her work in the office by talking to her friend on the phone. Which of the following strategy is she using?

- | | |
|---------------------------------|-------------------------------|
| (A) Task-oriented strategy | (B) Emotion-oriented strategy |
| (C) Avoidance-oriented strategy | (D) Problem-focused strategy |

6.

Abdul avoids misplaced jealousy and sulking behaviour. He listens to what the other person is saying very patiently. This is the key to _____.

- | | |
|-------------------|---------------------------------|
| (A) Assertiveness | (B) Improving relationships |
| (C) Self-care | (D) Overcoming unhelpful habits |

7.

The American Psychiatric Association publishes an official manual called _____. This manual describes and classifies psychological disorders.

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

8.

Namita had flashbacks, impaired concentration, and emotional numbing after she witnessed the damage caused by the earthquake. She is most likely to be experiencing _____.

- | | |
|------------------------------------|--------------------------|
| (A) Post-traumatic stress disorder | (B) Anxiety disorder |
| (C) Somatic symptom disorder | (D) Dissociative amnesia |

9.

In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. Assertion (A): When an electrical impulse reaches a neuron's ending, the nerve ending is stimulated to release a chemical called a neurotransmitter. Reason (R): Studies indicate that abnormal activity by certain neurotransmitters can lead to adaptive behaviour.

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

10.

Sabina seems to be preoccupied with the question of why she is in this world here. She is often plagued with questions about the meaning and purpose of life. Thus, she may be experiencing _____.

- | | |
|-------------------------|---------------------------|
| (A) Existential anxiety | (B) Stress |
| (C) Unconscious anxiety | (D) Intrapsychic conflict |

11.

'Systematic desensitisation is a technique introduced by Wolpe for treating phobias or irrational fears.' Referring to the above therapy, arrange the following in the 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) – (iv) – (iii) – (ii) (B) (iii) – (iv) – (i) – (ii)
(C) (iv) – (i) – (ii) – (iii) (D) (ii) – (i) – (iv) – (iii)

12.

Which of the following are not true about therapeutic approaches? (i) Therapeutic approaches are corrective and helping in nature. (ii) Therapeutic approaches do not involve an interpersonal relationship between the therapist and the client. (iii) Some therapeutic approaches such as client-centred therapy are directive in nature. (iv) Some therapeutic approaches such as humanistic-existential therapy are non-directive.

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

13.

When we are interested in why people behave in the ways they do, we also assign causes to the behaviour shown in specific social situations. This process is called _____.

- (A) Impression formation (B) Attribution
(C) Social cognition (D) Social inhibition

14.

Vikas has a somewhat positive attitude towards empowerment of women. When he read about Kalpana Chawla's achievements, his attitude became more positive. This would be a/an _____ change.

- (A) Extreme (B) Simple
(C) Congruent (D) Incongruent

15.

Akhil caught his employee taking bribes. Akhil's staff supported his decision to terminate the services of his employee. This extreme action could be taken because of _____.

- (A) Group polarisation (B) Storming
(C) Social loafing (D) Social facilitation

Section B

16.

Tripti is a psychologist. She administers a test that requires the subject to manipulate objects and other materials to perform a task. Name the type of intelligence test and state its importance.

17.

Daniel often feels torn between seeking immediate pleasure and adhering to societal rules. How does the psychodynamic theory explain his conflict? Explain.

18.

Zikra has a distorted body image that leads her to see herself as overweight. What can be the negative after-effect of this thought?

19(a).

Can one transform the therapeutic relationship into a healing relationship by understanding the plight of others? If yes or no, explain.

OR

19(b).

Do behavioural and psychodynamic therapists view the cause of psychological problems as being the same? Give reasons for your answer.

20.

Nitin forms a committee to plan for the annual day in his school. He observes how everyone goes ahead. Everyone has full autonomy to do all the planning. Members of the committee also observe each other as they function. State the stages that you feel are likely to emerge.

21.

Why are norms established by a group? Explain.

Section C

OR

22.

'J.P. Guilford's structure-of-intellect model is a representation of a psychometric approach to understand intelligence.' Do you agree with this statement? State the reasons for the same and the characteristics of his theory.

23(a).

Punit is administering a self-report measure to his client for career guidance. Explain the self-report measure he is most likely to use. State any two limitations of the self-report measures.

23(b).

Kyna is not attached with the worldly things as she can exercise a lot of self-control. What are the psychological techniques of self-control that may have helped her?

24.

Explain any three major effects of stress on psychological functioning.

Section D

25.

Mukesh encounters a snake while on a hike. Referring to the General Adaptation Syndrome (GAS), what is the pattern of his bodily response? State one criticism of Selye's theory.

26(a).

How does the behavioural model help us in understanding mental disorders? Explain.

OR

26(b).

Do you think that complaints and worries of physical symptoms may occur without any biological cause? What are the symptoms related to this and its related conditions?

27.

Vihaan is treating his client. What are the ethical standards that he has to keep in mind when he is administering psychotherapy? Discuss.

28.

Describe the relationship between prejudice and discrimination.

Section E

29(a).

Explain briefly the multiple intelligences identified by Howard Gardner with the help of examples.

OR

29(b).

Discuss the cultural differences in the conceptualisation of intelligence.

30(a).

Explain the humanistic approach to understand the personality of an individual.

OR

30(b).

How does Freud explain the structure of personality? Explain with the help of suitable examples.

31.

Read the case study given below and answer the questions (Q. 31 and 32) that follow: Vaishali was admitted to a hospital in the midst of a manic episode. She had been in psychotherapy for depression for several months while she was in college. She found a job in an advertising office of a local newspaper, where she had been working for a year. Vaishali's manic episode could be traced to experiences that began three or four months prior to her admission to the hospital. She had been feeling unusually good for several weeks. At first, she didn't think anything was wrong. In fact, her impression was quite the opposite. Everything seemed to be going right for her, except her job. She had lost all focus from her work as her energy level was extremely high. She felt a renewed confidence in herself and her relationships with other people. She was feeling particularly exhilarated. Vaishali initially welcomed these feelings, especially because she had been so lethargic and also tended to be reserved with people. Soon she realised that her moods shifted constantly. The enthusiasm of gleefully throwing herself into new and exciting activities, would soon be over. Now she started being quite normal in her behaviour. She resumed work sincerely and appeared calm. Name and state a characteristic feature of the disorder that Vaishali is experiencing.

32.

Read the case study given below and answer the questions (Q. 31 and 32) that follow: Vaishali was admitted to a hospital in the midst of a manic episode. She had been in psychotherapy for depression for several months while she was in college. She found a job in an advertising office of a local newspaper, where she had been working for a year. Vaishali's manic episode could be traced to experiences that began three or four months prior to her admission to the hospital. She had been feeling unusually good for several weeks. At first, she didn't think anything was wrong. In fact, her impression was quite the opposite. Everything seemed to be going right for her, except her job. She had lost all focus from her work as her energy level was extremely high. She felt a renewed confidence in herself and her relationships with other people. She was feeling particularly exhilarated. Vaishali initially welcomed these feelings, especially because she had been so lethargic and also tended to be reserved with people. Soon she realised that her moods shifted constantly. The enthusiasm of gleefully throwing herself into new and exciting activities, would soon be over. Now she started being quite normal in her behaviour. She resumed work sincerely and appeared calm. 'She had been in psychotherapy for depression for several months while she was in college.' What are the symptoms that she may have experienced during this phase of depression?

33.

Read the case study given below and answer the questions (Q. 33 and 34) that follow: The annual snake boat race in the southern Indian State of Kerala is a unique sporting spectacle because of its scale and popularity. Each team has many players. The participants practice for weeks before the race. On the day of the event, they bring down their oars in perfect harmony with frenzied beats of drums, creating a drizzle in mid-air as spectators go wild during the race. The boat that springs forward is one of the biggest in a water sport anywhere in the world. When it comes to a task like rowing, does everyone perform their share of the work? When several people work together to accomplish a task, it is probable that everyone will not exert the same amount of effort. Some will work very hard, others will do less, and perhaps a few will do nothing at all, while pretending to work hard! This pattern is quite common in situations where groups perform what are known as additive tasks — ones in which the contributions of each member are combined into a single group output. Some will contribute by taking on as much of the load as they can, while some will pretend to be working as hard as they can when, in fact, they are not. Social psychologists are interested in studying this phenomenon. 'Social psychologists are interested in studying this phenomenon.' Which phenomenon is being talked about here? State a characteristic feature of this phenomenon.

34.

Read the case study given below and answer the questions (Q. 33 and 34) that follow: The annual snake boat race in the southern Indian State of Kerala is a unique sporting spectacle because of its scale and popularity. Each team has many players. The participants practice for weeks before the race. On the day of the event, they bring down their oars in perfect harmony with frenzied beats of drums, creating a drizzle in mid-air as spectators go wild during the race. The boat that springs forward is one of the biggest in a water sport anywhere in the world. When it comes to a task like rowing, does everyone perform their share of the work? When several people work together to accomplish a task, it is probable that everyone will not exert the same amount of effort. Some will work very hard, others will do less, and perhaps a few will do nothing at all, while pretending to work hard! This pattern is quite common in situations where groups perform what are known as additive tasks — ones in which the contributions of each member are combined into a single group output. Some will contribute by taking on as much of the load as they can, while some will pretend to be working as hard as they can when, in fact, they are not. Social psychologists are interested in studying this phenomenon. Will this phenomenon occur more on practice days or on the day of the final race? Give reasons for your answer.

- End of Question Paper -