

## 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 **33 questions**. All questions are compulsory, except where an internal choice is provided.
- (ii) Section A: Q1–14 carry 1 mark each. Answer as directed.
- (iii) Section B: Q15–19 carry 2 marks each. Answer each in no more than 30 words.
- (iv) Section C: Q20–23 carry 3 marks each. Answer each in no more than 60 words.
- (v) Section D: Q24–27 carry 4 marks each. Answer each in no more than 120 words.
- (vi) Section E: Q28–29 carry 6 marks each. Answer each in no more than 200 words.
- (vii) Section F: Q30–33 are based on two case studies. Answer each 1-mark question in no more than 20 words and each 2-mark question in no more than 30 words.

1.

Madhu is a student who excels in remembering facts and figures but struggles when it comes to solving complex problems that require critical thinking and creativity. According to Arthur Jensen, which level of abilities does Madhu possess?

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| (A) Level II, associative learning | (B) Level I, cognitive competence    |
| (C) Level I, associative learning  | (D) Level II, observational learning |

2.

Match the following: Rearing Practices -- 1. Identical twins reared in different environment, 2. Fraternal twins reared together, 3. Brothers and sisters reared together, 4. Siblings reared apart; Correlation -- I. 0.50, II. 0.60, III. 0.72, IV. 0.25

- |                            |                            |
|----------------------------|----------------------------|
| (A) 1-I, 2-II, 3-III, 4-IV | (B) 1-III, 2-II, 3-I, 4-IV |
| (C) 1-IV, 2-I, 3-III, 4-II | (D) 1-II, 2-IV, 3-I, 4-III |

3.

A researcher is conducting a survey to assess the personality traits of participants. One of the items in the survey asks, "I always help others when they are in need." Which of following biases is most likely to affect the response to this item?

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|-----------------------|-------------------------|
| (A) Non-response bias | (B) Acquiescence        |
| (C) Random responding | (D) Social desirability |

4.

Which of the following best describes the nature of creativity tests where there are no specified answers to questions or problems, allowing for freedom to use one's imagination and express it in original ways?

- |                |                |
|----------------|----------------|
| (A) Divergent  | (B) Convergent |
| (C) Analytical | (D) Structured |

5.

Which of the following is not a major criticism of Psychodynamic theories?

- |                                                                                  |                                                                                       |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| (A) They are largely based on case studies and lack a rigorous scientific basis. | (B) They use small and atypical individuals as samples for advancing generalisations. |
| (C) The concepts are well defined and easily submitted to scientific testing.    | (D) They face criticism for using non-representative samples.                         |

6.

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): Psychological tests are widely used for clinical diagnosis, guidance, personnel selection, placement and training. Reason (R): Objective tests provide a standardized and reliable measure of an individual's psychological attributes.

- |                                                                                                             |                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| (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.                                                             |
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7.

A study finds that individuals who are regularly exposed to high stress levels have a higher incidence of infections. This observation can be explained by:

- |                                                      |                                               |
|------------------------------------------------------|-----------------------------------------------|
| (A) Enhanced production of antibodies during stress. | (B) Increased white cell count due to stress. |
| (C) Impaired immune response due to stress.          | (D) Reduced need for sleep due to stress.     |
- 

8.

A person dislikes a type of food, expresses negative opinion about it, and avoids it. Which components of the A-B-C model of attitudes are illustrated in this example?

- |                               |                                          |
|-------------------------------|------------------------------------------|
| (A) Affective and Cognitive   | (B) Affective and Behavioural            |
| (C) Cognitive and Behavioural | (D) Affective, Behavioural and Cognitive |
- 

9.

Which method of message transmission is likely to be most effective for creating a positive attitude towards Oral Rehydration Salts (ORS) for young children?

- |                                                                     |                             |
|---------------------------------------------------------------------|-----------------------------|
| (A) Mass media advertisements                                       | (B) Pamphlets and brochures |
| (C) Community social workers and doctors talking to people directly | (D) Radio announcements     |
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10.

A peaceful audience at a sports event suddenly turns into a frenzied mob following a controversial decision by the referee. Which factors are likely responsible for this transformation?

- |                                                                          |                                                          |
|--------------------------------------------------------------------------|----------------------------------------------------------|
| (A) The audience's initial passive nature                                | (B) The presence of clear and enforced rules             |
| (C) The polarisation of attention and shared emotions among the audience | (D) The diverse opinions and behaviours within the crowd |
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11.

According to Sheldon's typology, which of the following combinations correctly matches the body build with the associated temperament?

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|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| (A) Endomorphs -- Thin, long, fragile, brainy, artistic, introvert | (B) Mesomorphs -- Strong musculature, strong body build, rectangular, energetic, courageous |
| (C) Ectomorphs -- Fat, soft, round, relaxed, sociable              | (D) Endomorphs -- Strong musculature, rectangular, energetic, courageous                    |
- 

12.

A company is forming a new committee to plan a major event. To ensure effective collaboration, they want the committee to function as a primary group. Which of the following strategies would best support this goal?

- |                                                          |                                                               |
|----------------------------------------------------------|---------------------------------------------------------------|
| (A) Assigning clear roles and tasks to each member       | (B) Encouraging frequent, informal interactions among members |
| (C) Setting strict rules and guidelines for all meetings | (D) Limiting communication to official emails and reports     |
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13.

Ravi constantly believes he is a failure because he once performed poorly on a test. Which cognitive problem is he exhibiting according to the Cognitive Model?

- |                              |                        |
|------------------------------|------------------------|
| (A) Accurate self-assessment | (B) Overgeneralisation |
| (C) Rational thinking        | (D) Logical reasoning  |
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14.

Which of the following statements best describes how societal norms influence the perception of abnormal behaviour?

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|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| (A) Societal norms are universally consistent and do not change over time.                                                                  | (B) Behaviours, thoughts and emotions that align with societal norms are always considered abnormal. |
| (C) Societal norms are derived from society's culture, including its history, values and institutions and these norms can change over time. | (D) Aggressive behaviour is universally accepted as normal behaviour across all cultures.            |
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## Section B

15.

A teacher notices that Neeraj, one of her class 5 students, learns new languages very easily, loves new subjects, and is very sensitive to changes in the classroom. Comment on the intellectual abilities of Neeraj.

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16.

Discuss the difference between a simple and a complex attitude system using the example of attitude towards health and well-being versus attitude towards a particular person.

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OR

16.

Assess and write the impact of family and school environment on attitude formation.

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17.

Identify and explain two strategies to reduce social loafing within a group.

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18.

How can assertiveness impact an individual's response to stress?

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19.

Evaluate the role of common motives and goals in forming and maintaining a cohesive group, with an example.

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## Section C

20.

You are working with a client/customer who handles high stress well and remains healthy. How would you evaluate and support their ability to manage stress effectively?

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21.

Explain how the Age of Reason and Enlightenment influenced the treatment and perception of psychological disorders in the seventeenth and eighteenth centuries.

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22.

Analyze the relationship between intelligence and creativity, based on Terman's research findings.

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OR

22.

Evaluate how Gardner's view of intelligence as an independent and interactive type challenges the traditional notions of a singular, unified intelligence.

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23.

Ashok, who suffers from obsessive compulsive disorder (OCD), is considering alternative therapies to complement his current treatment. Recommend and justify which approach might be most beneficial for Ashok.

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24.

Compare and contrast technological and integral approaches to intelligence. Also discuss the cultural factors that may influence these perspectives.

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OR

24.

Manoj and Sunil are two managers in a company. State four reasons how Manoj's higher emotional intelligence contributes to his popularity with colleagues as compared to Sunil, who lacks these qualities.

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25.

Describe four methods through which attitudes are formed.

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26.

You are a psychologist assessing the personality and emotional state of a new client using projective techniques. You decide to use the Sentence Completion Test and Draw-a-Person Test. Describe how you would use these tests and explain what kind of information you might gain from each test.

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27.

Meera has an intense irrational fear of spiders and experiences sudden episodes of intense terror with breathlessness and dizziness. Identify the two types of anxiety disorders she might be suffering from and suggest one coping strategy for each.

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## Section E

28.

How does Freud explain the stability and potential changes in personality over a person's lifetime? Provide an overview of each stage and discuss the impact of encountering problems at any stage on personality development.

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OR

28.

How do ecological and cultural environments influence personality development? Provide concrete examples from hunting-gathering and agricultural societies to illustrate your answer.

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29.

Discuss the role of core schemas, negative automatic thoughts, cognitive distortions and irrational beliefs in cognitive therapies.

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OR

29.

Discuss six key ethical standards that professional psychotherapists must adhere to. Explain how each standard contributes to the effectiveness of psychotherapy and ensures the well-being of clients.

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30.

Case Study: Social stress can be broadly defined as a situation which threatens one's relationships, esteem, or sense of belonging within a dyad group or larger social context. Social stress can emerge in a number of situations. Social stress can stem from difficult social interactions, for example, a conflictual or tumultuous marital or family relationship. Social stress can also emerge in the context of evaluated performance situations, where others could be judgmental or critical, or in contexts in which one feels rejected, ostracized, or ignored. Social stress can also be more broadly construed, representing perceptions of one's lower role or standing within a group or community. Social stress can lead to a range of observable and measurable responses related to health outcomes. What impact can social stress have on an individual?

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31.

Case Study: Social stress can be broadly defined as a situation which threatens one's relationships, esteem, or sense of belonging within a dyad group or larger social context. Social stress can emerge in a number of situations. Social stress can stem from difficult social interactions, for example, a conflictual or tumultuous marital or family relationship. Social stress can also emerge in the context of evaluated performance situations, where others could be judgmental or critical, or in contexts in which one feels rejected, ostracized, or ignored. Social stress can also be more broadly construed, representing perceptions of one's lower role or standing within a group or community. Social stress can lead to a range of observable and measurable responses related to health outcomes. State two causes of social stress in day-to-day life.

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32.

Case Study: At any one time, a diverse set of individual, family, community and structural factors may combine to protect or undermine mental health. Although most people are resilient, people who are exposed to adverse circumstances, including poverty, violence, disability and inequality, are at higher risk of developing a mental health condition. Protective and risk factors include individual, psychological and biological factors, such as emotional skills as well as genetics. Many of the risks and protective factors are influenced through changes in brain structure and/or function. People with mental disorders also require social support, including support in developing and maintaining personal, family and social relationships. People with mental disorders may also need support for educational programmes, employment, housing and participation in other meaningful activities. According to the above paragraph, what type of people are more likely to have a psychological disorder?

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33.

Case Study: At any one time, a diverse set of individual, family, community and structural factors may combine to protect or undermine mental health. Although most people are resilient, people who are exposed to adverse circumstances, including poverty, violence, disability and inequality, are at higher risk of developing a mental health condition. Protective and risk factors include individual, psychological and biological factors, such as emotional skills as well as genetics. Many of the risks and protective factors are influenced through changes in brain structure and/or function. People with mental disorders also require social support, including support in developing and maintaining personal, family and social relationships. People with mental disorders may also need support for educational programmes, employment, housing and participation in other meaningful activities. State two steps which are helpful in addressing the concerns of mentally-ill people.

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- End of Question Paper -