

CBSE Class 12 Psychology 2025 - 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 33 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 1–14 carry 1 mark each. Answer as directed.
- (vi) Section B: Questions 15–19 carry 2 marks each. Answer in no more than 30 words.
- (vii) Section C: Questions 20–23 carry 3 marks each. Answer in no more than 60 words.
- (viii) Section D: Questions 24–27 carry 4 marks each. Answer in no more than 120 words.
- (ix) Section E: Questions 28–29 carry 6 marks each. Answer in no more than 200 words.

Section A

1.

Neena read an in-depth account of a scientist. It contained all his psychological history. This in-depth account must have been presented in his _____.

- | | |
|----------------|-----------------|
| (A) Interview | (B) Observation |
| (C) Case Study | (D) Data |

2.

Which one of the following theories represents the information processing approach to understand intelligence?

- | | |
|--------------------------------------|--|
| (A) Structure-of-Intellect Model | (B) Theory of Primary Mental Abilities |
| (C) Triarchic Theory of Intelligence | (D) Two-Factor Theory |

3.

Aditya tells himself that he will use his pocket money wisely. He uses the important technique of self-control called _____.

- | | |
|------------------------|----------------------------------|
| (A) Self-reinforcement | (B) Self-instruction |
| (C) Self-esteem | (D) Observation of own behaviour |

4.

The state of physical, emotional and psychological exhaustion is known as _____.

- | | |
|-------------|------------------|
| (A) Burnout | (B) Resistance |
| (C) Stress | (D) Apprehension |

5.

Neeraj believed that he had the ability to face the interview and luck had no role to play in the outcome. This indicates that he is high on _____.

- | | |
|-------------------|-------------------|
| (A) Self-efficacy | (B) Self-esteem |
| (C) Self-concept | (D) Self-identity |

6.

In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option. Assertion (A): Stress can produce changes in the immune system and increase the chances of someone becoming ill. Reason (R): Stress is caused only during extreme events such as fire, train or road accident, robbery, earthquake, tsunami, etc.

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

7.

A girl student was dominating and bullying her peers in school without any provocation. Which of the following types of aggression is she exhibiting?

- | | |
|------------------------|--------------------------|
| (A) Verbal aggression | (B) Physical aggression |
| (C) Hostile aggression | (D) Proactive aggression |

8.

An individual drinks large amounts of alcohol on a daily basis. Consequently, he experiences _____ when he tries to stop drinking alcohol.

- | | |
|--------------------------|---------------|
| (A) Addiction | (B) Tolerance |
| (C) Withdrawal responses | (D) Pleasure |
-

9.

In the question given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option. Assertion (A): Classifications are useful because they enable users like psychologists, psychiatrists and social workers to communicate with each other about the disorders. Reason (R): A classification of such disorders consists of a list of categories of specific psychological disorders grouped into various classes based on some shared characteristics.

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

Making people feel that individual contribution is important can reduce social loafing by _____.

- | | |
|--|--|
| (A) Increasing the number of group members | (B) Enhancing personal accountability and motivation |
| (C) Creating competition among group members | (D) Allowing members to work alone |
-

11.

People prefer consistency and like consistent relationships. When two people have _____, there is consistency and they start liking each other.

- | | |
|------------------|------------|
| (A) Security | (B) Norms |
| (C) Similarities | (D) Status |
-

12.

Nabid views employees from his department as more hardworking than those from other departments. It indicates that Nabid is a/an _____ member of this group.

- | | |
|-------------|---------------|
| (A) Ingroup | (B) Outgroup |
| (C) Primary | (D) Secondary |
-

13.

Which of the following statements is not true about complexity in an attitude system?

- | | |
|---|---|
| (A) It refers to how many attitudes there are within a broader attitude. | (B) Think of an attitude as a family containing several 'member' attitudes. |
| (C) Each member's attitude that belongs to an attitude system has only one of the A-B-C components. | (D) The multiple-member attitudes within an attitude system should not be confused with the three A-B-C components. |
-

14.

Socially defined expectations that individuals in a given situation are expected to fulfil are known as _____.

- | | |
|------------------|------------|
| (A) Roles | (B) Status |
| (C) Cohesiveness | (D) Norms |
-

Section B

15.

Describe, how does the nature of accountability enhance overall performance of teams in comparison-groups.

16(a).

State the difference between verbal and non-verbal tests.

OR

16(b).

State any two characteristics of gifted children.

17.

Explain any one limitation of the assessment method that employs systematic and objective procedures to record behavioural phenomena occurring naturally in real time.

18.

Result of a psychological test on a particular dimension indicates that a person tends to be hostile, egocentric and antisocial. Identify and explain the test that has been used here.

19.

A client is undergoing psychodynamic therapy for the treatment of his problem. What is likely to be the chief benefit of this therapy to the client?

Section C

OR

20.

How can the goals of handling prejudice be accomplished?

21.

'Psychological Stress is not only a symptom of stress, but it causes further stress.' Justify the statement by explaining any three sources of psychological stress.

22(a).

Raghav belongs to a technologically advanced society. What are the qualities and skills he is likely to possess?

22(b).

Ridit initiated a programme in his school that aimed at improving students' emotional intelligence. How will this programme help the students?

23.

A person has psychological difficulties and complains of physical symptoms for which there is no biological cause. Identify the disorder and explain its main features.

24(a).

Sumedha supports reducing plastic use, but uses single-use plastic items for her convenience. Is her behaviour a reflection of her attitude? Explain this Attitude-Behaviour Relationship.

OR

24(b).

Satish is developing a marketing strategy to enhance the sale of a new gadget. What are the important target characteristics that will influence attitude change towards the new gadget?

25.

Veer is undertaking a research project to study teacher-student interaction. Explain any four assessment methods that he can use for his research.

26.

A pregnant woman is experiencing significant stress due to family pressures. She had to leave her job due to health concerns. Despite these challenges, she has a close friend who provides social support. Consequently, the pregnant woman reports feeling more reassured. Explain the role of social support in reducing stress for her. What specific types of support may her friend be providing?

27.

Which therapy encourages the client to seek personal growth and actualise their potential? Write about the therapies based on this principle.

Section E

28(a).

Explain the various types of anxiety disorders.

OR

28(b).

Explain any three approaches used to explain abnormal behaviour.

29(a).

Explain the key propositions of any three Post-Freudian theorists.

OR

29(b).

Explain how projective techniques assess personality. Which projective tests of personality are widely used by psychologists?

30.

Read the case study given below and answer the questions (Q. 30 and 31) that follow: Aman, a 15-year-old teenager, leads a largely sedentary lifestyle and shows little enthusiasm for engaging in regular physical activity. Additionally, he spends an excessive amount of time on electronic devices, which has become a major concern for his parents regarding his overall health and well-being. Concerned about the potential negative effects on Aman's physical fitness and social interactions, his parents decided to seek professional help from a therapist. The therapist devises a comprehensive behavioural intervention to address Aman's lack of physical activity and excessive screen time. Over the course of several months, Aman's behaviour begins to change noticeably. Initially motivated by the reward system, he starts to engage more regularly in physical activities. As he becomes more involved, he begins to appreciate the benefits of exercise and starts to enjoy activities he previously avoided. His screen time decreases as he finds himself increasingly absorbed in his new hobbies and interests. Aman leads a largely sedentary lifestyle. Can this behaviour be an outcome of learning? Give reasons in support of your answer.

31.

Read the case study given below and answer the questions (Q. 30 and 31) that follow: Aman, a 15-year-old teenager, leads a largely sedentary lifestyle and shows little enthusiasm for engaging in regular physical activity. Additionally, he spends an excessive amount of time on electronic devices, which has become a major concern for his parents regarding his overall health and well-being. Concerned about the potential negative effects on Aman's physical fitness and social interactions, his parents decided to seek professional help from a therapist. The therapist devises a comprehensive behavioural intervention to address Aman's lack of physical activity and excessive screen time. Over the course of several months, Aman's behaviour begins to change noticeably. Initially motivated by the reward system, he starts to engage more regularly in physical activities. As he becomes more involved, he begins to appreciate the benefits of exercise and starts to enjoy activities he previously avoided. His screen time decreases as he finds himself increasingly absorbed in his new hobbies and interests. Which principles of the behavioural approach helped in modifying Aman's behaviour? Explain any two.

32.

Read the case study given below and answer the questions (Q. 32 and 33) that follow: Angel, a high-achieving professional, is struggling with intense anxiety and feelings of inadequacy. She believes that she “must” be perfect and loved by everyone in her social and work circles. This belief is rooted in her experiences where she was constantly praised for her achievements but rarely for her personal qualities. Whenever she encounters a minor setback or criticism, such as a less-than-perfect performance review, she feels devastated, thinking that she has failed entirely. Beliefs such as “I am stupid” and “I will not succeed” make her emotionally unstable, impacting her daily functioning. Explain the cause of Angel's distress according to Albert Ellis.

33.

Read the case study given below and answer the questions (Q. 32 and 33) that follow: Angel, a high-achieving professional, is struggling with intense anxiety and feelings of inadequacy. She believes that she “must” be perfect and loved by everyone in her social and work circles. This belief is rooted in her experiences where she was constantly praised for her achievements but rarely for her personal qualities. Whenever she encounters a minor setback or criticism, such as a less-than-perfect performance review, she feels devastated, thinking that she has failed entirely. Beliefs such as “I am stupid” and “I will not succeed” make her emotionally unstable, impacting her daily functioning. How does RET (Rational Emotive Therapy) help in reducing distress?

- End of Question Paper -