

**CBSE Last Year Paper  
Class 12<sup>th</sup> Psychology  
Outside Delhi Set 4 2017**

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**General Instructions:**

1. All questions are compulsory.
2. Marks for each question are indicated against it.
3. Answers should be brief and to the point.
4. Questions no. 1 – 10 in Part A has Learning Checks (very short answer type) questions carrying 1 mark each. You are required to answer them as directed.
5. Questions no. 11 – 16 in Part B are Very Short Answer type questions carrying 2 marks each. Answer to each question should not exceed 30 words.
6. Questions no. 17 – 20 in Part C are Short Answer Type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
7. Questions no. 21 – 26 in Part D are Short Answer Type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
8. Questions no. 27 and 28 in Part E are Long Answer Type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

**1. If a person has the skill of understanding the motives, feelings and behaviours of other people, he/she is said to have**

**(a) Interpersonal intelligence (b) Intrapersonal intelligence (c) Linguistic intelligence (d) Social intelligence**

**Ans. (b) Interpersonal intelligence**

**2. Value judgement of a person about himself/herself is called \_\_\_\_\_ .**

**Ans. Self Esteem**

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

**(a) Resistance (b) Stress (c) Burnout (d) Coping**

**Ans. (c) Burnout**

**4. Compulsive behaviour is the inability to stop thinking about a particular idea or topic. (True/False)**

**Ans. False**

**5. A false belief that is firmly held on inadequate grounds is known as \_\_\_\_\_ .**

**Ans. Delusion**

6. Empathy means understanding things from other person's perspective.

Ans. True

(True/False)

7. Schemas that function in the form of categories are called \_\_\_\_\_ .

Ans. Prototype / if stereotype (glossary)

8. Collection of people assembled for a particular purpose is called an \_\_\_\_ .

Ans. Audience

9. \_\_\_\_\_ is the study of the relationships between living beings and their environment.

Ans. Ecology

10. The ability of a counsellor to reflect on what the client says and feels using different words is known as

(a) Decoding (b) Communication (c) Listening (d) Paraphrasing

Ans. (d) Paraphrasing

#### **PART B**

11. Explain pervasive developmental disorder.

Ans. Pervasive development disorder – characterised by severe and widespread impairments in social interactions and communication skills and stereotyped patterns of behaviours, interests and activities. e.g. Autism

12. Explain binge eating.

Ans. In binge eating, there are frequent episodes of out of control eating

13. What is existential anxiety?

Ans. Frankl emphasised the role of spiritual anxieties in leading to meaninglessness and hence it may be called an existential anxiety i.e. neurotic anxiety of spiritual origin

14. What is meant by compliance?

Ans. Compliance – behaving in response to a request from another person or group even in the absence of a norm.

Example of a salesperson / or any other relevant example

15. Explain crowding.

Ans. Crowding – refers to a feeling of discomfort because there are too many people / things around us, giving us the experience of physical restriction and lack of privacy.

Crowding is an environmental stressor.

An example of crowding

16. State two advantages of using observation as a technique.

Ans. Advantages of observation technique

1. It allows behaviour to be seen and studied in its natural setting

2. People from outside or those already working in a setting can be trained to use it

**PART C**

**17. Describe Type-A personality.**

**Ans.** Freidman & Rosenman classified individuals on the basis of psychosocial risk factors.

1. Type A personality individuals seem to possess high motivation, lack patience, feel short of time, be in a great hurry and feel like being always burdened with work. Such people find it difficult to slow down and relax.
2. People are more susceptible to problems like hypertension and coronary heart diseases.
3. The risk of developing CHD with Type A personality is sometimes even greater than the risk caused by high blood pressure, smoking or high cholesterol levels.

**18. State three characteristics of pro-social behaviour.**

**Ans.** Characteristics of Pro Social Behaviour

- Aim to benefit or do good to another person or other person
- Be done without expecting anything in return
- Be done willingly by the person and not because of any pressure
- Involves some difficulty or 'cost' to the persons giving help

(any three points)

**19. Describe crowding tolerance.**

**OR Enumerate the pro-environmental actions that can help protect environment from pollution.**

**Ans.** Crowding Tolerance refers to the ability to mentally deal with a high density or crowded environment, such as a crowded residence.

- People who are used to an environment containing many persons around them develop more crowding tolerance.
- Indians are in general expected to have more crowding tolerance than less populated countries.

OR - Reducing air pollution

- Reducing noise pollution
- Managing disposal of garbage sensibly
- Planting trees and ensuring their care
- Saying no to plastics in any form
- Reducing the non-biodegradable packaging of consumer goods
- Laws related to constructions that violate optimal environmental design

(any six points)

or explanation of any three points

**20. Explain active listening skill of communication.**

**Ans.** Listening may appear to be passive as it involves silence but it is an active process

- It requires a person to be attentive.
- S/he should be patient, non-judgemental and yet have the capacity to analyse and respond.
- Hearing and listening are interlinked. Hearing is a biological activity that involves reception of a message. It is only a part of listening, a process that involves reception, attention, assignment of meaning and listener's response to the message presented

**PART D**

**21. Explain aptitude. Differentiate between aptitude and interest.**

**Ans.** Aptitude –

an individual's underlying potential for acquiring skills

OR combination of characteristics that indicates an individual's capacity to acquire some specific knowledge or skill after training

- An example
- Interest is a preference for a particular activity, aptitude is the potentiality to perform that activity

**22. Explain the psychometric approach to understand intelligence. State two theories based on this approach.**

**Ans.** The psychometric approach considers intelligence as an aggregate of abilities. It expresses the individual's performance in terms of a single index of cognitive abilities

1. Uni / one factor theory
2. Two factor theory
3. Theory of primary mental abilities
4. Hierarchical model of intelligence
5. Structure of intellect model

Brief explanation of any two

**23. Explain mental disorders from socio-cultural perspective.**

**Ans.** According to the Socio cultural model, abnormal behaviour is best understood in light of the social and cultural forces that influence an individual.

1. Socio-cultural factors such as war and violence, group prejudice and discrimination, economic and employment problems etc and rapid social change, put stress on most of us and can lead to psychological problems in some individuals.

2. Certain family structures are likely to produce abnormal functioning in members e.g. families which are over involved with each other have difficulty in becoming independent in life.

Social and professional relationships also play an important role.

3. People who are isolated and lack societal support are likely to become more depressed and remain depressed longer than those who have good friendship.

4. Societal labels and roles assigned to troubled people also cause abnormal functioning  
OR When people break the norms of their society they are called deviant and 'mentally ill' and people may start behaving and living up to these labels.

**24. Explain psychological distress according to behaviour therapy. Describe any one behavioural technique.**

**OR Describe four factors which contribute to the treatment of psychological distress.**

**Ans.** Behaviour therapy – psychological distress arises because of faulty behaviour patterns / thought patterns. Behaviour therapy consists of a large set of specific techniques and interventions. It is not a unified theory. The foundation of behaviour therapy is on formulating dysfunctional / faulty behaviour, the factors which reinforce and maintain these behaviours, devising methods by which they can be changed.

Negative reinforcement and aversive conditioning are the two major techniques of behaviour modification.

OR Treatment of psychological distress

1. Techniques adopted by the therapist and the implementation of the same.
2. The therapeutic alliance.
3. Unburdening of the emotional problems. (catharsis)
4. Non specific factors attributable to the client / patient. (patient –variables) and attributable to the therapist (therapist – variables)

**25. Explain briefly the factors that influence attitude change.**

**Ans.** Factors influencing attitude change

1. Characteristics of the existing attitude – valance, extremeness, simplicity / complexity, centrality
2. Source characteristics
  - credibility
  - attractiveness
3. Message characteristics
  - rational / emotional appeal
  - motive

– mode

4. Target characteristics

– persuasibility

– strong prejudice

– self esteem

– intelligence

(brief explanation of above points)

**26. What are the major determinants of cooperation and competition?**

**Ans.** Determinants of cooperation and competition

1. Reward structure – whether people will cooperate or compete will depend on the reward structure

2. Interpersonal communication – good interpersonal communication will result in cooperation

3. Reciprocity – people feel obliged to return what they get.

(brief explanation of above points)

**PART E**

**27. Explain the concept of personality. Describe the cultural approach to study personality.**

**OR Discuss the observational methods used in personality assessment. What problems are faced in using these methods?**

**Ans.** Concept of personality

- Derived from the Latin word 'Persona' - the mask used by actors in the Roman theatres

Def: Personality refers to our characteristic ways of responding to individuals and situations or any other relevant definitions.

Characteristics of personality (any four)

1. Physical and psychological components

2. Expression in terms of behaviour is fairly unique

3. Main features do not easily change with time

4. Dynamic in nature – some features can change due to internal or external demands.

5. Personality has motivational property

Cultural approach

To understand personality in relation to the features of ecological and cultural environment.

- Role of 'economic maintenance system in origin of cultural and behavioural variations

- Climatic conditions – economic activities, settlement patterns, social structures, division of labour etc.

- All these elements constitute a child's over all learning environment – socialisation practices.

- Any examples

OR Observational method for personality assessment

- Commonly used method for assessment of personality

- Widely applied in clinical psychology

- Explanation of method

Limitations

- Professional training is required

- Psychologist be mature and experienced – proper

- Unbiased observation, time consuming

- Presence of observer may affect the behaviour of the subject (any 3)

**28. Explain stress according to General Adaptation Syndrome (GAS) model, giving examples from everyday life. Describe any one strategy for coping with stress.**

**OR Explain the effect of stress on the immune system. How social support can lead to positive health and well-being? Discuss.**

**Ans.** Hans Selye noticed a pattern of bodily response in response to stressors.

He called this pattern the General Adaptation Syndrome (GAS).

According to him GAS involves three stages.

1. Alarm reaction

2. Resistance

3. Exhaustion

(diag. Pg 59 Fig 3.3 and any relevant example)

Elaborate the points

Coping strategies by Endler & Parker

- Task oriented strategy

- Emotional oriented strategy

- Avoidance oriented strategy

By Folkman & Lazarus

- Problem focussed

- Emotion focussed

(explanation of any one of the strategies. Need not list all)

OR Effects of stress on the immune system

1. Stress can affect natural killer cell cytotoxicity, which is of major importance in the defence against various infections and cancer

2. Reaction of stress with illness (figure)
  3. Psychological stress is accompanied by negative emotions and associated behaviours including depression, hostility, anger and aggression
  4. People under prolonged stress are more prone to irrational fears, mood swings and phobias
  5. Negative moods have been associated with poorer health outcomes
- (explanation of any three points)

Social support – the existence and availability of people on whom we can rely upon, people who let us know that they care about, value and love us.

Perceived support – the quality of social support is positively related to health and well being mostly provided by family and friends.

Social network – the quality of social support is unrelated to well being.

Forms of social support

1. Tangible support – assistance involving material aid such as money etc.
  2. Informational support – by family and friends about stressful events
  3. Emotional support – by supportive friends and family
- (brief explanation of above points)

