PSYCHOLOGY THEORY (037)
SAMPLE PAPER – II

Time: 3 Hours      Maximum Marks: 70

General Instructions:

(i) All questions are compulsory.
(ii) Marks for each question are indicated against it.
(iii) Answers should be brief and to the point.
(iv) PART- A has 10 Learning Checks (very short answer type) carrying one mark each. You are required to answer them as directed.
(v) Questions 11 to 16 in PART- B are Very Short Answer type questions carrying 2 marks each. Answer to each question should not exceed 30 words.
(vi) Questions 17 to 20 in PART- C are Short Answer Type I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
(vii) Questions 21 to 26 in PART- D are Short Answer Type II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
(viii) Questions 27 and 28 in PART- E are Long Answer Type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

PART – A

1. The mental age (MA) of an 8 year old child with an IQ of 110 is ______________ years. (1)

2. An individual is rejected in a job interview, he claims that his present job is better. He is using ______________. (1)
(a) Projection (b) Regression (c) Reaction formation (d) Rationalization

3. A student who believes that he has the ability to excel in sports demonstrates high ________________.
   (a) Self regulation
   (b) Self efficacy
   (c) Self esteem
   (d) Self confidence

4. Frustration results from ________________.
   (a) Incompatibility between two or more needs or motives.
   (b) Blocking of needs and motives.
   (c) Expectations from oneself and others.
   (d) Excessive demands.

5. ‘I can control the weather according to my moods’. This is a statement made by a person suffering from delusion of ____________.
   (a) Persecution
   (b) Reference
   (c) Grandeur
   (d) Control

6. Acceptance of the feelings of the client in therapy is known as
   (a) Empathy
   (b) Sympathy
   (c) Authenticity
   (d) Positive regard for others

7. Fundamental attribution error means explaining the actions of others on the basis of internal causes.
   (a) True (b) false

8. Shortage of resources necessary for living refers to
   (a) Deprivation
   (b) Disadvantage
   (c) Poverty
   (d) Discrimination
9. “Sports do not contribute towards holistic development of an individual“
   (a) True  (b) False
   
10. A collection of people around a roadside performer is an example of a
   (a) Group  
   (b) Crowd  
   (c) Mob  
   (d) Audience

PART B

11. Describe any TWO factors from the Five Factor Model of personality.
   
12. How is personal identity different from social identity?
   
13. What do positive psychologists seek to find?
   
14. Explain the concept of ‘Counseling’.
   
15. How does awareness of human rights empower people to live life with dignity?
   
16. Differentiate between Interpersonal and Intrapersonal communication?

PART - C

17. Illustrate the TWO categories of substance use disorder.
   
18. Elaborate the ABC components of attitude.
   
19. Your region has just witnessed a natural disaster. What would be its emotional impact on the people?  
   OR
   
   You are preparing for an important examination and there is a noisy celebration in your neighborhood. What characteristics of the noise will affect your preparation?
   
20. How can educational Psychology promote effective classroom learning and student motivation?
PART – D

21. What is emotional intelligence? State the characteristics of emotionally intelligent people. (4)

22. ‘Intelligence is the interplay of nature and nurture’. Comment. (4)

23. How is assessment of personality done using indirect techniques? Briefly describe one such technique. (4)

24. Describe any FOUR life skills which you think will help you in meeting the challenges of school life. (4)

OR

How does Selye’s Model relate prolong stress to bodily response? Explain.

25. How is Rational Emotive therapy (RET) used to treat psychological disorders? (4)

26. Suppose you want to bring about a change in the attitude of your peers to make your city greener and cleaner. What factors should be kept in mind while preparing effective message for this purpose? (4)

PART – E

27. Elaborate any THREE psychological models proposed to explain mental disorders. (3X2 = 6)

OR

Describe any THREE behavioral disorders prevalent among Children. (3X2 = 6)

28. What do you understand by the Group? Explain the stages of Group formation.

OR
Why do people conform? How is conformity different from compliance? Explain. (3 + 3 = 6)
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<th>S.No.</th>
<th>Expected Answer / Value Points</th>
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<td><strong>PART B</strong></td>
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<td>11</td>
<td>Five factor Model of personality 1+1=2</td>
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| 12    | Personal identity – attributes of a person that make him/ her different from others.  
(Example – name, a characteristic, a potentiality, a belief)  
Social identity – aspects of a person that link him to a social or cultural group  
Example – Hindu/ Muslim, Urban/ Rural  
(Page 25)  
½ + ½ + ½ + ½ =2 |
| 13    | Positive psychology attempts to systematically study and analyze the positive aspects i.e. strengths and virtues of human beings which are central to life sustaining processes of helping, altruism, cooperation and learning. 2 |
| 14    | • Counseling is a therapeutic and growth process through which individuals are helped to define goals, make decisions and solve problems related to the personal / social/ educational and career concerns.  
• It involves relationship that includes someone taking help 1+1 = 2 |
and someone willing to give help. The counselor is trained.

15 Human rights refer to the basic rights and freedoms to which all humans are entitled.

They include rights such as right to life and liberty, freedom of expression, equality before law and social, cultural and economic rights, including the right to participate, right to work, right to education. All these rights empower people to live a more dignified life.

16 Intraperonial communication involves communicating with you. It includes thought processes, personal decision making and focusing on self.

Interpersonal communication refers to the communication that takes place between two or more persons who establish a communicative relationship. It includes face to face or mediated conversations, interview and small group discussions.

17 Participant observation –
- Variation of the method of naturalistic observation
- Observer becomes an active member of the setting
- Widely used by anthropologists

(Part of 181)

PART C

18 Substance dependence – intense craving for the substance addicted to.
- Shows tolerance, withdrawal symptoms and compulsive drug taking
- The substance is psychoactive – can change mood, thinking processes and consciousness

Substance abuse – recurrent and significant consequences of use of substances
- Damage to family, social relationship, poor work performance and physical hazards.
- Alcohol, cocaine, heroin are common substances abused

(Part 84)

19 ABC components –
- Affective – emotional
- Behavioral – tendency to act
- Cognitive – thought component

(Brief explanation of each)

(Part 108-109)

20 Educational psychology focuses on the study of learning outcomes, student attributes and instructional processes related to
Effective classroom learning can be promoted by emphasizing the role of the teacher and focusing on active teaching, lesson organization, assessing and monitoring work and providing feedback. It also involves carrying classroom learning to outside situations.

Motivating students is concerned with violation or will that student bring to task, their level of interest and intrinsic motivation, the personally held goals that guide their behavior and their belief about the causes of their success or failure.

1½+1½

PART D

21 Emotional Intelligence

Either

• is a set of skills that underlie accurate appraisal, expressions, and regulation of emotions. It is the feeling side of emotions.

OR

• it is the ability to monitor one’s own and others emotions, to discriminate among them, and to use the information to guide one’s thinking and actions

Characteristics of emotionally intelligent

• Perceives and is sensitive to own feelings and emotions.
• Perceives and is sensitive to various types of emotions in others by noting their body language, voice and tone and facial expressions.
• Relates emotions to thoughts, so that the person can take them into account while solving problems and taking decisions.
• Controls and regulates one’s emotions.
• Understands the powerful influence of the nature and intensity of ones emotions and their expressions while dealing with self and others to achieve harmony and peace

(Page 17)

½ x 5
=2 ½
The interplay of nature and nurture refers to the role of heredity and environment in determining intelligence.

### Role of nature

- **Study on identical twins**
  - reared together: Correlation (.90)
  - reared apart: (.72)
  - fraternal twins reared together: (.60)
  - siblings reared together: (.50)
  - siblings reared apart: (.25)

- Studies of adopted children’s intelligence show more similarity to their biological parents.

### Role of nature

- As children grow, their intelligence level moves closer to their adoptive parents.
- Environmental deprivation lowers intelligence, while enriched environment increases level of intelligence.

Hence heredity sets the range within which an individual’s intelligence is shaped by support and opportunities of the environment. (Page 10)

### Projective Techniques

- **Indirect method of assessment**
- Psychoanalytical theory – developed to assess unconscious motives and feelings
- Projection on unstructured stimuli
- Qualitative analysis of projections by trained professionals
- Each response is considered to reveal a significant aspect of personality
- Scoring and interpretation are subjective and lengthy

(Any four of the above)

Some well known projective techniques

- Rorschach Inkblot Test
- Thematic Apperception Test (TAT)
- Rosenzweig’s Picture – Frustration study (PF – Study)
- Sentence Completion Test
- Draw a person Test

(Description of any one of the above) (page 43, 44, 45, 46)

### Life skills important in school life for more adaptive and positive behaviour are:

- Assertiveness
- Time Management
- Rational thinking
- Improving relationship

1 x 4 = 4
• Self care
• Overcoming Unhelpful Habits
(Explanation of any four)
(page 64)

OR

GAS – General Adaptation syndrome by Hans Selye

3 stages –
1. Alarm Reaction
2. Resistance
3. Exhaustion
(Briefly explain them)
(page 59)

figure on page 59 (fig. 3.3) NCERT

25. RET- Rational Emotive Therapy was formulated by Albert Ellis to locate the cause of Psychological distress in irrational thoughts and beliefs.

• ABC analysis
  A- Antecedent
  B- Belief
  C-Consequence

1 ½

• Example
1 ½

• Use the process of non-directive questioning.
1

• Rational belief system replaces the irrational belief system and there is a reduction in Psychological distress
1

1+1½+1½ = 4

26. Message characteristics:
• Rational as well as emotional appeal e.g. scientifically correct information and charged with emotion).
• Relevant motives activated (e.g. sense of pride in your city or self preservation)
• Mode of spreading the message
  (e.g. Mass media and plays, competitions, poster making, slogans)
(page 115, 116)

1+1+1+1 = 4

Example
(Page 115,116)
PART E

27. Psychological models (listing)
   • Psychodynamic
   • Behavioral
   • Cognitive
   • Humanistic – existential
   • (Detailed explanation of any three, Rationale of the model is required)
   • (page 74, 75)

   OR

   Behavioral disorders prevalent amongst children
   • Attention – Deficit Hyperactivity Disorder (ADHD)
   • Conduct – Disorder
   • Separation Anxiety Disorder
   (Symptoms of each one)
   (page 82, 83)

28. Group : Meaning
   Explanation of all the stages of Group formation
   1. Forming (formation)
   2. Storming (conflict)
   3. Norming (stabilization)
   4. Performing (performance)
   5. Adjourning (dismissal)
   (Page 133, 134)

   OR

   People conform as
   1) it allows people to function more smoothly (by adhering to norms)
   2) behaving in a different way may lead to disapproval
   3) the norm is seen as reflecting views and beliefs of the majority (which is more likely to be right)

   Difference between conformity and compliance on the basis of –
   1) meaning
   2) major difference – conformity is based on norms whereas compliance is based on request.

   Conformity takes place due to normative or informational influences where as compliance is obtained by using any of these
techniques.

- Foot in the door
- Deadline
- Door in the face

(page 142, 143)