



**ST. MARGARET SR. SEC. SCHOOL
MID TERM EXAMINATION 2023-24
PSYCHOLOGY**

**CLASS XII
SAMPLE PAPER**

Time: 3 Hr.

M.M: 70

GENERAL INSTRUCTIONS:

All questions are compulsory except where internal choice has been given.

- 1. Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.**
- 2. Question Nos. 16-21 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.**
- 3. Question Nos. 22-24 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.**
- 4. Question Nos. 25 - 28 in Section D are long answer type - I questions carrying 4 marks each. Answer to each question should not exceed 120 words.**
- 5. Question Nos. 29-30 in Section E are long answer type - II questions carrying 6 marks each. Answer to each question should not exceed 200 words.**
- 6. Question Nos. 31 – 34 in Section F are based on two cases given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.**

SECTION A

- Q 1.....is a dynamic situation- Specific reaction to stress.
- a. Positive reaction**
 - b. Coping**
 - c. Conflict resolution**
 - d. Meditation**
- Q 2. The latest system of clarification of psychological disorder is...
- a. WHO**
 - b. DSM-V**
 - c. DSM-III R**
 - d. ICD-9**
- Q 3. Sternberg's experiential intelligence includes ____
- a. The ability to learn from past**
 - b. The ability to manipulate people's opinions**
 - c. Creative Problem solving**
 - d. Basic academic skill**
- Q 4. In the question given below there are two statements marked as Assertion (A) and Reason (R) . Read the statements and choose the correct options.

Assertion (A) A person who has strong aggressive tendencies may see other people as being excessively aggressive towards him/her.

Reason(R) People adopt an ego defense mechanism called projection in which they attribute their own traits to others.

Codes

- a. Both A and R are true and R is the correct explanation of A
- b. Both A and R are true, but R is not the correct explanation of A
- c. A is true, but R is false
- d. A is false, but R is true

Q 5. According to psycho-analytic theory, the sexual energy that underlines the biological based urges is called the...

- a. Ego
- b. Libido
- c. Defense mechanisms
- d. Oedipus

Q. 6. If a person has the skill of understanding the motives, feelings and behavior of other people he/ she is said to have

- a. Interpersonal intelligence
- b. Intrapersonal intelligence
- c. Linguistic intelligence
- d. Social intelligence

Q 7. Galen elaborated on the role of four humours in personal character and temperament. According to him the material world is made up of four elements

- a. Earth, fire, sky, water
- b. Earth, air, sky, water
- c. Earth, air, fire, water
- d. Earth, sky, air, fire

Q 8. In the question given below there are two statements marked as Assertion (A) and Reason (R) . Read the statements and choose the correct options.

Assertion (A) Psychological stress is the stress that we generate for ourselves in our minds.

Reason(R) These psychological stresses do not have any impact on our psychological being.

Codes

- a. Both A and R are true and R is the correct explanation of A
- b. Both A and R are true, but R is not the correct explanation of A
- c. A is true, but R is false
- d. A is false, but R is true

Q 9. While paying bills, Jen was suddenly overwhelmed by anxiety. Her heart pounded: she felt like she couldn't breathe, and she became dizzy. This was most likely

- a. a panic attack
- b. a dissociative episode
- c. a manic episode
- d. a generalised anxiety episode

Q 10. Someone with an IQ of 30 who shows difficulty in taking care of himself would be classified as

- a. Mild intellectual deficiency
- b. Moderate intellectual deficiency
- c. Severe intellectual deficiency
- d. Profound intellectual deficiency

Q 11. The Trigunas are

- a. Vata, Pitta, Kaph
- b. Pitta, Rajas, Sattva
- c. Sattva, Rajas, Tanas
- d. Kapha, Mastva, Pitta

Q 12. According to Freud what is the function of ego:

- a. To boost a person's self confidence
- b. To push for the fulfilment of one's self interest
- c. To mediate between impulsive drives and the moral conscience.

Q 13stem from beliefs based upon expectations from inside us, such as, 'I must do everything perfectly '.

- a. **Conflict**
- b. **Frustrations**
- c. **Social Pressure**
- d. **Internal pressure**

Q 14. The coping strategies given by Endler and Parker is _____

- a. **Task oriented and Emotional- oriented**
- b. **Avoidance- oriented, task- oriented and emotional- oriented**
- c. **Problem- focused and emotional- focused**
- d. **None of the above**

Q 15. 16 Personality Factor questionnaire was developed by---

- a. **Cattell**
- b. **Allport**
- c. **McKinley**
- d. **Morgan**

SECTION B

Q 16. Define Emotional intelligence.

OR

What is mental age?

Q 17. Explain biofeedback.

Q 18. What are delusions?

Q 19. What is Libido?

Q 20. Define distress.

Q 21. Explain the term social identity.

SECTION C

Q 22. Shamin is a spiritual leader who possesses a particular type of intelligence as explained by Howard Gardner. Identify the intelligence and give reasons for your answer.

OR

Creativity is not just limited to a selected few, an ordinary person can also be creative". Illustrate this statement with suitable examples.

Q 23. Individuals differ in the coping strategies. that they use to deal with stressful situations. Justify this statement highlighting various coping strategies.

Q 24. State the characteristics of individual with Type-A personality

SECTION D

Q 25. To deal effectively with the environment, the individuals must possess the right life skills. Explain any four of these life skills.

Q 26. Sachin is in his infancy. Even during his infancy and early childhood, he is showing characteristics like larger attention span, good recognition memory, preference for novelty, sensitivity to environmental changes, and early appearance of language skills. How can you explain such a child?

OR

Differentiate between culture- faire and culture biased test.

Q 27. How does Freud explain the structure of personality?

Q 28. Describe the defining symptoms of oppositional defiant disorders and conduct disorders.

SECTION E

29. All of us go through anxiety at some point in our lives. At what stage does anxiety become a disorder? Explain its types.

OR

Describe the different psychological models used to explain mental disorders.

Q 30. Enumerate the different ways of coping with stress.

SECTION F

Read the case and answer the questions that follow

Harish belonged to a family of four children, him being the eldest. Unlike any first born, he was not given the attention he should have had. His father worked as an accountant, while his mother stayed at home to look after the kids. He dropped out of school and could barely manage to get work for a little salary. His relationship with his family played an important role in building his disposition. He felt a certain feeling of insecurity with his siblings, especially his brother Tarun, who was able to finish college because of parental support. Due to the hopelessness Harish felt, he started engaging in drinking alcohol with his high school friends. Parental negligence caused emotional turmoil. He also had insomnia which he used as a reason for drinking every night. Over time, Harish had to drink more to feel the effects of the alcohol. He got grouchy or shaky and had other symptoms when he was not able to drink or when he tried to quit. In such a case, the school would be the ideal setting for early identification and intervention. In addition, his connection to school would be one of the most significant protective factors for substance abuse. His school implemented a variety of early intervention strategies which did not help him as he was irregular and soon left school. Some protective factors in school would be the ability to genuinely experience positive emotions through good communication.

Q 31. It has been found that certain family systems are likely to produce abnormal functioning in individual members. In the light of the above statement, the factors underlying Harish's condition can be related to model.

- (A) Humanistic (B) Behavioural
(C) Socio-cultural (D) Psychodynamic

Q 32. Over time, Harish needed to drink more before he could feel the effects of the alcohol. This means that he built a tolerance towards the

- (A) Withdrawal (B) Tolerance
(C) Stress inoculation (D) All of the above

Q 33. He got grouchy or shaky and had other symptoms when he was not able to drink or when he tried to quit. This refers to

- (A) Low willpower symptoms. (B) Addiction symptoms
(C) Withdrawal symptoms (D) Tolerance symptoms

Read the case and answer the questions that follow.

Helen is a 28-year-old chemistry student who sought therapy for intense anxiety. She could not attend the lectures or enter the lecture theatre (lecture theatre phobia). She could not concentrate, study for the exams or sit an exam. She avoided getting close to the University and she also avoided anything relevant to the University. She was not able to decide whether she wanted to gather degree or

not. She was in a general state of anxiety about anything. She wanted to be perfect in everything and she worried about other people's criticism. She would think about University all the time. Thus, she was not able to enjoy herself and was always sad. She avoided being with people and finally avoided crowded places. As far as her physiological complaints are concerned, it appeared that Helen suffered from: Permanent headache, Insomnia, Stomachache, Fatigue, Loss of energy, Drowsiness, Clenching of teeth while she slept that resulted in pain. The result of all the above was that she felt anxious, disappointed and melancholic.

Q 34. What do you understand by the term anxiety? In the above case, Helen is suffering from which type of anxiety? (1+1)

Q 35. Which of the following is not true with respect to examination anxiety? (1)

- (a) Examination stress has been characterised as 'evaluative apprehension'.
- (b) High test anxious students respond to examination stress with intense emotional reactions and negative thoughts about themselves.
- (c) Anxiety around examinations is always negative and doesn't help,
- (d) Examination anxiety produces debilitating behavioural, cognitive and physiological effects.