



Delhi Public School, Howrah

PRE-BOARDS EXAMINATION (2024-2025)

Class-XII

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PSYCHOLOGY (037)

Time Allowed: - 3 Hours

Maximum Marks - 70

General Instructions:

- I. All questions are compulsory except where internal choice has been given.
- II. Question Nos. 1 -14 in Section A carry 1 mark each.
- III. Question Nos. 15-19 in Section B are Very Short Answer Type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- IV. Question Nos. 20-23 in Section C are Short Answer Questions Type-II carrying 3 marks each. Answer to each question should not exceed 60 words.
- V. Question Nos. 24-27 in Section D are Long Answer Type I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- VI. Question Nos. 28-29 in Section E are Long Answer Type II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- I. Question Nos. 30-33 in Section F are based on two cases given. The answer to each one-mark question should not exceed 20 words. The answer to each two-mark question should not exceed 30 words.

| Q.NO | SECTION A | MARKS |
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| 1 | Kusum, a 15-year-old girl, has been bingeing on large quantity of food, more than what most people of her age would eat. She, then, engages in purging behaviour as often as 3 or 4 times a week. She feels, as if, she has no control over it. She is most likely to be suffering from _____. a. Anorexia nervosa b. Eating disorder not otherwise specified c. Binge eating d. Bulimia nervosa | 1 |
| 2 | The stage in which group members meet and there is a great deal of uncertainty about the group, the goal, and how it is to be achieved. The stage is called _____. a. Storming b. Forming c. Storming d. Adjourning | 1 |
| 3 | Which one of the following is <i>true</i> for personality assessment? i. A person's behaviour in a variety of situations can provide us with meaningful information about his/her personality. ii. Indirect techniques can be scored in an objective manner. iii. Direct methods of personality assessment cover the unconscious part of our behaviour. iv. Psychological testing requires great skill and training. Options: a. i and iii b. i and iv c. ii and iii d. ii and iv | 1 |

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| 4 | <p>Assertion (A): The group that is the target of prejudice is sometimes responsible for continuing the prejudice.</p> <p>Reason (R): Kernel of truth portrays members of this target group behaving in a manner that proves the prejudiced description to be true.</p> <p>a. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion(A).</p> <p>b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).</p> <p>c. Assertion(A) is true but Reason (R) is False.</p> <p>d. Assertion(A) is false but Reason (R) is True.</p> | 1 |
| 5 | <p>At the rehabilitation centre, Megha's psychotherapist administers _____ to improve the basic functions of her attention and memory.</p> <p>a. Social skills training</p> <p>b. Vocational training</p> <p>c. Cognitive retraining</p> <p>d. Occupational therapy</p> | 1 |
| 6 | <p>Which one of the following statements describes a crowd?</p> <p>a. The members have complementary skills and are committed to a common goal.</p> <p>b. Only the leader is responsible for the work.</p> <p>c. Collection of people who may be present at a place by chance.</p> <p>d. Polarisation in attention and actions of persons are in common direction.</p> | 1 |
| 7 | <p>Who defined stress as "the non-specific response of the body to and demand?</p> <p>a. Lazarus</p> <p>b. Hans Selye</p> <p>c. Holmes and Rahe</p> <p>d. None of the above</p> | 1 |
| 8 | <p>Some traits often get associated strongly with the name of the person and derive an identity by itself such as the 'Gandhian' or 'Hitlerian' trait. Identify the trait.</p> <p>a. Cardinal</p> <p>b. Central</p> <p>c. Secondary</p> <p>d. Surface</p> | 1 |
| 9 | <p>Find out the IQ of a 14 years old child with the Mental Age (MA) of 16.</p> <p>a. 114</p> <p>b. 96</p> <p>c. 110</p> <p>d. 16</p> | 1 |
| 10 | <p>Which of the following statements is/are true about the diathesis-stress model?</p> <p>i. Presence of some biological aberration which may be inherited.</p> <p>ii. Physiological disorders develop due to combination of predisposition and stressors.</p> <p>iii. Diathesis may carry vulnerability to develop a psychological disorder.</p> <p>iv. Absence of pathogenic stressors may lead to psychopathology.</p> <p>a. Only (i) is true</p> <p>b. (i) and (iii) are true</p> <p>c. Only (iii) is true</p> <p>d. (ii) and (iv) are true</p> | 1 |
| 11 | <p>Assertion (A): According to cognitive therapy, childhood experiences provided by the family and society develop core schemas in the child which include beliefs and action patterns in individual.</p> <p>Reason (R): In this therapy, irrational beliefs mediate between antecedent events and their consequences.</p> <p>a. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of</p> | |

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| | <p>Assertion(A).</p> <p>b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).</p> <p>c. Assertion(A) is true but Reason (R) is False.</p> <p>d. Assertion(A) is false but Reason (R) is True.</p> | |
| 12 | <p>_____ is a reduction in individual effort when working on a collective task, i.e. one in which outputs are pooled with those of other group members.</p> <p>a. Groupthink</p> <p>b. Group cohesiveness</p> <p>c. Social loafing</p> <p>d. Social facilitation</p> | 1 |
| 13 | <p>The concept of balance as proposed by Fritz Heider states that balance is found when_____.</p> <p>a. All three sides of the P-O-X triangle are negative.</p> <p>b. Two sides of the P-O-X triangle are negative, and one side is positive.</p> <p>c. Two sides of the P-O-X triangle are positive, and one side is negative.</p> <p>d. There is a state of cognitive dissonance.</p> | 1 |
| 14 | <p>Kartika, a 10-year-old girl, was diagnosed with a disorder where she has difficulty in perceiving and processing information accurately and efficiently. This impact her basic skills of reading, writing and doing mathematics. Identify this disorder.</p> <p>a. Autism spectrum disorder</p> <p>b. Intellectual disability</p> <p>c. Specific learning disorder</p> <p>d. Attention-deficit hyperactivity disorder</p> | 1 |
| SECTION B | | |
| 15 | <p>In India, Mallick and Joshi have developed the Jodhpur Multiphasic Personality Inventory (JMPI). Which test has it been adapted from? Explain its most important use.</p> | 2 |
| 16 | <p>Kaveri's response to a stressful situation largely depends upon the way she perceives events and how she interprets or appraises them. Do you agree with this statement with reference to Lazarus' theory? State a reason for your answer.</p> | 2 |
| 17 | <p>Mili recently became a member of the "Teach a Child" foundation. She could fulfil her desire to help a child build a future. She does her job very efficiently. Why do you think she joined the group?</p> | 2 |
| 18 | <p>Do you think intelligence is an interplay of nature and nurture? Support your answer with one evidence for each.</p> | 2 |
| 19 | <p>State two limitations of observation as a method to evaluate personality.</p> | 2 |
| SECTION C | | |
| 20 | <p>Ratan has recently shifted to Vellore for higher studies and have been busy settling him in the new city. He misses his friends back in Nagpur and this has impacted his academic performance. What do think is the source of this adverse impact? State some other sources which might cause stress.</p> <p style="text-align: center;">OR</p> <p>Nitu has faced a lot of mishaps in her life in the recent past. However, she shows low level of physiological effects, such as any major illness despite high level of stress. What make individuals like Nitu resistant to stress?</p> | 3 |
| 21 | <p>"Shyam believes that he should be loved by everybody all the time. Most of his beliefs, have a "must and should" component. When things don't go his way, he feels distressed. What therapy can you suggest that will suitably help him to think more rationally and make him feel better? Discuss the therapy.</p> | 3 |
| 22 | <p>Javed, an artist, is a happy, self-fulfilled and fully functioning person. He holds exhibitions of his artwork which is always appreciated by all the visitors. How will Carl Rogers explain Javed's personality?</p> | 3 |

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| 23 | Ishika is a forty-five years old female who complains of difficulty in breathing and other body-related symptoms. On being examined, the doctors were unable to find any medical explanation for her reported symptoms. Explain this disorder and discuss its various types. | 3 |
| SECTION D | | |
| 24 | Mr X. is a psychologist. He prefers using projective techniques to assess his patients' personalities. What are the chief features and benefits of using these assessment methods, when compared to the direct methods? | 4 |
| 25 | Mr Sharma never paid heed to his wife's advice of doing physical exercise daily in the morning. But one day when he saw his favourite movie star advocating the importance of regular exercise, he started exercising daily. Identify the characteristics of the source as well as the target that brought about a change in his attitude. | 4 |
| 26 | A doctor observed patients with various injuries and illnesses for varied durations in hospitals. He noticed a similar pattern of bodily response in all of them. Based on these observations he put forth a model explaining the pattern of bodily responses that an individual experiences while under prolonged stress. Identify this doctor? Elaborate the model put forth by him. | 4 |
| 27 | Sekha is born and nurtured in a society which is technologically advanced. Discuss the intelligence that is acquired by her. Is it likely to be tuned by the cultural factors? Give reasons to support your answer. | 4 |
| SECTION E | | |
| 28 | Sati is a young girl working as an officer in an organisation. One day she just disappeared from the city and after two years she was found on the banks of a river. Nobody there knew who she was and where she had come from. But, one day she suddenly 'woke up' and wanted to know how she had reached the banks of the river. Explain this disorder and list the other disorders in the same category. OR Medha, a typically quiet four-year-old girl, exhibited sudden and unusual behaviour by painting the walls green and attributing it to her friend named Janvi. Over the past week, she has been spending time in her room, engaging in conversations with this imaginary companion even sharing food and carrying out chores as per her friend's instructions. Does Medha's behaviour fit into the definition of 'abnormality'? Justify your claim with the help of the 4 Ds. What categorize would you assign to her behaviour? | 6 |
| 29 | Intelligence is considered as an aggregate of abilities as well as an aggregate of processes. Analyse the statement and support your answer with proper explanation of both the notions. Discuss any 3 theories on intelligence in accordance to your above explanation. OR Gitika is of average intelligence but is high on ability to appraise, express and regulate her emotions. Identify the intelligence that she exhibits and state any 3 characteristics of such types of individuals. Why do you think it is receiving so much attention these days? Suggest some ways to enhance this kind of intelligence of students in schools. | 6 |
| SECTION F | | |
| Read the case and answer the following questions: | | |
| CASE A | | |
| Kuldeep is a 34-year-old man who had a history of prolonged depression and was referred for therapy. He described being overwhelmed with feelings of sadness, hopelessness, and worthlessness, which in turn had significantly affected his personal and vocational life. Kuldeep's childhood was not quite smooth as one might say, which included his father being neglectful and his mother being emotional abusive. During childhood, he started internalizing feelings of being unwanted, inadequate and worthless. He magnified his flaws and turned his face away from his strengths. He involved in self-critical thoughts manifested statements such as "I'm a failure," "I'll never be happy," and "Nobody cares about me." These distorted thoughts reinforced his feelings of hopelessness and contributed to his ongoing depressive state. | | |

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| 30 | What do you think are the core beliefs developed during Kuldeep's childhood? | 1 |
| 31 | Which therapy would be most suitable to reduce Kuldeep's distress? Give reason for your answer. | 2 |
| | <p>CASE B</p> <p>There is a secret to having children with a good attitude towards school. It's for you, the parent, to have a great attitude towards school. This connection isn't just common sense. It's confirmed in a review of several years of educational research. For example, if children observe their parents and other adults sharing stories from their college years, the children absorb the message that education is important and something they'll eventually look back on as both fun and valuable.</p> <p>Harris and Robinson also found that many Asian families, regardless of financial status, still communicate the value of education to their children.</p> <p>You do not have to live in a rich neighbourhood or spend your weekends hanging out with highly de-greed scholars to let your children know that education can bring financial and social benefits.</p> | |
| 32 | Identify the factor that influences attitude formation in the above passage. | 1 |
| 33 | "If children observe their parents and other adults sharing stories from their college years, the children absorb the message that education is important and something they'll eventually look back on as both fun and valuable". Which two processes of attitude formation can be identified here? | 2 |