



Delhi Public School, Howrah

PERIODIC TEST III (2024-20245)

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 is a Long Answer Type II question carrying 6 marks. Answer to this 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
1	Vikash is 15 years old. He has marked difficulty making eye contacts while interacting, since his childhood. He also engages in typical hand flapping behaviour. He is suffering from _____. a. Impulsivity b. Autism c. Alogia d. Hyperactivity	1
2	A group was put together to organize the Annual Day program in a school. At a particular stage, there was a lot of difference of opinions and conflicts in the group. Identify this stage and the stage that is likely to follow it. a. The group was at storming stage followed by the norming stage. b. The group was at norming stage followed by the forming stage. c. The group was at storming stage followed by the performing stage. d. The group was at forming stage followed by the norming stage.	1
3	The self that values family and social relationships is referred to as ____ self. i. Personal ii. Social iii. Familial iv. Relational Options: a. i and iii b. ii and iii c. iii and iv d. i and iv	1

4	The 'P-O-X' triangle, which represents the relationship between person, another person and attitude object was proposed by - a. S.M. Mohsin b. Festinger c. Fritz Heider d. Bernard Weiner	1
5	Assertion (A): Systematic desensitization is done in case of phobia. Reasoning (R): In this case of exposure therapy, the client is slowly and gradually exposed to their fear object to eliminate the phobia in a systematic manner. 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.	1
6	Collection of people who have assembled for a special purpose, maybe to watch a movie is called a/an _____. a. team b. mob c. audience d. crowd	1
7	Piu scrolls through her mobile phone for hours when she feels stressed due to her pending assignments in school. According to Endler and Parker she is using _____ strategy of coping. a. Task oriented b. Emotion oriented c. Problem oriented d. Avoidance oriented	1
8	People who are anxious, moody and restless are _____ in personality. a. Neurotic b. Psychotic c. Emotionally stable d. Introverted	1
9	According to Gardner's theory of Multiple Intelligences, individuals high on which type of intelligence portrays sensitivity towards sounds and vibrations? a. Linguistic b. Naturalistic c. Musical d. Bodily-Kinaesthetic	1
10	Which of the following statements is not true about coping with stress? a. It is set of concrete response to stressful situations/events that are intended to resolve the problem and reduce stress. b. People who cope poorly with stress have high level of natural killer cell cytotoxicity. c. Coping is a dynamic situation specific reaction to stress. d. Individuals show similarity in coping strategies that they use to deal with stressful situations.	1
11	The rapid breathing technique to induce hyperventilation is a part of ____ yoga. a. Sudarshana Kriya b. Pranayama c. Kundalini d. Astanga	

12	Vivek's team has won the football match from his school. Rakesh and his team, are weak and too small in number. Vivek often portrays frustration and negative attitude towards Rakesh's team. This is an instance of ____.	1
	a. Scapegoating b. Learning c. Stereotyping d. Ingroup bias	
13	Assertion (A): Cognitive consistency means that two components in an attitude system must be in the opposite direction. Reason (R): If the two elements are not logically in consonance with each other, it leads to distress in the individual.	1
	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.	
14	Kapil shows loss of interest in his hobbies, he is having constant problem getting sleep at night. He exhibits guilt and prefers to stay alone in his room. What do you think his symptoms indicate?	1
	a. Somatoform disorder b. Major Depressive Disorder c. Obsessive Compulsive Disorder d. Generalized Anxiety Disorder	
SECTION B		
15	Direct methods of personality assessment fail to provide us with a real picture of an individual's personality. This limitation is overcome by using methods of assessment like projective techniques. Discuss any 2 significances of projective techniques.	2
16	Ritika uses imagery and imagination to reduce her stress levels. Identify the technique being used by Ritika. State one more technique that she can use apart from the one she presently uses.	2
17	A group of 30 students was instructed by the class teacher to complete the task of decorating the classroom boards. However, it was brought to the notice of the teacher that not everyone was participating and putting in effort. Identify and briefly explain the phenomenon being described above.	2
18	What is Cognitive Assessment System (CAS)?	2
19	Mother Teresa believed that she had a mission to fulfil and did what came natural to her, loving others and serving them. Identify the trait being referred to here by Gordon Allport. State the other traits proposed by Allport.	2
SECTION C		
20	Individuals differ in the coping strategies that they use to deal with stressful situations. Justify this statement highlighting various coping strategies. OR Muskan is confident in saying 'no' to a request that she cannot fulfil. She is also able to organise her work and not procrastinate it. Explain the life skills exhibited by her.	3
21	Amit has been feeling anxious and depressed. He is convinced that no one loves him and that it would be very difficult for him to succeed. How will Beck's cognitive therapy help him deal with his negative thoughts?	3

22	The Birhors, a tribal community largely lead a nomadic life depending on hunting and gathering. How will this lifestyle influence the personality development of children from this community?	3
23	The classification of psychological disorders is important. Justify the statement and explain the two classification schemes.	3
SECTION D		
24	Suman's psychologist used a technique of personality assessment that required visualizing images based on abstract inkblots, story writing around pictures and completion of sentences etc. Identify and describe the techniques being referred to here.	4
25	Khushi believes in the importance of regular exercise in order to maintain a healthy mind and body. Despite this belief, she rarely engages in any form of physical activity. With respect to this instance, explain the reasons for the lack of consistency between her attitude and behaviour.	4
26	Mona was questioned by her manager when her performance started to decline. She admitted that her appetite was somewhat disrupted and she could not get proper sound sleep at night. Moreover, she got easily distracted and random thoughts came to her mind while she sat down for work and this was followed by a feeling of being overburdened. Identify the effects of stress being indicated here. Briefly explain them.	4
27	Subha, in a test for intelligence scored an IQ of 136. He wrote a novel at the age of 16 and was recently awarded the title for the 'Most Innovative Author'. Will he be identified as gifted or talented? Elaborate on giftedness and its characteristics.	4
SECTION E		
28	Priti's grandmother experiences extreme distress and constantly complains of insects crawling over her body. She engages in the act of picking on her skin throughout the day. Identify the disorder and the symptom Priti's grandmother is experiencing. Explain the positive and negative symptom of this disorder in details. OR Kritika a junior in college was getting all A's in her classes, working in her spare time as a research assistant in a psychology laboratory and had a lot of friends and a 2-year relationship with a guy of her dreams. Things soon changed when her boyfriend unexpectedly told her that he was leaving her for someone else. Following her initial shock and rage, she began to have uncontrollable crying spells and doubts about her relationship and even her abilities in classroom and laboratory. Her spirit rapidly sank and she began to spend more time in bed, refusing to talk, increased alcohol consumption. Within weeks, her grades plummeted due to her inability, or refusal to attend classes. She had terrible mood swings and considered her as a failure in life. Finally, her parents intervened and took her to a psychologist. From the given case study, what diagnosis would have the psychologist given for Kritika? Explain notable cause and symptoms to support your answer. How is the above condition different from bipolar disorder?	6
29	Explain the role of assessment in understanding psychological attributes. Describe the key features of any four methods used for psychological assessment. OR Define intelligence. Elucidate the PASS model of intelligence. Name a test battery for measuring intelligence developed based on the model mentioned above.	6
SECTION F		

Read the case and answer the following questions:

CASE A

Gill, a 6-year-old first grader, was brought to a psychological clinic by his parents because he hated school and because his teacher had told them that his showing off was disrupting the class and making him unpopular. It became apparent in observing Gill and his parents during the initial interview that both his mother and his father were non-critical and approving of everything Gill did. After further assessment, a three-page program of therapy was undertaken:

- (1) Gill's parents were helped to discriminate between showing-off behaviour and appropriate behaviour on Gill's part.
- (2) They were instructed to ignore Gill when he engaged in showing-off behaviour while continuing to show approval of appropriate behaviour.
- (3) Gill's teacher was also instructed to ignore Gill, as it was feasible when he engaged in showing-off behaviour and to devote her attention at those times to children who were behaving more appropriately.

Although Gill's showing off in class increased during the first few days of this behaviour therapy program, it diminished markedly after his parents and teacher no longer reinforced it. As his maladaptive behaviour diminished, he was better accepted by his classmates. This helped reinforce more appropriate behaviour patterns and changed Gill's negative attitude toward school.

30	What behaviour therapy was used in Gill's case?	1
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31	What are positive and negative reinforcements?	2
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CASE B

Suppose a group of people in your neighbourhood start a tree plantation campaign as part of a 'green environment' movement. Based on sufficient information about the environment, your view towards a 'green environment' becomes positive. You feel very happy when you see greenery. You feel sad and angry when you see trees being cut down. You also start actively participating in the tree plantation campaign.

32	What are the ABC components of attitude?	1
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33	Identify the ABC components of attitude from the above passage.	2
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