Delhi Public School, Howrah

PERIODIC TEST III (2025-2026)

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:

- All questions are mandatory unless specified otherwise.
- Section A (Q1-14): Each question carries 1 mark. Answer as directed.
- Section B (Q15-19): Very Short Answer Type-I questions, 2 marks each. Word limit for each question is 30 words.
- Section C (Q20-23): Short Answer Type-II questions, 3 marks each. Word limit for each question is 60 words.
- Section D (Q24-27): Long Answer Type-I questions, 4 marks each. Word limit for each question is 120 words.
- Section E (Q28-29): Long Answer Type-II questions, 6 marks each. Word limit for each question is 200 words.
- Section F (Q30-33): Case-based questions. One-mark questions: Word limit for each question is 20 words; Two-mark questions: Word limit for each question is 30 words.
- There is no overall choice. However, internal choices have been provided in some questions. A student has to attempt only one of the alternatives in such questions.

SECTION A

1. Rakhi is praised for her excellent memory skills, but she struggles in mathematics despite repeated practice. Her teacher says, that this reflects individual differences in intelligence. Which concept of intelligence does this case highlight? 1

(A) Emotional intelligence
(B) Creative intelligence
(C) Multiple intelligence
(D) Practical intelligence

2. During a group project, Satbir analyzed the data logically while his friend Kusum generated unique presentation ideas. Their teacher appreciated both equally. Identify the types of intelligences represented by Satbir and Kusum respectively, in accordance to Sternberg's Triarchic theory. 1

(A) Practical, experiential
(B) Componential, experiential
(C) Contextual, componential
(D) Componential, contextual

3. Mohan describes himself as helpful, punctual and hardworking. He also says that he likes dancing and painting. The two aspects of self portrayed here are ____ and ____. 1

(A) Personal self, social self
(B) Real self, ideal self
(C) Personal self and ideal self
(D) Personal self and professional self

4. Rimpi, a class XII student, has always been sincere in her studies. With the board examinations approaching, she feels that her heartbeat increases and she starts sweating profusely whenever she sits to revise. Yet, she uses this nervousness to stay alert and prepare better. Her parents notice that despite this arousal, she completes her study targets regularly. What type of stress is she experiencing in this 1

situation?
(A) Chronic stress
(B) Eustress
(C) Distress
(D) Traumatic stress

5. For the past 6 weeks, Loveleen has been feeling restless and fearful without any obvious reason. She often reports a racing heartbeat and difficulty in concentrating on her studies. Despite her efforts, she cannot control these episodes. Which psychological disorder is Loveleen most likely suffering from? 1
(A) Depression
(B) OCD
(C) GAD
(D) Phobia

6. Nimmi often feels anxious before class presentations. Her therapist teaches her to slowly breathe in and out, helping her to calm her racing heartbeat and sweaty palms. She reports feeling more relaxed during her next presentation. Identify the technique that was used to help Nimmi. 1
(A) Biofeedback
(B) Cognitive restructuring
(C) Systematic desensitization
(D) Relaxation technique

7. Fahima often hears people say, "Girls are not good at mathematics". Even though she is an above average student in mathematics, she starts doubting her own abilities whenever she appears for examinations. Can you recognize the social psychology concept that she is experiencing? 1
(A) Discrimination
(B) Stereotype threat
(C) Prejudice
(D) Self-handicapping

8. Hemant is a 42-years old shopkeeper who works long hours everyday to manage his store. Lately he has been feeling emotionally drained, physically exhausted and has been losing interest in interacting with customers. He also feels that no matter how hard he works, it does not seem to make a difference. What psychological condition is Hemant experiencing? 1
(A) Burnout
(B) Anxiety
(C) Depression
(D) Type A behaviour pattern

9. In the question given below, there are two statements marked as Assertion(A) and Reason (R). Read the statements and choose the correct option. 1
Assertion (A) – A child sees his mother breaking things whenever she is angry. So, the next time the child feels frustrated, he also starts yelling and breaking things.
Reason(R) – Behavioural therapies postulates that psychological distress arises because of faulty behaviour patterns. It is, therefore, focused on the behaviours and thoughts of the client in the present.
(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, R is false.
(D) A is false, R is true.

10. In the question given below, there are two statements marked as Assertion(A) and Reason (R). Read the statements and choose the correct option. 1
Assertion (A) – Members of a team often have complementary skills and are committed to a common goal or purpose.
Reason(R) – An audience is a part of a team. They are polarized in attention, and the actions of persons

are in a common direction.

(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, R is false.
(D) A is false, R is true.

11. Bikash is diagnosed with diabetes. However, he refuses to accept the diagnosis and continues to maintain the same lifestyle. What is the defense mechanism that he is using? 1

(A) Repression
(B) Rationalization
(C) Denial
(D) Displacement

12. Which of the following statements best differentiates empathy from sympathy? 1

(A) Empathy involves understanding another person's feelings intellectually, while sympathy involves sharing their emotions.
(B) Empathy means feeling with someone by experiencing their emotions, whereas sympathy means feeling for someone without sharing their emotions.
(C) Sympathy requires walking in another's shoes emotionally, but empathy is just acknowledging their feelings verbally.
(D) Sympathy and empathy both mean the same and can be used interchangeably.

13. The rapid breathing technique to induce hyperventilation is a part of _____. 1

(A) Sudarshana Kriya
(B) Pranayama
(C) Kundalini
(D) Ashtanga

14. In this stage, there is conflict among members about how the target of the group is to be achieved, who is to control the group and its resources, and who is to perform what task. Identify the stage of group formation. 1

(A) Forming
(B) Adjourning
(C) Storming
(D) Norming

SECTION B

15. (a) Elucidate the primary structural elements of personality according to Freud. 2

OR

(b) A person's behaviour in a variety of situations can provide us with meaningful information about her/his personality. State any two methods of behaviour analysis that can be used in order to get this information.

16. Mr. Bose, a school principal, is juggling multiple responsibilities such as staff management, students' discipline and an upcoming inspection work. Over the weeks, he started experiencing frequent headaches and irritability. Instead of ignoring it, he made a detailed plan, assigned duties to teachers and arranged weekly meetings to monitor progress. Identify the coping strategy that he is using. Suggest another coping strategy that could further help him to deal with his stress. 2

17. State any two ethical standards that need to be practiced by professional psychotherapists. 2

18. Maria is a grade three student who does not do her homework regularly. Her parents and teachers have tried talking to her and counselling her about it, but it has been of no use. Maria's class teacher, Ms. Singh wants to help her. She prints a daily calendar for her and puts it on a soft board in the classroom. For every homework completed, Ms. Singh decides to give her a smiley. She explains to Maria that on collecting ten such smileys, she can exchange them for a butterscotch ice cream, which is her favourite. Identify and explain the technique Ms. Singh is using to change Maria's behaviour. 2

19. Vinita is a timid girl who was once caught for shop lifting as a kid. Somehow, her friends discovered this fact about her and since then, they have always targeted her whenever any theft occurred in the class. What is this phenomenon? Describe in brief. 2

SECTION C

20. Kamal consistently scores above 130 in the IQ test and excels in his academics, but, he struggles to make friends and often feels lonely. With reference to Gardner's multiple intelligences explain his abilities and limitations. 3

21. **(a)** Siddha has been feeling extremely low for the past six months. She avoids social gatherings, shows low interest in activities that she once enjoyed, complains of constant tiredness and often says, "I am worthless". Her family observes frequent crying spells without any clear reason. Identify the psychological disorder that she might be suffering from. Explain three symptoms that support your answer. 3

OR

(b) A common feature of the neurodevelopmental disorders is that they manifest in the early stage of development. Give a detailed account of any three neurodevelopment disorders and state the difficulties they face.

22. Kuntal, who believes in environmental conservation, is often seen throwing plastic bottles on the road. Later, when questioned by his friends, he justifies his behaviour by saying, "One bottle won't harm the planet". Despite claiming strong beliefs, his actions contradict his attitude. Elucidate the relationship between attitude and behaviours in accordance to the instance mentioned above. 3

23. Elaborate the stage of group formation as put forth by Tuckman. 3

SECTION D

24. A school counsellor administered a psychological test to identify gifted children. While some scored high on aptitude tests, others displayed creativity, leadership and problem-solving abilities in real life situations. Explain the role of psychological tests in identifying the variations in individual attributes. Mention any two limitations of intelligence tests. 4

25. Differentiate between self-regulation and self-control. What psychological techniques of self-control can you suggest? 4

26. Gita, a medical student, has been under immense academic pressure. She often feels anxious before exam, leading to loss of appetite and disturbed sleep. Her counsellor introduces her to techniques like deep breathing, progressive muscles relaxation and guided meditation. Additionally, she is encouraged to identify negative self talks, such as "I'll fail" and replace it with constructive statements like, "I'm preparing well and will do my best". After a few weeks of practice, Gita feels calmer, more focused and confident. Identify the stress management techniques taught to Gita. How do you think these techniques help in coping with stress? 4

27. **(a)** Prarthana started consuming a specific brand of health drinks after she saw her favourite sportsperson endorsing the product in a very popular advertisement. However, when her biology teacher explains the scientific benefits of the same drinks in details, she is even more convinced to consume it regularly. Which factor aided her to form this attitude? Is the change in her attitude congruent or incongruent? Justify your answer with appropriate reasons. 4

OR

(b) Prejudices can exist without being shown in the form of discrimination. Similarly, discrimination can be shown without prejudice. Yet, the two go together very often. State any two sources of our prejudices and the ways we can handle them.

SECTION E

28. **(a)** Amit, a college student is highly disciplined, hardworking and values rules. However, he often suppresses his emotions, appears rigid and struggles in social situations. His friend Rohit, in contrast, is spontaneous, cheerful and flexible but often misses deadlines and performs poorly in academics. Using the trait approach and the concepts of self, analyze both personalities. Suggest two strategies for each to improve functioning**.** 6

OR

(b) Elucidate any four ego defense mechanisms as put forth by Freud with the help of an example for each. Despite being a disciple of Freud, how did Karen Horney's theory deviate from the basic Freudian principles?

29. **(a)** Sonal, a 28-years-old, has been experiencing marital stress, accompanied by frequent mood swings and feelings of loneliness. During therapy, she is encouraged to openly share her thoughts and emotions in a supportive and non-judgemental setting. The therapist maintains warmth, empathy and unconditional positive regards, helping Sonal explore her inner experiences. Over the sessions, she becomes more self-aware, confident and develops the ability to make healthier choices in her relationships. Identify the therapeutic approach used for Sonal. Explain its essential characteristics and goals. Also, mention how it differs from behavioural therapy. 6

OR

(b) Discuss the six key ethical standards that professional psychotherapists must adhere to. Explain how each standard contributes to the effectiveness of psychotherapy and ensures the well-being of clients.

SECTION F

Case 1

Read the following passage and answer questions number 30 and 31.

Kumar, a manager in an IT company, is known for favouring male employees during promotions, believing that they are naturally better leaders than women. This attitude leads him to overlook talented female workers. One day, after attending a gender-sensitivity workshop where female leaders shared real life success stories, he realizes his bias. He starts reflecting on his behaviour and gradually changes his attitude towards promoting women in his team.

30. Which factor led to his attitude change? 1

31. How is prejudice different from stereotype? 2

Case 2

Read the following passage and answer question number 32 and 33.

Sushma, a young professional, suddenly lost her job due to company downsizing. Initially, she felt shocked, could not eat properly, and avoided friends. After a week, she updated her resume, applied for new jobs, and joined an online upskilling programme. However, after three months without success, she started losing hope and reported extremely fatigue and low energy.

32. Identify the coping strategy used by Sushma. 1

33. Discuss the stages of stress response that Sushma has been experiencing according to Hans Selye. 2