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राज्य शैक्षणिक संशोधन व प्रशिक्षण परिषद, महाराष्ट्र  
७०८ सदाशिव पेठ, कुमठेकर मार्ग, पुणे ४११०३०

संपर्क क्रमांक (०२०) २४४७ ६९३८

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## Question Bank

Standard:- 12<sup>th</sup>

Subject :- Psychology

**March 2021**

### सूचना

१. फक्त विद्यार्थ्यांना प्रश्नप्रकारांचा सराव करून देण्यासाठीच
२. सदर प्रश्नसंचातील प्रश्न बोर्डाच्या प्रश्नपत्रिकेत येतीलच असे नाही याची नोंद घ्यावी.

## Question Bank – Psychology (Standard 12th)

### Chapter 1 : Psychology – A Scientific Discipline

**Q.1. Complete the following statements by selecting the appropriate words given in the brackets : (1 mark each)**

(1) Till 1879, psychology was a branch of .....

(physics, philosophy, physiology)

(2) Psychology is a ..... science.

(natural, social, biological)

(3) ..... proposed a theory of psychoanalysis.

(Wilhelm Wundt, Carl Rogers, Sigmund Freud)

(4) The first laboratory of psychology was started in .....

(America, India, Germany)

(5) ..... method has assigned the status of ‘science’ to psychology.

(Survey, Experimental, Correlation)

**Q.2. Match the Pairs : (1 mark each)**

Group ‘A’	Group ‘B’
(1) Structuralism	(a) John Watson
(2) Functionalism	(b) Carl Rogers
(3) Behaviourism	(c) Ulric Neisser
(4) Cognitivism	(d) William James
	(e) Wilhelm Wundt
	(f) Jean Piaget

**Q. 3. Write whether the following statements are 'True' or 'False' : ( 1 mark each)**

- (1) Psychology is a study of mental processes.
- (2) An experimenter is a person on whom the experiment is conducted.
- (3) In positive correlation, the changes in two variables are in same direction.
- (4) Psychology is simply a pseudoscience.
- (5) All laws in psychology cannot be universally applicable.
- (6) Psychology is a natural science.

**Q.4. Answer the following questions in one sentence each : (1 mark each)**

- (1) In which year was the first psychology laboratory established?
- (2) Who is considered as the 'Father of American Psychology'?
- (3) Who is called an experimenter?
- (4) What is meant by participant?
- (5) Who has developed the Rational Emotive Behavioural Therapy?
- (6) From which Latin word is the English word 'Science' derived?
- (7) What does the Latin word 'Scientia' mean?

**Q. 5. Answer the following questions in 25 to 30 words each : (2 marks each)**

- (1) What are the key features of psychology?
- (2) Explain the important features of experimental method in your own words.
- (3) Explain the nature of negative correlation with the help of any two examples.
- (4) Explain any two challenges in establishing psychology as a science.

**Q. 6. Write short notes on the following topics in 50 to 60 words each : (3 marks each)**

- (1) Survey method
- (2) Any three characteristics of rational individual
- (3) Three types of correlation
- (4) Any three key features of science
- (5) Types (groups) of sciences

**Q. 7. Write answers to the following questions based on examples only in words :**

**(2 marks each)**

**Note:** As this question type is of new format, the questions in this question type are given with answers.

(1) Shailesh collected information from the sample and studied the problems of the workers. Thus, what method of study in psychology must he have adopted?

**Ans. Survey**

(2) A psychological experiment conducted in the United States in 2010 was reproduced by Sagar in India in 2010 to assure the reliability of its results. This is a description of which key feature of science?

**Ans. Replication**

(3) Based on psychological theories, it is possible to speculate when a person may show aggressive behavior. This is a description of which key feature of science?

**Ans. Predictability**

(4) The experiment conducted by Chetan showed him that increasing the amount of practice reduces the number of errors in writing. What kind of correlation did Chetan find between practice and errors in writing?

**Ans. Negative correlation**

**Q. 8. Explain the following concepts in 25 to 30 words each : (2 marks each)**

(1) Replication

(2) Participant

(3) Tolerance – A characteristic of a rational individual

(4) Empirical evidence

(5) Science

(6) Experimenter

(7) Zero correlation

## Chapter 2 : Intelligence

**Q.1. Complete the following statements by selecting the appropriate words given in the brackets : (1 mark each)**

(1) ..... has given formula for I.Q.

(Binet, Stern, Wechsler)

(2) ..... has given the concepts of fluid intelligence and crystallized intelligence.

(Cattell, Thorndike, Salovey)

(3) ..... is an individual test of intelligence.

(Army Alpha Test, Army Beta Test, Block Building Test)

(4) If the mental age of a 10 year old girl is 12 years, then her IQ is .....

(80, 100, 120)

(5) ..... is known as the 'Father of Intelligence Test'.

(Cattell, Binet, Terman)

**Q.2. Match the Pairs : (1 mark each)**

Group 'A'	Group 'B'
(1) Factor analysis	(a) Army Alpha Test
(2) Robert Yerks	(b) Coloured Progressive Matrices
(3) Merrill Palmer	(c) Pass-along Test
(4) Raven	(d) Multiple intelligence theory
(5) Howard Gardner	(e) Statistical method
	(f) Block Building Test

**Q. 3. Write whether the following statements are 'True' or 'False' : ( 1 mark each)**

- (1) Verbal tests of intelligence can be given easily to illiterate people.
- (2) There are certain limitations to Artificial Intelligence.
- (3) Group tests of intelligence are less expensive.
- (4) Intelligence tests are not useful in vocational guidance.

**Q.4. Answer the following questions in one sentence each : (1 mark each)**

- (1) What is meant by intelligence?
- (2) Who is considered as the 'Father of Intelligence Test'?
- (3) What are the two types of intelligence explained by Raymond Cattell and John Horn?
- (4) What is meant by verbal test of intelligence?
- (5) What is meant by individual test of intelligence?

**Q. 5. Answer the following questions in 25 to 30 words each : (2 marks each)**

- (1) Write the features of individual tests of intelligence in your own words.
- (2) Write in brief about the group tests of intelligence.
- (3) Nidhi is a genius girl. Her chronological age is 10 years and her mental age is 15 years. Find out her Intelligence Quotient (I.Q.) using the formula.
- (4) Explain the disadvantages of verbal tests of intelligence.
- (5) Explain the advantages of group tests of intelligence.

**Q. 6. Write short notes on the following topics in 50 to 60 words each : (3 marks each)**

- (1) Intelligence Quotient
- (2) Verbal tests of intelligence
- (3) Non verbal tests of intelligence
- (4) Individual tests of intelligence
- (5) Group tests of intelligence
- (6) Artificial Intelligence
- (7) Alfred Binet's contribution to measurement of intelligence
- (8) Howard Gardner's theory of multiple intelligence
- (9) Charles Spearman's perspective on intelligence

**Q. 7. Write answers to the following questions based on examples only in words :**

**(2 marks each)**

**Note:** As this question type is of new format, the questions in this question type are given with answers.

(1) Prof. Shinde gave an intelligence test to solve to Ram, Ali, Sneha and Mahek at the same time. Based on the methods of administration, what kind of intelligence test did Prof. Shinde use?

**Ans. Group test of intelligence**

(2) In developed countries, patients are cared for with the help of automated robots. On what type of intelligence is the function of an automated robot likely to be based?

**Ans. Artificial Intelligence**



(3) Rajesh wants to measure intelligence of illiterate people. Depending on the test material used, what type of intelligence test will he have to use?

**Ans. Non verbal (Paper pencil / performance) test of intelligence**

**Q. 8. Explain the following concepts in 25 to 30 words each : (2 marks each)**

- (1) Intelligence
- (2) Intelligence Quotient
- (3) Mental age
- (4) Non verbal test of intelligence
- (5) Group test of intelligence
- (6) Artificial Intelligence
- (7) General (g) factor of intelligence
- (8) Specific (s) factor of intelligence
- (9) Fluid intelligence
- (10) Crystallized intelligence

**Q. 9. Answer the following questions in 150 to 200 words each : (10 marks)**

- (1) Write in detail about the history of intelligence testing.
- (2) Explain with suitable examples the applications of intelligence testing in various areas.
- (3) What is meant by intelligence? Write in brief about the various types of intelligence tests.
- (4) What is meant by intelligence? Explain various perspectives on intelligence with suitable examples.

## Chapter 3 : Personality

**Q.1. Complete the following statements by selecting the appropriate words given in the brackets : (1 mark each)**

(1) The ink blot test was developed by psychologist .....

(Murray, Rorschach, Morgan)

(2) ..... perspective assumes the importance of unconscious motives in the development of personality.

(Humanistic, Trait, Psychodynamic)

(3) ..... trait indicates tendency to experience negative emotions.

(Extroversion, Neuroticism, Agreeableness)

(4) Sentence completion test is ..... technique.

(self report, projective, behavioural analysis)

**Q.2. Match the Pairs : (1 mark each)**

Group 'A'	Group 'B'
(1) Self report technique	(a) Interview
(2) Projective method	(b) MMPI
(3) Behavioural analysis	(c) TAT
(4) Thyroxin	(d) Pancreas
	(e) Thyroid gland

**Q. 3. Write whether the following statements are 'True' or 'False' : ( 1 mark each)**

- (1) Personality is merely related to external appearance.
- (2) People with high neuroticism are found to be anxious and depressed.
- (3) Children from families having a warm emotional atmosphere are well adjusted.
- (4) People having low conscientiousness are irresponsible.

**Q.4. Answer the following questions in one sentence each : (1 mark each)**

- (1) From which Latin word is the English word 'Personality' derived?
- (2) Who has developed the Thematic Apperception Test?
- (3) Which perspective of studying personality emphasizes the study of unconscious motivations?

**Q. 5. Answer the following questions in 25 to 30 words each : (2 marks each)**

- (1) What is meant by an interview?
- (2) Explain in your own words the effect of culture on personality.
- (3) Explain how the mass media can influence your personality.
- (4) Write about the self report techniques of measurement of personality.

**Q. 6. Write short notes on the following topics in 50 to 60 words each : (3 marks each)**

- (1) Rorschach's Ink Blot Test
- (2) Thematic Apperception Test
- (3) The effect of peer group on personality
- (4) Any three perspectives of studying personality.

**Q. 7. Write answers to the following questions based on examples only in words :**

**(2 marks each)**

**Note:** As this question type is of new format, the questions in this question type are given with answers.

(1) Sujata is always anxious, constantly irritated by small reasons, depressed on many occasions. This is the description of which personality factor explained in the Big Five Factor Model of Personality?

**Ans. Neuroticism**

(2) Despite much insistence from friends, Swapnil flatly refused to drink alcohol using self-control. This is the description of which personality factor explained in the Big Five Factor Model of Personality?

**Ans. Conscientiousness**

(3) Sandesh has never committed corruption even while working with an officer who has been feeding corruption. This is the description of which personality factor explained in the Big Five Factor Model of Personality?

**Ans. Conscientiousness**

(4) Ashish was having some issues related to his personality and so Mr. Patil started asking him questions through interview. On the basis of the answers given by Ashish, Mr. Patil asked Ashish various new questions on the spot. Thus, what type of interview did Mr. Patil use?

**Ans. Unstructured interview.**

**Q. 8. Explain the following concepts in 25 to 30 words each : (2 marks each)**

(1) Personality

(2) Sentence Completion Test

- (3) Unstructured interview
- (4) Conscientiousness
- (5) Neuroticism
- (6) Openness to experience
- (7) Agreeableness
- (8) Projective techniques

**Q. 9. Answer the following questions in 150 to 200 words each : (10 marks)**

- (1) Explain the Big Five Factor Model of personality.
- (2) Explain the factors affecting personality.
- (3) What is meant by personality? Explain various methods for the measurement of personality.
- (4) What is meant by personality? Explain various perspectives of perspectives of studying personality.

## Chapter 4 : Cognitive Processes

### Q.1. Complete the following statements by selecting the appropriate words given in the brackets : (1 mark each)

(1) When we select few stimuli from the environment and bring them into the center of our awareness, it is called .....

(attention, perception, thinking)

(2) Ivan Pavlov is known for explaining learning by .....

(classical conditioning, operant conditioning, observation)

(3) When we organize the information from the environment, group them and give some meaning, that process is called .....

(attention, perception, thinking)

(4) In operant conditioning the experiment was conducted on .....

(dog, rat, monkey)

(5) The change in the behaviour due to practice or experience is known as .....

(perception, thinking, learning)

### Q.2. Match the Pairs : (1 mark each)

Group 'A'	Group 'B'
(1) The sound of firecrackers	(a) Ivan Pavlov
(2) Illumination	(b) Distraction of attention
(3) Instrumental conditioning	(c) Learning by assimilation
(4) Jean Piaget	(d) Step in creative thinking
	(e) B.F. Skinner

**Q. 3. Write whether the following statements are 'True' or 'False' : ( 1 mark each)**

- (1) The theory of operant conditioning explains the relation between the behaviour and consequences.
- (2) B.F. Skinner is known as the Father of the theory of 'Classical Conditioning'.
- (3) Perception is possible without the past experience.

**Q.4. Answer the following questions in one sentence each : (1 mark each)**

- (1) Which is the first step in the creative thinking?
- (2) Which is the last step in the creative thinking?
- (3) Which animal was experimented with in the classical conditioning theory of learning?
- (4) What is a coded internal sensation?
- (5) By what name is the process of assigning meaning to a sensation based on the past experience is known?

**Q. 5. Answer the following questions in 25 to 30 words each : (2 marks each)**

- (1) Explain the meaning of fluctuation of attention in your own words.
- (2) Explain the nature of division of attention on the basis of your personal experience.
- (3) Explain the learning by the cognitive processes.
- (4) Explain the stage of incubation in creative thinking.
- (5) Explain the element of language in the process of thinking.
- (6) Explain the phenomenon of top down processing in perception with suitable two examples.

**Q. 6. Write short notes on the following topics in 50 to 60 words each : (3 marks each)**

- (1) Span of attention
- (2) Division of attention
- (3) Classical conditioning theory of learning
- (4) Learning by operant conditioning
- (5) Learning by assimilation and accommodation

**Q. 7. Write answers to the following questions based on examples only in words :**

**(2 marks each)**

**Note:** As this question type is of new format, the questions in this question type are given with answers.

(1) Kavita, who cries due to the pain caused by the injection, now also starts crying when she sees the hospital building. Name the process of learning described.

**Ans. Classical conditioning.**

(2) Realizing that parents appreciate helping the needy, Sanjay learned to always help the needy as much as possible so that he can be appreciated by the parents. Name the process of learning described.

**Ans. Operant conditioning**

(3) Saket's mother punished him for not completing his studies on time. Saket learned to complete the study on time so that such punishment would not happen again in future. Name the process of learning described.

**Ans. Operant conditioning**



**Q. 8. Explain the following concepts in 25 to 30 words each : (2 marks each)**

- (1) Attention
- (2) Perception
- (3) Learning
- (4) Illumination
- (5) Schema
- (6) Bottom up processing

**Q. 9. Answer the following questions in 80 to 100 words each with the help of the given points : (5 marks each)**

- (1) Explain the stages of creative thinking.

**Points :** (i) Preparation (ii) Incubation (iii) Illumination (iv) Verification.

- (2) Explain the laws of perceptual organization

**Points :** (i) Law of proximity (ii) Law of similarity (iii) Law of continuity (iv) Law of closure

- (3) Explain the core elements of thinking.

**Points :** (i) Mental representation (ii) Concept (iii) Schema (iv) Language

## Chapter 5 : Emotions

### Q.1. Complete the following statements by selecting the appropriate words given in the brackets : (1 mark each)

(1) ..... is combination of bodily arousal, expressive behaviour, thoughts and feelings.

*(Response, Reaction, Emotion)*

(2) According to James Lang we first experience ..... then emotions.

*(physical arousal, feelings, thoughts)*

(3) Emotions is used as ..... to control others.

*(weapon, measure, opportunity)*

(4) When you allow another person to exploit you, you are a victim of ..... abuse.

*(physical, emotional, social)*

(5) Exercise releases ..... which makes you feel good as a stress buster.

*(endorphins, thyroxin, insulin)*

### Q.2. Match the Pairs : (1 mark each)

Group 'A'	Group 'B'
(1) Paul Ekman	(a) Relaxation
(2) Anger management	(b) Fight of flight
	(c) Basic emotions

### Q. 3. Write whether the following statements are 'True' or 'False' : ( 1 mark each)

(1) Emotional wellbeing is not easily observable.

(2) You should feel guilty for standing up for yourself.

(3) Low serotonin is closely linked with severe case of clinical depression.

**Q.4. Answer the following questions in one sentence each : (1 mark each)**

(1) From which Latin word is the English word 'Emotion' derived?

(2) What is meaning of the word 'Emover'?

(3) Who has described the wheel of emotions?

**Q. 5. Answer the following questions in 25 to 30 words each : (2 marks each)**

(1) Explain the facial feedback hypothesis.

(2) Explain the physiological changes during emotions.

(3) Explain the types of emotional abuse.

(4) Explain in your own words the technique of relaxation that is used to manage anger.

**Q. 6. Write short notes on the following topics in 50 to 60 words each : (3 marks each)**

(1) Plutchik's model of emotions

(2) Benefits of emotional well being.

(3) Triggers of anger

(4) Cannon Bard theory of emotions

(5) Schachter and Singer's Two Factor theory of emotions

(6) The way brain works when you are angry.

**Q. 7. Write answers to the following questions based on examples only in words :**

**(2 marks each)**

**Note:** As this question type is of new format, the questions in this question type are given with answers.

(1) Ajay practices swimming daily and consumes healthy diet to maintain emotional well-being.

What type of technique has Ajay used to maintain emotional well-being?

**Ans. Physical.**

(2) Sangeeta tries to be happy by thinking positively in the present without being saddened by the bitter experiences of the past. At what level does Sangeeta try to maintain emotional well-being?

**Ans. Emotional**

(3) Dr. Anuradha pays for the education of the children of the needy staff working in her hospital. What type of technique does Dr. Anuradha use to maintain emotional well-being?

**Ans. Social**

**Q. 8. Explain the following concepts in 25 to 30 words each : (2 marks each)**

(1) Emotion

(2) Emotional abuse

(3) Emotional well being

(4) Reassessment – Effective anger management technique

(5) Relaxation – Effective anger management technique

(6) Reality check - Effective anger management technique.

**Q. 9. Answer the following questions in 80 to 100 words each with the help of the given points : (5 marks each)**

(1) Explain the respond technique of anger management.

**Points :** (i) Consulting family member (2) Engage talk with the other party (iii) Active listening  
(4) Speaking assertively

(2) Explain the benefits experienced by an individual who is high on emotional well being.

**Points :** (i) Consulting family member (2) Engage talk with the other party (iii) Active listening  
(4) Speaking assertively

(3) Explain the reassessment technique of anger management.

**Points :** (i) Taking responsibility for your anger (2) Changing the direction of thoughts (iii)  
Developing empathy (4) Using compassion.

## Chapter 6 : Psychological Disorders

### Q.1. Complete the following statements by selecting the appropriate words given in the brackets : (1 mark each)

(1) ..... is the present system for classification of mental disorders.

(DSM-5, WHO, APA)

(2) Term schizophrenia was first used by .....

(Albert Ellis, Eugen Bleuler, John Travis)

(3) World Health Organization has developed ..... for classification of all types of disorders.

(ICD, DSM, MCA)

(4) We find alternate phases of depression and mania in ..... disorder.

(depressive, bipolar, anxiety)

### Q.2. Match the Pairs : (1 mark each)

Group 'A'	Group 'B'
(1) Phobia	(a) Sad feelings for a long period of time
(2) DSM-5	(b) Wellness
(3) ICD-11	(c) Schizophrenia
(4) Engene Bleuler	(d) 2019
(5) John Travis	(e) Illogical fear
	(f) 2013

**Q. 3. Write whether the following statements are 'True' or 'False' : ( 1 mark each)**

- (1) Schizophrenia is a not a serious psychological disorder.
- (2) DSM classification system is developed by World Health Organization.
- (3) Socially and culturally deviant behavior is a symptom of mental disorder.

**Q.4. Answer the following questions in one sentence each : (1 mark each)**

- (1) From which Latin word is the term anxiety derived?
- (2) What do you call the fear that you experience unnecessarily in a non threatening situation?
- (3) In which disorder does the person experience the alternate phases of excitement and depression?
- (4) Which is the first stage of post traumatic stress disorder?
- (5) What is meant by the term Phren?
- (6) What is meant by the term Schizein?

**Q. 5. Answer the following questions in 25 to 30 words each : (2 marks each)**

- (1) What is meant by bipolar disorder?
- (2) Explain the symptoms of generalized anxiety disorder.
- (3) Explain the symptoms of drug addiction in your own words.
- (4) Explain the negative symptoms of schizophrenia.
- (5) Explain the red flags indicating the need for the professional help.

**Q. 6. Write short notes on the following topics in 50 to 60 words each : (3 marks each)**

- (1) Drug addiction
- (2) Mental wellness
- (3) Phobia
- (4) Depressive disorder
- (5) Three stages of post traumatic stress disorder
- (6) Generalized anxiety disorder
- (7) Bipolar disorder
- (8) Alcoholic Anonymous

**Q. 7. Write answers to the following questions based on examples only in words :**

**(2 marks each)**

**Note:** As this question type is of new format, the questions in this question type are given with answers.

(1) Swati has been terrified of entering the elevator for the past year, cutting off her limbs and sweating profusely. These are the symptoms of which psychological disorder?

**Ans. Phobia.**

(2) Rohan has been saying for the last year that someone is trying to kill him. He often screams for no reason and shows no expression on his face. These are the symptoms of which psychological disorder?

**Ans. Schizophrenia.**



(3) Chetan has been drinking heavily for the last several years. He doesn't pay attention to any of his work. His repeated attempts to stop drinking do not alleviate the problem. These are the symptoms of which psychological disorder?

**Ans. Substance related / Addictive disorder**

(4) Dinesh has not been able to focus on his work for the last one year. He also finds it difficult to remember important topics. Identify the criteria used to diagnose mental disorders in this example.

**Ans. Dysfunction**

**Q. 8. Explain the following concepts in 25 to 30 words each : (2 marks each)**

- (1) Phobia
- (2) Hallucinations
- (3) Delusions
- (4) Suggestible stage
- (5) Recovery stage
- (6) DSM -5
- (6) ICD -11
- (7) Withdrawal symptoms
- (8) Depressive disorder
- (9) Syndrome

**Q. 9. Answer the following questions in 80 to 100 words each with the help of the given points : (5 marks each)**

(1) Explain the criteria for diagnosing psychological disorders.

**Points :** (i) Clinically significant syndrome (2) Distress and impairment (iii) Dysfunction (4) Socially or culturally deviant behaviour is not a sign of mental disorder.

(2) Explain the positive symptoms of schizophrenia.

**Points :** (i) Hallucinations (2) Delusions (iii) Disorganized speech (4) Incongruent affect

(3) Describe the post traumatic stress disorder.

**Points :** (i) Meaning (ii) Shock stage (iii) Suggestible stage (iv) Recovery stage.

## Chapter 7 : First Aid in Mental Health

### Q.1. Complete the following statements by selecting the appropriate words given in the brackets : (1 mark each)

(1) One of the major obstacles to getting help from a mental health professional is the ..... attached to mental illness.

(policy, stigma, society)

(2) Friends and family are not suitable for .....

(solving problems, giving solutions, professional help)

(3) In our culture the ..... of individual is considered to be the reflection of one's family.

(intelligence, behaviour, status)

(4) Individuals who experience ..... commonly have a negative thinking style.

(depression, phobia, acute stress)

### Q.2. Match the Pairs : (1 mark each)

Group 'A'	Group 'B'
(1) Anxiety	(a) Hurdle to receive treatment
(2) Superstition	(b) First Aid in Mental Health
(3) ALGEE Action Plan	(c) Shopping addiction
(4) Compulsive purchasing of goods	(d) Parental divorce
	(e) Neurotransmitter

**Q. 3. Write whether the following statements are 'True' or 'False' : ( 1 mark each)**

- (1) When a stressed person is expressing his / her feelings to use, we must immediately point out the mistakes in his / her speech.
- (2) Only trained psychiatrists and counselors can suggest remedies for psychological illness.
- (3) Mental health first aid proves beneficial to a person who is experiencing stress.
- (4) Inability to stop oneself from the excessive use of internet is one form of addiction.

**Q.4. Answer the following questions in one sentence each : (1 mark each)**

- (1) What is meant by listening non-judgmentally?
- (2) With which aim has the institute SHUT set up?

**Q. 5. Answer the following questions in 25 to 30 words each : (2 marks each)**

- (1) Write the physical symptoms of anxiety that need first aid.
- (2) Write psychological symptoms of anxiety that need first aid.
- (3) Explain the action of giving support and information from ALGEE Action Plan in your own words.
- (4) Explain in your own words the hurdles to receiving treatment for mental illness.
- (5) Explain in your own words the stigmas associated with mental illness.
- (6) Explain the factors contributing to anxiety.
- (7) Explain with suitable example the overdependence on internet.

**Q. 6. Write short notes on the following topics in 50 to 60 words each : (3 marks each)**

- (1) Causes of anxiety disorder
- (2) 4-7-8 breathing technique
- (3) First Aid in Mental Health

**Q. 7. Write answers to the following questions based on examples only in words :**

**(2 marks each)**

**Note:** As this question type is of new format, the questions in this question type are given with answers.

- (1) Neha has a habit of buying unnecessary items frequently. No matter how hard she try, Prachi can't stop herself from buying unnecessary things. What kind of addiction is this?

**Ans. Shopping addiction**

- (2) Saket, who was often annoyed, was taken by his friends to an experienced counselor. Name the action from ALGEE Action Plan that was taken up by Saket's Friends.

**Ans. Encouraging to get professional help**

**Q. 8. Explain the following concepts in 25 to 30 words each : (2 marks each)**

- (1) Stigma – Hurdle to receive treatment
- (2) Shame - Hurdle to receive treatment
- (3) Procrastination

## Chapter 8 : Positive Psychology

**Q.1. Complete the following statements by selecting the appropriate words given in the brackets : (1 mark each)**

(1) ..... is the father of positive psychology.

(Carver, Masten, Seligman)

(2) Barbara Fredrickson introduced the Broaden and ..... theory.

(build, emotion, learning)

(3) The belief that good things will happen is called as .....

(pessimism, resilience, optimism)

(4) The capacity to understand what the other person is experiencing is .....

(sympathy, empathy, emotion)

**Q.2. Match the Pairs : (1 mark each)**

Group 'A'	Group 'B'
(1) Resilience	(b) Positive aspect of life
(2) Mindfulness	(b) Increases optimism
(3) Positive psychology	(c) State of awareness
(4) Happiness	(d) Overcomes hurdles
(5) Recovery from illness	(e) Emotional resilience
	(f) Physical resilience

**Q. 3. Write whether the following statements are 'True' or 'False' : ( 1 mark each)**

- (1) Positive psychology is mainly related to the study of psychological disorders.
- (2) Empathy generates the feeling of being secured.
- (3) Resilience helps in reducing problems in interpersonal relations.
- (4) The capacity to understand what the other person is experiencing is sympathy.

**Q.4. Answer the following questions in one sentence each : (1 mark each)**

- (1) What is meant by mindfulness?
- (2) What is meant by mindlessness?
- (3) Who is the Father of Positive Psychology?
- (4) Who has introduced Broaden and Build theory?

**Q. 5. Answer the following questions in 25 to 30 words each : (2 marks each)**

- (1) Write in brief about the Broaden and Build theory.
- (2) Explain any two theories of happiness.
- (3) Explain any two methods to promote empathy.
- (4) Explain any two building blocks of resilience.

**Q. 6. Write short notes on the following topics in 50 to 60 words each : (3 marks each)**

- (1) Life above zero
- (2) Types of resilience

(3) Mindfulness meditation

**Q. 7. Write answers to the following questions based on examples only in words :**

**(2 marks each)**

**Note:** As this question type is of new format, the questions in this question type are given with answers.

(1) While studying, Mahesh concentrates so much that he is not distracted by the things around him. What is the positive thing about Mahesh's behavior?

**Ans. Mindfulness**

(2) Sujata learned to write with her feet after losing her hand in an accident. What is positive about Sujata's behavior?

**Ans. Physical resilience**

(3) After her daughter died of cancer, Vasanta started a rehabilitation center for cancer patients. What is the positive thing about behavior of Vasanta?

**Ans. Empathy.**

(4) After spinal surgery, Monica recovered quickly from the illness and won first place in the state-level swimming competition. What kind of flexibility did Monica show?

**Ans. Physical resilience**

(5) Janardhan believes that the situation can be reversed with hard work, even though the storm has caused severe damage to agriculture. What is the positive thing about Janardhan's behavior?

**Ans. Optimism**



**Q. 8. Explain the following concepts in 25 to 30 words each : (2 marks each)**

(1) Positive psychology

(2) Empathy

(3) Mindfulness

(4) Community (social) resilience

(5) Mindlessness

(6) Half glass full and half glass empty