

# PSYCHOLOGY

**Maximum Marks: 70**

**Time Allotted: Three Hours**

**Reading Time: Additional Fifteen minutes**

## Instructions to Candidates

1. You are allowed an **additional fifteen minutes** for **only** reading the question paper.
2. You must **NOT** start writing during reading time.
3. This question paper has **8 printed pages**.
4. There are **twelve** questions in the paper. All questions are compulsory.
5. This paper is divided into **three sections: A, B and C**.
6. **Section A** has **fourteen subparts** which are very short answer questions. Each question carries 1 mark.
7. While attempting **Multiple Choice Questions** in Section A, you are required to **write only ONE option as the answer**.
8. **Section B** has **seven questions** which are short answer questions. Each question carries 4 marks.
9. **Section C** has **four questions** which are long answer questions. Each question carries 7 marks.
10. **Internal choices** have been provided in **two questions in Section B** and in **one question in Section C**.
11. The intended marks for questions are given in brackets [ ].

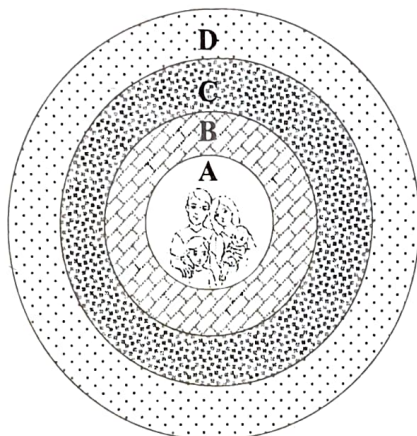
## Instruction to Supervising Examiner

1. Kindly read **aloud** the Instructions given above to all the candidates present in the examination hall.

## SECTION A – 14 MARKS

### Question 1

- (i) Baby Susie is unable to pick up tiny pebbles but can easily pick up large blocks of toys and pile one on top of the other. [1]  
Which motor skill has Baby Susie developed?
- (ii) State *any one* symptom of drug abuse. [1]
- (iii) Identify level 'B' of Bronfenbrenner's Ecological Systems Theory in the image [1]  
given below.



- (iv) Mahesh, aged sixty two years, has retired from his company. He constantly complains of tiredness, body aches and fears that these might develop into a serious illness. [1]  
Which clinical scale of MMPI can be used to measure Mahesh's excessive concern for his bodily functions?
- (v) Karim's art teacher observed that his paintings were much brighter and more intricate when he painted on his own. But in a group assignment on art, his efforts were much less and he did not use his creative skills to the fullest. [1]  
Name this social phenomenon displayed by Karim.
- (vi) Given below are two statements marked as Assertion and Reason. Read the statements carefully and choose the correct option. [1]

**Assertion:** According to the Five Factor Model, personality traits and relationships are closely related. Individuals who score high on neuroticism experience low levels of satisfaction in their intimate relationships.

**Reason:** Individuals high on neuroticism are prone to anxiety, worry, guilt and emotional instability.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.

- (vii) Given below are two statements marked as Assertion and Reason. Read the statements carefully and choose the correct option. [1]

**Assertion:** According to Erikson, individuals who establish lasting and intimate relationships are emotionally secure and are able to achieve stability in life.

**Reason:** Individuals who integrate themselves with their peers develop a clear sense of self-identity and understand their personal needs, values and goals.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.

- (viii) State whether the following is **True** or **False**. [1]

In the Cognitive Appraisal Model of Stress, *primary appraisal* involves evaluating the significance of a stressor, while *secondary appraisal* involves assessing the resources available to cope with the stressor.

- (ix) Study the relation between the first two phrases / terms and then fill in the fourth phrase / term. [1]

Structure of Intellect Model : Guilford :: Primary Mental Abilities : \_\_\_\_\_

- (x) Study the relation between the first two phrases / terms and then fill in the fourth phrase / term. [1]

Major Clinical Disorders: Axis I :: General Medical Conditions: \_\_\_\_\_

- (xi) In the Psychoanalytic therapy, the therapist attempts to bring repressed unconscious material of the patient into the consciousness and change the patient's thoughts, feelings and behaviour. [1]

Which one of the following scenarios is the correct example of this therapy?

- (a) Kuljeet feels that he is worthless and will not succeed in any of his endeavours despite his best efforts. The therapist treats Kuldeep by attempting to change his distorted belief about himself.
- (b) In her therapy session, Samina relates all kinds of thoughts that come to her mind. The therapist also encourages her to express herself however irrelevant or unimportant her thoughts may be.
- (c) Daniel, a victim of substance abuse, wants to reform himself but is unable to do so. The therapist motivates him by offering certain incentives to help him overcome substance abuse.
- (d) Kriti has an exaggerated fear of spiders. During the therapy session, the therapist makes her learn to relax and gradually introduces her to the fearful stimulus to help her get rid of her fear.



- (xii) Diana, a medical student, was stressed due to intense academic pressure and competition. She began to learn to relax by using a specialised equipment and controlling her physiological responses. [1]  
Which one of the following strategies did Diana use to learn to relax?
- (a) Yoga
  - (b) Meditation
  - (c) Bio feedback
  - (d) Assertiveness
- (xiii) In the Annual Performance Appraisal of employees, Taranpreet's performance was unanimously appreciated by the Senior Management. While they appreciated her sincerity and dedication to deadlines, they also felt that she was quiet and reserved. Consequently, the CEO did not consider Taranpreet for a promotion. [1]  
Which one of the following biases did the CEO display?
- (a) Self-serving bias
  - (b) Counter factual thinking
  - (c) False consensus effect
  - (d) Automatic vigilance
- (xiv) Which of the following statements are correct about Gender Consistency? [1]
- (P) It outlines expected gender specific roles in society.
  - (Q) It establishes certain cultural beliefs about the differences between men and women.
  - (R) It implies an understanding of one's gender that remains stable over time.
  - (S) It implies an understanding that the gender will not change even if an individual adopts the behaviour of the opposite gender.
- (a) Only (P) and (Q)
  - (b) Only (R) and (S)
  - (c) Only (Q) and (R)
  - (d) Only (P) and (S)

## SECTION B – 28 MARKS

### Question 2

- (i) Rahul and Radhika are Marketing Managers in the same company. While Rahul is sociable, optimistic and competitive, Radhika takes her time to complete the tasks assigned. She is calm and relaxed in her work environment.
- (a) With reference to Friedman's theory of Personality, explain the personality types of Rahul and Radhika. [2]
  - (b) How would you relate the personality types of Rahul and Radhika to the types of fluids proposed by Hippocrates? [2]

OR

- (ii) Manisha's younger sister was physically weak and frail so her parents devoted more time in raising her. Though Manisha understood that her sister needed more parental care yet she often felt ignored. This feeling of neglect eventually made her develop anger towards her parents.
- (a) According to Horney, briefly explain the *two* components of Personality that Manisha developed. [2]
- (b) Suggest *any two* ways by which Manisha could cope with her situation. [2]

### Question 3

Ananya, aged ten years, is a rapid learner and sharp at grasping concepts. She completes her class assignments well before others and thereafter disturbs her classmates. Her behaviour puzzles her class teacher who approaches the school counsellor. The school counsellor conducts an individual test of intelligence on Ananya.

- (i) Identify the individual test of Intelligence conducted by the counsellor. [1]
- (ii) Briefly discuss *any one* Verbal and *any two* Performance subtests of the Intelligence test, identified in subpart (i). [3]

### Question 4

- (i) During an initial session in therapy, Kiran shared that she was sad for some months after her grandmother passed away. She became irritable, easily fatigued and worried excessively for no good reason. She felt anxious and distressed in all types of situations. The therapist felt that this was triggered by Kiran's insecure attachment which was linked to her childhood relationship with her parents. It was her grandmother who filled the void in her life.
- (a) Identify the psychological disorder in Kiran. [1]
- (b) Briefly explain *any three* causes of this psychological disorder. [3]

OR

- (ii) David, aged twenty-three years, was taken to a psychiatrist by the college authorities. He was caught shouting abuses to an imaginary person and running around the college campus believing that he was being chased. On examination, the psychiatrist found David to be extremely guarded and preoccupied with himself. David insisted that the hospital food was poisoned and even said that his grandfather, who had died a year ago, was plotting to hurt him.
- (a) Identify the psychological disorder that David is suffering from. [1]
- (b) Enumerate *any three* positive symptoms of this psychological disorder. [3]

### Question 5

'Your body is made to react to stress in ways meant to protect you against threats. For example, you may take on a huge workload, pay bills or take care of your family. Because of this, you may always feel under stress. The long term activation of the stress response system and too much exposure to stress situations can disrupt hormonal balance. This may put you at higher risk of health problems.'

(Source (edited): [www.mayoclinic.org](http://www.mayoclinic.org))

With reference to the excerpt given above, briefly explain *any four* physiological changes that take place in the Resistance stage of the General Adaptation Syndrome Model.

### Question 6

Beginning in 1960, Stanley Milgram conducted a series of experiments on human beings which led to heated debates. His experiment explored the extent to which people would obey a figure of authority. The experiment included the learner, teacher and the experimenter. The experiment involved a series of manipulations in a specific setting.

(Source (edited): [www.nytimes.com](http://www.nytimes.com))

- (i) Briefly discuss the role of the confederate in this experiment. [2]
- (ii) Based on the experiment described above, explore *any two* reasons for obedience to a legitimate figure of authority. [2]

### Question 7

Shama and Rehana grew up together and had the same set of friends. Later, they also joined the same college. Shama formed a new group of friends in college. Initially, Rehana was also a part of this group but later felt out of place and joined another group. Shama felt her group consisted of fun-loving individuals as compared to Rehana's group.

- (i) Identify the *two* types of groups referred to above. [2]
- (ii) Comment on Shama's views on her group and Rehana's group. [2]

### Question 8

Richard, aged nineteen years, was upset with his parents' constant fights and arguments at home. He decided to see a counsellor but did not want anyone to know that he was deeply affected by his parental discord. He wanted to meet a Counsellor who would not share these details with anyone.

Explain *any four* elements of Counselling that Richard's counsellor must follow.

## SECTION C – 28 MARKS

### Question 9



(Source: [www.repository.library.northeastern.edu](http://www.repository.library.northeastern.edu))



(Source: Posterazzi)

- (i) Identify the projective technique depicted above. [1]
- (ii) Describe the procedure of administering the test shown above. [3]
- (iii) List *any six* ways of scoring this test. [3]



### Question 10

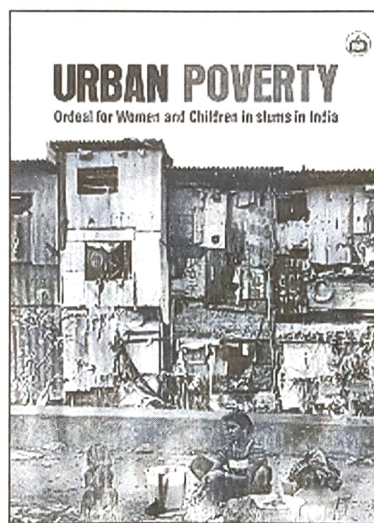
- (i) Observe the image given below and answer the questions that follow:



- (a) Discuss *any three* characteristics of noise as an environmental stressor. [3]
- (b) In *any four* ways, evaluate the impact of pollution on humans. [4]

OR

- (ii) Observe the image given below and answer the questions that follow:

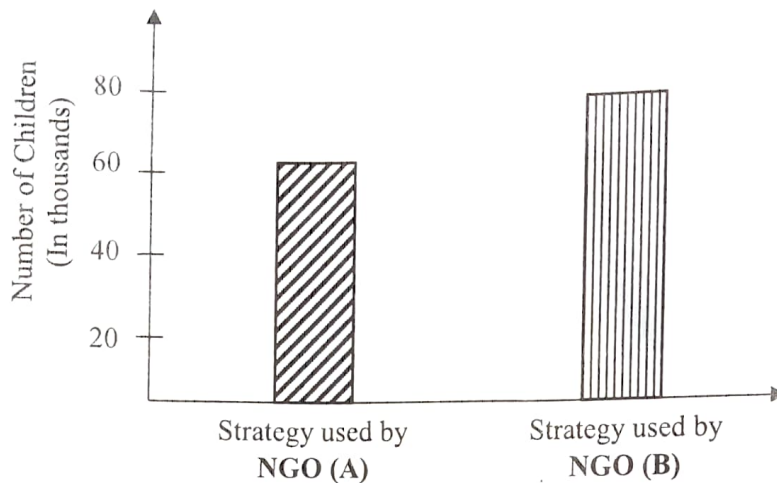


(Source: *Urban poverty* by Dr. Priyanka Bhau and Prof. Jasbir Singh)

- (a) Interpret *any three* major causes of poverty in urban India. [3]
- (b) Discuss *any four* measures taken by the Government of India to reduce poverty. [4]

### Question 11

Two Non-Governmental Organisations (NGOs) working for child welfare are represented as NGO (A) and NGO (B) in the graph given below. Both these organisations adopted two different fund-raising strategies on social media. While NGO (A) showcased the statistics of children it had helped and educated, NGO (B) posted the emotionally moving stories of the children it had rescued and sheltered.



- (i) Refer to the graph above and state which of the two NGOs adopted a more effective fund-raising strategy. Support your answer by providing *one* reason. [2]
- (ii) Explain *any five* ways of Persuasion. [5]

### Question 12

Mala, aged seventeen years, was given the responsibility to conduct a competition for lower classes in the forthcoming school fest. Her teachers felt that she had the ability to coordinate and organise the event successfully. Mala was simultaneously attending coaching classes after school to prepare for competitive exams that trained her in developing reasoning and deductive skills.

- (i) Identify the stage of cognitive development that Mala is in. [1]
- (ii) Which stage of cognitive development precedes the stage identified in subpart (i)? [1]
- (iii) Discuss *any five* features of the stage of development Mala is in. [5]