



**Psychology
Class- XII**

Sample Question Paper – 2018

Time – 3 Hours

Max Marks – 70



General instructions

- All questions are compulsory and answers should be brief and to the point.
- Marks for each question are indicated against it.
- Question No 1- 10 in part A are multiple choice questions carrying 1 mark each. You are expected to answer them as directed.
- Question No 11-16 in Part B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question No. 17-20 in Part C are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question No. 21-26 in Part D are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- Question No. 27 and 28 in Part E are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

Part – A

Q 1. Ritu is hardworking, committed and patiently works towards her goal. She is said to be high on ———— competence.

- a) Cognitive
- c) Emotional
- b) Entrepreneurial
- d) Social

Q 2. An individual is rejected in a job interview, which he was very eager to join. Now he claims his present job is better. He is using_____:

- a) Reaction Formation
- b) Projection
- c) Regression
- d) Rationalisation

Q 3. The impact of any stressful event depends largely on the way we interpret it. (True /False)

Q 4. A student thinks that he can complete the task effectively and achieve his goal. This is an example of:

- a) Self efficacy
- b) Self esteem
- c) Self concept
- d) Self control

Q 5. Sunil shows loss of interest in most of the activities, cannot sleep well at night, exhibits excessive guilt and loss of interest in activities that he would enjoy earlier. Sunil's symptoms are akin to that of:

- a) Somatoform Disorder c) Major depressive disorder
b) Obsessive compulsive disorder d) Generalised Anxiety Disorder

Q 6. The therapy that leads to cognitive restructuring has proved to be successful in the treatment of _____.

- a) Depression and mania
b) Schizophrenia
c) Phobias
d) Anxiety and depression

Q7. When an individual changes in a direction opposite to the existing attitude, it is called incongruent attitude change (True/ False)

Q 8. Values refer to the cognitive component of attitudes, and form the ground on which attitudes stand, like belief in the Supreme Being.
(True/ False)

Q 9. 'Perceiving or thinking that one has got less than what one should get' refers to _____.

Q 10. A _____ is a purposeful conversation between two or more people that follows a basic question and answer format.

Part – B

Q 11. What are the characteristics that comprise positive health?

Q. 12. Differentiate between surface and source traits.

Q. 13. How would you rehabilitate patients to become productive members of society?

Q. 14. 'Poverty begets poverty'. Explain.

Q. 15. Distinguish between interpersonal and intrapersonal communication.

Q. 16. What are the drawbacks of self-report measures?

Part – C

Q. 17. How is substance dependence different from substance abuse?

Q. 18. Explain with the help of an example how advertisers focus on the message characteristics to change the attitude of their audience?

Q. 19. Banning smoking in public places is one of the steps taken by the government to promote pro environmental behavior. Suggest some steps that can be used to promote pro-environmental behavior.

Q. 20. Examine the role of listening in communication. How does culture influence the development of listening process?

Part – D

Q. 21 Highlight the difference between direct and indirect techniques used for assessing personality. Briefly explain any one indirect technique.

Q. 22 How is creativity related to intelligence? Differentiate between creativity tests and intelligence tests.

Q. 23 What is emotional intelligence? Explain its importance for students?

Q. 24. What is the role of biofeedback in dealing with stress?

Q. 25 A five year old child is showing disruptive and aggressive behaviour in the class. As her teacher, which form of therapy would you use to help modify her behavior?

Q. 26 Basic virtue of being a humane person would be caring for others. Explain the factors that are likely to influence pro- social behavior.

Part – E

Q. 27 What are the various disorders specific to children?

OR

What are anxiety disorders? Explain its types.

Q. 28. Differentiate between obedience and compliance? Why do people obey even when they know that their behavior is harming others?

OR

Identify the causes belying any international conflict which is causing distress to humanity. As a psychologist, what strategies would you suggest to resolve this conflict?