

21000252

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) Rajat commutes on a motor bike to his office. To avoid the heavy traffic on main road, he takes shortcuts through lanes and alleys and reaches office on time. [1]
According to Robert Sternberg, what type of intelligence does Rajat display?
- (ii) Sara, aged twenty years, feels extremely nervous before her college examination. [1]
She copes with her anxiety by sucking her thumb.
Name the defense mechanism used by Sara.
- (iii) Rinky enrolled for an undergraduate course in genetic engineering as she enjoyed [1]
studying Biology at school. Later she felt that the subject was difficult and could not understand the fundamental concepts.
What ability did Rinky lack?
- (iv) Name the cognitive ability developed during Preoperational stage in which [1]
children begin to make others the recipients of their playful actions.
- (v) Navya's senior, Jeet initially sought her help in planning a farewell programme. [1]
He also asked her to help in organising a seminar. Later, he requested Navya to assist him in completing a project of a major client. Since, she had extended help on earlier occasions, Navya was unable to refuse him.
Which factor of obedience propelled Navya to accept Jeet's requests?
- (vi) Study the relation between the first two phrases / terms and complete the analogy. [1]
(a) Direct intergroup contact: Reduces prejudice :: Persuasion: [1]

- (b) Oedipus Complex: Psychosexual development :: Trust Vs Mistrust: [1]

- (vii) Given below are two statements marked Assertion and Reason. Read the two [1]
statements carefully and choose the correct option.
Assertion: Some individuals perform well in a task if they find it productively engaging despite being in a non-conductive noisy environment.
Reason: The interesting nature of the task enables them to adapt to such adverse surroundings.
- (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) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option. [1]

Assertion: Children with Separation Anxiety Disorder become anxious and fearful in the absence of their parents or caregivers.

Reason: Such children are socially inept, impulsive and display narrow interests.

- (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.
- (ix) Infants are born with several unlearned and innate reflexes. [1]

Which one of the following is an example of rooting reflex in infants?

- (a) Amrit tightly holds an object that touches his palm.
 - (b) Nusrat outstretches her arms and legs in response to a loud noise.
 - (c) Lizzy turns her head in response to stimulus such as a hand or a feeding bottle.
 - (d) Myra projects her big toe outward and fans the other toes when the sole of her foot is touched.
- (x) Which one of the following correctly represents a fully functioning individual as per Carl Rogers' theory of personality? [1]

- (a) Sukhpreet reflects on her past mistakes and believes that she could never excel in life.
 - (b) Riyaz is aware of his strengths and shortcomings and works constantly to improve himself.
 - (c) Bobby consistently tries to please his friends and family members and acts according to their expectations.
 - (d) Cathy does not tell her parents what course she wishes to study in college as she feels her parents will not agree to her choice.
- (xi) Harnam consults a counsellor as he is extremely self-conscious and lacks assertiveness. The counsellor patiently listens to Harnam with a non-judgmental attitude. [1]

Which characteristic of a good counsellor is exhibited here?

- (a) Sympathy
- (b) Parroting
- (c) Paraphrasing
- (d) Positive regard

- (xii) Ramanpreet, a sixteen-year old student, performs well in academics. She is popular among her peers for her empathetic and understanding nature while her teachers praise her ability to maintain her calm and poise during difficult situations. [1]

Which one of the following types of intelligence does Ramanpreet exhibit?

- (a) Spatial
- (b) Emotional
- (c) Naturalistic
- (d) Kinaesthetic

- (xiii) A famous sportsperson visits a psychologist as he has been feeling dejected and hopeless. He narrates the story of his success beginning from his life in a poor household and being raised by a single parent in a noisy and aggressive environment to his accomplishments as a sportsperson. [1]

He thinks that he will lose his captaincy since his team lost the last tournament played at the state level.

Which one of the following relates to the cognitive perspective of abnormality evident in the sportsperson's thought process?

- (P) Fear of losing captaincy
 - (Q) Financial crisis he faced in his childhood
 - (R) Belief that his future depends on the last tournament which his team lost
 - (S) Dysfunctional family environment he grew up in that has led to a low level of self-esteem
- (a) Only (P) and (Q)
 - (b) Only (P) and (R)
 - (c) Only (Q) and (R)
 - (d) Only (Q) and (S)

SECTION B - 28 MARKS

Question 2

- (i) 'Studies on gender and stress have discovered that during prolonged stress, men experience the 'fight or flight' mechanism while women tend towards 'treat and nurture'.... The classical symptom of 'fight or flight' in men evolve as a survival mechanism helping people to react quickly to threatening situations by fighting the danger or fleeing to safety.

(Source (edited): shebaonline.org)

- (a) What is meant by *stress*? [1]
- (b) Referring to the extract given above, explain the difference in the response of men and women to stressful situations. [3]

OR

- (ii) A study was conducted on hundred schizophrenic patients by using the scale for assessment of positive and negative symptoms of schizophrenia. Thereafter, a projective test using cards with ambiguous figures was administered to each participant to assess their personality structure. This test was an effective method of generating data that identified different aspects of personality.
- (a) Identify the type of projective technique used in the above study. [1]
- (b) Briefly explain *any three* features of scoring of the projective technique identified in subpart (a). [3]

Question 3

The Wechsler Scales of Intelligence were developed on Charles Spearman's concept of 'g' factor of intelligence. These scales measured intellectual abilities expressed as an Intelligence Quotient score.

- (i) Explain *any two* characteristics of 'g' factor of intelligence as developed by Charles Spearman. [2]
- (ii) Briefly explain the other factor of intelligence developed by Charles Spearman. [2]

Question 4

[4]

Read the conversation between a father and his daughter and answer the question that follows.

Leena: "I wish to study Mechanical Engineering at the college level."

Father: "No. It is not advisable for girls to take such a course because they do not have the scientific temperament and aptitude. You should study a subject in Humanities."

Leena: "I have scored higher marks in science than most boys in my class. I am not interested in studying any other subject."

Father: "Think about the job prospects. Engineering is not an appropriate profession for girls."

Leena: "I do not understand why you feel so. Such feelings are unjustified."

Comment on the attitude of Leena's father. Explain *any two* causes for such an attitude.

Question 5

- (i) State *any two* secondary physical changes that boys experience during puberty. [1]
- (ii) Define the following terms. [3]
- (a) Gender role
- (b) Gender stability
- (c) Gender identity

Question 6

- (i) Raghav, aged forty-three, ran a small business. Post pandemic, he lost various clients as some of them had migrated to other cities or abroad. This pushed him in a state of financial instability, and he developed guilt for not being able to provide enough to his family. From being a cheerful individual, he became irritable and isolated. His family members were concerned about his well-being and took him to a psychiatrist.
- (a) According to the Diagnostic and Statistical Manual of Mental Disorders-IV (DSM-IV), name and briefly explain the Axis that relates to Raghav's symptoms. [2]
- (b) Briefly explain the Axis of DSM-IV that the psychiatrist would use to assess Raghav's overall mental condition. [2]

OR

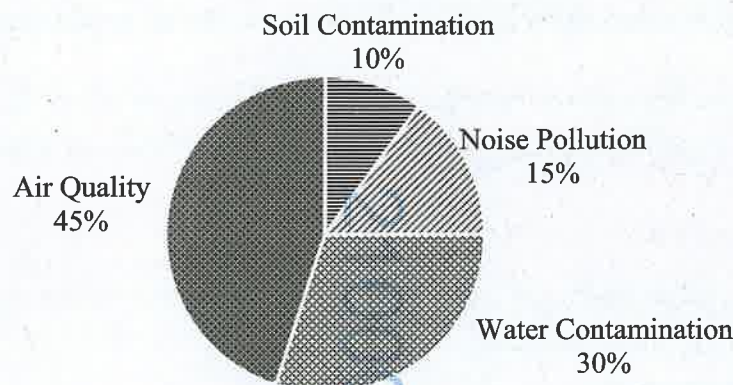
- (ii) "What I am going to talk about is an excursion into the Psychology of health or of a human being at his best. I selected the finest people to study and found them to be very different from the average. Such persons reported that they experienced the feeling of ultimate truth. Having reached the end of striving, they ultimately achieved self-actualisation."

(Source: Extract from *Lessons from the Peak Experience*, Abraham H. Maslow)

- (a) With reference to the above extract, briefly explain the concept of *peak experience* proposed by Abraham Maslow. [2]
- (b) Referring to Abraham Maslow's theory, discuss why an individual who is hungry and homeless will not be interested in self-actualisation. [2]

Question 7

The pie chart given below shows the distribution of environmental stressors monitored through internet enabled smart sensors. Study it carefully and answer the question that follows.



(Source(edited): *IoT-enabled smart sensors for real-time environmental justice monitoring in industrial zones* by Yan Wang; <https://ui.adsabs.harvard.edu>)

Interpret the data given above and compare the effects of stressors on human health.

Question 8

Radhika, twenty-five years old, enrolled for dance classes. Initially, she learnt and practised dance in a group. After befriending many people and giving several stage performances for five years, she formed her own dance troupe.

- (i) Name and describe the type of group that Radhika formed. [2]
- (ii) Explain *any two* conditions that helped Radhika form her own group. [2]

SECTION C – 28 MARKS

Question 9

- (i) Discuss the Ecological Systems Theory. Name the psychologist who developed it. [6]
- (ii) What is *development*? [1]

Question 10

Study the cases given below and answer the questions that follow.

Case A

- Jack, aged eight years, nearly drowned in a pool while on a family picnic.
- Since then, he developed an extreme fear of water bodies.
- His father made him watch other children swim to overcome fear.

Case B

- Shivam, aged thirty years, had to be institutionalised for his addiction to alcohol.
- After several months of intensive therapy, he was ready to leave the centre and become a productive member of society.

Case C

- Seven-year-old Tina was always restless and engaged in disruptive behaviour.
- The therapist advised her parents to praise her each time she behaved well.
- Over a period of time, her behaviour changed due to constant appreciation.

- (i) Identify the types of therapies depicted in Cases A, B and C. [3]
- (ii) Explain the types of therapies identified in subpart (i). [3]
- (iii) What is meant by *psychotherapy*? [1]

Question 11

- (i) What is meant by *cognitive dissonance*? [1]
- (ii) Describe Consistency as a factor of attribution according to Harold Kelley. [1]
- (iii) Briefly explain *any five* factors that affect Conformity as a form of social influence. [5]

OR

- (iv) What is meant by *discrimination*? [1]
- (v) How is re-categorisation used to resist prejudice? [1]
- (vi) Briefly explain *five* biases in forming judgments. [5]

Question 12

Vibrant Academy, famous for nurturing skills and inherent talent, enrolled young children in two different domains. A skill test was conducted to identify their abilities and inclinations. They were categorised in two groups based on the test's results: academic and performing arts.

- (i) Based on Louise L. Thurstone's theory, elaborate *four* types of intelligence that the academic group would possess. [4]
- (ii) With reference to Howard Gardner's theory, explain *three* types of intelligence that the children in performing arts would exhibit. [3]

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