

General Instructions :

- (i) All questions are compulsory, except where internal choice has been given.
- (ii) Question No. 1 - 15 in Section A carry 1 mark each. You are expected to answer them as directed.
- (iii) Question No. 16 - 21 in Section B are Very Short Answer Type-I Questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- (iv) Question No. 22 - 24 in Section C are Short Answer Type-II Questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- (v) Question No. 25 - 28 in Section D are Long Answer Type-I Questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- (vi) Question No. 29 and 30 in Section E are Long Answer Type-II Questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- (vii) Question No. 31 - 34 in Section F are based on two case studies given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

SECTION A

1. Sangeeta is a counsellor. She interacts with the client and seeks information from the client on one-to-one basis. She is using _____ as a method of assessment. 1
 - (A) Self-report
 - (B) Observation
 - (C) Psychological test
 - (D) Interview
2. Surendra's newborn son has no idea of his own self. This refers to which of the following? 1
 - (i) He is unaware of various objects in his environment, such as a chair or a table in his room.
 - (ii) He is able to cry when he is hungry.
 - (iii) Sometimes he smiles when he sleeps.
 - (iv) People around him are part of his experiences. However, he cannot gather any meaning from it.
 - (A) (i) and (ii)
 - (B) (i) and (iv)
 - (C) (iii) and (iv)
 - (D) (ii) and (iii)

3. In this question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. 1

Assertion (A) : The theory of primary mental abilities states that intelligence consists of primary abilities, each of which is relatively independent of the others.

Reason (R) : This theory explains that intelligence consists of abilities operating at two levels, called Level I and Level II.

- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
- (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is *not* the correct explanation of Assertion (A).
- (C) Assertion (A) is true, but Reason (R) is false.
- (D) Assertion (A) is false, but Reason (R) is true.
4. Naresh endures personal stresses due to noisy surroundings, commuting, water shortage and traffic snarls. These stresses can be reported as _____ 1
- (A) Life events
- (B) Everyday hassles
- (C) Traumatic events
- (D) Physical stress
5. Ritika's stress level was good for her and enhanced her performance. The term used to describe her level of stress is called _____ 1
- (A) Strain
- (B) Distress
- (C) Eustress
- (D) Appraisal

6. In this question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. 1

Assertion (A) : Students facing important examinations can be highly stressed.

Reason (R) : Reduced levels of natural killer cell cytotoxicity have been found in people who are highly stressed.

- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is *not* the correct explanation of Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false.
(D) Assertion (A) is false, but Reason (R) is true.
7. An ancient theory holds that abnormal behaviour can be explained by the _____ 1
- (A) Inadequacies in thinking, feeling or perceiving the world
(B) Operation of supernatural and magical forces
(C) Disturbed interpersonal relationships
(D) Belief that individuals behave strangely because their bodies and brains are not working properly

8. Ranjeet is unable to stop thinking about locking his house. At work, he is preoccupied with this unreasonable and repetitive thought. This is predominantly a symptom of _____ 1
- (A) Anxiety disorder
(B) Panic disorder
(C) Obsessive behaviour
(D) Compulsive behaviour

1 9.

Mitali dominates and bullies others without any provocation. Thus, she exhibits which of the following type of aggression? 1

- (A) Verbal aggression (B) Physical aggression
(C) Hostile aggression (D) Proactive aggression

1 10. Hina's therapist at the rehabilitation centre administers _____ to improve the basic functions of her attention and memory. 1

- (A) Social skills training
(B) Vocational training
(C) Cognitive retraining
(D) Occupational therapy

1 11. The group that is the target of prejudice is sometimes responsible for continuing the prejudice. The members of this target group may behave in a manner that proves the description to be true. This explains the concept of _____. 1

- (A) Kernel of truth
(B) Self-fulfilling prophecy
(C) Scapegoating
(D) Ingroup bias

1 12. Mayank helped the victims of the flood-affected region unconditionally, as he understood that they were in need. This is an example of _____. 1

- (A) Social cognition
(B) Social facilitation
(C) Pro-social behaviour
(D) Impression formation

13. In this question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. 1

Assertion (A) : A person's behaviour is never contrary to her/his attitude towards a particular topic.

Reason (R) : There would be consistency between attitudes and behaviour when the attitude is strong.

- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is *not* the correct explanation of Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false.
(D) Assertion (A) is false, but Reason (R) is true.

14. The relative social position given to group members by others is known as _____ 1

(A) Roles

(B) Norms

(C) Status

(D) Structure

15. The stage in which there is conflict among members about how the target of the group is to be achieved is called the _____ stage. 1

(A) Forming

(B) Storming

(C) Norming

(D) Performing

SECTION B

16. Explain the term 'assessment'. 2

17. 'Intelligence by itself does not ensure creativity.' Do you agree with this statement? Give reasons and examples in support of your answer. 2

18. In India, Mallick and Joshi have developed the Jodhpur Multiphasic Personality Inventory (JMPI). Which test has it been adapted from? Explain its most important use. 2

P.T.O.

19. (a) Mukesh is preparing for an entrance examination and is anxious. He has a persistent irrational thought that he would not succeed. Explain the therapy that can help him understand and overcome his anxiety. 2

OR

- (b) Wasim has a phobia of lizards. What causes will a behaviour therapist assign to Wasim's phobia? 2
20. The therapy which considers a person as a whole entity consisting of body, mind and emotions, also explains the alleviation of the client's problems. Identify the therapy and state any two key features of this therapy. 2
21. Mridul feels very happy to join a group of people in his neighbourhood to start a tree plantation campaign. Explain any two components of his attitude towards a 'green environment'. 2

SECTION C

22. Mohit understands the motives, feelings and behaviours of other people and can develop a comfortable relationship with them. He also likes to travel as he recognises the beauty of different species of flora and fauna. Identify the types of intelligence that Mohit possesses in accordance with Gardner's theory. From the information provided about Mohit, explain any two other types of intelligence that Mohit may not be possessing. 3

23. Describe any three life skills that can help a person meet life's challenges. 3

24. (a) Can a long-standing pattern of deviant behaviour be considered abnormal? Elaborate and state an example of the same. 3

OR

- (b) Is separation anxiety disorder classified under neurodevelopmental disorders? Give reasons for your answer by enumerating the symptoms of separation anxiety disorder. 3

21

SECTION D

25. Vimal is brought up in a society which is technologically advanced. Explain the intelligence that is adopted by him. Is it likely to be tuned by the cultural factors? Give reasons for your answer. 4
26. A psychologist used projective techniques to assess Rupa's personality. What are the chief features and benefits of using these tests for her, when compared to the direct methods? 4
27. Explain any four techniques used in behaviour therapy. 4
28. (a) Sakshi is a member of the school basketball team. Santosh is a member of a group of teachers that help with co-curricular activities in the school. State the key differences between Sakshi's team and Santosh's group. 4

OR

- (b) Madan joined the 'Teach an Adult' group. He could fulfil his desire to help the adults who had no opportunity to study. Because of his participation in the group, he was perceived to be generous and important. Why do you think Madan joined this group? 4

SECTION E

29. (a) Discuss the interview and observation methods used in behavioural analysis. Describe the problems we face in using these methods. 6

OR

- (b) Enumerate the structure of personality with respect to Freud's theory of personality. 6
30. (a) What do you understand by the term 'dissociation'? Explain its various forms. 6

OR

- (b) What are the common features of neurodevelopmental disorders? Describe any three neurodevelopmental disorders. 6

SECTION F

Case Study-1

Read the case study given below and answer the questions (Q. 31 and 32) that follow :

The fire department received a call about a fire that swept through a house. The fire started with the explosion of a gas cylinder used for cooking. The injured Suman was lying on a hospital bed. She was talking to a press reporter. She expressed that her mother was in the kitchen when the incident occurred. The cylinder burst with a loud sound and the fire spread at great speed. The exit door of the house had also caught fire. Her mother shouted in panic as if she had lost all hope, and she fainted in the kitchen. However, Suman was determined to save her mother. She said "I don't know how I got the energy to drag my mother to the room. I broke the window there and jumped out. My back got hurt, but without wasting any time, I sought the help of my neighbour and rescued my mother. I am happy that we are both safe." Hearing her story, the press reporter was impressed with her chivalry.

31. Referring to the General Adaptation Syndrome (GAS) model, what immediate impact does the fire (noxious stimulus) have on Suman's mother? 1
32. Suman and her mother were exposed to prolonged stress as the fire spread. How does the General Adaptation Syndrome model explain Suman and her mother's condition? 2

Case Study-2

Read the case study given below and answer the questions (Q. 33 and 34) that follow :

Sophia Duleep Singh was the daughter of Maharaja Duleep Singh — the last Sikh emperor of Punjab. Sophia was a long-time supporter of the Women's Suffrage movement (right to vote) and a leading campaigner for changing attitudes about women's rights in Britain. However, she remains a little-known figure.

In 1910, she was part of a delegation of 300 suffragettes who marched towards the Parliament in London. The Prime Minister refused to meet the women and the demonstration turned violent as policemen and men in the crowd outside the building beat them. Many of the demonstrators were seriously injured and the day came to be called Black Friday in the UK. Sophia was among the 119 women who were arrested.

Sophia transmitted her heritage to devote herself to battling injustice and inequality. Her main causes were the struggle for Indian independence, the welfare of Indian soldiers in the First World War — and, above all, the fight for female suffrage. Princess Sophia supported Indians, particularly women, throughout her life.

13. The causes were the struggle for Indian independence, the welfare of Indian soldiers in the First World War — and, above all, the fight for female suffrage. All of these attitudes were present within a broader attitude, i.e., the attitude against injustice and inequality. Explain the latter specified here. 1

14. The characteristics of the existing attitude (towards women's right to vote) influence the attitude change. To what extent could these have helped Sophia bring about the change in attitude towards women's right to vote? 2