

# 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 the 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) Ronit was exceptionally intelligent. He could understand concepts and process information much quicker than all his classmates. [1]  
Name the level of intelligence displayed by Ronit.
- (ii) What is meant by *interest*? [1]
- (iii) Observe the image shown below and identify the stage of Cognitive Development according to Jean Piaget. [1]



(Source: [www.skillmaticsworld.com](http://www.skillmaticsworld.com))

- (iv) Pamela left her city in India and joined a college in Germany. She carefully observed the mannerisms and customs of Germans and soon began following the same. [1]  
What type of social influence is evident here?
- (v) Vidit avoided situations where he had to spend time with his father. During the therapy sessions, the psychologist observed that Vidit was unaware of his deep dislike for his father. [1]  
According to Freud, what level of consciousness would Vidit's unawareness of dislike for his father correspond to?
- (vi) Given below are two statements marked as Assertion and Reason. Read the statements carefully and choose the correct option. [1]
- Assertion:** Competent psychologists require a set of skills to assess and evaluate individuals and groups.
- Reason:** To conduct psychological tests, a psychologist needs to possess scientific orientation, objectivity and standardised interpretation.
- (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:** Psychodynamic therapy focuses on exploring unconscious conflicts or past experiences to understand present behaviour.
- Reason:** This approach is effective because it directly addresses and resolves conscious thoughts or current behaviours.
- (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]
- Individuals who are considered a hardy personality are committed and possess self control but are averse to challenges.
- (ix) Study the relation between the first two words / terms and then fill in the fourth word / term. [1]
- Cognitive Behaviour Therapy: Depression :: Systematic Desensitisation : \_\_\_\_\_
- (x) Study the relation between the first two words / terms and then fill in the fourth word / term. [1]
- Office colleagues : Formal group :: Peers : \_\_\_\_\_
- (xi) According to Piaget's Cognitive development, *reversibility* implies an understanding of different kinds of physical changes that can be reversed by undoing of the original action. [1]
- Which one of the following scenarios correctly represents Reversibility?
- (a) Two year old Jane enjoys searching and finding an object hidden from her.
- (b) Three year old Kirti visits the zoo with her parents and thinks of the hippopotamus as a small elephant.
- (c) Fourteen year old Shama participates actively in discussions and can voice her opinion.
- (d) Nine year old Seema understands that ice becomes water on heating and water turns into ice when frozen.
- (xii) Ranjit, aged twenty one years, is scared of being alone and cannot take any decision or conduct an activity on his own. [1]
- Which one of the following types of personality disorder does Ranjit display?
- (a) Avoidant
- (b) Anti-social
- (c) Dependent
- (d) Manic-depressive

- (xiii) Jai grew up in a neighborhood known for petty crimes, substance abuse and gang wars. Soon, he got involved in criminal activities and became a victim of substance abuse. He was arrested and sent for treatment. [1]

Which one of the following therapies would be suited for Jai's treatment?

- (a) Flooding
- (b) Systematic Desensitisation
- (c) Psychosocial Rehabilitation
- (d) Client Centered Therapy

- (xiv) According to the Five Factor Model of Personality, which of the following statements are correct about Conscientiousness? [1]

- (P) It enables an individual to be good natured, cooperative and trusting.
- (Q) It makes an individual energetic, enthusiastic, sociable and talkative.
- (R) It motivates an individual to be well organised, careful and responsible.
- (S) It enables an individual to be hardworking, self-controlled and prudent.

- (a) Only (P) or (Q)
- (b) Only (Q) or (R)
- (c) Only (R) or (S)
- (d) Only (P) or (S)

## SECTION B – 28 MARKS

### Question 2

- (i) Kamala, aged sixty years, has just retired from her service. She now spends time reading, watching television and relaxing. She shows little interest in any form of service to others or community activities.

- (a) By referring to Erikson's theory, identify the stage of crisis that Kamala is experiencing. Which theory of personality is indicated here? [2]
- (b) Briefly describe the stage of crisis that Kamala is facing by referring to Erikson's theory. [2]

OR

- (ii) Mushtaq and his friend, Murali went for a movie after school without informing their parents. Their parents were worried and scolded them when they reached home late. They were punished and were not allowed to go out with friends for one week. Both Mushtaq and Murali felt bad about upsetting their parents and understood their reaction was out of love for them.

- (a) According to Rogers, name and briefly explain the term that can be used to describe the responses of Mushtaq and Murali towards their parents. [2]
- (b) With reference to Rogers' Theory of Personality, briefly explain *any two* concepts that would promote self-growth in Mushtaq and Murali. [2]

### Question 3

A Multinational company required a mature, intelligent and experienced person for the position of Deputy Manager. They received many applications and the Human Resource Manager conducted tests to assess the intelligence quotient and emotional intelligence of the candidates.

- (i) State the formula that the Human Resource Manager would have used to assess the Intelligence Quotient. [1]
- (ii) Enumerate *any two* characteristics of an Emotionally Intelligent person. [3]

### Question 4

Thurstone developed a Multifactor theory in which one of the factors referred to an individual's ability to do quick mathematical calculations. The ability could be measured by checking the speed and accuracy of the responses.

- (i) Keeping in view Thurstone's Theory of Intelligence, identify and explain the factor referred to above. [1]
- (ii) Explain *any two* other factors, apart from the one identified in subpart (i), put forward by Thurstone. [3]

### Question 5

Yoga can play a critical role in reducing severity and delaying the onset of memory defects and diseases. Yoga is a mind-body energy medicine which has tremendous transformative power.

(Source: [www.health.economictimes.com](http://www.health.economictimes.com))

With reference to the above extract, explain *any four* stages of Yoga to reduce stress.

### Question 6

- (i) Lucas, aged thirty six years, is convinced that his home is contaminated with germs. He is unable to suppress these thoughts and is preoccupied with them. He spends the day cleaning not only his body but all his clothes. He insists that his family does the same. Unable to cope with his behaviour, Lucas' father takes him to a psychiatrist.
  - (a) Identify and explain the *two* stages of the psychological disorder displayed by Lucas. [2]
  - (b) Briefly discuss *any two* causes of the psychological disorder identified in subpart (a). [2]

OR

- (ii) Bobby studies in Class III. He is academically bright but is unable to make friends. He prefers to play alone with his toy cars. He keeps turning its wheels for long hours. He covers his ears and dislikes when his mother raises her voice and calls out to him.
- (a) Identify the neurodevelopmental disorder displayed by Bobby. [1]
- (b) Explain *any three* symptoms of the disorder identified in subpart (a). [3]

#### Question 7

- Uma, aged seventeen years, weighs much below the normal body mass index. She fears gaining weight and losing popularity among her peers.
  - Yasmin, aged sixteen years, eats rapidly until she is overly full. She eats alone and feels disgusted later. She purges it out soon afterwards.
- (i) Identify the eating disorders that Uma and Yasmin are suffering from. [2]
- (ii) Give *any two* distinctions between the types of eating disorders, identified in subpart (i). [2]

#### Question 8

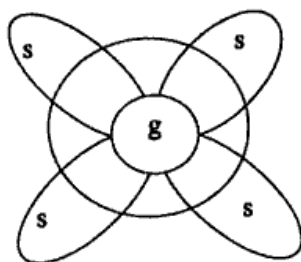
Shafiq is three years old and his parents observe significant delays in his development. He began to walk when he was twenty months old and is still unable to speak in sentences. His parents take him to a specialist and a formal testing is done. Shafiq's Intelligence Quotient (IQ) score is 60.

- (i) Identify the level of intellectual disability in Shafiq. [1]
- (ii) Describe *any three* characteristics, other than the ones mentioned above, of individuals with this level of intellectual disability. [3]

### SECTION C – 28 MARKS

#### Question 9

Observe the diagram given below and answer the questions that follow.



- (i) Name the psychologist who developed the theory of intelligence indicated through the diagram given above. [1]
- (ii) Identify and explain the factors 'g' and 's'. [4]
- (iii) Give *one* suitable example each for 'g' and 's' factors. [2]

### Question 10

- (i) The test developers of this Inventory developed it based on empirical research to assess personality. It is still one of the most widely used psychometric tests in mental health, medical and employment settings. It is a strictly licensed test and can only be purchased, administered and interpreted by a suitably experienced clinical psychologist or psychiatrist.

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

- (a) Which Inventory has been referred to above? Name the psychologists who developed it. [2]
- (b) Describes *any five* clinical scales of the Inventory identified in subpart (a). [5]

OR

- (ii)

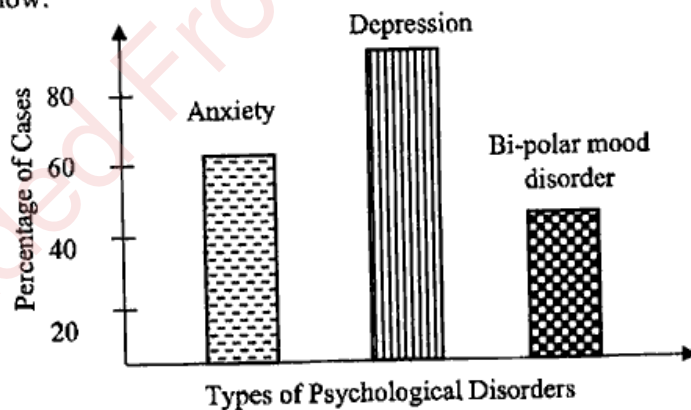


([www.ed.ted.com](http://www.ed.ted.com))

- (a) With reference to the image shown above, identify the Personality test and explain its administration. [3]
- (b) Explain the scoring of the test shown in the image above. [4]

### Question 11

XYZ hospital conducted a study of cases of psychological disorders reported in their institute. The graph given below shows the percentage of cases of most common psychological disorders in the hospital. Study the graph carefully and answer the questions that follow:



- (i) Identify the psychological disorder with the highest percentage of cases. [3]  
Explain *any two* of its causes.
- (ii) Describe *any two* symptoms for each stage of the disorder with the lowest percentage of cases. [4]

**Question 12**

**Read the passage given below and answer the questions that follow.**

Vidyashree college advertised for the position of a counsellor with high level of proficiency in linguistic skills. The senior officers shortlisted some candidates and held several rounds comprising interviews and situational tests. Based on the results, they identified suitable candidates for the final round.

- (i) Name and describe *any five* types of communication skills that Vidyashree college would require in their prospective counsellor. [5]
- (ii) In your opinion, which essential characteristic of 'Authenticity' would the senior officers at Vidyashree college seek in a good counsellor? Justify your answer by giving a reason. [2]