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Candidates must write the Set No. on the title page of the answer book.

DAV PUBLIC SCHOOLS, ODISHA ZONE
HALF YEARLY EXAMINATION, 2023-24

- Please check that this question paper contains 5 printed pages.
- Set number given on the right hand side of the question paper should be written on the title page of the answer book by the candidate.
- Check that this question paper contains 34 questions.
- Write down the Serial Number of the question in the left side of the margin before attempting it.
- 15 minutes time has been allotted to read this question paper. The question paper will be distributed 15 minutes prior to the commencement of the examination. The students will read the question paper only and will not write any answer on the answer script during this period

SUBJECT: PSYCHOLOGY (037)
CLASS XII

Time : 3 Hours

Maximum Marks : 70

General instructions

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 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.
- Question Nos. 22-24 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question Nos. 25 - 28 in Section D are long answer type - I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question Nos. 29-30 in Section E are long answer type - II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question Nos. 31 – 34 in Section F are based on two cases 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. Lasya is very good at monitoring her own emotions and feelings as well as of others and uses this information to guide her thinking and actions. This awareness is known as _____ .
 - a. Emotional intelligence
 - b. Experiential intelligence
 - c. social intelligence
 - d. componential intelligence

2. Sumit is researching on the Indian concept of Intelligence. Guide Sumit by choosing the various facets of integral intelligence that explore **Buddhi**.
 - I. Capacity for understanding, discrimination, problem solving
 - II. Respect for social order, commitment to needy, understanding perspectives
 - III. Ability to acquire a skill and train oneself
 - IV. Self-monitoring of emotions, honesty, politeness
 - a. I, III, IV
 - b. II, III, IV
 - c. I, II, III
 - d. I, II, IV

3. **Ridhima, who is in class VI, has not been performing well in her academics neither is she interested in sports. Her parents were assured by her teachers that her success in life is not associated with her**

- a. Personality
b. High-School Test Score
c. Intelligence Test score
d. Cognitive Performance Test

4. **Prachi changed from being a disorganized and haphazard person to a sensible one. She achieved this by bringing certain changes in herself. Identify the best method to drastically change certain aspect of self.**

- a. Observation of own behavior
b. Self-instruction
c. observation of other's behaviour
d. Self-reinforcement

5. **Mr Luthra never allows his fourteen year old son Samyak to make decisions even when he does not need his assistance. He fears being disliked by his peers and also displays anxiety and depression. He suffers from**

- a. low self-esteem
b. examination stress
c. Phobia
d. lack of social competence

6. **In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.**

Assertion (A) – Primary appraisal refers to the assessment of one's coping abilities, resources and whether they will be sufficient to meet harm, threat and challenge of the event.

Reason (R) – The resources maybe mental, personal or social.

- (a) Both A and R are true and R is the correct explanation of A.
(b) Both A and R are true but R is not the correct explanation of A
(c) A is true but R is false
(d) A is false but R is true.

7. **Shiv is the only son of the Tiwari family. He doesn't interact much with people and likes to remain busy in his own studies and projects. He doesn't even have any specific favorites in his choices.**

I. Impulsive II. Solitary Reserve III. Socially withdrawn IV. Passive

Choose the correct option

- a. I, II
b. II, III
c. II, III & IV
d. II, IV

8. **The DSM V was developed by**

- a. Indian Psychiatric association
b. American Psychiatric Association
c. World Health organization
d. American Psychological Association

9. **Which of the following statements are true about the GAS model?**

- i. The body's initial reaction to stress, activates the fight-or-flight response and prepares the body for action.
ii. The body's attempt to cope with stress and repair the damage caused by the alarm stage.
iii. The final stage of chronic stress, occurs when the body's resources are replenished and the immune system is strengthened.
iv. During the exhaustion stage you may experience physical and mental health problems such as depression, anxiety, etc.

- a. i, ii and iv
b) iii and iv
c. ii and iii
d. i and iv

10. **Gitika is frustrated and is crying, as she has not prepared well for her examination. Identify the coping strategy that she is using to deal with this stress.**

- a. Avoidance oriented
b. Problem-focused
c. Task-oriented
d. Emotion oriented

- 11. Faizal suffered from extensive but selective memory loss that has no organic cause. As a psychologist, your diagnosis of Faizal's condition would be**
- a. Retrograde amnesia
 - b. Dissociative amnesia
 - c. Anterograde amnesia
 - d. Dementia
- 12. _____ is the term used when people develop a fear of entering unfamiliar situations. As a result, their ability to carry out normal life activities is severely limited.**
- a. delusions
 - b. depression
 - c. agoraphobia
 - d. panic disorder
- 13. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.**
- Assertion (A): Frankl emphasized the role of spiritual anxieties in leading to meaninglessness and hence it may be called an existential anxiety, i.e neurotic anxiety of spiritual origin.
- Reason (R): The goal of logotherapy is to help the patients to find meaning and responsibilities in their life irrespective of their life circumstances. The therapist emphasizes the unique nature of the client's life, encouraging them to find meaning in their life.
- a. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion.
 - b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion.
 - c. Assertion (A) is true, but Reason (R) is false.
 - d. Assertion (A) is false, but Reason (R) is true.
- 14. A therapist using which of the following approaches plays the least directive role in therapy.**
- a. Cognitive Therapy proposed by Aaron Beck
 - b. Cognitive Therapy proposed by Albert Ellis
 - c. Behavioral Therapy
 - d. Client centered Therapy
- 15. Which of the following is not a feature of systematic desensitization?**
- a. It is a psychological treatment geared towards helping those with anxiety disorders.
 - b. It is based on the principles of classical conditioning and the premise that what has been learned can be unlearned.
 - c. During this process, the client is not exposed to object or situation that makes them anxious or fearful.
 - d. It also involves the use of relaxation technique, making it different from other desensitization techniques such as flooding.

Section B

- 16. Aryan is known for his ability to solve and sort out various problems using his past experiences creatively, especially in creative performances. Identify & describe the type of intelligence possessed by Aryan.**

Or

Elaborate the theory of intelligence that was proposed by employing factor analysis.

- 17. Barsa has enrolled into a new skill development course for further enhancement of her career. She never hesitates to learn new courses or improve herself. State Carl Roger's perspective on people like Barsa.**
- 18. Discuss the role of exercise as an effective stress management technique.**
- 19. Recently, there has been many unfortunate reports of suicide in the city of Kota where many students prepare for national entrance exams, away from home. Reflect on certain steps you could take to protect vulnerable students.**
- 20. The Seventeenth and Eighteenth Centuries were known as the Age of Reason and Enlightenment. Elucidate.**
- 21. With the help of an example, explain the concept of cognitive distortions.**

Section C

22. As a psychologist Jeremy is trained in formal assessment of psychological attributes. Discuss a few attributes that are of interest to psychologists. (any three)

Or

Nine year old Peter is remarkably slow in learning and faces enormous difficulty in learning even very simple skills. He is identified as *intellectually disabled*. Mention the features of intellectual disability as defined by the American Association on Mental Deficiency (AAMD).

23. Elaborate on the relevance of diathesis stress model in understanding abnormal behavior.
24. Manav is an eight year old who has profound difficulty in relating to other people. Often he is found to be unresponsive to other people's feelings and exhibits stereotypical patterns of behavior. Identify this disorder and describe its features.

Section D

25. Jose employs psychological assessments which are systematic testing procedures to evaluate abilities, behaviour and personal qualities of individuals. He uses these information for various purposes like prediction of human behaviour, guidance, personnel selection etc. Discuss a few methods used by Jose for psychological assessment.(any four)
26. "A person's behavior in a wide variety of situations provide us with meaningful information about his/her personality." Elaborate on any three projective techniques useful for assessing personality.
27. In our daily lives sometimes, we feel stressed because of the different sources available around us like low grades in school, deciding on a career, and unrealistic expectations from ourselves and others. Describe the type and sources of stress due to which we face these problems.
28. Pooja has joined the Isha meditative centre as suggested by her therapist to gain clarity and balance in life. Analyse on the effectiveness of alternative therapies in treating maladaptive behavior.

Or

Raman, a Psychotherapist treats people with psychological distress. He understands that there are several factors which contribute to the healing process. Enlist the factors that contribute to healing in psychotherapy.

Section E

29. *Creativity is related to intelligence*. Substantiate this statement with suitable examples. Describe the features of creativity tests. Enlist a few Psychologists who have developed creativity tests.

Or

Elaborate on three theories of intelligence based on the psychometric approach

30. Human behaviour reflects an attempt to deal with or escape from anxiety. Define ego defence mechanism advocated by Freud and describe the different kinds of defence mechanisms.

Or

Explain the notion of personality through the trait approach. Discuss any two theories in detail.

Section F

Read the case and answer the questions that follow:

The idea of somatotyping in psychology was created by Sheldon. Sheldon's classification was based on the careful examination of up to four thousand photographs of college-age men in different views (front view, side view, and back view). Sheldon became convinced that there were three essential elements that determine each person's body build or somatotype. Assuming a sort of relationship between these elements and three layers of the human embryo (the endoderm, the mesoderm, and the ectoderm) he named his somatotypes. He hypothesized that somatotypes vary in the innate focus of their bodies towards their stomachs, their muscles, or their nervous systems. He acknowledged that extreme somatotypes are rare in a population and the majority of individuals are classified according to their degree of the tendency toward each somatotype.

Sheldon was strongly influenced by Ernst Kretschmer's constitutional psychology, which used a similar classification of body types. However, Kretschmer's aim was to associate body types with psychiatric syndromes while Sheldon was more interested in personality.

- 31.** Mention the main basis on which Sheldon proposed his typology of personalities. **1**
32. Mention the various typologies proposed by Sheldon. Explain it. **2**

An adult male who was seen at a psychiatric unit complained of hearing voices for the past 10 months and loss of appetite. He also complained that he roamed around town, and even though he returned home, he was sometimes physically abusive to his mother and sister. The patient further added that he felt unsafe and thought that people wanted to harm him.

The patient explained that he took a leave from work because he was feeling feverish and asked someone to replace him, but he never returned to the workplace. A month after commencing leave, he received his salary for work done but subsequently was not paid by his company. He decided to move from one bank branch to another, trying to make withdrawals. On his third attempt at one branch, he was arrested and put in cell for four days, but he was never given any reason. He said he had also received death threats, one of which was a call from an unfamiliar number. No words were spoken, but he perceived that it was a signal that meant that his life was to be taken. He became apathetic and disorganised in his thoughts.

His social history revealed that he lived in the city with his mother and sister. He had a girlfriend who stayed at a different suburb of the city. His past medical history included a history of paranoid behaviour. There was no family history of mental or physical illness. He had a premorbid personality of being introvert. Very often, he would be found in various rigid positions, which he would maintain for long periods in time without moving.

- 33.** Identify and define the disorder as given above.
34. Suggest statement/s from the above case that refers to delusion. Describe two other types of delusions.