

Time: 3 Hrs.

MM: 70

General Instructions:

All questions are compulsory except where internal choice has been given.

- Answers should be brief and to the point. Marks for each question are indicated against it.
- Question No. 1- 14 in Section I are objective type questions carrying 1 mark each. You are expected to answer them as directed.
- Question No. 15-16 in Section II are case based with objective type questions. You are expected to answer each one of them.
- Question No. 17-22 in Section III are very short answer type questions carrying 2 marks each. Answers to each question should not exceed 30 words.
- Question No. 23-25 in Section IV are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question No. 26-29 in Section V are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- Question No. 30 and 31 in Section VI are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

SECTION I

- Q1** The IQ range 80-89 is interpreted as low average. T/F 1
- Q2** People with high _____ are more likely to make efforts to complete a task and to persist in their efforts. 1

- A) Self Esteem
- B) Self Concept
- C) Self Regulation
- D) Self Efficacy

- Q3** Feelings of anxiety and depression, mood swings etc. are some of the examples of _____ effect of stress. 1
- Q4** The full form of ICD is _____ 1
- Q5** A collection of people who have assembled for a special purpose is known as _____. 1

- A) Group
- B) Audience
- C) Crowd
- D) Mob

OR

Which one of the following is NOT a characteristic of group?

- A) Collection of two or more people
- B) Everyone has a role to play in the group
- C) Members in a group are independent
- D) None of the above

- Q6** Radhika is a very dedicated student who attends classes regularly, prepares written notes, read the textbook chapters thoroughly and manages to score good in her academics. Based on your learning about the Triarchic Theory of Intelligence, Radhika has a high level of _____ intelligence. 1
- Q7** Mahatma Gandhi's non violence is reflective of _____ trait of personality. 1
- Q8** The role of learning is most prominent in the Existential Approach of Personality. True/ False 1
- Q9** Blocking of needs and motives that cause hindrance in achieving the desired goal result is called _____. 1
- Q10** The anxiety disorders have been linked to low activity of the _____ neurotransmitter. 1
- Q11** An adolescent thinks very strongly that no one loves him or cares for him. This is having an impact of his mental health. Which form of therapy would be most suitable for him to overcome this problem? 1

A) Psychosomatic Therapy

B) Cognitive Therapy

C) Behavior Therapy

D) Existential Therapy

OR

Which of the following is NOT a goal of psychotherapeutic relationship?

A) Lessening emotional pressure

B) Modifying habits

C) Increasing self awareness

D) Increasing emotional dependency on the therapist

- Q12** When an individual's view contains emotions, thoughts and actions, it is known as _____ 1

- Q13** A mental age of an 8 years old child with an IQ of 110 is _____. 1

- Q14** Type B personality is most likely to be : 1

A) Aggressive and frustrated

B) Calm and controlled

C) Stressed due to work

D) Disconnected from reality

SECTION II

- Q15** Jack graduated from high school and got a job working in a video store. After working for about 6 months Jack began to hear voices that told him he was no good. He also began to believe that his boss was planting small video cameras in the returned tapes to catch him making mistakes. Jack became increasingly agitated at work, particularly during busy times, and began "talking strangely" to customers. For example one customer asked for a tape to be reserved and Jack indicated that that tape may not be available because it had "surveillance photos of him that were being reviewed by the CIA". After about a year Jack quit his job one night, yelling at his boss that he couldn't take the constant abuse of being watched by all the TV screens in the store and even in his own home. 3

A) Identify the psychological disorder Jack is suffering from? (1)

B) Identify and write the type of any 4 major positive symptoms Jack has been experiencing due to this disorder.(2)

Q16 Asmita is 15 years old girl. Her parents on having alcohol with her friends scolded her. She could not take it and ran away from home. 4

a) What is the coping strategy that Asmita is using here? (1)

b) Which strategy according to you would be the best suited in dealing with such a situation and why? (2)

c) What are the other strategies that Lazarus has given and how would these strategies help in such a situation? (1)

OR

Rehana is a very emotionally fragile girl and she finds it really difficult to handle a new situation without getting anxious and panics a lot to initiate something. Her family on the other hand is very strong and supportive for any of her demands. As she was good in academics, one day at school she was called to the Principal office and was asked to give her name for the House Captain. When she was offered this opportunity, she took the help of her sister who was very smart in terms of handling new situations. So, Rehana's sister asked her to first understand that if she is finding this opportunity as stress then she should observe her cognitive appraisals first. She explained Rehana in detail about the different appraisals we use to interpret a situation. After doing what was suggested to her by her sister, Rehana felt quite at place and started working towards giving her name for the house captain.

Based on your understanding of the case above, answer the following questions:

A) Which type of appraisal do you think Rehana would use to find out whether the new situation presented to her is positive, negative or neutral? (1)

B) What is secondary appraisal? (2)

C) Name any two factors on which these appraisals are dependent upon. (1)

SECTION III

Q17 "Stress is an integral part of individual's living. Little bit of it is required to ignite an individual's performance." Comment. 2

Q18 Rohita is 3 years old girl who fidgets, runs around the room aimlessly, often finds difficulty in concentrating on the task and understanding the instructions. She otherwise has her speech, language and physiological developments in place. 2

A) Identify the problem which Rohita is suffering from. (1)

B) Explain about any one of the major features of this disorder. (1)

Q19 "Abhineet is a 16 yr old boy who has a persistent belief that he has a serious illness, despite medical reassurance and failure to develop the disease. But he continuously worries about his disease.' 2

(a) Which type of disorder is he suffering from?

(b) Name the other disorders of the same category?

- Q20** Describe any two psychological stress in detail. 2
- Q21** Differentiate between primary and secondary groups. Give suitable examples. 2
- Q22** What is systematic desensitization? 2

OR

What is logotherapy?

SECTION IV

- Q23** Read the passage below and answer the questions that follows: 3

There are four students in the volunteer group of a class, each one of them has abilities related to particular field or activity. For example whenever anyone faces any Mathematical problem, the students would turn to Rajesh, when anyone has problems related to English Mahi would help them as she is word-smart, Rubeena helped students to understand the features of the Natural World and Tara would help the students to decorate the class boards with beautiful sketches and patterns.

A) Based on your understanding about the Gardner's Theory of Multiple Intelligences, identify the type of intelligence of Rajesh, Mahi, Rubeena and Tara. (2)

B) Describe the Theory of Multiple Intelligences in brief. (1)

- Q24** Explain any three stages from Five stage theory of Personality Development given by Sigmund Freud. 3

- Q25** How is Prejudice different from Stereotypes? Give suitable examples. 3

Or

Explain any three elements of group structure.

SECTION V

- Q26** Explain the different types of Anxiety Disorders in detail. 4

Or

Explain the different types of dissociative disorders in detail.

- Q27** Shridharan was a very intelligent boy but due to losing his job during recession, he could not establish himself back to that same position in his life. Moreover, he lost contact from his social circle as well. His therapist advised him to seek some help from spiritual gurus and people who practise healing and calmness. Describe in detail any of the two alternative therapies. 4

- Q28** Bhushan works in an advertisement firm and his boss has given him a task to make the advertisements more appealing and catchy to attract more consumers for their product. Suggest any 4 strategies keeping in mind the different factors for Attitude change which Bhushan can use to make the advertisements more attractive. 4

- Q29** Shruti is a 15 years old girl who has just joined a new school after shifting to Mumbai from Jaipur. She is an excellent orator. She got adjusted in the group of Council members in the school. What do you think are the reasons for her to become a part of the group of School Council members? 4

SECTION VI

- Q30** 1. What is defense mechanism? (1) 6

2. Read the following situations carefully, identify the defense mechanisms referred to each case and give a description about each. (3)

A) A student having a strong desire to cheat in the exam, but found it difficult as he thought the situation of getting caught would be too embarrassing for him, but eventually he started feeling as if everyone in the hall is cheating.

B) A boy who was reared to believe that gambling is a bad and evil habit may get anxious when his desires to gamble comes at the surface but when he indulges in gambling, he gets anxious. In order to defend this anxiety, he joined the group which works for promoting healthy habits among adolescents.

C) Sheetal is not able to score good in exams, but every time her teacher asks her to work hard for the exams she refuse to recognise the obvious lack of preparedness for exam.

3. What is the difference between Id and Ego? (2)

OR

What are the main features of Projective techniques? Explain any 2 projective tests for assessing personality in detail with their contents, procedure of conduction and usage.

- Q31** Rakhi and Sakhi are identical twin sisters. But they are reared separately. While Rakhi remained with her biological parents , Sakhi was reared up by her maternal aunt, yet both of them are very intelligent (have 112 IQ). 6

A) Based on your understanding about ‘nature v/s nurture’ debate, explain the similarity in the IQ of Rakhi and Sakhi. (2)

B) What is the formula of calculating IQ? (1)

C) In which category of intelligence does IQ 112 fall? (1)

D) Name and describe any 2 intelligence tests used for measuring IQ. (2)

OR

Subhranshu is a researcher and wants to do a research on Intelligence of children of educated parents and intelligence of children whose parents are illiterate. Explain the different types of intelligence tests that the researcher can use to collect the data.