

FIRST PREBOARD EXAMINATION (2019-20)

CLASS: XII

Subject: PSYCHOLOGY

Date: 15 .12.2019

Time allowed: 3 hours

Maximum Marks: 70

General instructions:

1. **All** questions are **compulsory**.
2. Marks for each question are indicated against it.
3. Answer should be brief and to the point.
4. Please check that this question paper contains 5 printed pages only.
5. Please check that this question paper contains 32 questions.

Part A

1. The notion of contextual intelligence implies that intelligence is a product of _____. 1
2. The _____ approach considers intelligence as an aggregate of abilities . 1
3. _____ approach holds that situation characteristics play an important role in determining our behavior.

a) Interactional approach	c) Type approach	
b) Trait approach	d) Behavioral approach	1
4. _____ is a set of skills that underlie accurate appraisal, expression, and regulation of emotions.

a) Emotional intelligence	c) Emotional quotient	
b) Emotional competence	d) Cognitive capacity	1

5. Personality traits of hardiness are _____, _____ and _____.
1
6. Learning to delay or defer the gratification of needs is called self - efficacy. True / False 1
7. _____ techniques is an active skill that reduces symptoms of stress and decreases the incidence of illnesses such as high blood pressure and heart disease. 1
8. _____ has, as its essential feature, an unexpected travel away from home and workplace, the assumption of a new identity, and the inability to recall the previous identity.
- a) Dissociative fugue c) Depersonalization
b) Dissociative identity disorder d) Dissociative amnesia 1
9. The symptoms of somatization disorder are reported loss of part or all of some basic body functions. True / False 1
10. Children with separation anxiety disorder have marked difficulties in social interaction and communication, a restricted range of interests, and strong desire for routine. True/ False 1
11. In delusion of _____ , people believe themselves to be specially empowered persons.
- a) Grandeur c) Control
b) Reference d) Persecution 1
12. Electro -convulsive therapy (ECT) is a form of bio-medical therapy. True / False 1
13. _____ refers to those processes whereby our attitudes and behaviours are influenced by the real or imagined presence of other people. 1

14. The norm of _____ we should help anyone who needs help, without considering any other factor. 1
- a) Prosocial behavior c) Equity
b) Reciprocity d) Social responsibility
15. While using psychological tests, an attitude of _____, _____ and _____ must be kept in mind. 1
16. _____ tolerance is the ability to put up with a situation in which individuals would have to compete with many others for even basic resources, including physical space. 1
17. According to some experts who deal with Post-traumatic stress disorder (PTSD), one of the key attitudes to develop in the survivors is that of _____.
- a) Self- efficacy c) Self -esteem
b) Self- regulation d) Self-control 1

Part B

18. Describe type A personality. 2
19. Explain the physiological effects of stress.
- Or
- What is psycho-neuro- immunology? 2
20. What is abnormality? 2
21. It is possible to enhance one's listening skills. Justify this statement. 2

Part C

22. What is structure of intellect model? 3
23. State three characteristics of pro-social behavior. 3
24. What is paraphrasing
Or
Describe three stages of interview 3

Part D

25. How do psychologist characterize and define intelligence? 4
26. How would Horney's explanation of depression be different from that of Alfred Adler? 4
27. Give an example of a life event which is likely to be stressful. Suggest reasons why it is likely to cause different degrees of stress to the person experiencing it. 4
28. Describe the characteristics of hyperactive children. 4
29. You have been given the responsibility of changing the attitude of your school mate towards food wastage. Identify any four factors that you need to keep in mind while bringing in this attitude change and explain it with the help of an example. 4
30. "Human beings affect and are affected by the environment" explain this statement with the help of examples.
Or
What is noise? Discuss the effects of noise on human behavior. 4

Part E

31. A therapist asks the client to reveal all her/his thoughts including early childhood experiences. Describe the technique and type of therapy being used.

OR

Define Psychotherapy? How Psychotherapy are classified. 6

32. What are some of the causes of intergroup conflicts? Think of any international conflict. Reflect on the human price of this conflict.

OR

Why do people obey even when they know that their behavior may be harming others ? Explain 6