

PRE-BOARD- EXAMINATION-1 (NOVEMBER– 2019)**CLASS: XII****PSYCHOLOGY****Time: 3 hrs.****MAX. MARKS: 70****General Instructions**

- All questions are compulsory and answers should be brief and to the point. Marks for each question are indicated against it.
- Questions no. **1 – 17** in Part A are objective type questions carrying **1** mark each. You are expected to answer them as directed.
- Questions no. **18-21** in Part-B are very short type questions carrying **2** marks each, Answer to each question should **30** words each.
- Questions no. **22-24** in Part-C are short answer type-I questions carrying **3** marks each. Answers to each should not exceed **60** words each.
- Questions **25-30** in Part-D are short Answer type-II questions carrying **4** marks each. Answer to each question should not exceed **100** words each.
- Question no. **31 and 32** in Part-E are long answer type questions carrying **6** marks each. Answer to each Question should not exceed **200** words each.

PART-A

- 1 _____ involves helping relationship that includes someone seeking help, and someone willing to give help, who is capable of or trained to help in a setting that permits help to be given and received. 1
- 2 Interpersonal communication involves communicating with two persons. True/False. 1
- 3 _____ Perspective suggests that physical environment exists mainly for use by human beings for their comfort. 1
- 4 Forceful destructive behaviour towards another person or object is described as _____. 1
- a. Aggression
 - b. Violence
 - c. Hostile
 - d. Frustration

- 5 _____ is also a collection of people who may be present at a place/situation by chance. 1
- 6 Cohesion amongst group members can interfere with effective leadership and lead to disastrous decisions. This process is called: 1
- a. Cohesiveness
 - b. Groupthink
 - c. Polarization
 - d. Conflict
- 7 We have a tendency to think that a target person who has a set of positive qualities must also be having other specific positive qualities that are associated with the first set. This is known as the _____ . 1
- a. Primacy effect
 - b. Recency effect
 - c. Halo effect
 - d. None of the above.
- 8 Fundamental attribution error is an overall tendency to explain the action of others on the basis of internal cause rather than due to external or situational factors. True/False. 1
- 9 If a child does not do homework properly, _____ may be used by the child's mother by preparing the child's favorite dish whenever s/he does homework at the appointed time 1
- 10 A dream-like state separating self from reality is known as 1
- a. Depression
 - b. Dissociative fugue
 - c. Depersonalisation
 - d. Bipolar
- 11 People suffering from _____ become euphoric (high), extremely active, excessively talkative, and easily distractible. 1
- 12 Frustration is one of the sources of psychological stress. True/False. 1
- 13 An earth quake comes under which type of the following types of stress 1
- a. Physical stress
 - b. Psychological stress
 - c. Social stress
 - d. Environmental stress
- 14 Defense mechanism is a way of reducing anxiety by distorting reality. True/False. 1
- 15 Aisha is in the final year of schooling and is highly motivated to excel in the competitive examinations. However she feels she is short of time and always burdened with work. She finds it difficult to slow down and relax. Identify her personality type. 1
- a. Type A
 - b. Type B
 - c. Type C
 - d. Type D

- 16 Learning alphabets and digits is an example of simultaneous processing. True/False 1
- 17 Emotional competence refers to 1
- a. Self-monitoring of emotions
 - b. Self-competence to handle behaviour
 - c. Discrimination of behaviour
 - d. Persistence in behaviour

PART - B

- 18 Explain the behavioural effects of stress. 2
- 19 A) What is substance dependence? 2

OR

- B) Explain separation anxiety disorder (SAD).
- 20 How does aversive conditioning help in overcoming maladaptive behavior? 2
- 21 Differentiate between formal and informal groups with the help of examples. 2

PART -C

- 22 Two sections of Class XII of your school are at conflict over shared resources such as activity room, football ground and audio-visual center. Suggest possible solutions to reduce and resolve this conflict. 3
- 23 Define giftedness. What are the characteristics of gifted children? 3
- 24 A) Anita's job requires her to shift cities very frequently. With reference to secondary appraisal, suggest ways in which she will interpret the situation? 3

OR

- B) What is the role of biofeedback in dealing with stress?

PART- D

- 25 Intelligence is the interdependent functioning of three neurological systems. Explain this theory. 4
- 26 A) Discuss the main propositions of the humanistic approach to personality. 4

OR

- B) What are defense mechanisms? Discuss any three defense mechanisms.

27 Describe any two procedures of behavioural analysis. 4

28 A) A client experiences irrational thoughts that are self-defeating in nature. Suggest and explain a suitable therapy that will help him to reduce his distress. 4

OR

B) Explain the ethical standards that need to be practiced by professional psychotherapists.

29 A big percentage of the population lives below the poverty line in India. As a responsible student, suggest steps to reduce poverty. 4

30 What do you understand by the term counseling? Explain the characteristics of an effective counselor. 4

PART- E

31 A) Explain the different psychological models used to explain abnormal behaviour. 6

OR

B) What are somatoform disorders? Elaborate on the different types.

32 A) Explain the process of attitude change with the help of suitable examples. 6

OR

B) How does social facilitation take place?
