

**SECOND YEAR HIGHER SECONDARY EXAMINATION, MARCH 2025**

Part – III

Time : 2 Hours

**PSYCHOLOGY**

Cool-off time : 15 Minutes

Maximum : 60 Scores

**General Instructions to Candidates :**

- There is a 'Cool-off time' of 15 minutes in addition to the writing time.
- Use the 'Cool-off time' to get familiar with questions and to plan your answers.
- Read questions carefully before answering.
- Read the instructions carefully.
- Calculations, figures and graphs should be shown in the answer sheet itself.
- Malayalam version of the questions is also provided.

**വിദ്യാർത്ഥികൾക്കുള്ള പൊതുനിർദ്ദേശങ്ങൾ :**

- നിർദ്ദിഷ്ട സമയത്തിന് പുറമെ 15 മിനിറ്റ് 'കൂൾ ഓഫ് ടൈം' ഉണ്ടായിരിക്കും.
- 'കൂൾ ഓഫ് ടൈം' ചോദ്യങ്ങൾ പരിചയപ്പെടാനും ഉത്തരങ്ങൾ ആസൂത്രണം ചെയ്യാനും ഉപയോഗിക്കുക.
- ഉത്തരങ്ങൾ എഴുതുന്നതിന് മുമ്പ് ചോദ്യങ്ങൾ ശ്രദ്ധാപൂർവ്വം വായിക്കണം.
- നിർദ്ദേശങ്ങൾ മുഴുവനും ശ്രദ്ധാപൂർവ്വം വായിക്കണം.
- കണക്ക് കൂട്ടലുകൾ, ചിത്രങ്ങൾ, ഗ്രാഫുകൾ, എന്നിവ ഉത്തരപേപ്പറിൽ തന്നെ ഉണ്ടായിരിക്കണം.
- ചോദ്യങ്ങൾ മലയാളത്തിലും നല്കിയിട്ടുണ്ട്.

Answer any 8 questions from 1 to 9. Each carries 1 score.

(8 × 1 = 8)

1. Identify the behavioural effects of stress from the following :
- (a) Feelings of Anxiety (b) Increased heart rate  
(c) Poor concentration (d) Consumption of alcohol
2. The structure of intellect model was proposed by
- (a) J.P. Guilford (b) Arthur Jensen  
(c) Louis Thurstone (d) Charles Spearman
3. Find out Neurodevelopmental disorder from the following :
- (a) Autism spectrum disorder (b) Conduct disorder  
(c) Oppositional defiant disorder (d) Conversion disorder
4. According to Carl Jung collective unconscious consists of :
- (a) Complexes (b) Personal goals  
(c) Archetypes (d) Prototypes
5. Which among the following is an example of non-verbal test ?
- (a) Wechsler Adult Intelligence scale (b) Ravens progressive matrices  
(c) Stanford-Binet test (d) Sentence completion test
6. Who formulated Logo Therapy ?
- (a) Aaron Beck (b) Albert Ellis  
(c) Wolpe (d) Victor Frankl
7. The stage in which intergroup conflict occurs is
- (a) Forming stage (b) Storming stage  
(c) Norming stage (d) Performing stage
8. Dynamic situation specific reaction to manage stress is called
- (a) Burnout (b) Strain  
(c) Coping (d) Exhaustion

9. The action component of attitude is referred to as :

- (a) Cognitive (b) Affective  
(c) Social (d) Behavioural

Answer any 6 questions from 10 to 17. Each carries 2 scores.

(6 × 2 = 12)

10. Mention any four reasons for people to join groups.
11. Differentiate self-esteem and self-control.
12. Identify any two factors that influence attitude formation.
13. Write a short note on Generalised anxiety disorders.
14. What is social loafing ?
15. Write any two characteristics of gifted children.
16. What is the difference between primary and secondary appraisal ?
17. Suggest any two methods for rehabilitation of the mentally ill person.

Answer any 4 questions from 18 to 22. Each carries 3 scores.

(4 × 3 = 12)

18. Negative symptoms of Schizophrenia are 'Pathological deficits'. Explain.
19. Briefly explain Allport's trait theory.
20. Explain any three from the following :
- (a) Valence  
(b) Extremeness  
(c) Simplicity or complexity  
(d) Centrality

21. Briefly explain any three types of groups.
22. Discuss any three life skills that will help to meet challenges of life.

Answer any 4 questions from 23 to 27. Each carries 4 scores.

(4 × 4 = 16)

23. In behaviour therapy a range of techniques are available for changing behaviour. Discuss those techniques.
24. Write a short note on any four from the following :
- (a) Relaxation techniques
  - (b) Meditation procedures
  - (c) Biofeedback
  - (d) Creative visualisation
  - (e) Exercise
25. In multiple intelligence theory, Gardner described eight types of intelligence. Identify and explain any four among them.
26. (a) What is defense mechanism ?  
(b) Describe any three defense mechanisms.
27. (a) What do you mean by psychological stress ?  
(b) Describe the important sources of psychological stress.

Answer any 2 questions from 28 to 30. Each carries 6 scores.

(2 × 6 = 12)

28. Describe any three projective techniques used for assessing personality.
29. (a) Explain somatic symptom and related disorders.  
(b) Describe feeding and eating disorders
30. There are several types of intelligence tests based on their administration, nature of items used and cultural context. Discuss.
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