

CLASS - XII
PSYCHOLOGY (Code-037)
MARKING SCHEME 2018-19

Time allowed – 3 Hours

Max Marks – 70

PART – A

- Q 1. A student with high aptitude in verbal reasoning and strong interest in reading is more likely to succeed as a _____ . 1
- (a) **Journalist**
 - (b) Engineer
 - (c) Athlete
 - (d) Agriculturalist

Page 7, 18

- Q 2. You just found a wallet in a movie hall. Which aspect of your personality, according to psychoanalytic theory, would urge you to return it to the owner? 1
- Super ego** Page 35

- Q 3. Radhika is frustrated and is crying, as she has not prepared well for her examination. The coping strategy that she is using to deal with this stress is: 1
- (a) Avoidance oriented
 - (b) Task oriented
 - (c) Problem focused
 - (d) **Emotion oriented**

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OR

Rajat is satisfied only if he does everything perfectly. This is an instance of

- (a) Social pressure
- (b) **internal pressure**
- (c) conflict
- (d) social stress

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- Q 4. Priya exhibits strong aggressive tendencies but often complains of other people acting in an excessively aggressive way. Identify the defence mechanism: 1
- (a) Rationalisation
 - (b) Reaction formation
 - (c) Denial
 - (d) **Projection**

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- Q 5. Samina keeps organizing her cupboard the whole day. Even the thought of somebody messing it, keeps her distracted in class and makes her anxious. Such symptoms are typical of which disorder? **1**

-Obsessive compulsive disorder

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- Q 6. If a child gives trouble in eating dinner, an antecedent operation would be to praise the child, every time he finishes dinner. (True/False) **1**

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- Q7. When people attribute failure to task difficulty they are referring to following factors: **1**

- (a) External, stable
- (b) Internal, stable
- (c) **External, unstable**
- (d) Internal, unstable

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OR

_____ is an example of negative attitude towards people.

- (a) Prototype
- (b) Stereotype
- (c) Discrimination
- (d) **Prejudice**

Page 118

- Q 8. 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

Page 134

- Q 9. When you are interacting with a close friend or relative, you maintain a distance of about 18 inches to 4 feet. This distance is called _____. **1**

Personal distance

Page 161

OR

People growing up in a large family that lives in a small house develop _____ tolerance.

Crowding

Page 160

- Q 10. The interview questions intended to get a person to reflect on what he or she has said are called leading questions. (True/False) 1

Page 189

PART – B

- Q 11. **What is biofeedback?** 2

Procedure to monitor and reduce the physiological aspects of stress by providing feedback about current physiological activity and is often accompanied by relaxation training. It is conducted in three phases. (1+1)

Page 62

- Q. 12. **Differentiate between self-esteem and self-efficacy.** 2

Self esteem- value judgment of a person about himself.

Self efficacy- extent to which people believe they themselves have control over their life outcomes.

Or any other relevant explanation with examples.

(1+1)

Page 26

OR

Differentiate between self as subject and self as object.

Self as subject- someone who does something

Self as object- someone who gets affected

(Brief description and example of both)

Or any other relevant explanation with examples.

(1+1)

Page 25

- Q. 13. **How is empathy different from sympathy?** 2

In sympathy one has compassion and pity towards the suffering of another but is not able to feel like the other person.

Empathy- understanding the plight of another person as well understanding things from other's perspective.

(1+1)

Page 91

- Q 14. **Differentiate between the minimalistic perspective and instrumental perspective of human environment relationship.** 2

Minimalistic - physical environment has minimal or negligible influence on human behavior; health and well-being.

Instrumental- physical environment exists for use of human beings for comfort and wellbeing.

(1+1)

Page 154

Q. 15. Why is it important to develop ethical standards and codes in Counseling? 2

1. Counselling is part of the service sector. Thus, not following ethical standards will have legal implications.

2. Client counselor relationship is based on ethical practice. It guides the ethical conduct of behaviour and decision making in actual clinical setting.

Any other relevant point.

(1+1)

Page 193

OR

Why is positive regard an important characteristic of an effective helper?

Negative feelings get minimised when a counsellor extends a positive regard to the client by accepting that it is all right to feel the way the client is feeling.

Any other relevant point.

Page 192

Q. 16. What are situational stress tests? 2

Type of behavioural analysis. Provides us with information about how a person behaves under stressful situation. Involves role playing for which he is observed.

Any two relevant points

(1+1)

Page 47

PART – C

Q. 17. Differentiate between dissociative amnesia and depersonalization. 3

Dissociative amnesia is characterized by extensive but selective memory loss that has no known organic cause (e.g., head injury). This disorder is often associated with an overwhelming stress. Part of dissociative amnesia is dissociative fugue.

Depersonalisation-/ Derealisation disorder: dreamlike state has a sense of being separated from self and reality. There is a change of self-perception and the person's sense of reality is temporarily lost or changed. (1 ½ + 1 ½)

Page 78,79

Q. 18. With the help of an example, explain how cognitive dissonance leads to attitude change. 3

Cognitive Dissonance theory proposed by Leon Festinger.

According to cognitive dissonance, cognitive components of an attitude must be consonant. If they are dissonant, one of them will change in the direction of consonance.

Example: the theory with the help of example. (Any two point along with an example)

(2+1)

Page 112, 113

Q. 19. Ecological environment influences our occupation, living style and attitudes. Justify. 3

Occupation- agriculture, hunting, industries depending upon the environment.

Living style- occupation effects living style like collectivistic culture, closer to nature; dependent on climate and weather

Attitude- cooperativeness, competitiveness; belief in personal control, group interests.

(1+1+1)

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OR

“Poverty begets poverty”. Justify the statement.

i. Explain the Poverty cycle taking into account the following points

- a. Low income and resources
- b. Low health and nutrition
- c. Lack of education and skills
- d. Low employment opportunities
- e. Low motivation

($\frac{1}{2} + \frac{1}{2} + \frac{1}{2} + \frac{1}{2} + \frac{1}{2} + \frac{1}{2}$)

Page 167

Q.20. How does understanding of body language help in effective communication? 3

Body language is composed of all those messages that people exchange besides words.

Single nonverbal signal does not carry complete meaning. Cluster includes gestures, postures, eye contact, clothing style (all of them considered together)

Congruency between current and past patterns of behavior and harmony between verbal and nonverbal communication helps in communication.

(1+1+1)

Page 186-187

PART – D

Q. 21 How would Karen Horney’s explanation of psychological disorders be 4

different from that of Alfred Adler's?

Karen Horney- disturbed interpersonal relationship during childhood; basic anxiety; basic hostility

Alfred Adler- lack of personal goals; feelings of inadequacy; feelings of inferiority.

(2+2)

Page 38

Q.22 Explain the influence of heredity and environment on intelligence.

4

Intellectual development is the product of a complex interplay of hereditary factor (nature) and environmental conditions (nurture). Heredity sets the range and environment shapes the development.

Nature (Hereditary factors): The most convincing evidence comes from twin studies and adoption studies. influences intelligence.

Studies	Correlation
Identical twins reared together	0.90
Identical twins reared in different environments	0.72
Fraternal twins reared together	0.60
Siblings reared together	0.50
Siblings reared apart	0.25

Nurture (Environmental factors): Evidence for environmental influences on intelligence comes from the following observations: Adoption studies demonstrate that adopted children show some similarity in IQ to their adoptive parents. IQ declines over time in children raised in deprived environments. Conversely, IQ improves in children who leave deprived environments and enter enriched environments. Family background and socio-economic status; Nutrition; Schooling etc.

(2+2)

Page 10

Q. 23 What is Giftedness? State its characteristics.

4

Giftedness- Exceptional general ability shown in superior performance in a wide variety of areas. high ability; high creativity and high commitment.

Characteristics of giftedness:

- Advanced logical thinking, questioning and problem solving behaviour
- High speed in processing information
- Superior generalization and discrimination ability

- Advanced level of original and creative thinking
- High level of original and creative thinking

(2+2)

Page 12-13

Q24. Describe Lazarus' general model of stress appraisal.

4

- Based on Cognitive theory of stress as given by Lazarus et al.
- Depends on how the stressful event is interpreted or appraised.
- Primary appraisal- positive, negative and neutral
- Secondary appraisal- They are subjective and depend on:
 - Past experiences.
 - Controllable- sense of self confidence and self-efficacy
 - Type of stressor- environmental, social or psychological
 - Dimensions of the stressor- intensity, duration, complexity predictability
 - Person characteristics- physiological, psychological, cultural
 - Resources- physical, personal and social

Page 53-54

OR

What is positive health? Describe any three stress buffers that facilitate positive health.

4

- Positive health: a state of complete physical, mental, social and spiritual well-being.
a healthy body; high quality of personal relationships; a sense of purpose in life; self-regard, mastery of life's tasks; and resilience to stress, trauma, and change
- Stress buffers that facilitate positive health are:
diet, exercise, positive attitude, positive thinking, social support
(Explanation of any three)

(1+3)

Page 65

Q. 25 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

- a. Cognitive therapy helps to know the causes of psychological stress in irrational thoughts and beliefs - Aaron Becks theory of psychological distress is characterized by anxiety and depression. - Being therapist the client can be helped to change the irrational belief and the negative thoughts by making a change in his her philosophy about life - The therapist uses gentle questioning which is non-threatening in nature - This helps him/her to gain insight into the nature of their dysfunctional schemas and change their cognitive structures.
- b. Albert Ellis RET - ABC analysis - Change of thoughts with 'musts' and 'shoulds' - Interviews and questionnaires are used. - Process of non-directive questioning to replace irrational belief system.

Explanation of any one.

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OR

During therapy, Rishi shows resentment towards the therapist and starts avoiding therapy sessions. Identify the therapy and the processes being referred to.

Psychoanalytic therapy by Freud
Transference – positive and negative
Resistance- conscious and unconscious
(Explanation of above points)

(1+1.5+1.5)

Page 94,95

Q. 26 “Pro Social behavior is expressed, when the situation activates certain social norms”. Justify the statement. 4

Pro social behavior means doing something for or thinking about the welfare of others without any self-interest.

- Norm of social responsibility
- Norm of reciprocity
- Norm of equity

Explanation of each point with clarity.

(1+1+1+1)

Page 125

PART – E

Q. 27 What are the different Neuro developmental disorders? Explain. 6

a) Attention deficit hyperactivity disorder (ADHD)

Inattentive-finds difficult to sustain mental effort during work or play-can't concentrate, doesn't listen, forgetful, disorganized, doesn't follow instructions. Hyperactivity; Impulsivity

b) Autism Spectrum Disorder

Difficulty in social interaction & relating to other people-unable to initiate social behaviors, seen unresponsive to other people's feelings, unable to share experiences or emotions with others. Serious persistent abnormalities in communication & language-have repetitive and deviant speech patterns. Show narrow patterns of interests & repetitive behaviors-motor movements may be stimulatory or self injurious.

c) Intellectual disability

It refers to below average intellectual functioning (with an IQ of approximately 70 or below) It can get manifested before the age of 18 years. It can be manifested at 4 levels:

- i. Mild (IQ range 50-70)
- ii. Moderate (IQ range 35-49)
- iii. Severe (IQ range 20-34)
- iv. Profound (IQ below 20) ;

Deficit or impairment in adaptive behavior particularly in the areas of communication, self-care, home living, social interpersonal skills, academic skills, vocational adjustment.

d) Specific Learning Disability

The individual experiences difficulty in perceiving and processing information efficiently and accurately. These get manifested in early school years the individual encounters problems in reading, writing and/or Mathematics.

(1 ½ +1 ½ +1 ½ +1 ½).

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OR

Explain mental disorders from the perspective of any three psychological models.

1. **Psychodynamic model** -Abnormal symptoms are viewed as the result of conflicts between these forces. This model was first formulated by Freud who believed that three central forces shape personality- intrapsychic conflict—instinctual needs, drives and impulses (id), rational thinking (ego), and moral standards (superego).

2. **Behavioural model.** This model states that both normal and abnormal behaviours are learned and psychological disorders are the result of learning maladaptive ways of behaving. Learning can take place by classical conditioning (temporal association in which two events repeatedly occur close together in time), operant conditioning (behaviour is followed by a reward), and social learning (learning by imitating others' behaviour).

3. **Cognitive model.** People may hold assumptions and attitudes about themselves that are irrational and inaccurate. People may also repeatedly think in illogical ways and make overgeneralizations, that is, they may draw broad, negative conclusions on the basis of a single insignificant event.

4. **Humanistic-existential model, which** focuses on broader aspects of human existence. Humanists believe that human beings are born with a natural tendency to be friendly, cooperative and constructive, and are driven to self-actualise, i.e. to fulfil this potential for goodness and growth. Existentialists believe that from birth we have total freedom to give meaning to our existence or to avoid that responsibility. Those who shirk from this responsibility would live empty, inauthentic, and dysfunctional lives.

Explanation of any three.

(2+2+2)

Page74-75

Q. 28. **Differentiate between cooperation and competition and discuss their 6 determinants.**

Cooperation-When groups work together to achieve shared goals then it is known as cooperation. There are group rewards instead of individual rewards.

Competitive goals are set in such a way that each individual can get his goal only if others don't attain it. Maximise their own benefits and work for realisation of self-interest.

Determinants: Reward structure; Interpersonal communication; Reciprocity

(Explanation of above mentioned points or any other relevant points)

(1 ½ + 1 ½ +3)

Page 144-146

OR

Why do conflicts arise between groups and how can they be resolved?

Conflict is a process in which either an individual or a group perceives that others have opposing interests, and both try to contradict each other; intense feeling of We and they.

Major reasons of conflict: lack of communication; relative deprivation; believe in the superiority of ones party over the other; feeling of being poorly regarded by others; Desire for retaliation; biased perception; people in a group are more aggressive; perceived inequity

Resolution of conflict: Introduction of super ordinate goals; Altering perception Redrawing group boundaries; Increasing intergroup contacts; Negotiations; Structural solutions; Respect for other group norms.
(Explanation of above mentioned points or any other relevant points) (2+2+2)

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