

2022 XI 19

0230

Seat No.

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Time : 2 Hours

FIRST-TERM

PSYCHOLOGY

Subject Code

(CWSN)

H	4	7	5	5
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Total No. of Questions : 32 (Printed Pages : 12)

Maximum Marks : 40

- INSTRUCTIONS :**
- (i) The question paper consists of **3** parts.
 - (ii) Each question carries **one** mark.
 - (iii) *All* questions are compulsory.
 - (iv) **Part-A** consists of Multiple Choice Questions, **Part-B** consists of True/False statements, **Part-C** consists of match the following columns.
 - (v) This is a question paper cum answer booklet. Answers should be written in the space provided below each question.

Part-A

20×1=20

1. Creativity test involves

- (A) Convergent thinking
- (B) Divergent thinking
- (C) Logical thinking
- (D) None of the above

Answer

2. An individual's underlying potential for acquiring skills is referred to as

.....

- (A) Aptitude
- (B) Interest
- (C) Personality
- (D) None of the above

Answer

3. The type of intelligence test that can be administered to one person at a time is referred to as

- (A) Group test
- (B) Performance test
- (C) Culture-fair test
- (D) Individual test

Answer

4. Two-factor theory of intelligence was proposed by

- (A) Wechsler
- (B) William Stern
- (C) Charles Spearman
- (D) Gardner and Sternberg

Answer

5. People with I.Q. scores in the range of 70-79 are classified as having

(A) Very superior intelligence

(B) Borderline intelligence

(C) Average intelligence

(D) Superior intelligence

Answer

6. Koh's Block Design Test is an example of

(A) Non-verbal test

(B) Verbal test

(C) Performance test

(D) None of the above

Answer

7. The assessment method which involves seeking information from a person on a one-to-one basis is called

(A) Observation

(B) Interview

(C) Self-report

(D) Psychological test

Answer

8. The facets of intelligence in the Indian tradition that gives importance to hardwork and goal-directed behaviour is

- (A) Cognitive capacity
- (B) Social competence
- (C) Emotional competence
- (D) Entrepreneurial competence

Answer

9. The tests in which the person has to think of the right solution to the problem and the focus is on assessing abilities such as memory is known as

- (A) Creativity tests
- (B) Aptitude tests
- (C) Intelligence tests
- (D) Personality tests

Answer

10. The level of intellectual disability where people are slower than their peers, they can function quite independently, hold jobs and families is referred to as

- (A) Severe disability
- (B) Mild disability
- (C) Profound disability
- (D) None of the above

Answer

11. The strategy which involves denying or minimising the seriousness of the situation is called

- (A) Task-oriented strategy
- (B) Emotion-oriented strategy
- (C) Avoidance-oriented strategy
- (D) Problem-focused strategy

Answer

12. A child gives notes to her/his friend since she was absent from school due to sickness. The form of support is

- (A) Informational support
- (B) Tangible support
- (C) Emotional support
- (D) Occupational support

Answer

13. Extreme events such as train or road accidents, robbery, earthquake are examples of

- (A) Traumatic Events
- (B) Life Events
- (C) Hassles
- (D) None of the above

Answer

14. An effective technique for dealing with stress that uses imagery and imagination is

- (A) Improving Relationships
- (B) Cognitive Behavioural Technique
- (C) Meditation Procedures
- (D) Creative Visualisation

Answer

15. The source of psychological stress that results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal is called

- (A) Frustration
- (B) Conflict
- (C) Internal pressure
- (D) Social pressure

Answer

16. Which of the following is NOT a behavioural effect of stress ?

- (A) Increase intake of stimulants like caffeine
- (B) Excessive consumption of cigarettes
- (C) Poor concentration
- (D) Eating less nutritional food

Answer

17. A behaviour or skill that helps to communicate clearly and confidently our feelings, needs, wants and thoughts is termed as

- (A) Assertiveness
- (B) Time management
- (C) Bio-feedback
- (D) None of the above

Answer

18. Demands that change the state of our body are referred to as

- (A) Psychological stresses
- (B) Social stresses
- (C) Physical stresses
- (D) Emotional stresses

Answer

19. Commitment, control and challenge are referred to as the personality traits of

- (A) Positive Health
- (B) Hardiness
- (C) Self-care
- (D) Diet

Answer

20. Swimming, walking, running, cycling, skipping are examples of

- (A) Exercise
- (B) Relaxation Techniques
- (C) Unhelpful Habits
- (D) Positive Thinking

Answer

Part-B

State whether the following statements are True/False :

21. Intelligence of fraternal twins reared together correlate almost 0.60.

(True/False)

Answer

22. A remarkable ability in a specific field is termed as giftedness. (True/False)

Answer

23. In the formula for finding Intelligence Quotient CA refers to chronological age. (True/False)

Answer

24. Intelligence in Indian Tradition can be termed as technological intelligence. (True/False)

Answer

25. Case study is an assessment method that involves an in-depth study of the individual. (True/False)

Answer

26. Chronic daily stress can divert an individual's attention from caring for herself or himself. (True/False)

Answer

27. The key to healthy living is to eat three main meals a day and eat a varied well-balanced diet. (True/False)

Answer

28. Internal pressures may be brought about from people who make excessive demands on us. (True/False)

Answer

29. Increase in the production of certain hormones such as adrenaline and cortisol are examples of cognitive effects of stress. (True/False)

Answer

30. Eustress is the term used to describe the level of stress that is good and a person's best asset for achieving peak performance. (True/False)

Answer

