

Total No. of Printed Pages—7

**HS/XII/A/Psy/21**

**2 0 2 1**

**PSYCHOLOGY**

**( Theory )**

*Full Marks : 70*

*Time : 3 hours*

*The figures in the margin indicate full marks for the questions*

*General Instructions :*

- (i) Write all the answers in the Answer Script.
- (ii) Attempt Part—A (Objective Questions) serially.
- (iii) Attempt all parts of a question together at one place.

( PART : A—OBJECTIVE )

( Marks : 26 )

SECTION—I

( Marks : 12 )

- 1.** Choose and write the most appropriate answer from the choices provided (any six): 1×6=6

(a) \_\_\_\_\_ refer(s) to distinctiveness and variations among people's characteristics and behaviour patterns.

(i) Assessment

(ii) Situationism

(iii) Individual differences

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- (b) Which of the following personality types is more susceptible to problems like hypertension and coronary heart disease?
- (i) Type A
  - (ii) Type B
  - (iii) Type C
- (c) Which of the following types of stress is induced externally and result from our own interactions with other people?
- (i) Environmental stress
  - (ii) Psychological stress
  - (iii) Social stress
- (d) Which of the following is a major anxiety disorder?
- (i) Schizophrenia
  - (ii) Panic disorder
  - (iii) Mood disorder
- (e) Which of the following psychotherapies postulates that the questions about the meaning of one's life and existence are the causes of psychological problems?
- (i) Psychodynamic therapies
  - (ii) Cognitive therapies
  - (iii) Existential therapy

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- (f) Which of the following psychotherapies uses 'transference' and 'interpretation' as a means of treating the patient?
- (i) Psychodynamic therapies
  - (ii) Cognitive therapies
  - (iii) Humanistic therapy
- (g) Which of the following are the three forms of social influence?
- (i) Compliance, identification and conflict
  - (ii) Conformity, compliance and obedience
  - (iii) Compliance, conformity and conflict
- (h) Which of the following situational factors increases the likelihood of aggression?
- (i) Availability of weapons
  - (ii) Education and training for employment
  - (iii) Positive attitude towards peace

2. Fill in the blanks (any six):

1×6=6

- (a) \_\_\_\_ showed that intelligence consisted of a general factor (*g*-factor) and some specific factors (*s*-factors).
- (b) The conscious ego works according to \_\_\_\_ principle.
- (c) \_\_\_\_ results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal.

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- (d) \_\_\_\_\_ formulated the Rational Emotive Therapy.
- (e) The German word 'gestalt' means \_\_\_\_\_.
- (f) \_\_\_\_\_ is a state of mind, a set of views or thoughts, regarding some topic, which have an evaluative feature.
- (g) The term \_\_\_\_\_ refers to one's own group.
- (h) \_\_\_\_\_ is an important cause of poverty.

SECTION—II

( Marks : 14 )

3. Answer the following questions in less than 30 words each (any seven) : 2×7=14

- (a) What is IQ?
- (b) What is self-esteem?
- (c) What is depression?
- (d) What is therapeutic relationship?
- (e) Define a group.
- (f) What is social identity?
- (g) What is conflict?
- (h) What is frustration-aggression theory?
- (i) What is poverty cycle?

( 5 )

( PART : B—DESCRIPTIVE )

( Marks : 44 )

4. Write short notes on any *four* of the following (up to 60 words each) : 3×4=12

(a) Kinds of self

*Or*

Oedipus complex

(b) Separation anxiety disorder

(c) Three strategies for handling prejudice

(d) Pro-social behaviour

(e) Ways and means to protect the environment from pollution

(f) Impact of television viewing on cognitive processes and social behaviour of children

(g) Remedies to curb violence and aggression in the society

5. Answer the following questions in less than 100 words each : 4×5=20

(a) Explain the different kinds of defense mechanism.

*Or*

Briefly explain the concept of self-actualisation as given by Maslow.

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(b) Describe hyperactivity in children.

*Or*

Describe the various forms of eating disorders.

(c) Describe the psychoanalytic methods of eliciting the nature of intrapsychic conflict.

*Or*

Describe the therapy which is based on the principle of personal growth and self-actualisation.

(d) Describe the factors that influence attitude formation.

*Or*

Briefly explain why do some individuals perform better in the presence of others.

(e) Describe the four important elements of group structure.

*Or*

Briefly explain why do people obey even when they know that their behaviour is harming others.

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6. Answer the following questions in less than 200 words each : 6×2=12

(a) Explain any four domains of psychological attributes.

*Or*

Explain briefly the three basic types of intelligence identified by Robert Sternberg (1985).

(b) Briefly explain how balanced diet, exercises and positive attitude promote positive health.

*Or*

Briefly explain how time management, self-care and improving relationships help to meet the challenges of life.

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