

DELHI PUBLIC SCHOOL JAMMU
SAMPLE PAPER (HALF YEARLY)
SESSION (2024-25)

CLASS: XII
SUBJECT: PSYCHOLOGY

Time – 3Hour
Maximum Marks –70

General Instructions:

- i. All questions are compulsory except where internal choice has been given.
- ii. Question Nos. 1 -18in Section A carry 1 mark each.
- iii. Question Nos. 19-23in Section B are Very Short Answer Type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- iv. Question Nos. 24-27 in Section C are Short Answer Questions Type-II carrying 3 marks each. Answer to each question should not exceed 60 words.
- v. Question Nos. 28-31 in Section D are Long Answer Type I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- vi. Question Nos. 32 in Section E is a Long Answer Type II question carrying 6 marks. Answer to this question should not exceed 200 words.
- vii. Question No. 33-36 in Section F are based on case given. Case has two questions carrying two marks each. Answer to each question should not exceed 30 words.

SECTION A

Q1. A person who has high levels of both demands and resources in a stressful situation is likely to experience

- a)Eustress
- b) Distress
- c)chronic stress
- d) burnout

Q2.Which psychological disorder is characterized by excessive and persistent feeling of anxiety and fear.

- a)Depression
- b) Anxiety disorder
- c) schizophrenia
- d)bipolar disorder

Q3. Which psychological disorder involves a distorted body image and intense fear of gaining weight ?

- a) eating disorder
- b)depression
- c) bipolar
- d) substance uses

Q4. Which of the following is an emotional focused coping strategy ?

- a) Time management
- b) Seeking social support
- c) Problem solving
- d) avoidance

Q5. In rorchach ink blot test, the interpretation of inkblot is used to assess.

- a)Cognitive abilities
- b)Personality traits
- c)behavioural tendencies

d) mood disorder

Q6. The “fight or flight” response is associated with which stage of G A S.

- a) alarm
- b) resistance
- c) exhaustion
- d) recovery

Q7. _____ refers to the ability to adapt well and recover quickly from stress, adversity or trauma.

Q8. Freud’s theory of personality consists of three components.

- a) id, ego and superego
- b) psychosexual stage
- c) five stages
- d) conscious, sub-conscious, unconscious

Q9. Two factor theory is given by _____

- a) Alfred Binet
- b) Charles Spearman
- c) J.P. Guilford
- d) None of above

Q10. Sangeeta is a counsellor. She interacts with the client and seeks information from the client on one to one. She is using _____.

- a) Self report
- b) Observation
- c) Psychological test
- d) interview

Q11. Naresh endures personal stresses due to noisy surroundings, commuting, water shortage and traffic snarls. These stresses can be reported as _____

- a) Life events
- b) Everyday hassles
- c) Traumatic events
- d) Physical stress

Q12. The TAT was developed by _____ and _____ in the 1930s

Q13. What do you mean by C.A?

- a) chronic age
- b) actual age
- c) chronological age
- d) mental age

Q14. The I.Q level of superior is _____

- a) 120-130
- b) 110 -119
- c) Below 70
- d) 70-79

Q15. Assertion (A) stress is a natural response to a perceived threat or challenge.

Reason (R) It prepares the body to either flight or flee from the situation.

- a) Both A and R are true and R is correct explanation of A.
- b) Both A and R are true but R is not correct explanation of A.
- c) A is true, R is false
- d) R is true, A is false

Q16. Assertion (A) stress can affect the immune

Reason (R) It suppresses the activity of immune cells, making us more susceptible to infections.

- a) Both A and R are true and R is correct explanation of A.
- b) Both A and R are true but R is not correct explanation of A.
- c) A is true, R is false

d) R is true , A is false

Q17. What is the full form of TAT

- a) Thematic apperception test
- b) Thematic personality inventatory
- c) Thematic appetite test
- d) None of above

Q18. The reaction to external stressors is called _____.

- a) Stress
- b) strain
- c) fight and flight
- d) environmental response

SECTION B

Q 19.what are the main features of the humanistic approaches to personality ?

Q 20. In india Mallick and Joshi have developed the jodhpur multi phasic personality inventory . which test has it been adapted from? Explain its most important use .

Q21. How does stress effect the immune system .

Q22.Explain term intelligence

Q23. What do you mean by OCD and phobia disorder ?

SECTION C

Q24. Discuss the concept of self esteem in personality development

Q25.Explain assessment of intelligence .

Q26. What do you by resilience and self efficacy?

Q 27.With the help of flow chart explain types of stress .

SECTION –D

Q28. Explain general adaptation syndrome .

Q29. Explain defence mechanism of freud .

Q30. What do you mean by stress and nature of stress ?

Q31.What do you mean by abnormal behaviour and factors of abnormal behaviour ?

SECTION –E

Q32 Explain trait approaches .what do you mean by personality and nature of personality?

or

Explain eating disorder .what do you mean by specific learning disabilities and its types ?

SECTION – F

Read the case and answer the questions that follow.

Dr patel is a developmental psychologist studying cognitive development in early childhood. She conducts a case study on a 4 year old child named Sara to to understand how children develop problem solving skills. Over six months, Dr Patel observes Sara in various settings ,including at home, in pre school and during and play time with peers. She documents Sara’s interaction ,problem solving attempts and the strategies she used to overcome challenges.

Q33. What research method is Dr. Patel using in this case study

Q34. What are the symptoms of Sarah's disorder?

A 25-YEAR-OLD WOMAN, SARAH EXPERIENCES RECURRING PANIC ATTACKS, WHICH INCLUDE SYMPTOMS LIKE RAPID HEARTBEAT, SWEATING AND TREMBLING. SHE AVOIDS GOING TO CROWDED PLACES OR PUBLIC EVENTS DUE TO HER FEAR OF HAVING A PANIC ATTACK.

Q35. What psychological disorder is Sarah likely experiencing?

Q36. What are the symptoms of his disorder?

