

CBSE Class 12 Psychology Question Paper 2021



Set~4

Series 1HKPQ6/C

Code No. 63

Roll No.

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Candidates must write the Code on the title page of the answer-book.

- Please check that this question paper contains **10** printed pages.
- Code number given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains **31** questions.
- **Please write down the serial number of the question in the answer-book before attempting it.**
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.



PSYCHOLOGY (Theory)



Time allowed : 3 hours

Maximum Marks : 70

General Instructions :

- All questions are compulsory except where internal choice has been given.
- Answers should be brief and to the point. Marks for each question are indicated against it.
- Questions No. 1 – 14 in **Section I** are objective type questions carrying 1 mark each. You are expected to answer them as directed.
- Questions No. 15 – 16 in **Section II** are case based with objective type questions.
- Question No. 15 has **three** questions carrying 1 mark each.
- Question No. 16 has **four** questions carrying 1 mark each.
- You are expected to answer each one of them.
- Questions No. 17 – 22 in **Section III** are very short answer type questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question No. 23 – 25 in **Section IV** are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Questions No. 26 – 29 in **Section V** are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- Questions No. 30 and 31 in **Section VI** are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.



SECTION I

1. (a) _____ is a preference for engaging in a particular activity. 1
- (A) Creativity
(B) Passion
(C) Interest
(D) All of the above
- OR**
- (b) Ranbir will be taking an assessment for his linguistic aptitude. The psychologist is most likely to use _____ test/tests. 1
- (A) Intelligence and aptitude
(B) Non-verbal aptitude
(C) Performance and aptitude
(D) Independent aptitude
2. Which of the following is **not** true about creativity? 1
- (A) Creativity is the ability to produce ideas, objects, or problem solutions that are novel, appropriate and useful.
(B) Certain level of intelligence is necessary to be creative, but a high level of intelligence, however, does not ensure that a person would certainly be creative.
(C) A general feature of most of the creativity tests is that they have a specified answer to questions or problems.
(D) None of the above
3. _____ refers to the totality of an individual's conscious experiences, ideas, thoughts and feelings with regard to herself/himself. 1
- (A) Social identity
(B) Self
(C) Self-efficacy
(D) Personal self
4. Direct methods of personality assessment like self-report measures cannot uncover the _____ of our behaviour. 1
- (A) Unconscious part
(B) Stressful part
(C) Hassles
(D) Conscious part
5. Ananya is in a state of physical, emotional and psychological exhaustion. Thus, she is experiencing _____. 1
- (A) Resistance
(B) Coping
(C) Burnout
(D) Breakdown



6. Armaan was overly stressed. Thus, he is most likely to expose himself to _____ . 1
- (A) Burnout
 - (B) Pathogens
 - (C) Coping
 - (D) Antibodies
7. When Rajat was diagnosed with schizophrenia, he assumed awkward, bizarre positions for long periods of time. Thus, he was exhibiting _____ . 1
- (A) Catatonic rigidity
 - (B) Catatonic stupor
 - (C) Catatonic posturing
 - (D) All of the above
8. (a) Individuals with autism spectrum disorder tend to experience difficulties in starting, maintaining and even understanding relationships. Moreover, _____ 1
- (A) About 90 per cent of children with autism spectrum disorder do not have intellectual disabilities.
 - (B) They are unable to initiate social behaviour and seem unresponsive to other people's feelings.
 - (C) They show wide range of interests and repetitive behaviours.
 - (D) They are able to share experiences with others.
- OR**
- (b) _____ is not simply maintenance and survival but also includes growth and fulfilment, i.e., the actualisation of potential. 1
- (A) Well-being
 - (B) Normality
 - (C) Ideal behaviour
 - (D) Conformity
9. If vague perception of colour is a visual hallucination, then something happening inside the body such as a snake crawling inside one's stomach is a _____ hallucination. 1
- (A) Tactile
 - (B) Auditory
 - (C) Somatic
 - (D) Gustatory



10. (a) The special relationship between the client and the therapist is known as the _____ . 1
- (A) Trust bond
 - (B) Interpersonal relationship
 - (C) Therapeutic relationship
 - (D) Unconditional positive regard

OR

- (b) _____ are those factors which lead to the persistence of the faulty behaviour. 1
- (A) Psychological factors
 - (B) Establishing operations
 - (C) Antecedent operations
 - (D) Maintaining factors

11. Vinita is in the rehabilitation centre. The aim of rehabilitation is to empower her to become self-sufficient. _____ is given to her, wherein she is helped to gain skills necessary to undertake productive employment. 1
- (A) Cognitive retraining
 - (B) Vocational training
 - (C) Social skills training
 - (D) All of the above

12. (a) Ashok has a somewhat positive attitude towards empowerment of women. When he read about Kalpana Chawla's achievements, his attitude became more positive. This would be a/an _____ change. 1
- (A) Extreme
 - (B) Simple
 - (C) Congruent
 - (D) Incongruent

OR

- (b) Ashima is planning to buy a refrigerator. She will be more convinced by a refrigeration engineer who points out the special features of a particular brand of refrigerator, than she would be by a neighbour's child who might give the same information. This is because of _____ of the source. 1
- (A) Credibility
 - (B) Attractiveness
 - (C) Emotional appeal
 - (D) Rational appeal



13. (a) During the COVID-19 pandemic, our society has witnessed many deplorable instances of discrimination, with prejudice. If you devise a plan to handle prejudice, it will include _____ . 1
- (A) Minimising opportunities for learning prejudices
(B) Changing such attitudes
(C) De-emphasising a narrow social identity based on the in-group
(D) All of the above

OR

- (b) Anvita has a positive attitude towards the education of the children belonging to the economically weaker sections in her colony. She takes an extra effort to contribute by teaching them during the weekend. This is the _____ component of her attitude. 1
- (A) Cognitive
(B) Affective
(C) Behavioural
(D) None of the above

14. Members of _____ often have complementary skills and are committed to a common goal or purpose. Members are mutually accountable for their activities. 1
- (A) Teams
(B) Crowd
(C) Audience
(D) Group

SECTION II

15. Read the given case carefully and answer the questions that follow : 3×1=3

Wrestler Khashaba Dadasaheb Jadhav was the first Indian to win an individual Olympic medal in the 1952 Games held at Helsinki. He is also the only one among the entire lot of the country's Olympic medalists to not have been conferred with the Padma Awards. For nearly half a century, he was India's forgotten hero.

Khashaba Dadasaheb overcame financial limitations to reach Helsinki. His travel was sponsored by close friends and well-wishers. Shri Khardekar, the Principal of his College, further mortgaged his house for ₹ 7,000, while the shopkeepers of Karad and his friends arranged for his kit.

This was playing in Jadhav's mind. He wanted to give something back to everybody who stood by him.

When Khashaba Dadasaheb Jadhav wrestled his way to the bronze medal in the freestyle (bantamweight, 57 kg) category at the 1952 Helsinki Olympics, India rejoiced as it was its first individual medal after Independence.

By defeating wrestlers from Mexico, Canada and Germany to clinch the bronze, Khashaba Dadasaheb repaid the support. Though the men's hockey team also returned with a gold medal, the star of the Indian contingent was the wrestler.

But the 'Pocket Dynamo', as he was called, felt it could have been better if there were superior facilities back home.



- (i) Stress due to financial limitations had not deterred K.D. Jadhav to be low on motivation. Thus, this stress can be rightly said to be _____ .
- (A) Distress
(B) Eustress
(C) Passion
(D) Strain
- (ii) Shri Khardekar, the Principal of his College, mortgaged his house for ₹ 7,000, while the shopkeepers of Karad and his friends arranged for his kit. The nature of the above mentioned support is most likely to be _____ support.
- (A) Emotional
(B) Social
(C) Informational
(D) Tangible
- (iii) K.D. Jadhav had a sense of personal commitment to what he was doing, a sense of control over his life, and a feeling of challenge to beat his opponent. These are particularly referred to as the personality traits of _____ .
- (A) Assertiveness
(B) Hardiness
(C) Rational thinking
(D) Time management

16. (a) Read the given case carefully and answer the questions that follow : $4 \times 1 = 4$

Harish belonged to a family of four children, him being the eldest. Unlike any first born, he was not given the attention he should have had. His father worked as an accountant, while his mother stayed at home to look after the kids. He dropped out of school and could barely manage to get work for a little salary.

His relationship with his family played an important role in building his disposition. He felt a certain feeling of insecurity with his siblings, especially his brother Tarun, who was able to finish college because of parental support.

Due to the hopelessness Harish felt, he started engaging in drinking alcohol with his high school friends. Parental negligence caused emotional turmoil. He also had insomnia which he used as a reason for drinking every night.

Over time, Harish had to drink more to feel the effects of the alcohol. He got grouchy or shaky and had other symptoms when he was not able to drink or when he tried to quit.

In such a case, the school would be the ideal setting for early identification and intervention. In addition, his connection to school would be one of the most significant protective factors for substance abuse. His school implemented a variety of early intervention strategies which did not help him as he was irregular and soon left school. Some protective factors in school would be the ability to genuinely experience positive emotions through good communication.



- (i) It has been found that certain family systems are likely to produce abnormal functioning in individual members.
In the light of the above statement, the factors underlying Harish's condition can be related to _____ model.
- (A) Humanistic
 - (B) Behavioural
 - (C) Socio-cultural
 - (D) Psychodynamic
- (ii) Over time, Harish needed to drink more before he could feel the effects of the alcohol. This means that he built a _____ towards the alcohol.
- (A) Withdrawal
 - (B) Tolerance
 - (C) Stress inoculation
 - (D) All of the above
- (iii) He got grouchy or shaky and had other symptoms when he was not able to drink or when he tried to quit. This refers to _____ .
- (A) Low willpower symptoms
 - (B) Addiction symptoms
 - (C) Withdrawal symptoms
 - (D) Tolerance symptoms
- (iv) Which of the following is **not** true about substance related and addictive disorders ?
- (A) Alcoholism unites millions of families through social interactions and get-togethers.
 - (B) Intoxicated drivers are responsible for many road accidents.
 - (C) It also has serious effects on the children of persons with this disorder.
 - (D) Excessive drinking can seriously damage physical health.

OR

16(b) Read the given case carefully and answer the questions that follow : 4×1=4

Monty was only 16 years when he dealt with mixed emotions for every couple of months. He shares that sometimes he felt like he was on top of the world and that nobody could stop him. He would be extremely confident. Once these feelings subsided, he would become depressed and lock himself in the room. He would neither open the door for anyone nor come out.

He shares, "My grades were dropping as I started to breathe rapidly and worry about almost everything under the sun. I felt nervous, restless and tense, with an increased heart rate. My family tried to help but I wasn't ready to accept." His father took him to the doctor, who diagnosed him. Teenage is a tough phase



as teenagers face various emotional and psychological issues. How can one differentiate that from a disorder? Watch out when one is hopeless and feels helpless. Or, when one is not able to control the powerful emotions. It has to be confirmed by a medical practitioner.

During his sessions, Monty tries to clear many myths. He gives his perspective of what he experienced and the treatment challenges. "When I was going through it, I wish I had met someone with similar experiences so that I could have talked to her/him and understood why I was behaving the way I was. By talking openly, I hope to help someone to cope with it and believe that it is going to be fine one day."

Now, for the last five years Monty has been off medication and he is leading a regular life. Society is opening up to address mental health issues in a positive way, but it always helps to listen to someone who has been through it.

- (i) Monty's symptoms are likely to be those of _____ .
- (A) ADHD and anxiety disorder
 - (B) Bipolar disorder and generalised anxiety disorder
 - (C) Generalised anxiety disorder and oppositional defiant disorder
 - (D) Schizophrenia
- (ii) During his sessions, Monty tried to clear many myths. Which one of the following is a myth?
- (A) Normality is the same as conformity to social norms.
 - (B) Adaptive behaviour is not simply maintenance and survival but also includes growth and fulfilment.
 - (C) People are hesitant to consult a doctor or a psychologist because they are ashamed of their problems.
 - (D) Genetic and biochemical factors are involved in causing mental disorders.
- (iii) With an understanding of Monty's condition, which of the following is a likely symptom he may also be experiencing?
- (A) Frequent washing of hands
 - (B) Assuming alternate personalities
 - (C) Persistent body related symptoms, which may or may not be related to any serious medical condition
 - (D) Prolonged, vague, unexplained and intense fears that are not attached to any particular object



- (iv) Teenage is a tough phase as teenagers face various emotional and psychological issues. The disorder manifested in the early stage of development is classified as _____ .
- (A) Feeding and eating disorder
 - (B) Trauma and stressor related disorder
 - (C) Neurodevelopmental disorder
 - (D) Somatic symptom disorder

SECTION III

17. Briefly summarise the concept of situationism by giving an example. 2
18. Enlist the four areas of self-esteem. 2
19. (a) Latika worked for a multinational company. She was shifting houses due to frequent transfers. During this time, she also lost her father to a major heart ailment. This caused a lot of stress. Explain this particular source of stress that Latika faced. 2

OR

- (b) Tahir is unable to decide whether to study dance or music as he likes both. Is he frustrated or facing a conflict ? Explain very briefly. 2
20. The seventeenth and eighteenth centuries were known as the Age of Reason and Enlightenment. What is the main characteristic feature of this period ? 2
21. Namita is a psychotherapist. She aims for the client to become aware of her/his choices in life and relating to one's social environment in a more creative and self-aware manner. What are the other aims that she needs to fulfill ? 2
22. (a) If you form a committee to plan for the annual day in your school, you will see how everyone goes ahead. Give everyone full autonomy to do all the planning. Other members of the class also observe each other as they function. Enlist the stages that you feel are likely to emerge. 2

OR

- (b) Do you think extreme cohesiveness of a group is always in a group's interest ? State your answer with a valid reason. 2

SECTION IV

23. (a) Distinguish between psychometric approach and information-processing approach. 3

OR

- (b) Differentiate among verbal, non-verbal and performance tests. 3
24. Explain the various techniques of self-control. 3
25. Explain the concepts of cognitive distortions and core schemas to develop an understanding of Aaron Beck's cognitive therapy. 3



SECTION V

26. Abira integrates different experiences in an original way to suggest novel solutions. According to Sternberg, she is high on which type of intelligence ? 4
27. (a) Explain the GAS model given by Selye. State the criticisms of this model. 4

OR

- (b) Explain the theory of cognitive appraisal as given by Lazarus. 4
28. Rajesh worries all the time. He is unable to control his preoccupation with the thought of checking and counting things again and again. He reports frequent preoccupation with the same thought. From these symptoms, identify this disorder. What else can it lead to ? Explain. 4
29. Asif took up cycling and joined the reputed cycling club. He was introduced to this club by his friend. Why do you think Asif joined this renowned cycling club ? Explain the reasons. 4

SECTION VI

30. (a) Anand wants to become a musician even though he belongs to a family of doctors. He wishes to fulfill his potential. Using Carl Rogers' terminology, describe this perspective as revealed by Anand's personality. 6

OR

- (b) Majid belongs to a family of farmers. His uncle and cousins are mostly like him as they too belong to an agricultural society. He is socialised to be obedient to elders, nurturant to youngsters and responsible to his duties. Referring to Majid, how does cultural approach attempt to understand personality in relation to the features of ecological and cultural environment ? How would the same be impacted by non-agricultural societies ? Explain. 6

31. (a) Is behaviour always a reflection of one's attitude ? Explain with the help of suitable examples. 6

OR

- (b) Are attitudes learnt ? Explain how. Give relevant examples. 6