

**Sample Paper 01**  
**Class - 12th Exam - 2025 - 26**  
**Psychology (037)**

**Time: 3 Hours**

**Max. Marks: 70**

**General Instructions:**

1. All questions are mandatory unless specified otherwise.
  2. Section A (Q1-14): Each question carries 1 mark. Answer as directed.
  3. Section B (Q15-19): Very Short Answer Type-I questions, 2 marks each. Word limit for each question is 30 words.
  4. Section C (Q20-23): Short Answer Type-II questions, 3 marks each. Word limit for each question is 60 words.
  5. Section D (Q24-27): Long Answer Type-I questions, 4 marks each. Word limit for each question is 120 words.
  6. Section E (Q28-29): Long Answer Type-II questions, 6 marks each. Word limit for each question is 200 words.
  7. Section F (Q30-33): Case-based questions. One-mark questions: Word limit for each question is 20 words; Two-mark questions: Word limit for each question is 30 words.
  8. There is no overall choice. However, internal choices have been provided in some questions. A student has to attempt only one of the alternatives in such questions.
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**SECTION-A**

1. Which of the following statements are true regarding the trait approach to personality?
  - i. Traits are enduring characteristics that influence behavior across various situations.
  - ii. The trait approach focuses on the unconscious motives driving behavior.
  - iii. Traits can be quantitatively measured through self-report inventories.
  - iv. The trait approach emphasizes the uniqueness of individual experiences.Options:

(a) i and iii	(b) i and iv
(c) ii and iii	(d) ii and iv
2. There was a marriage in which dowry was being given. Ramesh is the groom and does not want dowry. Sunita is the bride who is giving the dowry. As per P-O-X triangle, what can be denoted as O?

(a) Ramesh	(b) Sunita
(c) Dowry	(d) Marriage
3. According to Selye, what stage or stages are involved in the General Adaptation Syndrome (GAS)?

(a) Alarm reaction stages	(b) Resistance stage
(c) Exhaustion stage	(d) All of these

**CLICK HERE TO SEE ANSWERS**



4. Tarun's group has won the elections from his constituency. His opponents, Ramesh and his group, are weak and too small in number. Tarun often expresses frustration and negative attitude towards Ramesh's group. This is known as \_\_\_\_\_.  
(a) Learning (b) Kernel of truth concept  
(c) Scapegoating (d) Imitation
5. Which of the following is/are the behavioural technique?  
I. Negative reinforcement  
II. Aversive conditioning  
III. Token economy  
IV. Transference  
Choose the correct option.  
(a) I, II and III (b) II, III and IV  
(c) III, IV and I (d) I, II and IV
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct choice.  
**Assertion (A):** Sixteen Personality Factor Questionnaire was developed by Cattell, where he identified a large set of personality descriptors.  
**Reason (R):** It has been found not useful in career guidance, vocational exploration, and occupational testing.  
**Codes**  
(a) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A)  
(b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)  
(c) Assertion (A) is true, but Reason (R) is false  
(d) Assertion (A) is false, but Reason (R) is true
7. Who among the following compiled CIE Verbal Group Test of Intelligence?  
(a) MC Joshi (b) S Jalota  
(c) Uday Shankar (d) SM Mohsin
8. Naina was shown by her elder sister how to behave in front of the guest as well as with neighbours. This technique of learning is known as \_\_\_\_\_.  
(a) Token economy (b) Modelling  
(c) Rational emotive therapy (d) Relaxation therapy
9. What is the name of Adler's theory which assumes that human behaviour is purposeful and goal-directed?  
(a) Cognitive Psychology (b) Collective Psychology  
(c) Individual Psychology (d) Social Psychology



10. Sunita is regarded by her teachers as an excellent student. She does her work on time, scores the highest grades in her class, listens to instructions with care, grasps quickly, reproduces accurately but she rarely comes out with ideas which are her own.  
Find out which factor is missing in her?
- (a) Intelligence quotient (b) Emotional quotient  
(c) Creativity skill (d) Learning aptitude
11. Which of the following statements is correct regarding the procedure to monitor and reduce the physiological aspects of stress?
1. It provides feedback about current physiological activity to help manage stress.  
2. It is called Biofeedback and is used to regulate bodily processes.  
3. It focuses on monitoring activities like heart rate, muscle tension, and brainwaves.  
4. It is a technique designed to enhance awareness and control over physiological functions.
- (a) Only statement 1 is correct. (b) Statements 1 and 3 are correct.  
(c) Only statement 2 is correct. (d) All statements are correct.
12. Which of the following traits refers to the degree to which people are socially outgoing or socially withdrawn?
- (a) Extraversion vs Introversion (b) Emotional Intelligence  
(c) Neuroticism vs Emotional Stability (d) Economic Conditions
13. Salim, a teenage boy, always keen to play outside but his parents don't allow him to play in the park as he is allergic to dust. Hence, dust is \_\_\_\_\_.  
(a) Aversive conditioning (b) Positive reinforcement  
(c) Differential reinforcement (d) Negative reinforcement
14. What term is used to describe the fear of entering unfamiliar or open situations?
- (a) It is a fear of specific objects or situations, known as Specific Phobia.  
(b) It refers to the fear of social interactions or being judged, called Social Phobia.  
(c) It is the fear of open or unfamiliar places, called Agoraphobia  
(d) It is the fear of celestial objects or outer space, known as Astrophobia.

## SECTION-B

15. Giriraj is a quite intelligent boy in his school who loves to participate in inter-school debates and cultural festivals. Can we measure his intelligence through psychometric approach? How?
16. Urvi consistently failed in term end exams and her teachers and parents treated negatively and gives example of other bright students. Identify the disturbed interpersonal relationship.

or

Prashad is a much disciplined person who cares about his family and gives proper time and equally passionate about his work. Although his colleagues get involved in recreational gatherings and party but Prashad prefers his own duties towards his family and work. Which type of personality Prashad has? Define.

**CLICK HERE TO SEE ANSWERS**



17. What do you understand by 'Positive Thinking' attitude?
18. Describe any two features of personality.
19. Kamal's wife has passed away in the road mishap. He became addicted to alcoholism and drugs as he perceived it would reduce the pain and stress in life. Identify and define the disorder Kamal is going through.

## SECTION-C

20. Rohit, who has been experiencing symptoms of a psychological condition, often finds it difficult to initiate or complete daily tasks, such as personal hygiene or going to work, despite having no physical limitations. Define the term avolition.
21. Ravi finds himself drinking alcohol daily to cope with stress from work and personal challenges. Over time, he starts relying on alcohol to feel relaxed, even in minor stressful situations. Why people abuse alcohol drink in large amounts regularly and rely on it to help them face difficult situations?
22. Meera started psychotherapy sessions and noticed improvements not just from specific techniques but also from the supportive and trusting relationship with her therapist. This bond and her belief in the process significantly contributed to her healing. Describe the non-specific factors associated with healing in psychotherapy.

or

Heema, a young professional dealing with work-related stress, began practicing Sudarshan Kriya Yoga (SKY) regularly. She noticed improvements in her sleep quality, reduced anxiety, and enhanced emotional resilience.

23. Explain how Kundalini Yoga has been found to be effective in treatment of mental disorder.

## SECTION-D

24. Ishita is not just course coordinator, but also a kind-hearted working professional in a multi-national company in Delhi. She always readily available for any sort of problems arises among the editors or coordinators. Find out and explain the type of intelligence Ishita has.

or

Ranjana, a mother of two children is a senior Anganwadi worker. Many young women takes her advice and suggestions in the matter of family and children welfare. How Ranjana manages to convince people with such an ease?

25. Discuss the strategies suggested by psychologists for handling prejudice.



26. According to the Humanistic theorists, what are the criteria of a 'Healthy Personality'?

**or**

Explain Minnesota Multiphasic Personality Inventory (MMPI) in psychology.

27. Anuj avoids tasks, so his mentor uses negative reinforcement by skipping extra practice if he submits work on time. Aversive conditioning is applied by using an unpleasant alarm for delays. What are negative reinforcement and aversive conditioning methods for behaviour modification ?

## SECTION-E

28. Describe any four stress management techniques.

**or**

What is positive psychology? How positive psychologists have identified virtues and strengths of human beings?

29. Assess individual and group behaviour. What are the factors that affects behaviour of an individual in group?

**or**

What do you understand by the Proffers Minimal Group Paradigm Experiment'?

## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

Dissociative Amnesia is characterised by extensive but selective memory loss that has no known organic cause (e.g., head injury). Some people cannot remember anything about their past. Others can no longer recall specific events, people, places or objects, while their memory for other events remains intact. A part of dissociative amnesia is dissociative fugue.

Essential feature of this could be an unexpected travel away from home and workplace, the assumption of a new identity, and the inability to recall the previous identity. The fugue usually ends when the person suddenly 'wakes up' with no memory of the events that occurred during the fugue. This disorder is often associated with an overwhelming stress.

30. What do you understand by Dissociative Identity Disorder?

31. Name the disorder in which the person has a sense of being separated both from self and from reality.

**CLICK HERE TO SEE ANSWERS**



**CASE 2****Read the case and answer the questions that follow.**

With respect to the role of environment, studies have reported that as children grow in age, their intelligence level tends to move closer to that of their adoptive parents. Children from disadvantaged homes adopted into families with higher socio-economic status exhibit a large increase in their intelligence scores. There is evidence that environmental deprivation lowers intelligence while rich nutrition, good family background, and quality schooling increases intelligence.

There is a general consensus among psychologists that intelligence is a product of complex interaction of heredity and environment. Heredity can best be viewed as something that sets a range within which an individual's development is actually shaped by the support and opportunities of the environment.

32. Does intelligence determined by the factors like heredity and environment.
33. Do adoptive and biologically related families affect intellectual development?

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