

**Sample Paper 03**  
**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. Hetal has re-joined her previous job after consecutively remaining unsuccessful in Civil Service Examination. Though in her current job, she was handsomely paid and various perks were included in it, she was feeling psychological distress, feelings of loneliness and alienation. Suggest the best mode of therapy for Hetal.  
(a) Behaviour Therapy (b) Cognitive Therapy  
(c) Psychoanalytical Therapy (d) Humanistic-Existential Therapy
2. RET has been proposed by \_\_\_\_\_.  
(a) Abraham Maslow (b) Albert Ellis  
(c) Aaron Beck (d) Carl Rogers
3. There is a buzz in the Govindpuri locality that Radhemma has acquired some para-normal power and can directly establish communications with dead people and spirits. In psychological terms, Radhemma is suffering with Auditory hallucination which also known as \_\_\_\_\_ hallucination.  
(a) Second person (b) Third person  
(c) Somatic (d) Visual

**CLICK HERE TO SEE ANSWERS**



4. \_\_\_\_\_ is the disorder where people eat large amounts of food with a loss of control over the eating and then trying to get rid of the extra calories in an unhealthy way.
- (a) Anorexia nervosa (b) Alnexianervosa  
(c) Bulimia nervosa (d) Binge eating
5. Depression cases are fast increasing in India with over 5 crore people suffering from the disorder, the highest in South-East Asia and Western Pacific region, which includes China, according to WHO. Which among the following is/are disposing factors towards Depression?
- (a) Feelings of sadness, tearfulness or hopelessness  
(b) Angry outbursts  
(c) Irritability or frustration  
(d) All of these
6. Shrishti is elder daughter of Gupta family. She is considered as the most introvert person in the family who doesn't mix up with people and loves to remain busy in her own projects and studies. She doesn't even has any specific likes for food. Which among the following are introversion personality traits?
- I. Impulsive  
II. Solitary reserve  
III. Socially withdrawn  
IV. Cautious and passive
- Choose the correct option.
- (a) I and II (b) II and III  
(c) II, III and IV (d) II and IV
7. Which among the following is a dynamic developmental process that is meant to the maintenance of positive adjustment under challenging life conditions?
- (a) Positive attribute (b) Resilience  
(c) Free spirit (d) Relaxation spirit
8. Name the behaviour or skill that have a positive effect on reducing tension, anxiety and depression.
- (a) Physical exercise (b) Social alienation  
(c) Emotional support (d) Mental support
9. Amit in his younger age was quite fond of the company of girls and also was the member of several clubs where he used to spend his quality time. However over the period of time he tilted towards religious activities and became involved in various charitable work. Which among the following the behaviour change occurred in Amit?
- (a) Religious formation (b) Social formation  
(c) Reaction formation (d) Identity formation



10. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct option.

**Assertion (A):** The basis of meaning making is a person's quest for finding the spiritual truth of one's existence.

**Reason (R):** Therefore Frankl emphasised the role of spiritual anxieties in leading to meaninglessness.

**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
11. Rudra, a final year commerce student was arrested by local police in the theft and forgery case. His neighbours were quite surprised as Rudra generally has characteristics of nice and decent behaviour who always used to speak softly with others. Identify the factors which brings consistency between attitudes and behaviour.
- I. Strong attitude that occupies in the central position  
II. No external pressure  
III. No group pressure  
IV. Loosely observed Person's Behaviour-Attitude
- Choose the correct option.
- (a) I and II  
(b) II and III  
(c) I, II and III  
(d) II and IV
12. In the \_\_\_\_\_ stage, the parasympathetic nervous system calls for more cautious use of the body's resources.
- (a) alarm reaction  
(b) resistance  
(c) exhaustion  
(d) adaptation
13. Which among the following adopts a bio-psychosocial approach to the delineation of psychopathology?
- (a) Alternative Therapy  
(b) Cognitive Behaviour Therapy  
(c) Humanistic Therapy  
(d) Therapeutic Alliance
14. Name the Psychologist/Thinker who experimented the prejudices and attitude-behaviour relationship survey by American towards Chinese.
- (a) Abraham Maslow  
(b) Joseph E. McGrath  
(c) Richard LaPiere  
(d) B F Skinner



## Section-B

15. Jaspreet, a sports trainer in Gymnastics, everyday train children in the nearby sports complex. He not only train but himself first demonstrates each steps to every aspirants. Identify and define the Jaspreet's personality.
16. What are the common signs of stress?
- or**
- What are life skills?
17. Samarth is considered as an average boy in his class. Though he managed to pass with fair marks but this year he ranked in the bottom. His mother found him locked inside the room and crying. Name the psychological disorder he is suffering.
18. Which is the structural unit of personality according to many behaviourists?
19. Aryan, a 5-year-old boy, feels a strong attachment to his mother and often wants her attention exclusively. He sometimes shows resentment toward his father, whom he sees as a rival for her affection. What is Oedipus Complex ?

## Section-C

20. One of the biggest disadvantage of metropolitan cities is mental disorder among the various age group. As like the case of Jahnvi, a junior advocate working in the Legal firm. She was smart and does her job efficiently. Due to frequent dealing with criminal cases, she was diagnosed with depression. Identify the symptoms associated with depression and mania.
21. Ananya frequently checks if the doors are locked and washes her hands repeatedly, even when unnecessary. She feels a strong urge to perform these actions to relieve her anxiety, despite knowing they are excessive. What is Obsessive-Compulsive Disorder?
22. Meera, a counselor, listens patiently to her client, who feels ashamed about past mistakes. She shows complete acceptance and avoids any judgment, creating a safe space for the client to express emotions freely. Explain unconditional positive regards for others in the context of counselling.
- or**
- Ravi's teacher uses behavior modification techniques by praising him for completing homework on time (positive reinforcement) and stopping extra assignments when he behaves well in class (negative reinforcement). Explain negative reinforcement and positive reinforcement for behaviour modification.
23. Explain yoga and meditation as Alternative Therapies.



## Section-D

24. Rohit, a 10-year-old, faces challenges in learning and daily tasks compared to his peers. He struggles with problem-solving, adaptive skills, and social interactions, requiring special support to manage his activities. Define mental retardation. What are its features?

**or**

Riya, known for her calm demeanor, manages stress effectively and understands the emotions of those around her. She resolves conflicts peacefully, motivates herself in tough times, and maintains healthy relationships. Write features of an emotionally intelligent person.

25. Rehana is always worried about her children's future. Due to family pressure to have a boy child, she became mother of six girls. Her in-laws always taunts her and don't treat her equally in the family. She remains in the great stress all day long. Explain the psychological meaning and process of stress.
26. Ravi is preparing for an aptitude test, which measures his cognitive abilities using standardized psychometric tools. At the same time, his teacher evaluates how he processes information, solves problems, and makes decisions during a class project. What do you understand by psychometric and information-processing approaches approach?
27. Explain Allport's Self-report measures in assessment of personality.

## Section-E

28. Describe attitudes and write about formation of attitudes.

**or**

Identify the factors that affect the attitude formation.

29. Who discovered the process of groupthink? Also discuss about the process of groupthink.

**or**

Explain the polarisation processes in groups. Why polarisation occur?



## Section-F

### CASE 1

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

Gary is a 19-year-old who withdrew from college after experiencing a manic episode during which he was brought to the attention of the Campus Police. He had changed his stream from engineering to philosophy. He spends his nights on phone, talking to his friends about life and reality. He had been convinced about the importance of his ideas, stating frequently that he was more learned and advanced than all his professors.

He also increased a number of high-risk behaviours - drinking and engaging in sexual relations in a way that was unlike his previous history. At the present time, he has returned home and has been placed on a mood stabiliser (after a period of time on an antipsychotic), and his psychiatrist is requesting adjunctive psychotherapy for his disorder. The patient's parents are somewhat shocked by the diagnosis, but they acknowledge that Gary had early problems with anxiety during pre-adolescence, followed by some periods of withdrawal and depression during his adolescence. His parents are eager to be involved in treatment, if appropriate.

30. Identify the disorder with which Gary has been diagnosed.
31. What is Bipolar disorder? Mention few symptoms of it.

### CASE 2

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

On the one hand are the gifted and creative persons. On the other hand, there are children who face enormous difficulty in learning even very simple skills. Those children who show intellectual deficiency are termed as 'intellectually disabled'. As a group, there is wide variation among the intellectually disabled. The American Association on Mental Deficiency (AAMD) views intellectual disability as "significantly sub-average general intellectual functioning existing concurrently with deficits in adaptive behaviour and manifested during the developmental period". Individuals who are categorised as having intellectual disability show significant variation in their abilities, ranging from those who can be taught to work and function with special attention, to those who cannot be trained and require institutional care throughout their lives.

32. What symptoms are associated with intellectual disability disorder?
33. Explain intellectual giftedness.

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