

Sample Paper 05

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.

SECTION-A

1. Burn-out is a psychological disorder that resulted from chronic workplace stress. Which among the following are the signs of Burnout stress among the given ones?

- I. Irritating
- II. Over thinking
- III. Chronic fatigue
- IV. Hopelessness

Choose the correct option.

- (a) I and II
- (b) II, and III
- (c) I, III and IV
- (d) I and IV

2. Dr. Meera conducted a survey to understand people's fixed perceptions about certain groups based on generalizations, which often lead to biased opinions. What is this cluster of ideas called?

- (a) Progressive
- (b) Stereotype
- (c) Belief
- (d) Attitude

3. The structure of Intellect Model was proposed by _____.

- (a) Spearman
- (b) Thurstone
- (c) Guilford
- (d) Thorndike

CLICK HERE TO SEE ANSWERS



4. In a research seminar, Dr. Anil explained a model of intelligence that functions at two levels: general and specific abilities. This concept is known as the Hierarchical Model of Intelligence. Who proposed this model?

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

Assertion (A): Both problem-focused and emotion-focused coping are necessary when facing stressful situations.

Reason (R): It is an active skill that reduces symptoms of stress and decreases the incidence of illnesses.

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

6. A group of researchers conducted a study on the brain's ability to handle complex tasks like problem-solving, memory, and attention. They aimed to understand intelligence by breaking it down into measurable components such as information processing speed and efficiency. Which of the following theories aligns most closely with this approach?

7. Psychologists have found that there shall be consistency between attitudes and behaviour when the

- (a) attitude is moderate and occupies a central place.
- (b) person is unaware of her/his attitude.
- (c) person has immense external pressure.
- (d) person's behaviour is not being evaluated by others.

8. Human beings are motivated by the desire for personal growth and self-actualisation, and an innate need to grow emotionally. Which of them motivates human to come more self-actualisation?

- I. Complex
- II. Balanced
- III. Smart
- IV. Integrated

Choose the correct option.



9. Anshul came to Mumbai from Bihar's small town. His parents were advised him to stay in a Bihari colony where he can communicate and socialise well. Which type of identity Anshul will develop there?
(a) Family (b) Personal
(c) Organisational (d) Social

10. Name the therapy which encourages the client to act out fantasies about feelings and conflicts and can also be used in group settings.
(a) Humo Therapy (b) Logo Therapy
(c) Client-centred Therapy (d) Gestalt Therapy

11. Which among the following is one of the attributes/characteristics of Spatially Intelligent Person?
(a) Creative (b) Hard working
(c) Flexible (d) Efficient

12. Ravi has been selected as the captain of his school's football team. Identify the type of group he is now a member of:
i. Primary
ii. Secondary
iii. Informal
iv. Formal
Options:
(a) i and iii (b) ii and iii
(c) ii and iv (d) i and iv

13. Rajeshwar, a mathematics scholars, has a type of intelligence where he can think logically and critically. He also engages in abstract reasoning and can manipulate symbols to solve mathematical problems. It is called _____ Theory of Intelligence.
(a) Quantum- Mathematical (b) Logical-Mathematical
(c) Laws of Mathematics (d) Standard Logical-Quantum

14. Which of the following strategies can effectively reduce social loafing in group tasks?
(a) Assigning individual responsibilities within the group.
(b) Increasing group size to dilute individual accountability.
(c) Avoiding setting specific group goals.
(d) Ensuring individual contributions are anonymous.

[CLICK HERE TO SEE ANSWERS](#)



Section-B

15. Farhad runs a small NGO in his locality, where hundreds of orphans and old age people gets food three times in a day. He himself runs carpet business in the nearby locality but he says he is highly passionate about mankind and to serve people. What we call Farhad's attitude?
16. Urmila has enrolled into a new skill development course for further enhancement in her career. She never hesitate to new learning modes and to enhance her knowledge. What Rogers has mentioned about person like Urmila?

or

Parents of Sonam are really proud of her daughter as she is the youngest Youtuber with 5 million strong followers. She is just 7 but has memorised various facts and figures.

Explain the two characteristics of her personality.

17. Swarnalipi is an organised girl who does everything according to her own schedule and planning. She also motivates others to do the same. Identify and define the type of her intelligence.
18. Explain any two features of Self-Report Measures Test.
19. Name psychological disorder where an individual behaves temporarily in two different or opposite ways at the same time.

Section-C

20. Aryan watches his older brother successfully fix a bike by following a tutorial. Inspired by observing his brother's actions and results, Aryan learns the process and confidently repairs his own bike the next day. Explain vicarious learning.
21. Mandy is an upcoming promising Radio Jockey (RJ) who runs a Q&A Session every Saturday 9 to 10 PM. He raises the questions related to common problems as well as difficult marriage life over the phone. Do you think he has certain trait personality?
22. Rahul, who has been battling severe depression and not responding to medications, undergoes Electro-Convulsive Therapy (ECT) under medical supervision. The treatment involves brief electrical stimulation to his brain while he is under anesthesia, helping alleviate his symptoms. How Electro-Convulsive Therapy (ECT) is used in biomedical therapy?

or

Meera, struggling with anxiety, seeks psychotherapy. Through various therapeutic approaches, she learns to manage emotions, improve relationships, and achieve personal growth. How psychotherapy is proving helpful through its different modes of therapeutic approaches? Describe any five goals and aims of Psychotherapy.

23. Rani, a 10 years girl was diagnosed with moderate level of self-skill and speech related problem. Medical treatment proved unsuccessful to bring her into mainstream life. Describe some characteristics of individuals with different levels of intellectual disability.

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Section-D

24. Riya, a team leader, excels in managing her team by understanding their emotions, resolving conflicts effectively, and maintaining a positive work environment. Her high Emotional Quotient (EQ) helps her achieve professional and personal success. Why modern thinkers and psychologists give utmost importance to Emotional Quotient? Mention some of its attributes.

or

Ravi struggles to stay focused during long study sessions but performs better when he breaks tasks into smaller chunks. His ability to maintain attention aligns with the Arousal-Attention component of the PASS Model. What is the role of 'Arousal-Attention' in PASS Model of Intelligence? Explain with some of its characteristics.

25. Sandesh and his father Kishore Mehta in every weekend participate in the local community awareness programme. The Mehta family has witnessed people's prejudices and inferior behaviour during Pandemic period in 2020, therefore don't wish other gets the same amount of humiliation. Explain the various sources of prejudices in attitude formation.

26. Sankalp working as a Product Manager has endless tasks to accomplish by day end. Being into the senior post he never hesitates to come forward and finish off the tasks by his own. However, it was found that Sankalp is suffering from great amount of stress.

What are the various Stress Management Techniques he can opt for?

27. What is disruptive, impulse-control and conduct disorders?

Section-E

28. How stress impact the immune system and health?

or

Given what you know about coping strategies, what suggestion would you give to your friends to avoid stress in their everyday lives.

29. "The Group satisfies one's psychological and social needs." Elaborate.

or

Explain the major advantages and disadvantages by group formation.

CLICK HERE TO SEE ANSWERS



Section-F

CASE 1

Read the case and answer the questions that follow.

Children with autism spectrum disorder experience profound difficulties in relating to other people. They are unable to initiate social behaviour and seem unresponsive to other people's feelings. They are unable to share experiences or emotions with others. They also show serious abnormalities in communication and language that persist over time. Many of them never develop speech and those who do, have repetitive and deviant speech patterns.

Such children often show narrow patterns of interests and repetitive behaviours such as lining up objects or stereotyped body movements such as rocking. These motor movements may be self-stimulatory such as hand flapping or self-injurious such as banging their head against the wall.

30. What difficulties children face in autism spectrum disorder?

31. Describe some of the signs of self-stimulatory of child autism.

CASE 2

Read the case and answer the questions that follow.

Interpersonal is an ability to understand to subtle aspects of others' behaviours. Psychologists, counsellors, politicians, social workers, and religious leaders are likely to possess high interpersonal intelligence. On the other hand, intrapersonal is an ability to understand of one's own feelings, motives, and desires.

This refers to the knowledge of one's internal strengths and limitations and using that knowledge to effectively relate to others. Persons high on this ability have finer sensibilities regarding their identity, human existence, and meaning of life. Philosophers and spiritual leaders present examples of this type of intelligence.

32. What is meant by interpersonal skills?

33. Describe any two methods to enhance one's interpersonal skills.

