



**INDIAN SCHOOL AL WADI AL KABIR**  
**ANNUAL EXAMINATION 2023-24**  
**PSYCHOLOGY**

Class: XI  
Date: 20/2/2024

Time Allowed: 3 hours  
Maximum Marks:70

**General Instructions:**

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -15 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 16-21 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question Nos. 22-24 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question Nos. 25 - 28 in Section D are long answer type questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question Nos. 29-30 in Section E are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question Nos. 31 – 34 in Section F are based on two cases given. Answer to each one-mark question should not exceed 20 words. Answer to each two-mark question should not exceed 30 words.

<b>PART A</b>		
1	Which Psychologists belong together in terms of their school of Study? A. Piaget                      1. Watson B. John Dewey                2. Vygotsky C. Skinner                      3. Carl Rogers D. Maslow                      4. William James <b>A: 2, B:4, C:1, D:3</b>	1
2	In Skill Learning, when performance attains <b>Autonomicity</b> , it involves minimal demands on conscious effort and almost no errors.	1
3	<b>Tulving</b> has proposed that the declarative memory can either be Episodic or Semantic.	1
4	Primary Reinforcer; Secondary Reinforcer a. Food; Sleep b. Money; Food c. Money; Promotion <b>d. Food; Money</b>	1
5	Cephalocaudal principle of development suggests that children gain control over their torso before their extremities. True or <b>False?</b>	1
6	2 factors that indicate to the brain that we are hungry are _____. a. <b>a low concentration of glucose in the blood</b> b. dehydration c. <b>a low level of protein</b> d. dryness of mouth	1

	i. a & b    ii. c & d    iii. <b>a &amp; c</b> iv. a & d	
7	The notion that recognition process begins from the whole which leads to identification of various components is known as <b>Top Down Processing</b> .	1
8	A: From a very young age, Hide & Seek games are very popular in children. R: In infants and small children, Curiosity & Exploration is very dominant. a) <b>Both the assertion and reason are true, and the reason is the correct explanation of the assertion.</b> (b) The assertion is true, but the reason is false. (c) Both the assertion and reason are true, but the reason is not the correct explanation of the assertion. (d) The assertion is false, but the reason is true.	1
9	A: For information to enter the long-term memory from the STM, elaborative rehearsals is important. R: The number of associations you can create around the new information will determine its permanence. a) <b>Both the assertion and reason are true, and the reason is the correct explanation of the assertion.</b> (b) The assertion is true, but the reason is false. (c) Both the assertion and reason are true, but the reason is not the correct explanation of the assertion. (d) The assertion is false, but the reason is true.	1
10	A: When there is continuous noise in your background, you make some orienting reflexes. This is also one kind of behavioural change, but it's not called learning. R: There are changes due to continuous exposure to stimuli as a result of habituation. a) <b>Both the assertion and reason are true, and the reason is the correct explanation of the assertion.</b> (b) The assertion is true, but the reason is false. (c) Both the assertion and reason are true, but the reason is not the correct explanation of the assertion. (d) The assertion is false, but the reason is true.	1
11	Sometimes we prefer to generalize about similar topics or people, after few past experiences, we are using <b>Inductive</b> reasoning.	1
12	Fill the missing phases in the correct sequence as per the language acquisition milestones found in children. Crying, <b>Cooing</b> , Babbling, Holophrases, <b>Telegraphic Speech</b> to finally correct usage of words and grammar.	1
13	Seeking other humans and wanting to be close to them is the need for <b>Affiliation</b> .	1
14	An experiment may be conducted in a sound-proof and airconditioned room to eliminate the effect of noise and temperature. This is to create a certain atmosphere in the experimental setting. True Or <b>False</b> ?	1

15	The point of 'Aha' or the Eureka moment usually follows a period of _____ in the Creative Process. a. Preparation b. Verification c. Illumination d. <b>Incubation</b>	1
<b>PART B</b>		
16	Describe the Motivational Cycle. A need is lack or deficit of some necessity. The condition of need leads to drive A drive is a state of tension or arousal produced by a need. It energises random activity. When one of the random activities leads to a goal, it reduces the drive, and the organism stops being active. The organism returns to a balanced state. Figure.	2
17	John had just entered college when he got influenced by the company of some friends. He engaged in certain undesirable behaviors. What are the 2 major concerns of this phase? <b>Delinquency</b> : Delinquency refers to a variety of behaviours, ranging from socially unacceptable behaviour, legal offences, to criminal acts. Examples include truancy, running away from home, stealing or burglary or acts of vandalism. <b>Substance Abuse</b> : Adolescent years are especially vulnerable to smoking, alcohol and drug abuse. Some adolescents take recourse to smoking and drugs as a way of coping with stress. This can interfere with the development of coping skills and responsible decisionmaking. The reasons for smoking and drug use could be peer pressure and the adolescents' need to be accepted by the group.	2 1 1
18	Give 2 examples of the cultural differences in the perception of Death. People in different cultures view death differently. In <b>the Gond culture</b> in our country, it is believed that death is caused by magic and demon. In the <b>Tanala culture</b> of Madagascar, natural forces are thought to cause death.	2 1 1
19	What is Linguistic Determinism? What and how individuals can possibly think is determined by the language and linguistic categories they use (linguistic determinism). Experimental evidence, however, maintains that it is possible to have the same level or quality of thought in all languages depending upon the availability of linguistic categories and structures.	2 1 1
20	"We see things as we are and not as things are". Explain this statement with reference to the observation method. Our observation is influenced by our values and beliefs about the person or the event. You are familiar with the popular saying: "We see things as we are and not as things are". Because of our biases we may interpret things in a different way than what the participants may actually mean. Therefore, the observer should record the behaviour as it happens and should not interpret the behaviour at the time of observation itself.	2 1 1

21	<p>With relevant examples explain how Development is influenced by historical conditions.</p> <p>Development is influenced by historical conditions. For example, the experiences of 20-year olds who lived through <b>the freedom struggle in India</b> would be very different from the experiences of 20 year olds of today. The career orientation of school students today is very different from those students who were in schools 50 years ago.</p>	2
<b>PART C</b>		
22	<p>Deepa took failure as a stepping-stone in life, while Padma was totally shaken by it. Many similar examples suggest experiences of an individual are subjective. Elaborate on the given statement.</p> <p>Experiences are subjective in nature. We cannot directly observe or know someone else's experience. Only the experiencing person can be aware or be conscious of her or his experiences. Thus, experiences are embedded in our awareness or consciousness. Psychologists have focused on experiences of pain being experienced by terminally ill patients or of psychological pain felt in bereavement, besides experiences which lead to positive feelings, such as in romantic encounters. There are some esoteric experiences also which attract the attention of psychologists, such as when a Yogi meditates to enter a different level of consciousness and creates a new kind of experience or when a drug addict takes a particular kind of drug to get a high, even though such drugs are extremely harmful.</p>	3
23	<p>Discuss the theories of Selective Attention.</p> <p><b>Filter Theory</b> enter our receptors creating a kind of "bottleneck" situation. Moving through the short-term memory system, they enter the selective filter, which allows only one stimulus to pass through for higher levels of processing. Other stimuli are screened out at that moment of time. Thus, we become aware of only that stimulus, which gets access through the selective filter. <b>Filter-attenuation theory was developed by Triesman (1962) by modifying Broadbent's theory.</b> This theory proposes that the stimuli not getting access to the selective filter at a given moment of time are not completely blocked. The filter only attenuates (weakens) their strength. Thus some stimuli manage to escape through the selective filter to reach higher levels of processing. It is indicated that personally relevant stimuli (e.g., one's name in a collective dinner) can be noticed even at a very low level of sound. Such stimuli, even though fairly weak, may also generate response occasionally by slipping through the selective filter. <b>Multimode theory</b> was developed by Johnston and Heinz (1978). This theory believes that attention is a flexible system that allows selection of a stimulus over others at three stages. At stage one the sensory representations (e.g., visual images) of stimuli are constructed; at stage two the semantic representations (e.g., names of objects) are constructed; and at stage three the sensory and semantic representations</p>	3

24	<p>Raina is often thinking about abstract things, analyzing everything happening around her. Being an adolescent what would be the factors relating to her cognitive development.</p> <p>Adolescents' thought becomes more abstract, logical, and idealistic; they become more capable of examining their own thoughts, others' thoughts, and what others are thinking about them. Adolescents' developing ability to reason gives them a new level of cognitive and social awareness. Piaget believed that formal operational thought appears between the age of 11 and 15.</p> <p>Adolescent thought is also idealistic. Adolescents begin to think about ideal characteristics for themselves and others and compare themselves and others with these ideal standards. For example, they may think what an ideal parent and compare their parents with these ideal standards. This may at times make adolescents wonder which of the new-found ideal standards they should adopt. In contrast to trial and error approach used by children in earlier stages of development, adolescent thinking becomes more systematic in solving problems — they think of possible courses of action, why something is happening the way it is, and systematically seek solutions. Piaget called this type of logical thinking — hypothetical deductive reasoning.</p>	3
<b>PART D</b>		
25	<p>Describe the determinants of Classical conditioning.</p> <p><b>Time Relations- 4 types</b>  <b>Types of Unconditioned Stimuli</b>  <b>Intensity of Stimuli</b></p> <p style="text-align: center;"><b>OR</b></p> <p>Explain the application of Operant Conditioning in our lives. Reinforcement may be positive or negative. Positive reinforcement involves stimuli that have pleasant consequences. They strengthen and maintain the responses that have caused them to occur. Positive reinforcers satisfy needs, which include food, water, medals, praise, money, status, information, etc. Negative reinforcers involve unpleasant and painful stimuli. Responses that lead organisms to get rid of painful stimuli or avoid and escape from them provide negative reinforcement. Thus, negative reinforcement leads to learning of avoidance and escape responses. For instance, one learns to put on woollen clothes, burn firewood or use electric heaters to avoid the unpleasant cold weather. One learns to move away from dangerous stimuli because they provide negative reinforcement.</p>	4
26	<p>Kyle realized that while observing things, he sometimes could comprehend the entire thing, while at other times, he struggled with understanding individual features. Based on this elaborate on the 2 different Approaches in Perception. The idea that recognition process begins from the parts, which serve as the basis for the recognition of the whole is known as <b>bottom-up processing</b>. The notion that recognition process begins from the whole, which leads to identification of its various components is known as <b>top down processing</b>. The bottom-up approach lays emphasis on the features of stimuli in perception,</p>	4

	and considers perception as a process of mental construction. The top-down approach lays emphasis on the perceiver, and considers perception as a process of recognition or identification of stimuli. Studies show that in perception both the processes interact with each other to provide us with an understanding of the world.	
27	<p>Differentiate between any 2 of the following:</p> <p>a) naturalistic and controlled observation  Naturalistic vs Controlled Observation : When observations are done in a natural or real-life settings (in the above example, it was a school in which observation was made), it is called naturalistic observation. In this case the observer makes no effort to control or manipulate the situation for making an observation. This type of observation is conducted in hospitals, homes, schools, day care centers, etc. However, many a times you might need to control certain factors that determine behaviour as they are not the focus of your study. For this reason, many of the studies in psychology are conducted in the laboratory. For example, if you read Box 2.1, you will come to know that smoke could only be introduced in a controlled laboratory situation. This type of observation, called Controlled Laboratory Observation, actually, is obtained in laboratory experiments. (b) Non-Participant vs Participant Observati</p> <p>b) dependent and independent variable  Independent variable is that variable which is manipulated or altered or its strength varied by the researcher in the experiment. It is the effect of this change in the variable which the researcher wants to observe or note in the study.  Dependent variable represents the phenomenon the researcher desires to explain. It is expected that change in the dependent variable will ensue from changes in the independent variable. The frequency of reporting of smoke in the above case was the dependent variable. Thus, the independent variable is the cause, and dependent variable the effect in any experimental situation</p> <p>c) experimental and control group  An experimental group is a group in which members of the group are exposed to independent variable manipulation. The control group is a comparison group that is treated in every way like the experimental group except that the manipulated variable is absent in it.</p>	4
28	<p>Describe the various phases of Evolution of Psychology in detail.</p> <ul style="list-style-type: none"> <li>• The initial approach to study psychology was based on <b>introspection</b> or <b>structuralism</b> in which the individuals were asked to describe their experiences.</li> <li>• It was followed by <b>functionalism</b> that studied the working of the mind and the impact of behaviour upon people’s interaction with their environment.</li> </ul>	4

	<ul style="list-style-type: none"> <li>• <b>Gestalt psychology</b> emerged as a reaction to structuralism in the early 20th century and focused on the organisation of the perceptual experiences.</li> <li>• Another reaction was the development of <b>behaviourism</b> that studied behaviour or responses in a measurable and objective form.</li> <li>• This was followed by <b>psychoanalysis</b> of Sigmund Freud that viewed human behaviour as a dynamic manifestation of unconscious desires, conflicts and their gratification.</li> <li>• In contrast, the <b>humanistic perspective</b> emphasised the free will of human beings and their natural striving to grow and unfold their inner potential.</li> <li>• Further, <b>Cognitive perspective</b> was a combination of Gestalt approach and structuralism and focused on how an individual perceived the world.</li> <li>• Later, <b>Constructivism</b> viewed human beings as actively constructing their minds through the exploration of physical and the social world.</li> <li>• It was followed by Vygotsky's view that human mind develops through social and cultural processes in which the mind is perceived as culturally constructed by joint interaction between children and adults.</li> </ul>	
<b>PART E</b>		
29	<p>Alekha has recently been very worried as she cannot remember things easily. Often she is unable to recall the names of people she has met or even the places where she has kept things. With reference to the theories of forgetting explain why does this take place?</p> <p><b>Forgetting due to Trace Decay</b> Trace decay (also called disuse theory) is the earliest theory of forgetting. The assumption here is that memory leads to modification in the central nervous system, which is akin to physical changes in the brain called memory traces. When these memory traces are not used for a long time, they simply fade away and become unavailable.</p> <p><b>Forgetting due to Interference</b> If forgetting is not due to trace decay then why does it take place? A theory of forgetting that has perhaps been the most influential one is the interference theory which suggests that forgetting is due to interference between various information that the memory store contains. This theory assumes that learning and memorising involve forming of associations between items and once acquired, these associations remain intact in the memory. People keep acquiring numerous such associations and each of these rests independently without any mutual conflict. However, interference comes about at a time of retrieval when these various sets of associations compete with each other for retrieval.</p> <p><b>Forgetting due to Retrieval Failure</b> Forgetting can occur not only because the memory traces have decayed over time (as suggested by the disuse theory) or because independent sets of stored associations compete at the time of recall (as suggested by the interference theory) but also because at the time of recall,</p>	<p>6</p> <p>2</p> <p>2</p> <p>2</p>

	<p>either the retrieval cues are absent or they are inappropriate. Retrieval cues are aids which help us in recovering information stored in the memory.</p> <p style="text-align: center;"><b>OR</b></p> <p>Define Mnemonics? Suggest a plan to improve your own memory.</p> <p>Mnemonics using Images Mnemonics using images require that you create vivid and interacting images of and around the material you wish to remember. The two prominent mnemonic devices, which make interesting use of images, are the keyword method and the method of loci. (a) <b>The Keyword Method</b> : Suppose you want to learn words of any foreign language. In keyword method, an English word (the assumption here is that you know English language) that sounds similar to the word of a foreign language is identified. This English word will function as the keyword. For example, if you want to remember the Spanish word for duck which is ‘Pato’, This method of learning words of a foreign language is much superior compared to any kind of rote memorisation. (b) <b>The Method of Loci</b> : In order to use the method of loci, items you want to remember are placed as objects arranged in a physical space in the form of visual images. This method is particularly helpful in remembering items in a serial order. It requires that you first visualise objects/places that you know well in a specific sequence, imagine the objects you want to remember and associate them one by one to the physical locations.</p> <p style="text-align: center;">Mnemonics of Organization</p> <p>(a) <b>Chunking</b> : While describing the features of short-term memory, we noted how chunking can increase the capacity of short-term memory. In chunking, several smaller units are combined to form large chunks. For creating chunks, it is important to discover some organisation principles, which can link smaller units. Therefore, apart from being a control mechanism to increase the capacity of shortterm memory, chunking can be used to improve memory as well. (b) <b>First Letter Technique</b> : In order to employ the first letter technique, you need to pick up the first letter of each word you want to remember and arrange them to form another word or a sentence. For example, colours of a rainbow are remembered in this way (VIBGYOR- that stands for Violet, Indigo, Blue, Green, Yellow, Orange and Red).</p>	
30	<p>Dr. Firoz is creating a new psychological test based on Emotional intelligence. Explain the characteristics that such a standardised test must possess.</p> <p><b>Reliability</b> of the test refers to the consistency of scores obtained by an individual on the same test on two different occasions. For example, you administer the test to a group of students today and re-administer it on the same set of students after some time, let us say 20 days. If the test is reliable, there should not be any variation in the scores obtained by the students on the two occasions. For this, we can compute test-retest reliability, which indicates the temporal stability (or stability of the test scores over time). It is computed by finding out co-efficient of correlation between the two sets of scores on the same set of persons. Another kind of test reliability is called split-half reliability. <b>Validity</b> refers to the question : “Does the test measure what it claims to measure”? For example, if you have constructed a test of mathematics achievement, whether the test is measuring mathematical achievement or for</p>	6



	<p>example, language proficiency. Finally, a test becomes a standardised test when <b>norms</b> are developed for the test. As mentioned earlier, norm is the normal or average performance of the group.</p> <p style="text-align: center;"><b>OR</b></p> <p>Many Questionnaires are now sent on WhatsApp groups as part of students' research projects. Which method of enquiry is it? Elaborate on its types.</p> <p>Survey research came into existence to study opinions, attitudes and social facts. Their main concern initially was to find out the existing reality or baseline. So they were used to find out facts such as the literacy rate at a particular time, religious affiliations, income level of a particular group of people, etc. They were also used to find out the attitude of people towards family planning. <b>Interview, Questionnaire and Telephone Survey with brief details.</b></p> <p>The survey method has several advantages. First, information can be gathered quickly and efficiently from thousands of persons. Second, since surveys can be conducted quickly, public opinions on new issues can be obtained almost as soon as the issues arise. There are some limitations of a survey too. First, people may give inaccurate information because of memory lapses or they may not want to let the researcher know what they really believe about a particular issue. Second, people sometimes offer responses they think the researcher wants to hear.</p>	
<b>PART F</b>		
<p>31</p> <p>32</p>	<p>Bronfenbrenner's ecological model offers a comprehensive framework for understanding the many factors that affect development. In addition to describing the different levels of influence, the ecological model also describes the dynamic interaction that occurs between the different levels, from the direct relationships at the microsystem level through the broader societal, cultural, and temporal factors that play a role. The ecological model also plays a role in shaping mental health care programs.</p> <p>The theory has been applied extensively within the field of education to help design effective learning environments that emphasize the classroom experience and focus on the influence of families, communities, societies, and the broader culture.</p> <p>The early childhood education program, Head Start, is an example of an intervention informed by Bronfenbrenner's model. It takes a holistic approach and supports infants, toddlers, and preschoolers to promote school readiness.</p> <p>In the Ecological model, what comprises of the Microsystem? Immediate relations- Parents, Teachers, Peers etc</p> <p>Explain 2 ways in which this model is relevant in the field of Education. The theory has been applied extensively within the field of education to help design effective learning environments that emphasize the classroom experience and focus on the influence of families, communities, societies, and the broader culture.</p>	<p>1</p> <p>2</p>

	<p>A 2013 research paper says that mood-congruent experiences of art – like listening to sad music when feeling sad – offers a sense of emotional sharing, akin to interacting with an empathic friend. And research from 2018 on music’s effect on mood confirms that “sad” music can have a positive effect, with the researchers arguing that “when experiencing sadness, focusing on sad music can be a positive and even a strengthening experience”.</p> <p>This links with philosopher Aristotle’s theory of catharsis, which suggests that we experience the emotion of sadness through music in order to purge the emotion from ourselves in real life.</p> <p>Professor of musicology Kim Cunio agrees that lifting your mood with music probably isn’t as simple as listening to up-tempo music in a major key. She suggests that to reap the mood-boosting benefits of music, listeners need to “follow the heart” and choose the music that most resonates with them.</p>	
33	<p>Give 2 examples of fields which come closer with Psychology in terms of relating to human feelings and emotions.</p>	1
34	<p>Medicine- Emotional health of patients,  How is Music linked with Psychology?  When experiencing sadness, focusing on sad music can be a positive and even a strengthening experience”.</p>	2