



INDIAN SCHOOL AL WADI AL KABIR

Unit Test - 1 2026-27

SUB: PSYCHOLOGY (037)

Date: 20/05/2026

Class: XI

Time Allowed: 1 hour

Maximum Marks: 30

<u>General Instructions:</u> 1. This question paper contains five sections, Section A to E. 2. All questions are compulsory. 3. Section A has 06 questions carrying 01 mark each. 4. Section B has 04 very short answer-type questions carrying 02 marks each. 5. Section C has 02 long-answer type questions carrying 03 marks each. 6. Section D has 01 question carrying 04 marks. 7. Section E has 01 question carrying 06 marks.		
Section – A		
Q. No.	Question	Marks
1	Who established the first psychology laboratory in Leipzig, Germany? a) William James b) Wilhelm Wundt c) John Dewey d) John Watson	(1)
2	A good scientific method must be: a) Biased b) Subjective c) Systematic d) Random	(1)
3	Assertion (A): Introspection is considered a subjective method in psychology. Reason (R): It relies on individuals reporting their own conscious experiences. a) Both A and R are true, and R is the correct explanation of A b) Both A and R are true, but R is not the correct explanation of c) A is true, but R is false d) A is false, but R is true	(1)
4	Which of the following is an example of overt behaviour? a) Thinking b) Dreaming c) Walking d) Feeling anxious	(1)
5	The researcher develops a tentative answer to the problem after identifying the problem, which is called _____. Ans. Hypothesis	(1)
6	Behaviour is an association between _____ and response. Ans. Stimulus	(1)
Section – B		
7	Define objectivity. Ans. Objectivity refers to the fact that if two or more persons independently study a particular event, both of them to a great extent should arrive at the same conclusion.	(2)
8	Explain the relevance of psychology in everyday life. Ans: Study habits, understanding own personality, and effective relationships	(2)

9	Modern psychology has developed because of the application of the scientific method to study psychological phenomena. Explain how psychology is related to natural science. <u>Psychology as a natural science. (At least 4 points – half mark for each point)</u> • Modern psychology has developed because of the application of the scientific method to study psychological phenomena. (Experimental study, Content analysis, Correlational research) • Science emphasizes objectivity, which is achieved when there is consensus on a concept's definition and how it is measured. • Hypothetico – deductive model (eg. Big bang theory to explain how earth is formed) • Theory is a set of statements about how a certain complex phenomenon can be explained with the help of interrelated propositions. • Based on a theory, scientists deduce or propose a hypothesis, that offers a tentative explanation of how a certain phenomenon takes place. • Psychologist have also been influenced by evolutionary approach such as attachment and aggression.	(2)
10	Any discipline that deals with people recognizes the importance of psychological knowledge. Briefly explain two major disciplines that are closely linked to the field of Psychology. Ans: any two – one mark for each (half mark for the name of the field, half mark for definition) Philosophy, Medicine, Economics, political science and sociology, law and criminology, mass communication, computer science, music and fine arts, architecture and engineering (Any two)	(2)
Section – C		
11	The school counsellor studies students' behaviour, emotions, and health conditions to understand their academic performance. With reference to this, explain any three different types of data or information collected in psychology. <u>Nature of psychological data (any three – one mark for each)</u> • Demographic information : personal information(name, age, gender, date of birth) • Physical information: ecological condition, mode of economy, housing condition, size of room, facilities available at home etc • Physiological data: physical, physiological (height, weight, level of fatigue, blood oxygen level, pattern of dream) • Psychological data: areas of intelligence, personality, interest, psychological disorders	(3)

12	A student is confused about different opportunities in psychology and wants to know how psychologists work in various areas of life. Elaborate on any three branches of psychology. Ans: One mark for each branches. Clinical- Counselling, Industrial /Organizational, Social, Cultural etc. Any three with a brief explanation.	(3)
Section –D		
13	Define psychology and briefly explain the three major components of psychology. Ans. One mark for definition and one amrk each for components. Psychology is a modern discipline aimed at understanding the complexities of mental processes, experiences, and behaviour_of individuals in different contexts. <u>Mental processes</u> – Mental processes are activities of the mind and brain, related to cognition • We use mental processes when we think, remember something, or solve a problem. • Brain activities and mental process are interdependent and mutually overlapping process but they are not identical. • The mind emerges and evolves as our interactions and experiences in this world get dynamically organized in the form of a system which is responsible for the occurrence of various mental processes. • Mental processes includes remembering, knowing, reasoning, learning, thinking, problem solving, perception, etc <u>Experiences:</u> • Experiences can be defined as the learning acquired through everyday life situation. • Experiences are subjective in nature, different for every individual. • We cannot directly observe or know someone’s experience. • Only the experiencing person can be aware or conscious of his/her experiences. Thus, experiences are imbedded in our awareness or consciousness. • Experiences are influenced by internal and external conditions of the experiences. • The nature of the experience can only be understood by analyzing a complex set of internal and external conditions. • Experiences are important because most of our learning is based on experiences <u>Behaviours:</u> • Behaviours are responses or reactions we make or activities we engage in. Eg. One can feel the heart pounding before taking an examination. • Some behaviours such as thinking may be simple or complex, short or enduring. • On the other hand, some behaviours can be outwardly seen or sensed and are called overt, for example laughing. • All behaviours can be explained on the basis of S-R (Stimulus Response Relations). Any behaviour, overt or covert, is associated with or triggered by a stimulus. • Both stimulus and response can be internal or external. OR	(4)

A psychology student is learning what different psychologists emphasize on, while exploring psychology. Describe any four schools of psychology.

Ans. **Any four – one mark for each schools.**

Structuralism – Wilhelm Wundt

- The first laboratory was established in 1879 in Leipzig, Germany, by Wilhelm Wundt.
- Structuralism studies the conscious experience and constituents of the mind.
- Analysed the structure of the mind through introspection.
- Introspection is the procedure in which individuals or subjects of the experiment are asked to describe in detail their own mental processes or experiences.

Functionalism – William James

- Psychological lab in Cambridge, Massachusetts
- Study what the mind does and how behaviour functions in making people deal with their environment
- How behaviour enabled people to satisfy their needs.
- Consciousness as an ongoing stream of mental process, interacting with the environment formed at the core of psychology,
- John Dewey uses functionalism to argue that human beings seek to function effectively by adapting to their environment

Gestalt Psychology

- Focused on the organization of perceptual experience rather than the sum of components of the perception.
- Experience is holistic
- Focused on how people perceive whole patterns and objects, not just parts.

Behaviourism – John Watson

- Around 1910, John Watson rejected the ideas of mind and consciousness as subject matters of psychology.
- He was greatly influenced by the work of physiologists like Ivan Pavlov on classical conditioning.
- The mind is not observable and introspection is subjective because it cannot be verified by another observer.
- scientific psychology must focus on what is observable and verifiable.
- He defined psychology as the study of behaviour or responses (to stimuli) which can be measured and studied objectively.

Psychoanalysis – Sigmund Freud

- Freud viewed human behaviour as a dynamic manifestation of unconscious desires and conflicts.
- He founded psychoanalysis as a system to understand and cure psychological disorders.
- Freudian psychoanalysis viewed human beings as motivated by unconscious desire for gratification of pleasure-seeking (and often, sexual) desires,

Humanistic approach

- The humanistic perspective in psychology took a more positive view of human nature.
- Humanists, such as Carl Rogers and Abraham Maslow, emphasised the free will of human beings and their natural striving to grow and unfold their inner potential.
- They argued that behaviourism with its emphasis on behaviour as determined by environmental conditions, undermines human freedom and dignity and takes a mechanistic view of human nature.

	<u>Cognitive perspective</u> • Gestalt approach and structuralism were combined and led to the development of the cognitive perspective • Focuses on how we know about the world. • Cognition is the process of knowing. It involves thinking, understanding, perceiving, memorising, problem solving and a host of other mental processes by which our knowledge of the world develops, making us able to deal with the environment in specific ways.	
	Section – E	
14	To understand why students experience examination stress, a researcher plans a systematic study. Explain the steps involved in psychological enquiry. Ans. Conceptualization of a problem, collecting data, drawing the conclusion, revising research conclusion. OR Shilpa observes aggressive behaviour among teenagers and tries to understand its causes and possible solutions. Illustrate the goals of psychological enquiry. Ans: Description • Psychologists try to describe behaviour or phenomena accurately to distinguish a particular behaviour from others. • The description requires recording a particular behaviour and describing it accurately to attain a comprehensive understanding of the same. • Describing the behaviour accurately helps to know the relationship of a particular behaviour with other types of behaviours, events or phenomena Prediction • Forecast that under certain conditions, this particular behaviour may occur within a certain margin of events • Prediction becomes more accurate with the increase in the number of persons observed. Explanation • To understand the causal factors or determinants of behaviour • Understanding the factors that make behaviour happen or not occur • Ex: what makes children attentive and why do some children devote less time for study as for study compared to others? • Concerned with identifying the determinants or antecedent conditions of behaviour being studied so that cause cause-and-effect relationship between two variables or events can be established. Control • If you can explain why a behaviour occurs, then you can control that behaviour by making changes in its antecedent conditions. • Control refers to three things: making a particular behaviour happen, reducing it or enhancing it Ex: therapy	(6)

	Application • The final goal of scientific enquiry is to bring out the positive changes in the lives of people. • Psychological research is conducted to solve problems in various settings • Example: application of yoga and meditation helps to reduce stress and improve efficiency. • Also to develop new theories or constructs that lead to further research	
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All the Best