



**INDIAN SCHOOL AL WADI AL KABIR**  
**ASSESSMENT-1 2024-25**  
**PSYCHOLOGY**

Date: 22/09/2024  
Class: XII

Time Allowed: 3 hours  
Maximum Marks: 70

**Marking Scheme**

	<b>PART A</b>	
1	Assessment of possible future damage that may be brought by an event is called a) Harm b) Experience c) Challenge d) <b>Threat</b>	1
2	An individual is rejected in a job interview, which he was very eager to join. Now he claims his present job is better. He is using: a) Reaction Formation b) Projection c) Regression d) <b>Rationalization</b>	1
3	Capacity to bounce back in the face of stress is popularly known as----- a) Commitment b) <b>Resilience</b> c) Hardiness d) Positive attitude	1
4	Which of the following characteristics describe someone who, according to Maslow, is self-actualized? a) Confidence b) Creativity c) Spontaneity d) <b>All of these</b>	1
5	Name the treatment that combines Pranayam with chanting of mantras. a) Kundalini Yoga b) Vipassana c) <b>Ashtanga Yoga</b> d) Sudarshan Kriya Yoga	1
6	Samina keeps organizing her cupboard the whole day. Even the thought of somebody messing it, keeps her distracted in class and makes her anxious. Such symptoms are typical of which disorder? <b>OCD</b>	1
7	Structure of Intellect model was proposed by <b>Guilford</b>	1
8	The _____ was marked by increased humanism and curiosity about behaviour. a. Age of Reason & Enlightenment b. New Era c. <b>Renaissance Period</b> d. Humanistic Approach	1
9	<b>Assertion (A):</b> Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short term. <b>Reason (R):</b> Perfectionists have difficulty in varying standards according to factors such as time available, consequences of not being able to stop work, and the effort needed. a) Both A and R are true and R is the correct explanation of A.	1



	<b>Variations add colour and beauty to nature. Examples 2 ( 1+1) Answers will vary</b>	
19	<p>How did the Organismic approach explain deviant behaviour?</p> <p>Organismic approach:</p> <ul style="list-style-type: none"> <li>■ Philosopher physicians of ancient Greece such as Hippocrates, Socrates, and in particular Plato viewed disturbed behaviour as arising out of conflicts between emotion and reason.</li> <li>■ Galen elaborated on the role of the four humours</li> <li>■ According to him, the world was made up of four elements, viz. earth, air, fire, and water which combined to form four body fluids, viz. <b>blood, black bile, yellow bile, and phlegm.</b></li> <li>■ Each of these fluids was seen to be responsible for a different temperament.</li> <li>■ <b>Imbalances among the humours</b> were believed to cause various disorders.</li> </ul>	<p>2</p> <p>1</p> <p>1</p>
	<b>PART C</b>	3
20	It was 3 months since Zia was reported missing, when the police found a person with the exact description narrated by her family. However, she claimed that her name was Mary and totally disagreed about knowing any of the previous references. Which disorder do these symptoms point out to?	3
21	<p>What are the uses of aptitude tests?</p> <p>Measuring scientific, scholastic, literary, clerical, and teaching aptitudes. For the purposes of selection, Placement, training eg.s of Aptitude tests DAT, GATB.</p> <p>A person may be interested in a particular job or activity, but may not have the aptitude for it. Similarly, a person may have the potentiality for performing a job, but may not be interested in doing that. In both cases, the outcome will not be satisfactory. A student with high mechanical aptitude and strong interest in engineering is more likely to be a successful mechanical engineer.</p>	3
22	<p>According to Freud, structural elements of personality reside in the unconscious as forces and can be inferred from the way people behave” Justify.</p> <p><b>Description of the 3 with examples of behavior.</b></p> <p>Id :</p> <ul style="list-style-type: none"> <li>■ It is the source of a person’s instinctual energy – sex and aggression</li> <li>■ It deals with immediate gratification of primitive needs</li> <li>■ It works on the pleasure principle, which assumes that people seek pleasure and try to avoid pain.</li> <li>■ Id does not care for moral values, society, or other individuals.</li> <li>■ Ego :</li> </ul>	<p>4</p> <p>1</p>





	revision periods, and most importantly on the examination day concentrate on stay calm.	
26	<p>Sudha was constantly worrisome and often found it difficult to relax. In terms of anxiety disorders what would she probably be suffering from? Explain other types under this category in brief.</p> <p><b>Generalised anxiety disorder:</b> prolonged, vague, unexplained and intense fears that are not attached to any particular object. Symptoms: worry and apprehensive feelings about the future; hypervigilance, which involves constantly scanning the environment for dangers, motor tension, as a result of which the person is unable to relax, is restless.</p> <p><b>Panic disorder:</b> • Recurrent anxiety attacks in which the person experiences intense terror.</p> <p><b>Phobias :</b> • irrational fears related to specific objects, people, or situations.</p> <p><b>Separation anxiety disorder (SAD)</b> • Fearful and anxious about separation from attachment figures that is developmentally not appropriate.</p>	4
27	<p>‘Our own perception of self-worth can shape our lives. Analyze the given statement.’</p> <p><b>Subjective answers</b> – points should include definition of Self Worth, description, Carl Rogers idea of Self- Real and Ideal. Social involvement and ability to grow.</p>	4 2 2
	<b>PART E</b>	6
28	<p>Mudita ensured that she always planned her daily schedules carefully for the week so that the busy routine would not overwhelm her. Name the skill she practiced. Also describe how life skills can help meet life's challenges.</p> <p><b>Time Management :</b> • Learning how to plan time and delegate can help to relieve the pressure.</p> <p>Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life</p> <p><b>Assertiveness :</b> • <b>Assertiveness</b> is a behaviour or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.</p> <p><b>Rational Thinking :</b> • Many stress-related problems occur because of faulty thinking. • When we are stressed, we attend to negative thoughts and images from the past, which affect our perception of the present and the future.</p> <p><b>Improving Relationships :</b> • The key to a sound lasting relationship is communication.</p> <p><b>Self-care :</b> • If we keep ourselves healthy, we will be able to tackle the stresses of everyday life. • Our breathing patterns reflect our state of mind and emotions.</p>	6 ½ 1 1 1 1 1 ½

**Overcoming Unhelpful Habits :** • Perfectionists are persons who have difficulty in factors such as time available, consequences of not being able to stop work, and the effort needed. **Avoidance, Procrastination**

**OR**

Shyam was a CFO at a large corporation. His work was highly demanding and his family situation was also not too positive. Elaborate on the effects of such chronic stress on an individual.

#### EFFECTS OF STRESS ON PSYCHOLOGICAL FUNCTIONING AND HEALTH

##### **Emotional Effects:**

■ People with stress are likely to experience mood swings, and show aggressive

behaviour that may alienate them from family and friends.

■ In some cases this can start a vicious circle of decreasing confidence, leading to more serious emotional problems.

■ Some examples are feelings of anxiety and depression, increased physical tension, increased psychological tension and mood swings.

##### **Physiological Effects :**

■ When the human body is placed under stress, it increases the production of certain hormones, such as adrenaline and cortisol that produce changes in heart rate, blood pressure levels, metabolism and physical activity.

■ Although, this physical reaction will help us to function more effectively, it can be extremely damaging to the body in the long-term effects.

■ Examples of physiological effects are release of epinephrine and norepinephrine, slowing down of the digestive system, expansion of air passages in the lungs, increased heart rate, and constriction of blood vessels.

##### **Cognitive Effects :**

■ Too much of stress leads to mental overload and cause individuals to lose their ability to make sound decisions.

■ Faulty decisions made at home, in career, or at workplace may lead to arguments, failure, financial loss or even loss of job.

■ Cognitive effects of stress are poor concentration, and reduced short-term memory capacity.

##### **Behavioural Effects:**

■ Stress affects our behaviour in the form of eating less nutritional food, increasing intake of stimulants such as caffeine, excessive consumption of cigarettes, alcohol and other drugs such as tranquillisers etc.

■ Tranquillisers can be addictive and have side effects such as loss of concentration, poor coordination, and dizziness.

	<p>Some of the typical behavioural effects of stress seen are disrupted sleep patterns, increased absenteeism, and reduced work performance.</p>																	
29	<p>Explain the influence of heredity and environment on intelligence. Nature - <b>Heredity, genes</b> <b>Nurture - Environment, nutrition</b> <b>Influence of Genetics:</b> Identical twins raised together show a correlation of almost 0.9 Identical twins separated in childhood show a correlation of 0.72 Fraternal twins raised together show a correlation of 0.6 Siblings raised together show a correlation of 0.5 Siblings raised apart show a correlation of about 0.25 <b>Influence of Environment:</b> Moreover, studies reveal that adopted children tend to display intelligence more similar to their biological parents than their adoptive ones. However, as they grow older, their intelligence moves closer to that of their adoptive parents. Hence, psychologists generally agree that intelligence is a result of the complex interaction between heredity (nature) and environment (nurture). <b>OR</b> Discuss the classification of Intelligence scores across general population with a focus on the extreme scores. IQ scores are distributed in the IQ scores are distributed in the population in such a way that the scores of most people tend to fall in the middle range of the distribution. Only a few people have either very high or very low scores. The frequency distribution for the IQ scores tends to approximate <b>a bell shaped curve, called the normal curve</b>. This type of distribution is symmetrical around the central value, called the mean. The mean IQ score in a population is 100. People with IQ scores in the range of 90–110 have normal intelligence. Those with IQ below 70 are suspected to have ‘intellectual disability’, while persons with IQ above 130 are considered to have exceptional talents.</p> <div><p>Wechsler (WAIS-III) 1997 IQ test classification</p><table><tr><th>IQ Range ("deviation IQ")</th><th>IQ Classification</th></tr><tr><td>130 and above</td><td>Very superior</td></tr><tr><td>120–129</td><td>Superior</td></tr><tr><td>110–119</td><td>High average</td></tr><tr><td>90–109</td><td>Average</td></tr><tr><td>80–89</td><td>Low average</td></tr><tr><td>70–79</td><td>Borderline</td></tr><tr><td>69 and below</td><td>Extremely low</td></tr></table></div> <p>This Photo by Unknown Author is licensed under CC BY-SA</p> <p><b>Intellectual Giftedness</b> Exceptional performance resulting from exceptional potential with an IQ score of more than 130 can be identified through the concepts of talent and giftedness. While these terms are often use interchangeably, they have distinct meanings. Giftedness refers to exceptional overall ability and</p>	IQ Range ("deviation IQ")	IQ Classification	130 and above	Very superior	120–129	Superior	110–119	High average	90–109	Average	80–89	Low average	70–79	Borderline	69 and below	Extremely low	<p>6</p> <p>1/5</p> <p>3</p> <p>1/2</p> <p>2</p> <p>1/5</p> <p>6</p> <p>2</p>
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	<p>superior performance in diverse areas, while talent pertains to exceptional ability in a particular domain such as social, spiritual or aesthetic. Highly talented individuals are sometimes called prodigies. Talent is a combination of high ability, high creativity, and high commitment.</p> <p><b>Intellectual Deficiency</b></p> <p>The definition of intellectual disability is having significantly below average intellectual functioning along with deficits in adaptive behavior, which is evident during the developmental period.</p> <p>This definition covers three main features:</p> <p>Below average intellectual functioning, resulting in slower comprehension compared to peers of the same age.</p> <p>Difficulties with adaptability and effectively coping with the environment, which may hinder the ability to hold a job or manage a family independently.</p> <p>Manifestation during the developmental period.</p>	2
	<p style="text-align: center;"><b>PART F</b></p> <p>People with schizophrenia often have problems functioning in society, work, school, and relationships. They might feel scared and withdrawn or appear to have lost touch with reality. This lifelong disease doesn't have a cure; however, it can be controlled with proper treatment.</p> <p>Contrary to popular belief, schizophrenia is not a split or multiple personality. Schizophrenia involves psychosis, a type of mental illness in which you can't tell what's real from what's imagined. At times, people with psychotic disorders such as schizophrenia lose touch with reality. Their world may blend confusing thoughts, images, and sounds together. Because of their distorted reality, people with this condition may show strange and even shocking behavior. A sudden change in their personality or behavior is called a psychotic episode.</p> <p>The severity of schizophrenia varies from person to person. Some people have only one psychotic episode, while others have many episodes during their lifetime. In between psychotic episodes, you may lead a relatively normal life. Still, others may have more trouble functioning over time, with little improvement between full-blown psychotic episodes. Schizophrenia symptoms seem to worsen, then improve, in cycles known as relapses and remissions.</p>	
30	<p>What is a Psychotic episode?</p> <p>people with psychotic disorders such as schizophrenia lose touch with reality. Their world may blend confusing thoughts, images, and sounds together. Because of their distorted reality, people with this condition may show strange and even shocking behavior. A sudden change in their personality or behavior is called a psychotic episode.</p>	1
31	<p>Enlist some of the Positive symptoms of Schizophrenia.</p> <p><b>Delusions, Hallucinations, Formal Thought Disorder- Egs</b></p>	2
	Traditionally, educational systems have long focused on logical reasoning, mathematical skill, and linguistic ability, which are markers of analytical	

	<p>intelligence. However, this approach does not fully address the full scope of possibilities and diverse learning patterns in students.</p> <p>Educators need to begin to understand that creative and practical intelligence are equally important and, consequently, begin to build more inclusive and effective learning spaces.</p> <p>For example, educators can do a better and more intentional job of incorporating creative activities, such as brainstorming sessions, art projects, and so on, to foster creative intelligence. On the other hand, practical intelligence can be nurtured through collaborative projects, real-world applications, and other practical learning solutions that encourage the active participation of students.</p>	
32	<p>Which theory describes the types of intelligences mentioned in the excerpt given? Who proposed the theory?</p> <p><b>Robert Sternberg- Information Processing Approach</b></p>	1
33	<p>Explain in detail any one of the sub-types of intelligence included in this theory. <b>Creative / Experiential Intl-</b> details etc</p>	2