

**INDIAN SCHOOL AL WADI AL KABIR****Unit Test 2025-26****SUB: PSYCHOLOGY**

Date: 26/05/2025

Class: XI

Time Allowed: 1 hour

Maximum Marks: 30

	MARKING SCHEME	
	Section – A	
Q. No.	Question	Marks
1	Name the discipline that emphasises the role played by the mind in strengthening the immune system Ans: Psychoneuroimmunology	(1)
2	The word psychology is derived from the Greek words _____ & _____. Ans: psyche and logos	(1)
3	Control in psychology refers to making a behaviour happen, reducing it, or _____ it Ans. enhancing	(1)
4	_____ 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. Ans: Objectivity	(1)
5	Assertion: Prediction in psychological inquiry becomes more accurate with an increase in the number of persons observed. Reason: This is because larger samples lead to more reliable conclusions. a) Both assertion and reason are true, and the reason is a correct explanation of the assertion. b) Both assertion and reason are true, but the reason is not a correct explanation of the assertion. c) The assertion is true, but the reason is false. d) The assertion is false, but the reason is true. Ans: Both assertion and reason are true, and the reason is a correct explanation of the assertion.	(1)
6	dWilhelm Wundt established the first psychological laboratory in _____ in 1879. Ans: Leipzig	(1)
	Section – B	
7	Explain the method of introspection and state one limitation of the same. Ans: Introspection is the procedure in which individuals or subjects of the experiment are asked to describe their mental processes or experiences in detail. One of the limitations is that it is considered less scientific because the introspective reports cannot be verified by outside observers	(2)
8	What is the final goal of scientific enquiry? Ans. <ul style="list-style-type: none">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	(2)

	<ul style="list-style-type: none"> To develop new theories or constructs that lead to further research Example: application of yoga and meditation helps to reduce stress and improve efficiency. 	
9	<p>Explain any two different types of data or information collected in psychology.</p> <p>Ans. Demographic, Physical, Physiological, Psychological. Explain any two with examples.</p>	(2)
10	<p>Any discipline that deals with people recognizes the importance of psychological knowledge. Briefly explain any two major disciplines linked to the field of psychology.</p> <p>Ans. Philosophy, Medicine, Economics, political science and sociology, law and criminology, mass communication, computer science, music and fine arts, architecture and engineering (Any two)</p>	(2)
Section – C		
11	<p>Define psychology and briefly explain the three major components of psychology.</p> <p>Ans. Psychology is a modern discipline aimed at understanding the complexities of mental processes, experiences, and behaviour of individuals in different contexts.</p> <p>Mental processes - The state that we use to solve problems, thinking various aspects, perceive any aspect, learning, or remember anything. Experiences are subjective, embedded in our consciousness(awareness), and depend on a person's internal and external conditions. Behaviour - These are responses made by individuals to any situation or condition. It can be overt(visible) and covert (unnoticeable, innate). Behaviour is an association between stimuli and response, in which either can be external or internal.</p>	(3)
12	<p>Psychologists work in various fields to understand behaviour and improve people's lives. Describe any three major branches of psychology that have developed over time and explain how each helps people.</p> <p>Ans Clinical- Counselling, Industrial /Organizational, Social, Cultural etc. Any three with a brief explanation. (Any three)</p>	(3)
Section –D		
13	<p>A student research group is investigating the increasing traffic congestion in your city. Keeping this in mind and describe the Steps the students need to follow in conducting scientific research.</p> <p>Ans:</p> <ul style="list-style-type: none"> Conceptualisation of a problem Data collection Drawing a conclusion Revising the research conclusion 	(4)

	<p>OR</p> <p>If you had the opportunity to conduct research, which topic would you choose, and what goals of psychological inquiry should a researcher consider during the process?</p> <p>Ans.</p> <p>Description</p> <ul style="list-style-type: none"> • 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 <p>Prediction</p> <ul style="list-style-type: none"> • 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. <p>Explanation</p> <ul style="list-style-type: none"> • 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 could be established. <p>Control</p> <ul style="list-style-type: none"> • 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 <p>Application</p> <ul style="list-style-type: none"> • 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 	
	Section – E	
14	Elaborate on the topic development of psychology in India. Ans.	(6)

- Philosophical roots in the Indian tradition have not influenced the development of modern psychology in India.
- The development of the discipline in India continues to be dominated by Western psychology
- The modern era of Indian psychology began in the Department of Philosophy at Calcutta University, where the first syllabus of experimental psychology was introduced and the first psychology laboratory was established in 1915.
- Calcutta University started the first Department of Psychology in the year 1916 and another Department of Applied Psychology in 1938.
- Professor Bose established the Indian Psychoanalytical Association in 1922.
- Departments of Psychology in the Universities of Mysore and Patna were other early centres of teaching and research in psychology.
- There are two centres of excellence in psychology supported by the UGC at Utkal University, Bhubaneswar and at the University of Allahabad. About 70 universities offer courses in psychology.

Phase	Period	Key Features	Focus/Approach
1. First Phase	Till Independence (before 1947)	<ul style="list-style-type: none"> - Strong Western influence (experimental, psychoanalytic, testing) - Key figures: N.N. Sengupta, G. Bose - Psychology was introduced in Indian universities 	Import of Western psychology into Indian academic systems
2. Second Phase	Till 1960s	<ul style="list-style-type: none"> - Growth in academic branches - Attempts to adapt Western psychology to the Indian context - Continued emphasis on research 	Adaptation of Western ideas to suit Indian societal needs

3. Third Phase	Post-1960s	<ul style="list-style-type: none"> - Focus on problem-oriented research - Addressed Indian-specific issues like poverty, education, and mental health - Questioned Western relevance 	Psychology has become more socially relevant to Indian problems
4. Fourth Phase	Late 1970s onwards	<ul style="list-style-type: none"> - Indigenisation of psychology - Development of theories rooted in Indian culture, values, and traditions - Rejection of purely Western models 	Creation of culturally sensitive, India-specific psychological frameworks

OR

Give a brief account of the evolution of psychology.

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

	<ul style="list-style-type: none"> • Focused on how people perceive whole patterns and objects, not just parts. <p><u>Behaviourism – John Watson</u></p> <ul style="list-style-type: none"> • 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. <p><u>Psychoanalysis – Sigmund Freud</u></p> <ul style="list-style-type: none"> • 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, <p><u>Humanistic approach</u></p> <ul style="list-style-type: none"> • 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. <p><u>Cognitive perspective</u></p> <ul style="list-style-type: none"> • 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. 	
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All the Best