



# 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

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

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|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 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.                                                                                                                                                        | (2) |
| <b>Section – C</b> |                                                                                                                                                                                                                                                                                                                                              |     |
| 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.                                                                                                       | (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.                                                                                                                                                          | (3) |
| <b>Section –D</b>  |                                                                                                                                                                                                                                                                                                                                              |     |
| 13                 | Define psychology and briefly explain the three major components of psychology.<br><br><b>OR</b><br>A psychology student is learning what different psychologists emphasize on, while exploring psychology. Describe any four schools of psychology.                                                                                         | (4) |
| <b>Section – E</b> |                                                                                                                                                                                                                                                                                                                                              |     |
| 14                 | To understand why students experience examination stress, a researcher plans a systematic study. Explain the steps involved in psychological enquiry.<br><br><b>OR</b><br><br>Shilpa observes aggressive behaviour among teenagers and tries to understand its causes and possible solutions. Illustrate the goals of psychological enquiry. | (6) |

*All the Best*