



INDIAN SCHOOL AL WADI AL KABIR

Unit Test 2026-27

SUB: PSYCHOLOGY

Date: 24/05/2026

Class: XII

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 each. 7. Section E has 01 question carrying 06 marks.	
	Section –A	
Q. No.	Question	Marks
1	According to the Indian tradition of Intelligence, _____ competence involves honesty, politeness, good conduct, and self-evaluation.	(1)
2	According to Kobasa, Hardiness includes which of the following: - a. Control, Commitment, Creativity b. Challenge, Control, Creativity c. Control, Commitment, Challenge d. Control, Commitment, Confidence	(1)
3	Persons having IQ between 80-89 are classified in the range of _____. i. Above average intelligence ii. Superior intelligence iii. Low- average intelligence iv. Sub-average intelligence	(1)
4	Assertion: Social stress arises from internal conflicts. Reason: Social stress is subjective and related to interpersonal relationships. (a) Both Assertion and Reason are true, and Reason is the correct explanation of Assertion. (b) Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion. (c) Assertion is true, but Reason is false. (d) Assertion is false, but Reason is true.	(1)

5	_____are likely to have Spatial intelligence while _____are likely to have interpersonal intelligence. i. Architects; Philosophers ii. Psychologists; Philosophers iii. Architects; Psychologists iv. Philosophers; Scientists	(1)
6	2 effects of stress on physiological functioning are _____ and _____.	(1)
	Section –B	
7	Explain 2 life skills which are important to tackle stress.	(2)
8	Elaborate on Componential Intelligence from the Triarchic theory.	(2)
9	Point out the factors that signify the relationship between of stress and the immune system.	(2)
10	Compare child rearing practices of technologically advanced and technologically less advanced societies.	(2)
	Section –C	
11	For working individuals, each day brings new challenges on the work and home front. In terms of stress what are these referred to? Which are some other ways in which stress enters people’s lives?	(3)
12	Discuss the nature and types of Creativity tests in brief.	(3)
	Section –D	
13	How is aptitude different from interest and intelligence? How is aptitude measured? OR Describe any 4 theories classified under the Psychometric approach to intelligence.	(4)
	Section –E	
14	What is Coping? Describe the different theories of coping. OR As part of a youth rehabilitation programme, biofeedback was introduced to help youngsters monitor their physiological responses. Discuss few other techniques that can help them combat the effects of stress.	(6)

All the Best