

**PSYCHOLOGY (037)**  
**Sample Question Paper**  
**Class – XII (2025-2026)**  
**Marking Scheme**

**Time – 3 Hours**

**Max Marks – 70**

General Instructions:

- All questions are mandatory unless specified otherwise.
- Section A (Q1-14): Each question carries 1 mark. Answer as directed.
- Section B (Q15-19): Very Short Answer Type-I questions, 2 marks each. Word limit for each question is 30 words.
- Section C (Q20-23): Short Answer Type-II questions, 3 marks each. Word limit for each question is 60 words.
- Section D (Q24-27): Long Answer Type-I questions, 4 marks each. Word limit for each question is 120 words.
- Section E (Q28-29): Long Answer Type-II questions, 6 marks each. Word limit for each question is 200 words.
- Section F (Q30-33): Case-based questions. One-mark questions: Word limit for each question is 20 words; Two-mark questions: Word limit for each question is 30 words.
- There is no overall choice. However, internal choices have been provided in some questions. A student has to attempt only one of the alternatives in such questions.

S. No	SECTION A	Chapter	Marks
Q1	Answer: c. It ensures all candidates are assessed using the structured interview.	2	1
Q2	Answer: b. By fostering social connection and positive reinforcement.	2	1
Q3	Answer: a. Convergent thinking	1	1
Q4	Ans: b. Finding a personal sense of meaning or purpose, even in difficult situations	5	1
Q5	Ans. c. Differential reinforcement	5	1
Q6	Ans: d. A therapist carefully listens to the client's experiences and expresses understanding of the client's emotions, allowing the client to feel heard and valued.	5	1
Q7	Answer: d. Not only maintenance and survival but also growth and fulfilment	4	1
Q8	Answer: a. Compulsive behaviour	4	1

Q9	Answer: d. A is false but R is true	4	1
Q10	Answer: c. A is true but R is false	7	1
Q11	Answer b. Cohesiveness	7	1
Q12	Answer: b. Enhance his security	7	1
Q13	Answer: b. i and iii	6	1
Q14	Answer: c. They are warm, emotional, and face-to-face	7	1
	<b>SECTION B</b>		
Q 15	<p>Answer:</p> <p>Life Events: They include changes, both big and small, sudden and gradual that affect our life from the moment we are born. Examples: moving into a new house, break-up of a long-term relationship) etc.</p> <p>Hassles: These are the personal stresses we endure as individuals, due to the happenings in our daily life, such as noisy surroundings, commuting, quarrelsome neighbours, electricity and water shortage, traffic snarls, and so on.</p>	3	2
Q16	<p>Answer:</p> <p>The features of projective techniques are as follows: (any two)</p> <ul style="list-style-type: none"> <li>• The stimuli are relatively or fully unstructured and poorly defined.</li> <li>• The person being assessed is usually not told the purpose of assessment and the method of scoring and interpretation.</li> <li>• The person is informed that there are no correct or incorrect responses.</li> <li>• Each response is considered to reveal a significant aspect of personality.</li> <li>• Scoring and interpretation are lengthy and sometimes subjective.</li> </ul>	2	2
Q17	<p>Answer: Yes</p> <p>Reasons:</p> <ul style="list-style-type: none"> <li>• It classifies individuals into personality types and simplifies human behaviour into fixed categories. This is not possible as people do not fit into such simple categorisation.</li> <li>• Ignores the complexity and variability amongst people.</li> </ul>	2	2
Q18	<p>Answer:</p> <p>-The non-verbal tests use pictures or illustrations as test items. Here the subject examines an incomplete pattern and chooses the correct figure from the alternative to complete the figure. Raven's Progressive Matrices is an example of a non-verbal test.</p>	1	2

	-Performance tests require subjects to manipulate objects and other materials to perform a task. Eg Koh's Block Design Test.		
Q19 A)	<p>Answer:</p> <p>Social loafing can be reduced by the following (any two)</p> <ul style="list-style-type: none"> <li>• Making the efforts of each person identifiable.</li> <li>• Increasing the pressure to work hard (making group members committed to successful task performance).</li> <li>• Increasing the apparent importance or value of a task.</li> <li>• Making people feel that their individual contribution is important.</li> <li>• Strengthening group cohesiveness which increases the motivation for successful group outcome.</li> </ul>	7	2
	OR		
Q19 B)	<p>Answer : (any two of the following)</p> <ul style="list-style-type: none"> <li>• In the company of like-minded people, you are likely to hear newer arguments favouring your viewpoints. This will make you more favourable towards capital punishment.</li> <li>• When you find others also favouring capital punishment, you feel that this view is validated by the public. This is a sort of bandwagon effect.</li> <li>• When you find people having similar views, you are likely to perceive them as an ingroup. You start identifying with the group, begin showing conformity, and as a consequence your views become strengthened.</li> </ul>	7	2
Q20	<p>Answer:</p> <p>Target characteristics:(any three)</p> <ol style="list-style-type: none"> <li>1. Persuasibility- People, who have a more open and flexible personality,</li> <li>2. Self-esteem-Persons who have a low self-esteem, and do not have sufficient confidence in themselves,</li> <li>3. Prejudices- People with strong prejudices are less prone to any attitude change than those who do not hold strong prejudices.</li> <li>4. Intelligence-More intelligent people may change their attitudes less easily than those with lower intelligence.</li> </ol>	6	3
Q21	<p>Answer:</p> <ul style="list-style-type: none"> <li>• Improving the level of functioning or quality of life.</li> <li>• Helping patients become self-sufficient.</li> <li>• Empowering the patient to become a productive member of society to the extent possible.</li> </ul>	5	3
Q22	<p>Answer:</p> <p>Rational Emotive Therapy by Albert Ellis:</p> <p>The first step in RET is the <i>antecedent belief-consequence (ABC) analysis</i>. The client is also interviewed to find the irrational beliefs, which are distorting the</p>	5	3

	<p>present reality. This distorted perception of the antecedent event due to the irrational belief leads to the consequence.</p> <p>In the process of RET, the irrational beliefs are refuted by the therapist through a process of <i>non-directive questioning</i>. The questions make the client think deeper into her/his assumptions about life and problems.</p> <p>Gradually the client is able to change the irrational beliefs by making a change in her/his philosophy about life. The rational belief system replaces the irrational belief system and there is a reduction in psychological distress.</p> <p>(1+1+1= 3)</p>		
Q23 A)	<p>Answer: Levels of Consciousness</p> <ul style="list-style-type: none"> <li>• Conscious - which includes thoughts, feelings and actions of which people are aware</li> <li>• Preconscious, which includes mental activity of which people may become aware only if they attend to it closely.</li> <li>• Unconscious, which includes mental activity that people are unaware of.</li> </ul> <p>(1+1+1= 3)</p>	2	3
	OR		
Q23 B)	<p>Answer: Any three points:</p> <ul style="list-style-type: none"> <li>• The behaviourists believe in data, which they feel are definable, observable, and measurable.</li> <li>• The behaviourists focus on learning of stimulus-response connections and their reinforcement.</li> <li>• For most behaviourists, the structural unit of personality is the response. Each response is a behaviour, which is emitted to satisfy a specific need. This is accomplished through responses (behaviours) that are reinforced.</li> </ul> <p>(1+1+1= 3)</p>	2	3
Q24	<p>Answer:</p> <p>Sources-</p> <ul style="list-style-type: none"> <li>• Learning</li> <li>• Strong social identity and in group bias</li> <li>• Kernel of truth concept</li> </ul> <p>Self-fulfilling prophecy</p> <p>A brief description of all four using Himesh's behaviour</p> <p>(1+1+1+1= 4)</p>	6	4
Q25	<p>Answer:</p> <ol style="list-style-type: none"> <li>1. Frustration results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal. In this case her parents are not allowing her to study abroad.</li> <li>2. Conflicts may occur between two or more incompatible needs or motives.</li> </ol>	3	4

	<p>3. Internal pressures stem from beliefs based upon expectations from inside us to ourselves such as, 'I must do everything perfectly'. Such expectations can only lead to disappointment.</p> <p>4. Social pressures may be brought about from people who make excessive demands on us.</p> <p>(1+1+1+1= 4)</p>		
Q26 A)	<p>Answer:</p> <p>According to the Humanistic theory, especially Carl Rogers' concept of the self, Razia's dissatisfaction might stem from a gap between her "real self" and her "ideal self." The theory suggests that when individuals' self-perceptions do not align with their true potential or inner desires, they experience incongruence, leading to feelings of frustration or discontent.</p> <p>Lack of self-actualisation-inability to satisfy her potential to the fullest</p> <p>Razia may feel that her current job doesn't fulfil her true aspirations or allow her to grow personally. As when social conditions are positive, self-concept and self-esteem are high. In contrast when social conditions are negative, self-concept and self-esteem are low</p> <p>(2+2= 4)</p>	2	4
	OR		
Q26 B)	<p>Answer:</p> <ul style="list-style-type: none"> <li>● Eysenck Personality Questionnaire (EPQ) It initially assessed two dimensions of personality, called introverted-extraverted and emotionally stable-emotionally unstable. These dimensions are characterised by 32 personality traits. Later on, Eysenck added a third dimension, called psychoticism</li> <li>● Sixteen Personality Factor Questionnaire (16 PF) This test was developed by Cattell. On the basis of his studies, he identified a large set of personality descriptors, which were subjected to factor analysis to identify the basic personality structure. It has been found extremely useful in career guidance, vocational exploration, and occupational testing.</li> </ul> <p>(2+2=4)</p>	2	4
Q27	<p>Answer:</p> <p>In India, integral intelligence is valued which gives emphasis on connectivity with the social and world environment. Integral intelligence views intelligence holistically where equal attention is paid to cognitive and non-cognitive processes as well as their integration. The Indian concept of 'Buddhi' has both affective and motivational and cognitive components.</p> <p>It includes cognitive capacity, social, emotional and entrepreneurial competence. Technological intelligence is more valued in Western societies like America and Europe. Child rearing practices that foster skills of generalisation and abstraction, speed, minimal moves and mental manipulation among children. Persons here are</p>	1	4

	well-versed in skills of attention, observation, performance, speed and achievement orientation. (2+2=4)		
Q28A	Answer- Mild, Moderate, Severe and Profound-indicate levels of IQ Areas of functioning for each level on the basis of self-help skills, speech and communication, academics, social skills, vocational adjustment and adult living A detailed description of each level of intellectual disability (1+1+1+1=4)	4	6
	OR		
Q28 B)	Answer: High levels of anxiety that are distressing and interfere with effective functioning indicate the presence of an anxiety disorder or 4Ds. 1mk Types of anxiety disorders: -Generalised anxiety disorder -Phobia -Panic disorder -Separation anxiety disorder A brief description of any three (1+3=4)	4	6
Q29A)	Answer: Intelligence is influenced by heredity and the environment. Evidence for hereditary influence comes from studies on twins and adopted children. Correlation studies. Studies on adopted children.  Role of the environment. Adopted children and environmental enrichment like education, nutrition, schooling and parental upbringing. A detailed description about both. (3+3=6)	1	6
	OR		
Q29B)	Answer: Concept and theory of intelligence - -Componential- Knowledge acquisition, meta component, performance -Experiential Intelligence- Creative Intelligence -Contextual Intelligence-Practical Intelligence Explanation of each in detail. (2+2+2=6)	1	6
	<b>SECTION F</b>		

	CASE 1		
Q 30	<p>Answer:</p> <p>This is a positive symptom of schizophrenia. The characteristic is that of inappropriate affect.</p>	4	1
Q31	<p>Answer:</p> <p>The symptom is that of delusion of persecution.</p> <p>Delusion is a false belief that is firmly held on inadequate grounds. In this delusion people believe that they are being plotted against, spied, attacked, victimised and slandered upon.</p> <p>(1+1=2)</p>	4	2
	CASE 2		
Q32	<p>Answer:</p> <p>Alarm Stage</p> <p>Resistance Stage</p>	3	1
Q33	<p>Answer:</p> <p>Potential Stage: Exhaustion stage if Neha's current situation continues.</p> <p>Likely outcome- severe physical consequences like chronic illness and burnout- physical, emotional and psychological exhaustion.</p> <p>(1+1=2)</p>	3	2