

PSYCHOLOGY- Code No.037
Sample Question Paper
Class- XII (2026-2027)

Time – 3 Hours

Max Marks – 70

General Instructions:

- All questions are compulsory.
- Section A (Q 1-14): Each question carries 1 mark. Answer as directed.
- Section B (Q 15-19): Very Short Answer Type-I questions, 2 marks each. The word limit for each question is 30 words.
- Section C (Q 20-23): Short Answer Type-II questions, 3 marks each. The word limit for each question is 60 words.
- Section D (Q 24-27): Long Answer Type-1 questions, 4 marks each. The word limit for each question is 120 words.
- Section E (Q 28-29): Long Answer Type-II questions, 6 marks each. The word limit for each question is 200 words.
- Section F (Q 30-33): 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.

SECTION A		
S. No		14 marks
Q1	Identify the assessment method that is an objective and standardised measure of an individual's mental and/or behavioural characteristics. a. Interview b. Observation c. Case Study d. Psychological test	1
Q2	People who are "street-smart" have high _____ intelligence. a. Componential intelligence b. Experiential intelligence c. Contextual intelligence d. Technological intelligence	1

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Q3	As individuals we always make some judgment about our own worth. This is called ____ a. self-efficacy b. self-concept c. self-esteem d. self-regulation	1
Q4	Kobasa's concept of hardiness includes all of the following except: a. Commitment b. Control c. Challenge d. Character	1
Q5	Anxiety disorders have been linked to low activity of the neurotransmitter ____. a. dopamine b. serotonin c. gamma aminobutyric acid d. cortisol	1
Q6	Attitudes are best described as: a. Temporary emotional reactions that have cognitive and affective components b. A state of the mind, a set of views, or thoughts, regarding some topic. c. Personality traits which are rooted firmly. d. Genetic dispositions which are not developed through experiences or social learning	1
Q7	Identify the stage of group formation, where leadership emerges? a. Forming b. Storming c. Norming d. Adjourning	1
Q8	A charity organization is trying to encourage donations for children's education. They create an advertisement which presents statistics and facts about how education improves communities and future job	1

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	prospects. Which of the following factors is being used to influence attitude change in this advertisement? a. attractiveness b. credibility c. rational appeal d. emotional appeal	
Q9	Given below are two statements labelled as Assertion (A) and Reason (R). Assertion: Behavioural analysis is conducted to find malfunctioning behaviours, the antecedents of faulty learning, and the factors that maintain or continue faulty learning. Reason: The aim of the treatment in behavioural therapy is to extinguish or eliminate the faulty behaviours and substitute them with adaptive behaviour patterns. Select the most appropriate answer from the options given below: a. Both A and R are true, and R is the correct explanation of A. b. Both A and R are true, but R is not the correct explanation of A c. A is true but R is false. d. A is false but R is true.	1
Q10	Anjali hears voices commenting on her actions when no one is around. This symptom is referred to as: a. delusion of reference b. illusion c. hallucination d. obsession	1
Q11	Given below are two statements labelled as Assertion (A) and Reason (R). Assertion (A): Persistent sadness, feelings of worthlessness and loss of interest indicate major depressive disorder.	1

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	Reason (R): Major depressive disorder involves a change of self-perception, and the person's sense of reality is temporarily lost or changed. Select the most appropriate answer from the options given below: - Both A and R are true, and R is the correct explanation of A. - Both A and R are true, but R is not the correct explanation of A . - A is true but R is false. - A is false but R is true.	
Q12	Santosh has been feeling stressed for a long time due to the competition in the office to acquire the position of senior manager. His therapist started a procedure to manage his stress by monitoring his physiological functions. Identify the technique being used here. - Meditation - Creative visualization - Biofeedback - Cognitive Behaviour Technique	1
Q13	Which of the following is <i>not</i> true about source traits? - These traits are the building blocks of personality - These result from the interaction of surface traits - These traits are of opposing tendencies - These traits are stable	1
Q14	Simi lags behind her peers in language and motor skills. At school the teachers are working on training her in self-care skills and simple social and communication skills. Under which category of intellectual disability is Simi likely to be in? - Mild - Moderate - Severe - Profound	1
	SECTION- B	10 Marks
Q15	What are the reasons for the development of psychological disorders according to Karen Horney?	2
Q16	The genocide committed by the Nazis in Germany against Jewish people is an extreme example of mass killing of innocent people. Identify the phenomenon. Explain any one component of the phenomenon reflected in this example.	2

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Q17	How do primary groups differ from secondary groups?	2
Q18	Anjan is undergoing therapy for anxiety. During the sessions, the therapist shares details of Anjan's problems with Anjan's colleagues without his permission. Which ethical principle is being violated here? Why is it important to follow this principle in therapy?	2
Q19(A)	Explain any two changes that occurred in the understanding of psychological disorders, during the Renaissance period.	2
Q19(B)	OR Explain the symptoms of Obsessive Compulsive disorder.	
	SECTION C	12 Marks
Q20	Explain the concept of stress and describe its two major sources.	3
Q21	What are substance related and addictive disorders? Explain the consequences of alcohol abuse.	3
Q22	Arum belongs to the Jarawa tribe of the Andaman Islands. These tribes largely depend upon hunting and gathering activities. How does the culture of hunting -gathering affect the personality development of a child like Arum?	3
Q23 A)	Yasmin, a psychologist, finds that children from rural areas score lower than urban children on intelligence tests. Identify the factors that would have influenced these test scores. How can she overcome it?	3
	OR	
Q23 B)	Aliya scores high on analysis and achievement orientation, whereas Ajay scores high on social and emotional skills. Explain how their intelligence is viewed in Indian culture.	3

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	SECTION D	16 Marks
Q24	Academic achievement is often measured through school marks, yet many individuals succeed in life without excelling academically. Explain this observation with reference to Gardner's Theory of Multiple Intelligences.	4
Q25	Reminder's parents report that she frequently fidgets, squirms, and lacks concentration. Her teachers have expressed concerns about her inability to complete tasks and participate in classroom activities. Explain the neurodevelopmental disorder being referred to here.	4
Q26 A)	A school promotes cleanliness and students report positive attitudes towards it, yet the campus remains dirty. Does this situation show attitude-behaviour consistency? Explain the factors affecting the attitude-behaviour relationship.	4
	OR	
Q26 B)	The traffic police uses social media influencers to promote helmet use among two-wheeler riders. Explain this method of attitude change according to Mohsin's theory.	4
Q27	'The way we cope with stress often depends on rigid deep seated beliefs and also based on our experiences'. Analyse this statement by explaining any two coping strategies with suitable examples.	4
	SECTION E	12 Marks
Q28A	Explain the direct methods of personality assessment along with their limitations. Describe any two such tests.	6
	OR	
Q28 B)	Describe the Psychodynamic approach to personality with special emphasis on levels of consciousness and structure of personality.	6
Q29A)	Describe Rational Emotive Therapy (RET) as an effective therapy.	6
	OR	

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Q29B)	What do you understand by psychotherapy? Explain the factors contributing to healing in psychotherapy.	6
	SECTION F	6 Marks
CASE 1		
	Read the following passage and answer questions number 30 and 31.	
	Rahul was never a topper of his class. But today he is a team leader at a marketing firm. He keeps his calm when his team struggles with a tight deadline. He recognises his frustration, takes a moment to breathe, and asks team members how they are feeling. He actively listens to their concerns. Rahul communicates clearly, delegates tasks and offers support. He manages his emotions and stays calm under pressure. He also inspires his team, focuses on shared goals, and creates a supportive environment. As a result, the team feels heard and valued. Collaboration improves, and they meet the deadline with quality work. Rahul fosters trust thus reducing stress leading to positive outcomes in high-pressure situations.	
Q 30	Identify the kind of intelligence being exhibited by Rahul.	1
Q31	Identify the characteristics of Rahul's intelligence that makes him a good team leader.	2
	CASE 2	
	Read the following passage and answer question number 32 and 33. The viral video on social media of a person, allegedly stealing a phone, sparked instant outrage. Some people labelled the person as a criminal and demanded harsh punishment. While others defended him, calling for a fair investigation. The groups started taking extreme views with some calling for physical punishment and revealing the person's identity. Others blamed the accusers of mob mentality. As the debate raged on social media, the groups took extreme positions. Each side saw the other as "pro-crime" or "anti-victim", and moderate voices got drowned out. The arguments on social media reinforced each side's views, leading to a heightened sense of 'Us vs Them'. The	

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	situation escalated to the point where authorities had to intervene to prevent real-world clashes.	
Q32	Identify the phenomenon being discussed in the above paragraph.	1
Q33	Give any two reasons that lead to this phenomenon.	2

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