

SAMPLE QUESTION PAPER I
BLUE PRINT

Subject : Psychology
MAX MARKS : 70

Set : I
Class : XII
TIME : 3 HOURS

OBJECTIVES FORM OF QUESTIONS/ CONTENT / UNIT	K				U				A				T
	LA	SAI	SAII	VSA	LA	SAI	SAII	VSA	LA	SAI	SAII	VSA	-
01. Intelligence				2(2)		4(1)							08
02. Self & Personality				2(1)		4(1)						2(1)	08
03. Social Influence and Group Processes					7(1)								07
04. Attitude and Social Cognition							3(2)						06
05. Coping with Life Challenges			3(1)				3(1)						06
06. Psychological Disorders					7(1)								07
07. Therapeutic Approaches											3(1)	2(1)	05
08. Environment and Behaviour		4(1)											04
09. Psychology in Organisational Setting		4(1)											04
10. Psychology and Social Problems						4(1)							04
11. Skills needed for an Effective Psychologist				2(2)									04
12. Statistics in Psychology										4(1)	3(1)		07
Sub Total	-	08	03	10	14	12	09	-	-	04	06	04	-
Total	21				35				14				70

Note : Figures within brackets indicate the number of questions and figures outside the brackets indicate marks.

Summary :

Long Answer	(LA)	2×7	Marks -14	Short Answer	(SAI) 6×4	Marks - 24
Short Answer	(SA II)	6×3	Marks -18	Very Short Answer	(VSA) 7×2	Marks - 14

QUESTION WISE ANALYSIS

SET – I
Paper – I

QNO	OBJECTIVES	SPECIFICATION	UNIT	FORM OF QUESTION	MARKS ALLOTTED	ALLOTTED TIME IN MINUTES	ESTIMATED DIFFICULTY LEVEL
1.	K	Defines	I	VSA	02	4	Average
2.	K	Defines	II	VSA	02	4	Easy
3.	A	Analyses	II	VSA	02	4	Average
4.	K	Recalls	I	VSA	02	4	Easy
5.	A	Analyses & Applies	VII	VSA	02	4	Average
6.	K	States	XI	VSA	02	4	Average
7.	K	Recalls	XI	VSA	02	4	Easy
8.	U	Explains	IV	SA II	03	7	Average
9.	K	Recalls	V	SA II	03	7	Average
10.	A	Analyses & Applies	VII	SA II	03	7	Average
11.	U	Explains	IV	SA II	03	7	Difficult
12.	U	Distinguishes	V	SA II	03	7	Easy
13.	A	Constructs / Draws / Illustrates	XII	SA II	03	7	Difficult
14.	U	Explains	I	SA I	04	10	Average
15.	U	Explains	II	SA I	04	10	Average
16.	K	Recalls	VIII	SA I	04	10	Easy
17.	K	Defines + Recalls	IX	SA I	04	10	Difficult
18.	U	Distinguishes	X	SA I	04	10	Difficult
19.	A	Illustrates	XII	SA I	04	10	Average
20.	U	Explains	III	LA	07	20	Average
21.	U	Explains	VI	LA	07	20	Average

SAMPLE QUESTION PAPER -I

Time : 3 hours

M.M.: 70

General Instructions:

1. *All questions are compulsory.*
2. *Marks for each question are indicated against it.*
3. *Answer should be brief and to the point.*
4. *Question Nos. 1-7 in Part-A are very short answer type questions of 2 marks each. Answer to each question should not exceed 30 words.*
5. *Question Nos. 8-13 are short answer II type questions carrying 3 marks each. Answer to each question should not exceed 60 words.*
6. *Question Nos. 14-19 in Part-C are short answer type-I question carrying 4 marks each. Answer to each question should not exceed 100 words.*
7. *Question Nos. 20-21 in Part-D are long answer type questions carrying 7 marks each. Answer to each question should not exceed 200 words.*

PART—A

- | | |
|---|---|
| Q.1. Define any two types of intelligence proposed by Howard Gardner. | 2 |
| Q.2. Define personality. | 2 |
| Q.3. Why are dreams considered as royal road to unconscious ? | 2 |
| Q.4. What are verbal and non-verbal tests of intelligence. | 2 |
| Q.5. Analyse the role of ECT in the treatment of patients. | 2 |
| Q.6. State the ethics of effective counseling. | 2 |
| Q.7. Give any two characteristics of an effective psychologist. | 2 |

PART—B

- | | |
|--|---|
| Q.8. Explain the relationship between the three components of an attitude? | 3 |
| Q.9. What are causes of psychological stress? | 3 |
| Q.10. How is token economy useful for behaviour modification? | 3 |
| Q.11. Explain the cognitive sources of prejudice. | 3 |
| Q.12. Distinguish between environmental, social & psychological stress. | 3 |

Q.13. Construct a frequency polygon from the given data :

3

CI	Frequency
165-169	1
160-164	4
155-159	6
150-154	3
145-149	2

PART — C

Q.14. Explain the concept of Giftedness.

4

Q.15. How do projective techniques help in assessment of personality?

4

Q.16. Write about the effects of noise pollution on a person's behaviour?

4

Q.17. Define organization. Mention any two types of organizational structures.

4

Q.18. Distinguish between poverty and disadvantage?

4

Q.19. Illustrate with the help of a diagram the different types of skewness.

4

PART — D

Q.20. Explain with an example the terms social facilitation and social inhibition.

OR

What are leaders? Explain any three leadership styles.

7

Q.21. What are the various types of behavioural disorders?

OR

What are the common steps used in the process of de-addiction of a patient.

7

DESIGN OF SAMPLE QUESTION PAPER
SUBJECT : PSYCHOLOGY CLASS - XII

Time allowed : 3 hours

Maximum Marks : 70

One Theory Paper

The weightage of the distribution of marks over different dimensions of the question paper shall be as follows :

1. Weightage to learning outcomes

S. No.	Learning outcomes	Marks	% of Marks
1.	Knowledge	21	30%
2.	Understanding	35	50%
3.	Application	14	20%
Total		70	100%

2. Weightage to content / Subject Units

S.No.	Units & their Sub Units	Marks
1	Intelligence	08
2	Self and Personality	08
3	Social Influence and Group Processes	07
4	Attitude and Social Cognition	06
5	Coping with Life Challenges	06
6	Psychological Disorders	07
7	Therapeutic Approaches	05
8	Environment and Behaviour	04
9	Psychology in Organisational Setting	04
10	Psychology and Social Problems	04
11	Skills needed for an Effective Psychologist	04
12	Statistics in Psychology	07
Total		70

3. Weightage to Types / Forms of Questions

<i>S.No.</i>	<i>Type of Questions</i>	<i>Marks for each Question</i>	<i>No. of Questions</i>	<i>Total Marks</i>	<i>Percentage</i>
1.	L.A	7	2	14	20%
2.	S.A. I	4	6	24	34%
3.	S.A.II	3	6	18	26%
3.	VSA	2	7	14	20%
		Total	21	70	100%

Note : The expected length of the answers and time under different forms of questions would be as follows :

S.No.	Types/Forms of questions	No. of questions	Expected length	Expected time for each question	Total Time
1.	L.A.	2	upto 200 words	20 mts.	2×20=40 mts.
2.	S.A.I	6	upto 100 words	10 mts.	6×10=60 mts.
3.	S.A. II	6	upto 60 words	7 mts.	6×7=42 mts.
4.	V.S.A.	7	upto 30 words	4 mts.	7×4=28 mts.
Reading and Revision					10 mts.
Total					180 mts

L.A. = (Long Answer Type Questions)

S.A. II & I = (Short Answer Type Questions)

V.S.A. = (Very Short Answer Type Questions)

This is only an approximation. The students are advised to be as near the approximation as possible. It would therefore be advisable for the students to budget their time properly by cutting out the superfluous length and be within the expected limits.

4. **Scheme of Options :**

- (1) There will be no overall option in the form of “Do any six questions or so”.
- (2) Internal choice of either/or on a very selective basis i.e. 20% may be given in some questions testing higher mental abilities.
- (3) The alternate questions given by way of choice should be based on the same objective and the unit. It would have the same anticipated difficulty level and length of answer.

5. Weightage of Difficulty Level of Questions :

S.No.	Estimated Difficulty Level	Percentage
1.	Easy	15%
2.	Average	70%
3.	Difficult	15%

Note : A question may vary in difficulty level from individual to individual as such the approximation in respect of each question will be made by the paper setter on the basis of general anticipation from the group as a whole taking the examination. This provision is only to make the paper balanced in its weight rather than to determine the pattern of making at any stage.

MARKING SCHEME
SAMPLE QUESTION PAPER-I

PART-A

- Ans 1. Howard Gardner had proposed the theory of multiple intelligences where he proposed eight intelligences :
- | | |
|--------------------------|--------------------------|
| (a) Linguistic | (e) Bodily - Kinesthetic |
| (b) Logical mathematical | (f) Interpersonal |
| (c) Spatial | (g) Intrapersonal |
| (d) Musical | (h) Naturalistic |
- (Page-7) (Explanation of any two types) **(1+1=2)**
- Ans 2. Personality derived from 'persona'. 1/2
- Definition → Personality refers to a person's unique and relatively stable qualities that characterize behaviour patterns across different situations and over a period of time.
- (Page 35) **(1/2+1 1/2=2)**
- Ans 3. Method used by Freud in psychotherapy to tell about patient's wishes, dreams unfulfilled desires studied by analyzing the latent content of dreams. **(1 1/2)**
- Purpose is to release unconscious tension. **(1 1/2+1/2= 2)**
- (Page 44)
- Ans 4. Verbal tests demands understanding of written words can be administered only to literates. **(1)**
- Non-verbal tests - use pictures or illustrations as items e.g. RSPM **(1)**
- (Page 15)
- Ans 5. ECT is short form for Electro convulsive therapy. A simple and reliable machine through which a mild electric current can be applied to the patients temple that passes through the brain and produces convulsion in the patient. **(1 1/2)**
- It is most useful in schizophrenia **(1 1/2+1/2=2)**
- (Page 152)
- Ans 6. Ethics of Counselling:
- | | |
|--------------------------------|-------------------------------|
| (a) Confidentiality | (b) Professional Disclosure |
| (c) Professional Relationships | (d) Referral and Termination. |
- (Page 227) **(1/2×4=2)**

Ans 7. Characteristics of an effective psychologist:

- | | | |
|-------------------------------|-------------------------------|----------------|
| (a) Competence | (e) Respect for people's | |
| (b) Scientific temper | Right and Dignity | |
| (c) Responsibility | (f) Interpersonal sensitivity | |
| (d) Concern for other welfare | (g) Openness to ideas | |
| | (h) Ability to observe | (1+1=2) |
- (Page 222) (Brief explanation of any two)

Ans 8. Components (a) Cognitive (b) Affective (c) Behavioural

(Explanation of these) A strong attitude has all the three components in the same direction. It is more resistant to change. In consistency among the three components may cause tension and anxiety.

(Page 85) **(1½+1½+1=3)**

Ans 9. Causes of Psychological stress :

- (a) Frustration
- (b) Conflict
- (c) Pressure

(Page 124) (Brief explanation of these) **(1x3=3)**

Ans 10. Token economy is useful in establishing adaptive behaviour ranging from eating behaviour in children to institutionalised psychotic patients. Steps used include :

- (1) Identify behaviour to be reinforced.
- (2) Medium of exchange is established
- (3) Back up reinforcers are decided

Thus person learns that he can control his own environment. **(1x3=3)**

Ans 11. Cognitive sources of prejudice include :

- Prejudice is a matter of beliefs about people, race and other things.
- It is cause of intergroup conflicts and category membership and stereotypes.
- Results in group comparison and a resultant feeling of relative deprivation and conflict of interests.

(Page 95 & 96) **(1x3=3)**

Ans 12. (a) Environmental stress includes catastrophes & disasters and noise pollution crowding etc.

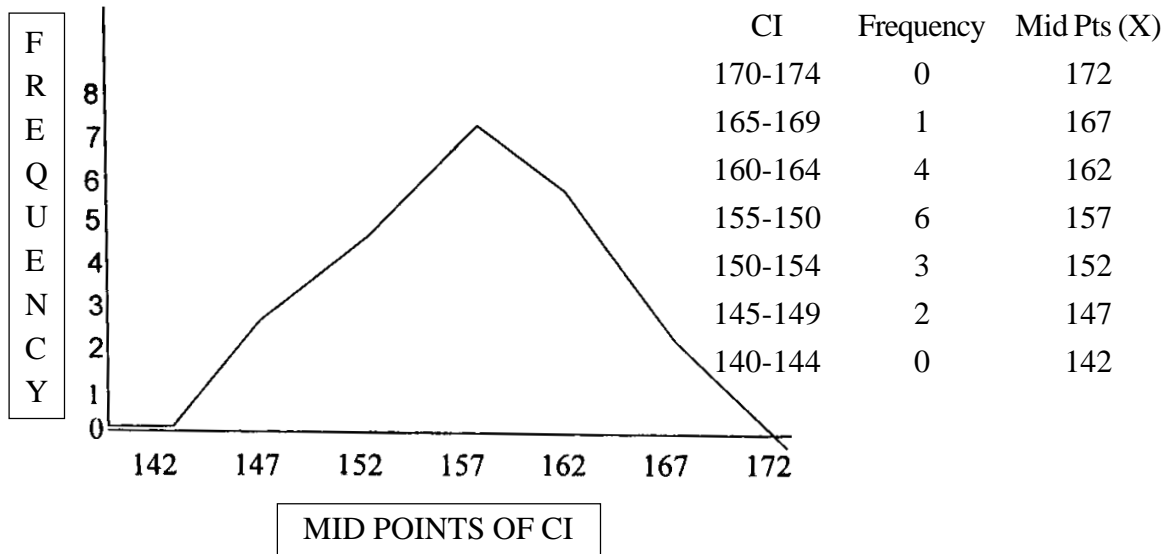
(b) Social stress is caused by social distress events like divorcee, hostile neighbours etc.

(c) Psychological stress includes frustration, conflict & pressure.

(Page 112) (Briefly explain the 3) **(1x3=3)**

Ans 13. Frequency polygon is a line figure used to represent data from a frequency distribution.

Frequency polygon is a series of connected points above the mid points of each class interval.



Ans 14. Definition : A superior ability in any worthwhile line of human endeavour including moral, physical, emotional, social, intellectual or aesthetic life of the humanity.

Study of giftedness began with the work of Lew’s Terman in 1925.

4

Identification of giftedness.

Concept given by Joseph Renzulli alongwith figure.

(Page 18)

Ans 15. Projective techniques art an -

- Indirect method of assessment.
- Developed to assess unconscious motives and feelings.
- Ambiguous stimulus allows individuals to project his / her feelings.
- Desires and need can be interpreted by experts.

Therefore, they are useful in assessing personality.

(1×4=4)

(Page 53, 54 & 55)

Ans 16. Effects of noise pollution :

1. Lead to high level of arousal, stress, narrowing of attention.
2. Reduction in reading, comprehension and performance decrement in general.
3. Memory loss, hearing loss.
4. Hypertension and higher incidence of fatal strokes.

(Page 170)

(Explanation of these points)

(4)

Ans 17. Definition of organization.

An organization is the rational co-ordination of the individual of group efforts and activities for attainment of some commonly shared or agreed upon objectives and goals through the division of labour and functions and through a hierarchy of authority and responsibility.

(2)

Simple, Matrix and Bureaucratic.

(1+1=2)

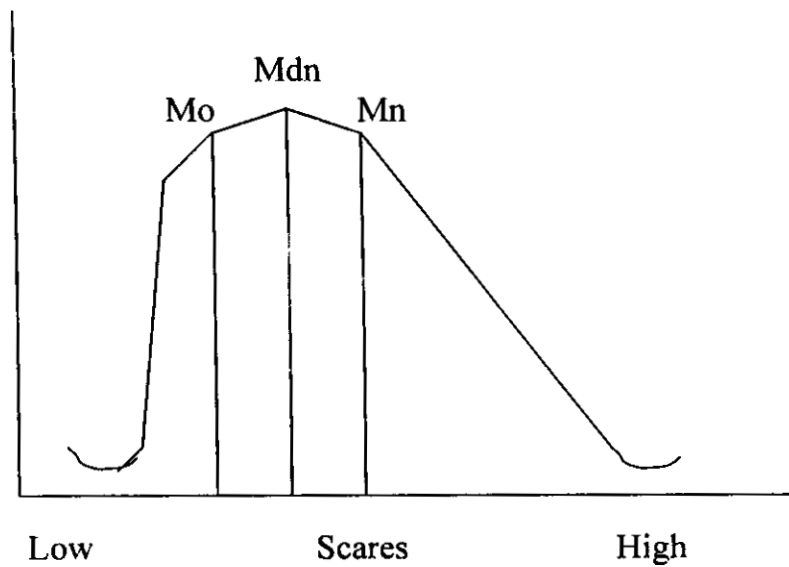
(Page Nos. 183, 186) (Any two)

Ans 18. Poverty - A relative lack of or inaccessibility to the resources to achieve what is needed or desired.

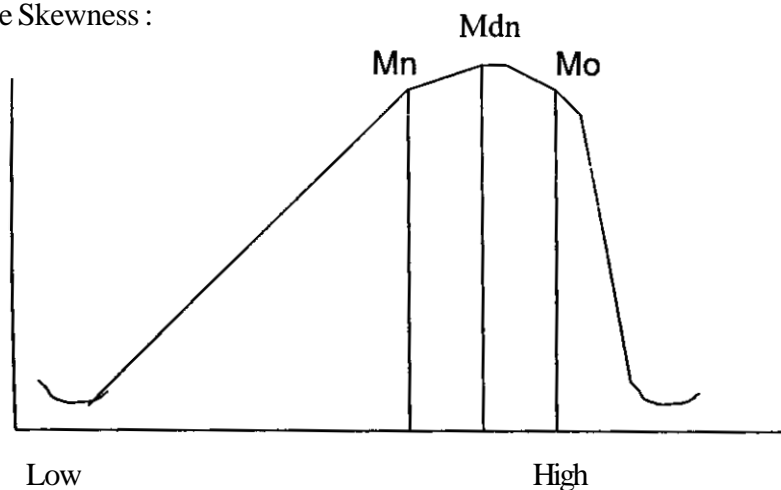
(2+2=4)

Disadvantage — is a condition in which certain groups or communities are constrained or suffer from increased chain of failure because of their social standing or membership to a group or communities.

Ans 19. Positive skewness :



Negative Skewness :



(2)

(Page 260)

(2+ 2=4)

Ans 20. Meaning - Social facilitation - It is observed that performance is facilitated in the presence of others. (1)

Reasons -

- (1) Evaluation Apprehension
- (2) Self presentation (2)

Study by Floyd H. Allbart or any other example. (1)

Social inhibition : Sometimes people's performance is adversely affected by others presence. People sometimes tend to make greater number of errors in the presence of others. (2)

An example. (1)

(Page 69)

Ans 21. Leaders are those members of the group who influence the activities of the group. Leaders occupy central position hence they play an important role in shaping and directing group goals, ideology and activities of the group. (1)

Styles of leadership :

- 1. Authoritarian & autocratic
- 2. Democratic
- 3. Nurturant Task
- 4. Laissez Faire
- 5. Charismatic
- 6. Transformational

(Page 78, 79, 80) (Explanation of any 3 in detail) (2×3=6)

Ans 22. Brief description of any 7 behavioural disorders : (1×7=7)

- 1. Attention deficit / Hyperactivity disorder
- 2. Oppositional defiant disorder and conduct disorder
- 3. Separation anxiety disorder
- 4. Eating disorder
- 5. Functional Enuresis
- 6. Autism
- 7. Mental retardation
- 8. Juvenile delinquency

(Pages 140 to 142)

OR

Brief description of all the steps :

(1×7=7)

1. Detoxification
2. Administration of drug to ease withdrawal symptoms
3. Aversive conditioning
4. Encouragement for abstinence
5. Mutual social support
6. Individual and group psychotherapy
7. Rehabilitation programme
8. Relapse prevention and follow-up

(Page 140)

SAMPLE QUESTION PAPER II
BLUE PRINT

Subject : Psychology
MAX MARKS : 70

Set : II
Class : XII
TIME : 3 HOURS

OBJECTIVES FORM OF QUESTIONS/ CONTENT / UNIT	K				U				A				T
	LA	SAI	SAII	VSA	LA	SAI	SAII	VSA	LA	SAI	SAII	VSA	-
01. Intelligence						4(1)		2(2)					08
02. Self & Personality				*1(1)	7(1)								08
03. Social Influence and Group Processes			3(1)			4(1)							07
04. Attitude and Social Cognition			3(1)				3(1)						06
05. Coping with Life Challenges							3(1)				3(1)		06
06. Psychological Disorders	7(1)												07
07. Therapeutic Approaches				*1(1)		4(1)							05
08. Environment and Behaviour										4(1)			04
09. Psychology in Organisational Setting								2(2)					04
10. Psychology and Social Problems										4(1)			04
11. Skills needed for an Effective Psychologist				2(1)				2(1)					04
12. Statistics in Psychology		4(1)									3(1)		07
Sub Total	07	04	06	04	07	12	06	10	-	08	06	-	-
Total	21				35				14				70

Note : 1. Figures within brackets indicate the number of questions and figures outside the brackets indicate marks.
2. Marks distribution bearing an aeterix indicates the same question having parts from two different units.

Summary :

Long Answer	(LA)	2×7	Marks -14	Short Answer	(SAI) 6×4	Marks - 24
Short Answer	(SA II)	6×3	Marks -18	Very Short Answer	(VSA) 7×2	Marks - 14

QUESTION WISE ANALYSIS

QNO	OBJECTIVES	SPECIFICATION	UNIT	FORM OF QUESTION	MARKS ALLOTTED	ALLOTTED TIME IN MINUTES	ESTIMATED DIFFICULTY LEVEL
1.	U	Eplains	I	VSA	02	4	Average
2.	U	Distinguishes	I	VSA	02	4	Average
3.	K	Defines	II	VSA	02	4	Easy
4.	U	Explains	XI	VSA	02	4	Average
5.	K	Recalls	XI	VSA	02	4	Easy
6.	U	Distinguishes	IX	VSA	02	4	Average
7.	U	Describes	IX	VSA	02	4	Average
8.	K	Recalls	III	SA II	03	7	Average
9.	K	Recalls	III	SA II	03	7	Average
10.	U	Exaplns	IV	SA II	03	7	Average
11.	U	Discusses	V	SA II	03	7	Easy
12.	A	Examins	V	SA II	03	7	Average
13.	A	Constructs / Draws / Illustrates	XII	SA II	03	7	Difficult
14.	U	Explains	I	SA I	04	10	Easy
15.	U	Distinguishes	III	SA I	04	10	Average
16.	U	Explains	VII	SA I	04	10	Average
17.	A	Analyses	VIII	SA I	04	10	Difficult
18.	A	Analyses & Applies	X	SA I	04	10	Difficult
19.	U	Distinguishes	XII	SA I	04	10	Average
20.	U	Discusses	II	LA	07	20	Average
21.	K	Recalls	VI	LA	07	20	Average

SAMPLE QUESTION PAPER -II

Time : 3 hours

M.M : 70

General Instructions :

1. All questions are compulsory.
2. Marks for each question are indicated against it.
3. Answer should be brief and to the point.
4. Question Nos. 1-7 in Part-A are very short answer type questions of 2 marks each. Answer to each question should not exceed 30 words.
5. Question Nos. 8-13 are short answer II type questions carrying 3 marks each. Answer to each question should not exceed 60 words.
6. Question Nos. 14-19 in Part-C are short answer type-I question carrying 4 marks each. Answer to each question should not exceed 100 words.
7. Question Nos. 20-21 in Part-D are long answer type questions carrying 7 marks each. Answer to each question should not exceed 200 words.

PART — A

- Q.1. Explain the concept of conceptual intelligence according to Robert J Sternberg. 2
- Q.2. Distinguish between individual and group tests of intelligence. 2
- Q.3. Give the meaning of the following 2
- (a) Self
- (b) Meditation
- Q.4. Explain briefly the role of examiner in conducting the test. 2
- Q.5. Define counseling. 2
- Q.6. Distinguish between simple and bureaucratic structure of an organisation. 2
- Q.7. Describe 'organising' as an important function of a manager. 2

PART — B

- Q.8. Give the concept of conformity with an example. 3
- Q.9. Give any three functions of an attitude. 3
- Q.10. Explain the motivational sources of prejudice. 3
- Q.11. Discuss the three types of stress. 3

Q.12. With reference to the GAS, explain the role of ‘Chronic stress’ in causing ‘burnout’. 3

Q.13. Construct a bar diagram from the following data :- 3

C-I	Frequency
25-29	2
20-24	3
15-19	4
10-14	3
5-9	4

PART — C

Q.14. Explain the concept of intellectual deficiency. 4

Q.15. Distinguish between in-group and out-group. 4

Q.16. How does Yoga help in the promotion of physical and mental well being. 4

Q.17. Analyse the role of crowding on human behaviour. 4

Q.18. “Indian society is a pluralistic society.” Comment, how this is a challenge for national integration. 4

Q.19. Distinguish between nominal and ordinal scales. 4

PART — D

Q.20. Explain the term defence mechanism. Discuss with examples various defence mechanisms used in our day-to-day life.

OR

Explain the trait and type approaches to understanding personality 7

Q.21. What are the anxiety disorders ? Enlist the symptoms of panic and phobic disorders.

OR

What are mood disorders? Give its three main types. 7

MARKING SCHEME

SAMPLE QUESTION PAPER-II

S. No.	Value Point	Distribution of marks								
Ans 1.	Robert J. Stembert proposed this theory. It attempts to understand the cognitive processes involved in solving problems. Explanation of contextual sub - theory. (Page No. 8)	(2)								
Ans 2.	Difference between individual or group test of intelligence <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><i>Individual tests</i></td> <td style="width: 50%; border: none;"><i>Group test</i></td> </tr> <tr> <td style="border: none;">Administered to one person</td> <td style="border: none;">administered to a group</td> </tr> <tr> <td style="border: none;">At a time.</td> <td style="border: none;">of persons simultaneously.</td> </tr> <tr> <td style="border: none;">An example or any other point.</td> <td style="border: none;"></td> </tr> </table> (Page No. 15)	<i>Individual tests</i>	<i>Group test</i>	Administered to one person	administered to a group	At a time.	of persons simultaneously.	An example or any other point.		(1) (1)
<i>Individual tests</i>	<i>Group test</i>									
Administered to one person	administered to a group									
At a time.	of persons simultaneously.									
An example or any other point.										
Ans 3.	Self → Definition (Page Nos. 31 & 32) Effect of meditation on concept of self. (Page No. 160)	(1+1=2)								
Ans 4.	Examiner's role in conducting the test. He or she must have through familiarity with the standard instructions. He should maintain test security, careful control of testing conditions, etc. (Page No. 228) (Any two points)	(2)								
Ans 5.	Counselling - Definition (Page No. 223)	(2)								
Ans 6.	Difference between simple and bureaucratic structure of organization : <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Simple Structure</th> <th style="text-align: center;">Bureaucratic</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Low degree; known as flat structure; three verticals levels; simplicity etc.</td> <td style="padding: 5px;">Routine operating task; highly centralized; chain of command; standardized activities.</td> </tr> </tbody> </table> (Page No. 186) (Any two points)	Simple Structure	Bureaucratic	Low degree; known as flat structure; three verticals levels; simplicity etc.	Routine operating task; highly centralized; chain of command; standardized activities.	(1/2+1/2+1/2+1/2 = 2)				
Simple Structure	Bureaucratic									
Low degree; known as flat structure; three verticals levels; simplicity etc.	Routine operating task; highly centralized; chain of command; standardized activities.									
Ans 7.	'Organising' as an important function of a manager : (Page No. 186) (Brief explanation)	(2)								

PART — B

Ans 8. Definition of conformity with its two points informational influence and normative influence. (1 +1 +1)

An example.

(Page Nos. 71 & 72)

Ans 9. The three functions of attitude are :

Attitudes provide basis for defining social group.

Attitude helps to, establish our identities.

Attitudes guides thinking and behaviour.

Attitudes plan an important role at the societal level.

(Page No. 84)

(Explanation of any 3 points)

(1+1+1)

Ans 10. Many factors work as motivational sources of prejudice :

a) Self- serving biases

b) In - group bias

c) Belief in a just world

(Page No. 95)

(3)

Ans11. Three types of stress :

a) Environmental stress.

b) Social stress

c) Psychological stress

(Page Nos. 111 & 112) Explanation of the above

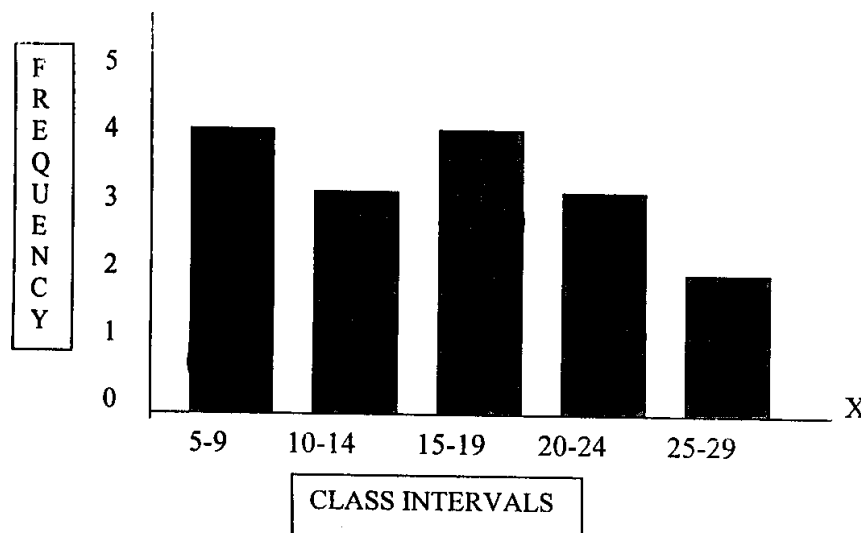
(3)

Ans 12. Hans Selye proposed 'General Adaptation Syndrome to explain the bodily consequences of stress.

Explanation of chronic stress and burnout.

(3)

Ans 13. Y



(3)

PART — C

Ans 14. The concept of intellectual deficiency :

There are defined diagnostic schemes, as given by the American Association on Mental retardation, and American Psychiatric Association of a judging the presence and degree of mental retardation. (1)

Definition and causes of intellectual deficiency. (3)

(Page Nos. 20 & 22)

Ans 15. Difference between in group and out-group

In-group : our group; desirable behaviour; positive interpersonal relationship, e.g. our country. (2)

Out-group : their group; perceived as rivals, e.g. foreign countries. (2)

(Page No. 68)

Ans 16. Meaning and objective of Yoga (2)

Role of yoga in promotion of physical and mental well being. (2)

(Page Nos. 158-160)

Ans 17. The role of crowding on human behaviour

Crowding occurs when a large number of people live in a limited space. Two different terms of the condition where large number of people are present, that is, density and crowding. The actual number of people per square foot is called density.

Human beings indicate that density not only affects individual behaviour. (4)

(Page No. 171-172-173)

Ans18. The Indian society is a pluralistic society in which many group live together. The success of pluralism depends on 3 factors.

- identity of the various groups
- status of these groups in relation to one another.
- The relationship among the concerned groups. (4)

(Page Nos. 207 - 208)

Ans 19. Difference between nominal and ordinal scale. Nominal scale

(1) this represents the lowest scale of measurement.

(2) A nominal scale measures just the mere presence of some variable. (2)

(3) Nominal measurement are useful to the social scientists.

(4) No labeled things can be counted and compared. Ordinal scale

- (1) Ordinal measurement required that objects of a set are rank - ordered on the basis of some characteristic of property.
 - (2) Some number do not indicate absolute quantities. (2)
 - (3) They do not indicate that the intervals between the numbers are equal.
- (Page No. 243)

PART – D

Ans 20. Definition of defence mechanism. (2)

Some kind of psychic energy which is transformed in different ways. This energy called libido. Various techniques are :

- Denial
- Repression
- Projection
- Reaction formation
- Rationalization
- Sublimation

(Page 43-44) (Explanation of any five points) (1×5=5)

OR

Difference between trait and type approach : (½)

Trait - Trait means qualities or characteristic of a person.

Classification by Allport, Cattell and Eysenck. (3)

Type - Types are used to communicate certain expected behaviours based on similarities. (½)

Classification by Hippocrates, Sheldon, Jung and Indian view. (3)

(Page 36-40) (Brief explanation of above)

Ans 21. Meaning of anxiety disorder

Enlisting the types of anxiety disorders namely : (1)

- 1) Generalised anxiety
- 2) Panic
- 3) Various forms of phobia
- 4) Obsessive - compulsive
- 5) Somatoform (2)
- 6) Dissociative

Symptoms of panic and phobic disorders (2+2)

(Page Nos. 135-136)

OR

Definition of mood disorder : (1)

Mood disorders of emotion of sufficient intensity and duration which require immediate psychological and medical attention.

Three types of mood disorders :

1) Depressive disorders (2)

2) Bipolar disorders (2)

3) Other mood disorders (2)

(Page Nos. 138-139) (Brief explanation of above)