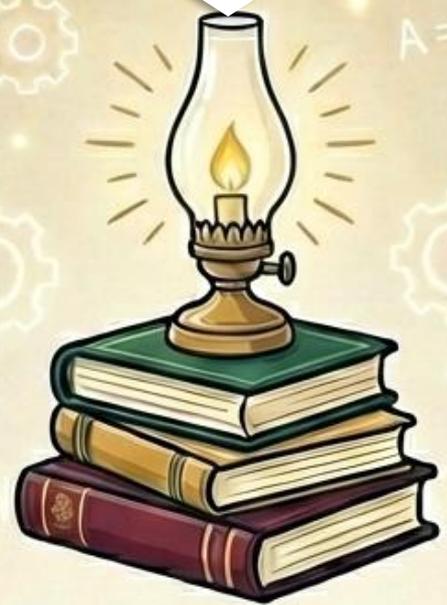




$$A = \frac{m}{(m^2 + c)^2}$$



# NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

$$\sqrt{h-x^2}$$

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2025

Your Path to Success

# SECTION-A

A.   
B.   
C. 

1. The counsellor advised Arnav to restrict his screen time and utilize that time for physical exercises as that would enhance his well-being. Identify the goal of psychological research here.

- (A) To describe
- (B) To explain
- (C) To control
- (D) To predict

**Answer -** (C) To control

2. A statistician represents the organized data by considering the midpoints of the class intervals. This will help him to make a

- (A) Frequency Polygon
- (B) Bar Diagram
- (C) Histogram
- (D) Pie Chart

**Answer -** (A) frequency polygon

3. When you are playing a game of chess, the persons around you may not guess your next move. This behaviour is an example of

- (A) Covert Behaviour
- (B) Observable Behaviour
- (C) Overt Behaviour
- (D) Extrovert Behaviour

**Answer -** (A) Covert Behaviour



4. Whenever Kiran travelled by train, she noticed that the distant hills slowly moved along with her, whereas the trees next to the train moved rapidly against the direction of the train. This is an example of

- (A) texture gradient
- (B) light and shade
- (C) motion parallax
- (D) relative size

**Answer** – (C) motion parallax

5. Police vehicles and ambulances have flickering and flashing lights along with a loud siren for people to notice them. Identify the two external factors here that help people to attend them.

- (A) Novelty and size
- (B) Movement and intensity
- (C) Change and repetition
- (D) Clarity and colours

**Answer** – (B) Movement and intensity

6. Ravi organizes the information that he has to remember to make retrieval very easy. Ravi is using

- (A) locus
- (B) mnemonics
- (C) retrieval
- (D) preview

**Answer** – (B) mnemonics

7. When you hear footsteps at night, the heart races and muscles get tense and thus you feel scared. This example is an explanation of

- (A) the James-Lange theory



(B) the Cannon-Bard theory

(C) the Schachter-Singer theory

(D) the James-Bard theory

**Answer** – (A) the James-Lange theory

**8. When a number of motionless pictures are presented in a quick succession one after the other, they appear to be moving. This illusion is called**

(A) the Poggendorff illusion

(B) the Zollner illusion

(C) the Ponzo illusion

(D) the apparent movement illusion

**Answer** – (D) the apparent movement illusion

**9. Roger has not understood the meaning of the lyrics of a song but mere repetition of the song has helped him to remember it well. This is due to**

(A) maintenance rehearsal

(B) elaborative rehearsal

(C) chunking

(D) keyword method

**Answer** – (A) maintenance rehearsal

**10. Which of the following is true for learning?**

(A) Learning refers to a permanent change in behaviour due to schooling only

(B) Learning refers to a relatively permanent change in behaviour due to training or experience

(C) Learning refers to a temporary change in behaviour due to training or experience

(D) Learning refers to no change in behaviour due to training or experience



**Answer –** (B) Learning refers to a relatively permanent change in behaviour due to training or experience

**11. The processes involved in transforming sensation to perception is called**

- (A) sensation
- (B) perception
- (C) transduction
- (D) attention

**Answer –** (B) perception

**12. If someone needs a pillow, but there is no pillow around except a sheet. He may not see how the sheet can be folded to be used as a pillow. This is due to**

- (A) mental set
- (B) daily practice
- (C) functional fixedness
- (D) mental modals

**Answer –** (C) functional fixedness

**13. What is stranger anxiety faced by the infants?**

- (A) Fear of being separated from parents
- (B) Fear of being kidnapped by a stranger
- (C) Fear of being left in an unknown place
- (D) Fear of persona they do not recognize

**Answer –** (D) Fear of persona they do not recognize

**14. What is the aim of early stimulation during infancy?**

- (A) To accelerate development
- (B) To force the child to achieve goals



(C) To optimize infant's development in different domains

(D) To encourage early maturation

**Answer** – (C) To optimize infant's development in different domains

**15. Anorexia nervosa is a disorder where the individual**

(A) starves oneself to remain thin

(B) eats lavishly and then self induce vomiting

(C) indulges in unhealthy eating and excessive dieting

(D) eats things like chalk, etc., that are not food

**Answer** – (A) starves oneself to remain thin

**16. Identify the statement that is not true to socioemotional development in children.**

(A) Ability to climb mountains

(B) Ability to interact with others

(C) Ability to judge the emotional reactions of others

(D) Ability to understand and manage one's own emotions

**Answer** – (A) Ability to climb mountains

**17. At which stage of cognitive development, the children are able to do abstract thinking and are able to think logically?**

(A) Formal operational

(B) Preoperational

(C) Sensory motor

(D) Concrete operational

**Answer** – (A) Formal operational

**18. Guri, an infant, grasps anything that touches his palm. 98Identify this reflex.**

(A) Rooting



- (B) Moro
- (C) Sucking
- (D) Grasping

**Answer** – (D) Grasping

**19. A child adjusts his schema to fit in new information and experiences. 104 Identify this process of actively constructing his cognitive world.**

- (A) Accommodation
- (B) Organization
- (C) Equilibration
- (D) Assimilation

**Answer** – (A) Accommodation

**20. A small child feels that the moon follows her everywhere because it cares for her like a family member. 110 This is due to**

- (A) centration
- (B) animism
- (C) conservation
- (D) egocentrism

**Answer** – (B) animism

**21. The following data shows marks obtained by 10 students in a Mathematics test: 11630, 50, 60, 25, 50, 70, 80, 50, 75, 50**

**(a) Calculate the mode for the data given above.**

**Answer** – Mode: 50 (Occurs most frequently, 4 times)

**(b) Calculate the mean for the data given above.**

**Answer** – Mean :  $\frac{30+50+60+25+50+70+80+50+75+50}{10} + \frac{540}{10} = 54$



**22. Identify the leadership theory in the following statements:**

(a) Great leaders are born and have a unique background which makes them different from the followers.

**Answer** – Great Man Theory

(b) Individual associated with certain personality traits like intelligence, self-confidence, creativity, integrity, etc., has the tendency to lead others.

**Answer** – Trait Theory

**23. Identify the trait theorists with the theories given below:**

(a) This trait theorist distinguished between the observable behaviour and underlying internal tendencies that produce that behaviour.

**Answer** – Raymond Cattell

(b) This theorist assumed that there are central traits that each individual possesses.

**Answer** – Gordon Allport

**24. Fill in the blanks with the correct words:**

(a) Data collected by the researcher in an unorganized form is called \_\_\_\_\_ data.

**Answer** – Raw

(b) Data that is represented singularly and then arranged in ascending or descending order is called \_\_\_\_\_ series.

**Answer** – Individual

(c) When the frequency of observations is taken to organize the data, \_\_\_\_\_ series can be prepared.

**Answer** – Frequency

(d) \_\_\_\_\_ bars are used in a frequency table to represent every single entry.

**Answer** – Tally

**25. Identify the principle of perceptual organization from the statements given below:**

(a) We tend to fill in the gaps and perceive objects as whole rather than their separate parts.

**Answer –** Law of Closure

(b) We tend to perceive objects as belonging together if they appear to form continuous pattern.

**Answer –** Law of Continuity

(c) Objects that are close together in space or time are perceived as belonging together.

**Answer –** Law of Proximity

(d) Objects that are similar to each other are perceived as a group.

**Answer –** Law of Similarity

**26. Match the following:**

Kind of self	Characteristics
(a) Self-esteem	(i) Positive or negative thoughts about oneself
(b) Self-efficacy	(ii) The self that one strives to be though may not achieve
(c) Self-concept	(iii) It is the sum of all positive evaluations
(d) Ideal self	(iv) A person high on this will take up challenges and spend time and effort

**Answer –**

Kind of self	Characteristics
(a) Self-esteem	(iii) It is the sum of all positive evaluations
(b) Self-efficacy	(iv) A person high on this will take up challenges and spend time and effort
(c) Self-concept	(i) Positive or negative thoughts about oneself
(d) Ideal self	(ii) The self that one strives to be though may not achieve



**27. Identify the type of intelligence each individual possesses, in the following cases, using Gardner's theory of intelligence:**

**(a) Richa, a poet, can use language fluently and is word smart.**

**Answer –** Linguistic Intelligence

**(b) Mona, a Mathematics teacher, can think logically and can engage in abstract reasoning.**

**Answer –** Logical-Mathematical Intelligence

**(c) Rohit, a gymnast, excels in using his whole body to create postures.**

**Answer –** Bodily-Kinesthetic Intelligence

**(d) Rishi, a table player, can produce and create musical patterns.**

**Answer –** Musical Intelligence

**28. Fill in the blanks with the correct answer:**

**(a) Decrease in performance of an individual when performing an activity as part of a group rather than when alone is due to social loafing.**

**Answer –** Social Loafing

**(b) When an individual's performance is improved by the presence of others is called social facilitation.**

**Answer –** Social Facilitation

**(c) When group members try to maintain the unity of the group rather than taking correct decisions and rational judgements, it is called groupthink.**

**Answer –** Groupthink

**(d) Tendency of the group to take extreme actions rather than initial actions or decisions of the individual members is called group polarization.**

**Answer –** Group Polarization

**29. In the following cases, identify the factors that are leading to attitude change from the choices given below:**



(Message characteristics; source credibility; target characteristics; source attractiveness)

(a) A doctor telling about the importance of regular exercise and walk, will help in changing attitude of the residents towards fitness.

**Answer** – Source Credibility

(b) People who are flexible and open to new thoughts change attitude more easily.

**Answer** – Target Characteristics

(c) A young adolescent girl uses a particular brand of cream, as the beautiful model whom she idolizes also uses the same product.

**Answer** – Source Attractiveness

(d) A cooking oil company sells the product with the catch line 'Buy this cooking oil if you care for the health of your family'.

**Answer** – Message Characteristics

## SECTION-B



30. (a) How can one overcome hindrances in problem solving?

**Answer** – Obstacles like mental set or functional fixedness can be overcome by :-

1. **Brainstorming** : Generating many ideas without immediate criticism.
2. **Sub-goaling** : Breaking a complex problem into smaller, manageable parts.
3. **Thinking Outside the Box** : Looking for unconventional uses of objects and avoiding over-reliance on past solutions.

Or

(b) How does the Yerkes-Dodson law explain the relationship between arousal and performance?

**Answer** – This law states that there is an inverted 'U' shaped relationship between arousal and performance.

- Performance is best at moderate levels of arousal.



- Too little arousal (boredom) or too much arousal (anxiety) leads to poor performance.

**31. Why is it important for young adults to have a healthy and loving relationships with their partners?**

**Answer –** According to Erikson, the primary conflict in young adulthood is 'Intimacy vs Isolation'. Healthy relationships provide emotional stability, a sense of belonging, and security. Failure to form these bonds leads to loneliness and isolation, which can harm mental health.

**32. (a) What is the difference between self-efficacy and self-esteem?**

**Answer –** Difference between self-efficacy and self-esteem :-

Basis	Self-efficacy	Self-esteem
Meaning	This is a belief in one's abilities to successfully complete a specific task or situation.	This is an evaluative judgment about oneself, reflecting how much value we place on ourselves.
Example	"I can pass this exam." or "I can drive a car."	"I am a good person." or "I am worthy of love."

Or

**(b) What is the difference between introverts and extroverts as given by Jung?**

**Answer –**

Basis	Introvert	Extrovert
Temperament	They are introverted, quiet, calm, and contemplative.	They get easily tired of crowds or social gatherings and prefer to be alone.
Sociality	They are social, talkative, friendly, and enthusiastic.	They don't like being alone; they feel energized when surrounded by people.



**33. Raunak, a young adult, is going through a sense of emptiness and isolation. How has Erikson explained this in his theory of psychosocial development?**

**Answer** – According to Erikson, the main goal during this stage of young adulthood is to form deep and committed relationships with others. Since Raunak is experiencing feelings of "emptiness and isolation," it means he has not successfully resolved this developmental crisis and has failed to form meaningful relationships, leading to a sense of isolation.

**34. (a) Manish, a young soldier, has just returned from the border, where in a terrorist encounter he would have lost his life if he had not retaliated. Now he is having acute stress thinking about the incident. Identify the disorder and the symptoms associated with it.**

**Answer – Disorder** : Manish suffers from PTSD (Post-Traumatic Stress Disorder).

**Symptoms** :

1. Recurrent intrusive memories of the event (flashbacks)
2. Nightmares
3. Avoiding places or things associated with the event
4. Constant fear and hypervigilance
5. Emotional numbness

**Or**

**(b) Man is a social being and the environment that he lives in is important for his well-being. But there are certain social factors that lead to poor mental health. Discuss these factors.**

**Answer** – Social factors for poor mental health :-

1. **Discrimination**: Discrimination based on caste, religion, or gender hurts a person's self-esteem and creates a sense of inferiority.
2. **Family Conflict**: Fighting and violence at home make both children and adults mentally unwell.

**35. How can mania be differentiated from major depressive disorder?**

**Answer** – Difference between Mania and Major Depression :-



Basis	Mania	Major Depression
1. Mood	In this, the person's mood is abnormally excited and very happy.	In this, the person's mood is very hopeless, sad (Low), and unhappy.
2. Behaviour	The person becomes hyperactive, talkative, and performs impulsive risky acts.	The person feels fatigued, has no interest in any work, and becomes inactive.

**36. If someone lives next to a railroad and always eats exactly when the train is roaring by, he will find that if the train goes by and he doesn't eat, he will get hungry. Which school of Psychology supports this? Explain.**

**Answer –** This statement supports Behaviourism (specifically Ivan Pavlov's Classical Conditioning theory). Here, the 'sound of the train' was a Neutral Stimulus (CS) and 'food' was an Unconditioned Stimulus (US). Due to this conditioning, the person now feels hungry (CR) just by hearing the sound of the train, even if food is not present. This is a learned behaviour.

**37. (a) Describe the three major types of research designs used by psychologists for research investigation.**

**Answer –** Three major types of research designs :-

- 1. Descriptive Research:** Its purpose is to describe behaviour as it is (Example: Case study, observation, survey). It tells 'what' is happening.
- 2. Correlational Research:** It finds the relationship (positive or negative) between two or more variables. For example, "is there a relationship between study hours and marks?" It does not state the cause.
- 3. Experimental Research:** It establishes cause and effect. In this, the researcher changes one variable (independent variable) and observes its effect on another (dependent variable).

**Or**



**(b) How are quasi and field experiment conducted by the researcher?****Answer –**

- 1. Conducting Quasi-experiment:** In this, the researcher cannot divide the participants into groups according to his choice. For example, seeing the effect of gender or age (we cannot change someone's gender, it is pre-decided).
- 2. Conducting Field experiment:** This is not done in a laboratory, but in the real world (such as school, factory). In this, the researcher has slightly less control over the variables, but the results are more natural.

**38. (a) How do teachers view giftedness and what do they do to help gifted children achieve full potential?****Answer –** Teachers view gifted children as students who have high potential, creativity, and leadership qualities. They learn quickly and their curiosity is higher.**Ways of assistance :-**

- 1. Enrichment Programs:** Giving them challenging and additional material apart from the regular curriculum.
- 2. Acceleration:** Promoting them to the next class early.
- 3. Project Work:** Giving them independent and research-based projects so that their curiosity can be satisfied.

**Or****(b) How can intelligence quotient be calculated?****Answer – Formula for calculating Intelligence Quotient (IQ) :**

$$IQ = \frac{\text{Mental Age (MA)}}{\text{Chronological Age (CA)}} \times 100$$

- **Mental Age (MA):** The level of intellectual development measured by an intelligence test.
- **Chronological Age (CA):** The age of the person from birth until now.
- **100:** Multiplied to remove the decimal.



**39. (a) Why are substance use and drugs harmful for the young adolescents?**

**Answer** – Consumption of substances and drugs is harmful for youth because :-

1. **Brain Development:** During adolescence, the brain is developing. Drugs damage neurons, which can permanently impair memory and decision-making ability.
2. **Physical Damage:** Damage occurs to the liver, lungs, and heart.
3. **Mental Disorders:** The risk of depression, anxiety, and psychosis increases.
4. **Social Impact:** There is a decline in studies, distance from family, and fear of getting caught in criminal activities.

Or

**(b) How are cognitive attainments reflected during concrete operational stage?**

**Answer** – Achievements of the Concrete Operational stage (7-11 years) according to Piaget:-

1. **Conservation** : Understanding that changing the form of an object (like pouring water from a wide to a thin glass) does not change its quantity.
2. **Classification** : Dividing objects into groups based on their properties (colour, size).
3. **Seriation** : Arranging objects in order from small to large or large to small.
4. **Reversibility** : Understanding that actions can be reversed (like  $2+3=5$ , so  $5-3=2$ ).

**40. (a) Rajesh keeps checking the door to see if it is latched well or not. This has led to sleepless nights. Identify Rajesh's disorder and the symptoms of the disorder.**

**Answer – Disorder:** Rajesh is suffering from Obsessive-Compulsive Disorder (OCD).

**Symptoms:**

1. **Obsessions:** Getting unwanted thoughts repeatedly (like "did the door remain open") which causes anxiety.
2. **Compulsions:** Doing the same act repeatedly to reduce that anxiety (like checking the door again and again). This behaviour is out of control.

Or



**(b) You have been told to spread awareness about mental health and its causes. What are the three ways in which you can promote mental health activities in your school?**

**Answer** – 3 ways to promote mental health in school :-

- 1. Awareness Workshops:** Organising seminars about stress management, understanding emotions, and seeking help.
- 2. Counselling Cell:** Arranging an accessible counsellor or psychologist for students where they can talk openly.
- 3. Positive Environment:** Including activities like sports, yoga, and arts in school and making 'anti-bullying' policies so that students feel safe.

**41. What are the characteristics of a person with poor mental health?**

**Answer** – Characteristics of a person with poor mental health :-

- 1. Emotional Instability:** No control over emotions, getting angry or crying very quickly.
- 2. Difficulty in Adjustment:** Inability to cope with new situations or changes.
- 3. Negative Thinking:** Always thinking poorly about oneself and others, lack of self-confidence.

**42. (a) What are the characteristics of creative thinkers? Explain any five.**

**Answer** – Creative thinkers think differently from common people. Their main characteristics are :-

- 1. Curiosity:** They do not just accept things, but have a desire to know deeply. They constantly ask questions like "why" and "how".
- 2. Flexibility:** Instead of looking at a problem from a single perspective, they examine it from many different angles. If one way does not work, they change their thinking immediately.
- 3. Imagination:** They can go beyond reality and imagine things that do not exist yet. They think of turning dreams into reality.
- 4. Risk-taking Ability:** They consider failure as a part of learning.

**Or**



**(b) Discuss any five barriers to sound decision-making.**

**Answer** – Decision making is a complex mental process, in which many barriers can come :-

1. **Haste:** Many times people take immediate decisions without considering the consequences or weighing the options, which leads to regret later.
2. **Influence of Emotions:** When a person is very angry, afraid, or extremely happy, his logical ability decreases and he takes a wrong decision.
3. **Lack of Information:** A decision taken on the basis of not having full information or having incomplete information on a subject often proves to be wrong.
4. **Pressure:** Many times a person takes a decision contrary to his choice under pressure from friends, family, or society.

**43. Daily homework done by students helps to retain what has been taught that day. If we delay it, then it is forgotten. Explain the nature of forgetting and the role of interference with the help of examples.**

**Answer** – According to psychologists, forgetting is not just the erasure of information from memory. Often the information is in our mind, but we are unable to 'retrieve' it at that time. This is called 'retrieval failure'. Apart from this, if we do not use some information for a long time, its memory traces fade away. Role of Interference: A major cause of forgetting is 'interference', i.e., 'clashing of similar types of information'.

1. **Proactive Interference** : When old information interferes with remembering new information (Example, old house address causing trouble in remembering the new address).
2. **Retroactive Interference** : New information causes the forgetting of old information.

**44. Many of the conflicts arise due to stereotypes which then lead to prejudices. What strategies would you suggest to reduce stereotypes and prejudices?**

**Answer** – To maintain peace and harmony in society, it is necessary to reduce prejudices. Its major strategies are :-

1. **Increasing Contact:** Creating opportunities to bring people of different groups together. When people meet each other, the fear and misunderstandings in their minds are removed.



2. **Education and Information:** Prejudices are often born out of ignorance. By making people aware of correct facts and logical information, their thinking can be changed.
3. **Teaching Empathy:** Encouraging children from the beginning to understand the feelings of others.
4. **Laws and Rules:** Making strict laws against discrimination brings change in the behaviour of people and ensures equality.

**45. (a) How do effective strategies help in maintaining health and hygiene? Suggest any five strategies.**

**Answer –** Five effective strategies for adopting a healthy lifestyle and maintaining hygiene :-

1. **Balanced Diet:** Junk food should be avoided and nutritious home-cooked food rich in protein, vitamins, and fibre should be taken.
2. **Adequate Sleep:** 7-8 hours of deep sleep daily is mandatory for body repair and mental peace.
3. **Physical Exercise:** Doing yoga, sports, or exercise for at least 30 minutes every day keeps the body fit, weight controlled, and reduces stress.
4. **Stress Management:** Mental hygiene is also equally important. Meditation and fulfilling positive hobbies of your choice keep mental stress away.

**Or**

**(b) How are psychological factors responsible for poor mental health? Discuss any five factors.**

**Answer –** Mental illness happens not only due to external reasons, but also due to internal psychological reasons :-

1. **Weak Personality :** People who lack self-confidence and who consider themselves unworthy or inferior to others quickly become victims of mental stress.
2. **Excessive Stress :** Inability to handle life's challenges, such as exam pressure, job worry, or breaking of relationships, disturbs mental balance.
3. **Faulty Parenting :** If parents are very strict or neglect the child in childhood, the mental development of the child is hindered.
4. **Pessimistic Thinking :** Seeing only the negative side in every situation leads to depression.





# Thank you!



We hope you found this material helpful. We wish you the very best for your examination.



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