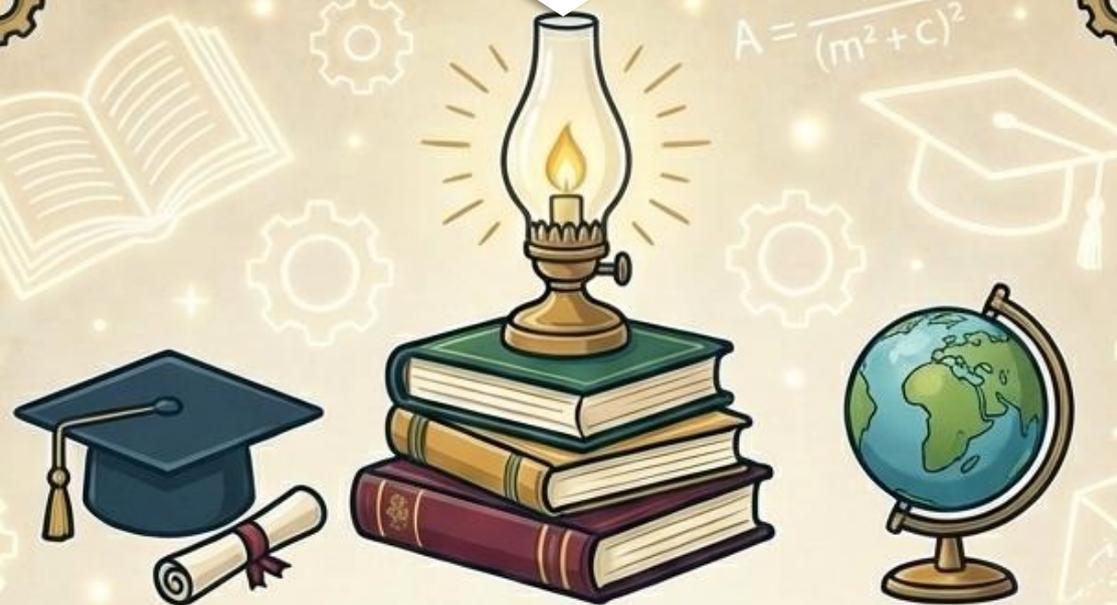




$$A = \frac{m}{(m^2 + c)^2}$$



NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

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

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2024

Your Path to Success

SECTION-A



Q 1 - Identify the branch of psychology that deals with the study of relationship between people and physical environment.

- (A) Environmental Psychology (B) Community Psychology
(C) Developmental Psychology (D) Educational Psychology

Answer - (A) Environmental Psychology

Q 2 - Psychology is a science because its approach is

- I. Intuition and observation based
II. Concrete and evidence-based
III. organized and systematic based
IV. Introspection and experience-based

Select the correct answer using the codes given below :

- (A) I and II (B) II and III
(C) III and IV (D) I and IV

Answer - (B) II and III

or

One of the goals of psychological research is to speculate what will happen in the future based on what and why of behaviour. This basic goal is

- (A) To Describe (B) To Explain
(C) To Predict (D) To Control

Answer - (C) To Predict

Q 3 - A computer scientist wants to enhance the understanding of cognitive sciences. How will the psychologist help in this field?

- (A) By regulating human behavior



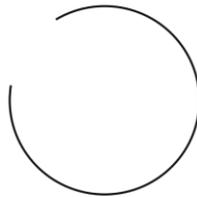
(B) By helping the computer scientist to identify his potential

(C) By applying research conducted in human cognition

(D) By empowering people to learn from others

Answer - (C) By applying research conducted in human cognition

Q 4 - The figure given below is incomplete, yet we perceive it as a whole. On which school of thought it is based?



(A) Structuralism

(B) Gestalt perspective

(C) Humanistic perspective

(D) Functionalism

Answer - (B) Gestalt perspective

or

An experimenter wishes to study the impact of viewing violent films on the aggressive behaviour displayed by adolescents. Identify the dependent variable.

(A) Violent movies

(B) Aggressive behavior

(C) Adolescence

(D) Nature of experimenter

Answer - (B) Aggressive behavior

Q 5 - During a plantation drive, the number of trees planted by 5 students is as follows:

5, 2, 6, 1, 2

Such a type of raw data is an example of

(A) Discrete series

(B) Mixed series

(C) Frequency series

(D) Individual series

Answer - (D) Individual series



or

A particular dress has become very popular in the West. Which measure of central tendency will be used to determine its popularity?

- (A) Mean (B) Median
(C) Mode (D) Correlation

Answer - (C) Mode

Q 6 - There are various factors affecting selective attention. Which one of the following is an internal factor?

- (A) Novelty (B) Size
(C) Movement (D) Need

Answer - (D) Need

or

Which of the following is not a type of extrasensory perception?

- (A) Telepathy (B) Clairvoyance
(C) Precognition (D) Astrology

Answer - (D) Astrology

Q 7 - Certain stationary, flickering, electrical lights give the illusion of movement. This is due to

- (A) Apparent movement illusion (B) Müller-Lyer illusion
(C) Ponzo illusion (D) Zöllner illusion

Answer - (A) Apparent movement illusion

or

On looking at an object very close to the eye, our eyes turn inward or converge, informing us about depth. Identify this cue which helps us in depth perception.



(A) Accommodation

(B) Binocular disparity

(C) Retinal disparity

(D) Convergence

Answer - (D) Convergence

Q 8 - Minnie was in a situation where there was no screwdriver, there were other objects which can be used as a substitute of screwdriver but she could not use it. This is an example of

(A) Mental set

(B) Brainstorming

(C) Functional fixedness

(D) Analogy/Similarity

Answer - (C) Functional fixedness

Q 9 - Rehman is facing a lot of pressure at work. How would Yerkes-Dodson law explain the relationship between anxiety and his performance?

A) If the anxiety is too high, performance will increase

(B) If the anxiety is too low, performance will increase

(C) If the anxiety is too high, performance will decrease

(D) Any amount of anxiety will not impact performance

Answer - (C) If the anxiety is too high, performance will decrease

Q 10 - Harminder, now a young adult, still remembers what her friends gave her on her tenth birthday. Under which stage of memory this is stored?

(A) Short-term

(B) Sensory

(C) Long-term

(D) Desktop

Answer - (C) Long-term

Q 11 - Annie has got a new phone with a touchscreen. So now every time she uses her old phone, she keeps touching the screen. This is due to



(A) Retroactive interference

(B) Proactive interference

(C) Forgetting

(D) Poor recall

Answer - (B) Proactive interference

Q 12 - What are the characteristics of applied research?

I. It is concerned with finding solutions to practical problems.

II. It is carried out in field settings.

III. It focuses on different aspects of problem solving, memory, etc.

IV. It is mostly carried out in laboratory settings.

Select the correct answer using the codes given below.

(A) I and II

(B) II and III

(C) I and IV

(D) II and IV

Answer - (A) I and II

or

Identify the statement that is true for Mean as a measure of central tendency.

(A) It is simple average for all items in a series.

(B) It is the score that divides the distribution into half.

(C) It is the highest frequency in the distribution.

(D) It is the grand total of all items in a series.

Answer - (A) It is simple average for all items in a series

Q 13 - What is the most frequent expression of an infant's fear?

(A) Parental anxiety

(B) Stranger anxiety



(C) Fear of falling

(D) Sibling anxiety

Answer - (B) Stranger anxiety

or

What is the crisis that young adulthood goes through during psychosocial development according to Erikson?

(A) Trust vs. Mistrust

(B) Initiative vs. Guilt

(C) Intimacy vs. Isolation

(D) Identity vs. Confusion

Answer - (C) Intimacy vs. Isolation

Q 14 - What is the role of early stimulation during infancy?

(A) Accelerating the speed of development

(B) Forcing the child to achieve goals

(C) To prevent them from experimenting with their environment

(D) Optimizing development in different domains

Answer - (D) Optimizing development in different domains

or

Select the striking physical feature of adolescents from the options given below.

(A) Physical maturation

(B) Object permanence

(C) Attitude formation

(D) Emotional strength

Answer - (A) Physical maturation

Q 15 - Which one of the following is not a concern during early childhood?

(A) Toilet training

(B) School readiness

(C) Autonomy vs. Initiative

(D) Industry vs. Inferiority



Answer - (D) Industry vs. Inferiority

Q 16 - Adolescents compare themselves with their role models and try to become like them.

This is due to

(A) Propositional thought

(B) Deductive reasoning

(C) Idealistic thinking

(D) Egocentrism

Answer - (C) Idealistic thinking

Q 17 - Children during the early process of cognitive development call all moving cars, a truck, as they have an existing schema for a car. According to Piaget, this is due to

(A) Assimilation

(B) Accommodation

(C) Organization

(D) Equilibration

Answer - (A) Assimilation

or

Mani, an adolescent, believes he is the only person in the world who feels certain emotions and that no one else could ever understand the difficulties he is facing. This feeling is due to

(A) Idealistic Thinking

(B) Personal Fables

(C) Imaginary Audience

(D) Propositional Thought

Answer - (B) Personal Fables

Q 18 - Manish, in order to remain thin, starves himself. What is this disorder called?

(A) Anorexia Nervosa

(B) Binge eating

(C) Dieting

(D) Bulimia

Answer - (A) Anorexia Nervosa



Q 19 - A young child is unable to distinguish between what he can see and what others can see from their angle. This is due to

(A) Centration

(B) Lack of conservation

(C) Animism

(D) Egocentrism

Answer - (D) Egocentrism

Q 20 - Artists create depth in their two-dimensional paintings. What are these cues called?

(A) Non-visual cues

(B) Monocular cues

(C) Binocular cues

(D) Good form cues

Answer - (B) Monocular cues

or

Aaliya gets very distracted by the loud music playing outside. She is unable to concentrate on her studies. Which component of emotion is this?

(A) Physical

(B) Cognitive

(C) Behavioral

(D) Psychological

Answer - (B) Cognitive

Q 21 - Answer any two of the following :

(a) Identify the view that says language determines the content of thought.

Answer - Linguistic Relativity Hypothesis

(b) What and how individuals think is determined by the linguistic categories they use. This is known as what?

Answer - Linguistic Determinism

(c) Identify that period when learning must occur according to Chomsky.



Answer - Critical Period (first 12 years from birth)

(d) Who said that language and thought develop separately until two years of age and merge later?

Answer - Vygotsky

Q 22. Match the following Level of intellectual deficiency with their IQ (any two) :

Level	IQ
(a) Mild	(i) 35-49
(b) Moderate	(ii) Below 20
(c) Severe	(iii) 20-34
(d) Profound	(iv) 50-70

Answer –

Level	IQ
(a) Mild	(iv) 50-70
(b) Moderate	(i) 35-49
(c) Severe	(iii) 20-34
(d) Profound	(ii) Below 20

Q 23. Fill in the blanks with the leadership styles that you have studied (any two) :

(a) A leader who inspires his people to achieve their goals and leads an exemplary life is said to be a ____ leader.

Answer – Inspirational

(b) ____ leaders perform the act of planning, organizing, controlling and meets the set target of the group.



Answer – Management

(c) ____ kind of a leader assumes absolute power, imposes goals and resists change.

Answer – Authoritarian

(d) Leaders participate, involve people in decision making. Such a leader follows ____ style of leadership.

Answer – Democratic

Q 24. Which school of psychology emerged from the following ideologies? Answer any four:

(a) Psychology is the study of the structure of mind and consciousness.

Answer – Structuralism

(b) The focus was not on the structure of the mind but on its functions.

Answer – Functionalism

(c) Our perception and understanding of objects are more meaningful than its smaller parts.

Answer – Gestalt Psychology

(d) Psychology should focus on observable behaviour that can be observed and measured in a scientific manner.

Answer – Behaviorism

(e) Human behaviour is a manifestation of the unconscious motives, needs and desires of which a person is not aware.

Answer – Psychoanalysis

(f) Here the emphasis is on the person's sense of self.

Answer – Humanism

Q 25. Which kind of heuristics is being used in these statements?



(a) People substitute simpler but related questions in place of more complex and difficult questions.

Answer – Substitution Heuristic

(b) If you are thinking of flying and suddenly think of a number of recent airline accidents, you might feel like air travel is too dangerous and decide to travel by car instead

Answer – Availability Heuristic

(c) A soft-spoken older woman might remind you of your grandmother, so you might immediately assume that she is kind, gentle and trustworthy.

Answer – Representative Heuristic

(d) The tendency to be overly influenced by the first bit of information we hear or learn, can make it more difficult to consider other factors and lead to poor choices

Answer – Anchoring Heuristic

Q 26. Fill in the blanks with the kind of intelligence it defines (any four) :

(a) _____ intelligence is involved in the analysis of information to solve problems.

Answer – Analytical

(b) _____ intelligence is involved in using past experiences creatively to solve novel or new problems.

Answer – Creative

(c) _____ intelligence involves the ability to deal with environmental demands encountered on a daily basis.

Answer – Practical

(d) _____ involves complete awareness of our relationship with the natural world.

Answer – Naturalistic



(e) _____ refers to the knowledge of one's internal strengths and limitations, and using that knowledge to effectively relate to others.

Answer – Intrapersonal

(f) _____ intelligence is the feeling side of intelligence.

Answer – Emotional

Q 27. As a psychologist, you have been given the task to assess intelligence of the following people. Which type of intelligence test would be the most suitable? Attempt any four :

(a) An illiterate person who is not familiar with the language

Answer – Non-verbal test

(b) A test administered only to literate people

Answer – Verbal test

(c) Persons from different cultures

Answer – Culture-free test

(d) Administering a test to several literate persons simultaneously

Answer – Group test

(e) One which can be administered to one person at a time

Answer – Individual test

(f) One that does not discriminate against individuals belonging to different cultures

Answer – Culture-fair test

Q 28. In the formation of a group, there are different stages that it goes through. Identify these stages (any four) :



(a) In this stage with growing familiarity, conflicts might arise due to disagreements, frustration or annoyance with each other.

Answer – Storming

(b) Here the group members unitedly work towards the attainment of the targets of the group.

Answer – Performing

(c) In this stage, people are just getting to know one another and discovering the ideas and opinions of one another

Answer – Forming

(d) In this stage, the group after achieving the target for which it was set up is dissolved.

Answer – Adjourning

(e) At this stage, norms are developed regarding the behaviour of its members and also the possibilities and expectations from each member.

Answer – Norming

Q 29. Attitudes can be learned or acquired through various sources. Fill in the blanks identifying the primary sources of attitude formation as seen in the following examples:

(a) Panna loves a particular song as it brings back memories of his good times with his friends in the village. Here attitude formation is due to ____.

Answer – Classical Conditioning

(b) A child regularly eats well and finishes the food due to the appreciation that he receives from his mother. Here attitude formation is due to ____.

Answer – Reinforcement.



(c) A child may watch his/her grandparents being respected and taken care of by everyone in the family. He has a positive attitude towards the elderly. Here attitude formation is due to _____.

Answer – Observational Learning

(d) Young children adopt a positive attitude towards waste management by gaining information from social media about its benefits. Here attitude formation is due to _____.

Answer – Socialization.

SECTION-B



Q 30 How is the sympathetic nervous system different from the parasympathetic nervous system?

Answer - The sympathetic nervous system prepares the body for emergency situations. It increases heart rate, blood pressure, respiration, and inhibits digestion.

In contrast, the parasympathetic nervous system calms the body, normalizes heart rate, and aids in digestion and energy conservation.

Q 31 What is the importance of a hypothesis in an experiment?

Answer - A hypothesis determines the direction of the experiment. It tells the researcher which variables to study and what relationship is expected between them. A hypothesis makes the experiment organized, purposeful, and scientific, and helps in drawing conclusions.

Q 32 Discuss the various stages of infancy and childhood development

Answer - Main stages of development :-

1. **Infancy** : Birth to 2 years (rapid physical and mental development).
2. **Early Childhood** : 2 to 6 years (also called toy age or pre-school age).
3. **Middle Childhood** : 6 to 11/12 years (school-going age and development of social skills).



Q 33 Some people are academically very successful but have problems in their family life and in interpersonal relationships. What do they lack? Explain.

Answer - Such people often lack Emotional Intelligence (EQ). Academic success depends on high Intelligence Quotient (IQ), but for good relationships, the ability to understand, manage, and empathize with one's own and others' emotions (EQ) is essential.

Q 34 Jasmine is going through a period of intense sadness, loss of interest or pleasure in most activities. Identify the disorder and its other symptoms.

Answer – Disorder: Jasmine is suffering from Major Depressive Disorder.

Other symptoms: Significant changes in appetite and weight, insomnia or hypersomnia, fatigue or loss of energy, difficulty in concentration, and thoughts of death or suicide.

Q 35 Differentiate between bipolar disorder and mixed disorder

Answer –

- 1. Bipolar Disorder :** In this, a person's mood swings between two opposite poles of Mania and Depression. These phases occur at different times.
- 2. Mixed Disorder :** In this, symptoms of mania and depression are present at the same time or change very rapidly (e.g., feeling extremely agitated or energetic while being sad).

Q 36 (a) What are the three different types of experiments used in experimental research?

Answer -

- 1. Laboratory Experiment :** Performed in controlled conditions (manipulation of variables possible).
- 2. Field Experiment :** Performed in a real environment (like a school), where control is slightly less.
- 3. Quasi Experiment :** Participants cannot be assigned randomly (e.g., study of gender or age).

Or

(b) Explain the three different types of correlations.

Answer - Correlation shows the relationship between two variables. Its three types are :-



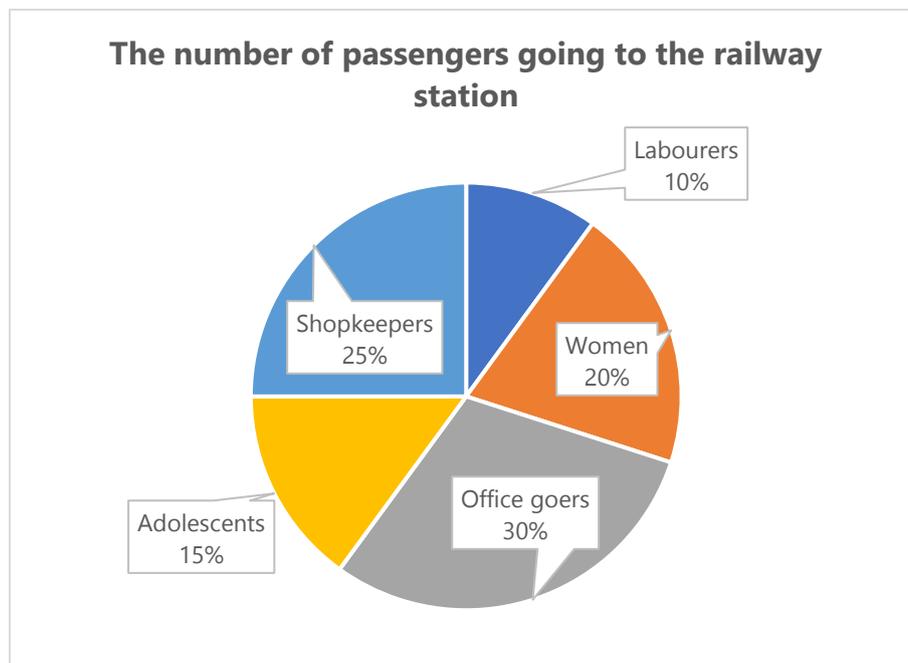
1. **Positive Correlation:** When both variables change in the same direction. If one increases, the other also increases.
2. **Negative Correlation:** When both variables change in opposite directions. If one increases, the other decreases.
3. **Zero Correlation:** When there is no relationship between the two variables. Change in one has no effect on the other.

Q 37 (a) The passengers who daily board a bus to go to the railway station are as follows:

Category	Number of people
Labourers	10
Women	20
Office goers	30
Adolescents	15
Shopkeepers	25

Construct a pie chart with the data given showing the proportions and show the steps.

Answer –



Steps:



Total passengers = 100.

1. Formula to find each angle: $(\text{Number} / \text{Total}) \times 360^\circ$.
2. Angles: Women (36°), Office goers (72°), Labourers (108°), Adolescents (54°), Shopkeepers (90°).
3. Finally, draw a circle and represent these angles with the help of a protractor.

or

(b) A psychologist wishes to conduct a research on the role of Facebook in fighting misinformation online. Which research design will she use?

Answer - The psychologist will use a Survey or Correlational Research design for this study. Since Facebook use is a natural social phenomenon, it cannot be tested in a lab by controlling or manipulating variables. In this method, the researcher will study through questionnaires or data analysis how the relationship (positive or negative) exists between Facebook use and the ability to prevent misinformation.

Q 38 How does one get to know that the child is in the concrete operational stage?

Answer - A child's development is considered to be in the concrete operational stage (7-11 years) when they begin to understand conservation (e.g., the amount of water remains the same even if the container changes) and reversibility (e.g., if $2 + 3 = 5$ then $5 - 3 = 2$)³²⁵. In this stage, the child can think logically only about solid or concrete objects present in front of them and can classify objects based on their properties³²⁶. Additionally, they move out of 'egocentric' thinking and become capable of understanding others' perspectives.

Q 39. How does assessment of intelligence take place?

Answer - Assessment of intelligence is done through standardized intelligence tests developed by psychologists (like the Wechsler Scale or Stanford-Binet)³²⁹. In this process, first, the person's Mental Age (MA) is determined, which reflects their intellectual performance³³⁰. Then, the mental age is compared with their Chronological Age (CA), and Intelligence Quotient (IQ) is found using the formula
$$IQ = (MA)/(CA) * 100$$



Q 40. How do we know that a person is showing signs of poor mental health? List any three characteristics.

Answer - Answer - Poor mental health is identified by negative changes in a person's thoughts, feelings, and daily behaviour. Its three main symptoms are:

- 1. Emotional Instability:** Persistent excessive anxiety, nervousness, anger, or sadness without any clear reason.
- 2. Behavioural Changes:** Withdrawing from friends and family (social isolation), losing interest in daily activities, or substance abuse.
- 3. Physical Symptoms:** Significant changes in sleep patterns (insomnia or oversleeping) and sudden decrease or increase in appetite.

Q 41. Raja visited a psychotherapist for his poor mental health. His therapist has prepared his case study. What are the other steps that would follow?

Answer - Poor mental health is identified by negative changes in a person's thoughts, feelings, and daily behaviour. Its three main symptoms are:

- 1. Emotional Instability:** Persistent excessive anxiety, nervousness, anger, or sadness without any clear reason.
- 2. Behavioural Changes:** Withdrawing from friends and family (social isolation), losing interest in daily activities, or substance abuse.
- 3. Physical Symptoms:** Significant changes in sleep patterns (insomnia or oversleeping) and sudden decrease or increase in appetite.

or

Mr. Y has been diagnosed with obsessive-compulsive disorder because someone in his family also has it. What are the biological factors that might lead to disorders?

Answer - Poor mental health is identified by negative changes in a person's thoughts, feelings, and daily behaviour. Its three main symptoms are:



1. **Emotional Instability** : Persistent excessive anxiety, nervousness, anger, or sadness without any clear reason.
2. **Behavioural Changes** : Withdrawing from friends and family (social isolation), losing interest in daily activities, or substance abuse.
3. **Physical Symptoms** : Significant changes in sleep patterns (insomnia or oversleeping) and sudden decrease or increase in appetite.

Q 42. How does decision making take place? Discuss the process/stages of decision making.

Answer - Decision Making: This is a high-level cognitive process in which the most suitable option is selected among various available options for problem-solving or target achievement.

Stages of the decision-making process :

1. **Defining the Problem:** First, why the decision is needed and the problem or target is clearly defined.
2. **Generating Alternatives:** A detailed list of all potential options and methods for problem-solving is prepared.
3. **Evaluating Alternatives:** The pros and cons and potential outcomes of each option are analyzed, including comparative study of risk and benefit.
4. **Selecting the Best Alternative:** Based on evaluation, that option is chosen which is most practical and suitable for the goal.
5. **Implementation and Review:** Implementing the decision and assessing its results to see if the problem was solved.

or

Differentiate among the three major theories of emotions.

Answer - There are three major psychological theories to understand the relationship between emotion and physical arousal:



- 1. James-Lange Theory :** This theory proposes that "physical reaction causes emotion." Our physical response (like increased heart rate, trembling) occurs first, and the brain interprets that reaction as an 'emotion' (like fear).
- 2. Cannon-Bard Theory :** According to this, the experience of physical arousal and emotion occurs simultaneously. The Thalamus of the brain sends signals to both physical organs and the Cerebral Cortex at the same time; hence we tremble and feel fear both at once.
- 3. Schachter-Singer Theory :** This theory considers both 'physical arousal' and 'cognitive appraisal' mandatory for emotion. We label physical arousal based on environmental cues (e.g., "this heartbeat is due to fear" or "due to excitement").

Q 43. Explain attention and its functions.

Answer - Attention is a selective mental process by which we bring some specific stimuli into the center of our consciousness among the countless stimuli present in the environment. It is the optimal use of limited mental resources.

Major functions of attention:

- 1. Alertness and Monitoring:** This keeps the person ready to receive sensory information and respond, like being ready to listen to the teacher in class.
- 2. Selectivity:** This acts as a 'filter' for the brain, which selects only important information by removing irrelevant noise.
- 3. Sustained Attention:** This is the ability to maintain concentration on a task for a long time, which is mandatory for performing complex tasks.

or

While talking to a group of people at a party, if someone in the far corner of the room utters your name in a conversation, you are still able to attend to it even though you are not engaged in that conversation. Identify this effect and explain the other factors affecting selective attention.



Answer - Identification of effect: This phenomenon is called the 'Cocktail Party Effect'. It is an excellent example of selective attention, showing that the human brain is capable of filtering and focusing on relevant information (like one's own name) even in a noisy environment.

Factors affecting selective attention:

- 1. External Factors:** These are related to physical characteristics of stimuli.
 - **Intensity:** Loud sound attracts attention faster than faint sound.
 - **Size and Change:** Large-sized and moving objects attract more attention than stationary objects.
 - **Novelty:** Any unfamiliar or new object immediately becomes the center of attention.
- 2. Internal Factors:** These are related to the person's psychological state.
 - **Motivation:** Biological or psychological needs (like hunger) direct attention.
 - **Attitude:** A person's attention goes towards what they pre-expect to see or hear.

Q 44. Explain the psychological factors that could lead to poor mental health.

Answer - Not only biological factors, but psychological factors also play a major role in poor mental health. Major factors are:

- 1. Stress and Frustration :** Long-term stress, life challenges (like unemployment, family discord), and repeated obstacles in goal achievement (frustration) deplete a person's adjustment capacity, causing anxiety and depression.
- 2. Faulty Cognitions :** Unrealistic expectations, negative thinking, and feelings of inferiority seriously affect mental health. According to Albert Ellis, 'Irrational Beliefs' are the root cause of disorders.
- 3. Interpersonal Conflicts :** Poor relationships and lack of communication with family, workplace, or friends create emotional instability.
- 4. Childhood Trauma :** Abuse experienced in childhood, parental separation, or neglect hinders personality development, showing results as mental disorders in adulthood.

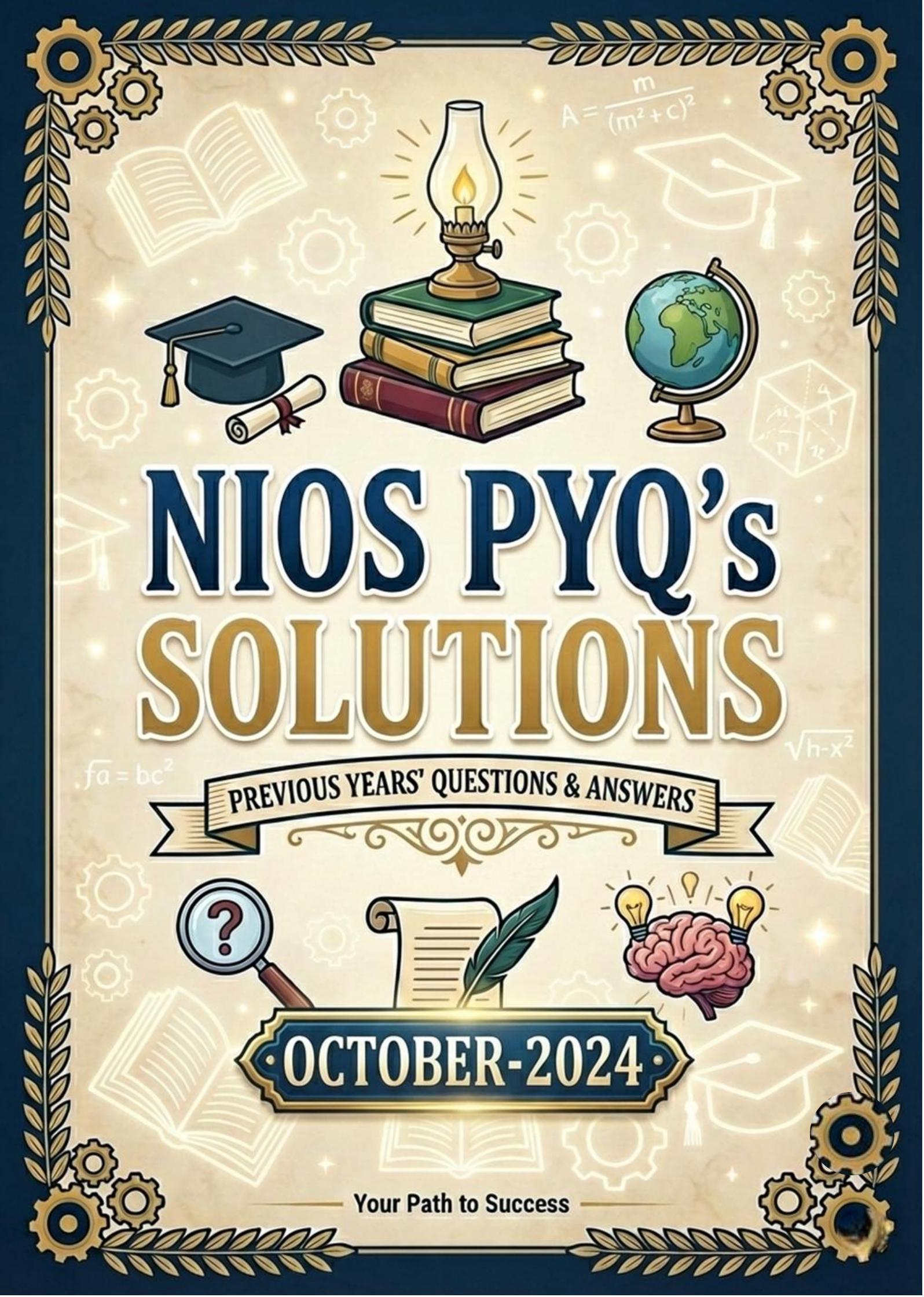


Q 45. Suggest some strategies to reduce these stereotypes and prejudices.

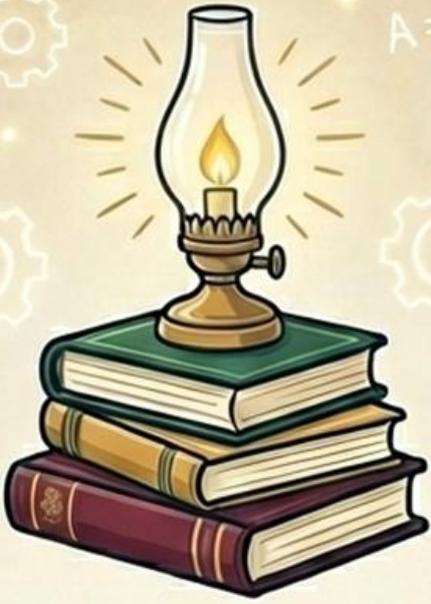
Answer - Prejudice and stereotypes are learned behaviours, so they can be reduced by suitable strategies:

- 1. Inter-group Contact :** Increasing direct dialogue and contact between opposing groups removes ignorance. When people meet, they realize their pre-conceptions were wrong.
- 2. Superordinate Goals :** According to Muzafer Sherif, such goals should be placed before groups that they cannot achieve alone and for which mutual cooperation is mandatory. This shared effort reduces hostility.
- 3. Education and Information :** Stereotypes are often based on wrong information. Prejudices can be refuted by developing logical thinking and respect for diversity through education.
- 4. Empathy :** People should be taught to feel others' perspectives and sufferings using techniques like 'Role Playing'. Putting oneself in others' places reduces feelings of discrimination.





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



NIOS PYQ's
SOLUTIONS

$\sqrt{h-x^2}$

$fa = bc^2$

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2024



Your Path to Success

SECTION-A

A.
B.
C. 

1. Which of the following is NOT a subfield of psychology?

- (A) Clinical Psychology
- (B) Astrophysics
- (C) Developmental Psychology
- (D) Cognitive Psychology

Answer - (B) Astrophysics

2. Tanima tries to explain the factors leading to stress and predicts the effects of the stress. What is the key difference between the prediction and explanation in research?

- (A) Prediction focuses on the future, whereas explanation focuses on the past.
- (B) Prediction establishes causation, while explanation describes relationships.
- (C) Prediction anticipates outcomes, while explanation clarifies why outcomes occur.
- (D) Prediction is qualitative, while explanation is quantitative.

Answer - (C) Prediction anticipates an outcome, whereas explanation provides reasons for why the outcome occurred.

3. A psychologist conducted a survey to examine the frequency of different types of phobias in a community. What type of graph would be most useful to represent the percentage distribution of various phobia types ?

- (A) Bar Diagram
- (B) Scatter Plot
- (C) Line Graph
- (D) Pie Chart

Answer - (A) Bar Diagram



4. Which mnemonic technique involves creating a scenario, or objects arranged in a physical space in the form of visual images to remember a list of items ?

- (A) Method of Loci**
- (B) Acronym**
- (C) Keyword technique**
- (D) Pegword method**

Answer - (A) Method of Loci

5. This theory of emotion maintains that emotions are comprised of two factors : 1 Physiological and cognitive.

- (A) The James - Lange Theory**
- (B) The Cannon - Bard Theory**
- (C) The Physiological Theory**
- (D) The Schachter - Singer Theory**

Answer - (D) The Schachter-Singer Theory

6. In the context of problem-solving, what does the term “functional fixedness” refer to ?

- (A) The tendency to rely on past experiences**
- (B) The inability to see an object’s potential uses beyond its typical function**
- (C) The tendency to use trial and error**
- (D) The preference for creative solutions**

Answer - (B) The inability to see an object’s potential uses beyond its typical function

7. This refers to declarative memory which requires conscious efforts in recalling the previous experiences and information.

- (A) Implicit Memory**
- (B) Explicit Memory**



(C) Procedural Memory

(D) Long term Memory

Answer - (B) Explicit Memory

8. Children incorporate new information into their existing schemes. This is called _____ of information.

(A) Assimilation

(B) Accommodation

(C) Organization

(D) Equilibration

Answer - (A) Assimilation

9. Around four months of age infants copy or reproduce someone's act or language. This is called _____.

(A) Organization

(B) Imitation

(C) Equilibration

(D) Accommodation

Answer - (B) Imitation

10. Neeraj can categorize fruits and vegetables of different types in multiple ways such as those based on their colour, taste, size and so forth. This cognitive attainment of the concrete operational thought is known as _____.

(A) Conservation

(B) Classification

(C) Seriation

(D) Centration



Answer - (B) Classification

11. Angad thinks more like a scientist. He thinks of all possible solutions of a problem and systematically tests those solutions. This refers to as _____.

- (A) Idealistic Thinking**
- (B) Adolescent Egocentrism**
- (C) Propositional Thought**
- (D) Hypothetical Deductive Reasoning**

Answer - (D) Hypothetical Deductive Reasoning

12. What does the term “groupthink” refer to in the context of social psychology?

- (A) The tendency for group members to conform to a decision without critical evaluation**
- (B) The process of brainstorming within a group to generate innovative ideas**
- (C) The tendency for group members to challenge each other’s opinions**
- (D) The process of reaching consensus through healthy debate**

Answer - (A) The tendency for group members to conform to a decision without critical evaluation

13. In a study, a group of individuals with moderate political views discussed a controversial topic. After the discussion, it was observed that the group’s opinions became more extreme. Which phenomenon does this demonstrate?

- (A) Social Loafing**
- (B) Group Polarization**
- (C) Group think**
- (D) Social Facilitation**

Answer - (B) Group Polarization

14. What is the initial stage in group development according to Tuckman’s model ?

- (A) Storming**



- (B) Forming
- (C) Norming
- (D) Performing

Answer - (B) Forming

15. Rakhi has organised a weekly cleanliness drive in her locality. Identify this component of the attitude system.

- (A) Cognitive
- (B) Affective
- (C) Behavioural
- (D) Extremeness

Answer - (C) Behavioural

16. Bani observes that her mother is happy when she finishes food. She is forming an attitude through _____.

- (A) Classical Conditioning
- (B) Operant Conditioning
- (C) Modeling
- (D) Social Comparison

Answer - (B) Operant Conditioning

17. A period of loss of interest or pleasure in most activities, together with other symptoms which may include a change in body weight, constant sleep problems, tiredness, inability to think clearly etc. may indicate presence of _____.

- (A) Bipolar Disorder
- (B) Major Depressive Disorder
- (C) Mood Disorder



(D) Anxiety Disorder

Answer - (B) Major Depressive Disorder

18. Disturbance in neurotransmitters in the brain is found to play an important role in the development of certain mental disorders. This refers to _____ as the cause of some psychological disorders.

(A) Heredity

(B) Biochemical Factors

(C) Brain Damage

(D) Psychological Factors

Answer - (B) Biochemical Factors

19. Radhika was facing stress due to strained interpersonal relationships at home. This can be attributed to _____.

(A) Biological factors

(B) Physiological changes

(C) Psychological factors

(D) Political factors

Answer - (C) Psychological factors

20. Neerja experiences recurrent attacks of anxiety in which she experiences intense terror. She is likely to be suffering from _____.

(A) Mania

(B) Panic Attack

(C) Phobia

(D) Depression

Answer - (B) Panic Attack



21. State whether the statements given below are True or False.

(a) Applied psychology is primarily focused on conducting research and advancing theoretical knowledge.

Answer - False (The main objective of applied psychology is to find solutions to problems, not just theoretical knowledge.)

(b) Environmental psychology studies the relationship between people and their physical environment, exploring how factors like design, nature, and space impact behaviour and well-being.

Answer - True

22. Recognise the 'concept' characterised in the following statements :

(a) Adolescents might think what ideal standards are and they might compare themselves and others against those standards.

Answer - Idealistic Thinking

(b) Formal operational thinkers can solve problems merely through verbal presentation of the problems.

Answer - Formal Operational Stage

23. Preeti experiences repeated and unreasonable thoughts about dirt on her hands. Thus, she washes her hands every time she touches something. Which of the following (any two) is True of the condition that she is facing?

(a) She is affected by obsessive-compulsive disorder

(b) She can control her preoccupation with specific ideas or can also prevent herself from repeatedly carrying out a particular act.

(c) This affects her ability to carry out normal activities.

(d) She often finds these thoughts to be unpleasant and shameful.

(e) Her symptoms include recurrent dreams, flashbacks, impaired concentration, and emotional numbing.



(f) Compulsive behaviour is the need to perform certain behaviour over and over again.

Answer - True statements about Preeti :-

(a) She is affected by Obsessive-Compulsive Disorder (OCD)

(c) This affects her ability to carry out normal activities.

24. Identify whether following statements are true/false in relation to memory process.

(a) Procedural memory is a type of non-declarative memory that involves the recall of skills and habits, rather than facts and information.

Answer - True

(b) Memory is a single, unified process.

Answer - False (Memory is not a single process, but involves encoding, storage, and retrieval.)

(c) Chunking is a strategy where information is grouped into meaningful units, making it easier to remember and recall.

Answer - True

(d) Elaborative rehearsal, which involves making meaningful connections to information, is generally more effective for long-term memory than simple repetition (maintenance rehearsal).

Answer - True

25. Rakesh and Manoj's ego devises strategies to divert energy to safe activities to protect itself from the demands of the id. Thus using the defense mechanism to reduce anxiety. State the defence mechanism used by them in each statement.

(a) Manoj is diverting attention from the anxiety-causing urges to acceptable activities.

Answer - Sublimation

(b) Rakesh is forcefully suppressing the anxiety causing memories or events

Answer - Repression

(c) Rakesh is refusing to accept the existence of anxiety-producing events.

Answer - Denial



(d) Manoj has unacceptable impulses, which are denied entry into consciousness and are projected (displaced) onto others.

Answer - Projection

26. Match the following:

(a) Schemas	(i) The application of techniques that worked in similar situations in the past
(b) Heuristics	(ii) Cognitive frameworks that represent our knowledge and assumptions about the world
(c) Trial and Error	(iii) The simplest problem solving approach
(d) Analogy	(iv) General rule of thumb, which are based on prior experiences and are mental shortcuts, which may or may not lead to the desired solution

Answer -

(a) Schemas	(ii) Cognitive frameworks that represent our knowledge and assumptions about the world
(b) Heuristics	(iv) General rule of thumb, which are based on prior experiences and are mental shortcuts, which may or may not lead to the desired solution
(c) Trial and Error	(iii) The simplest problem solving approach
(d) Analogy	(i) The application of techniques that worked in similar situations in the past

27. Identify whether the following statements are true or false in relation to emotional intelligence.

(a) Salovey and Mayer defined emotional intelligence as “the global capacity to think rationally, understand the world, and use available resources effectively when faced with challenges”.



Answer - True

(b) When people lack emotional intelligence, they experience problems in the family, workplace, and interpersonal relationships.

Answer - True

(c) This concept was first introduced by Salovey and Mayer and popularised by Daniel Goleman.

Answer - True

(d) Salovey and Mayer's definition covers four aspects of emotional intelligence; they are emotional perception, emotional integration, emotional understanding and emotional management.

Answer - True

28. Identify four statements showing the characteristics of an Effective Leader.

(a) Effective leaders work hard towards the achievement of goals but are not driven by the desire to excel.

(b) Have good communication skills and are self-confident and assertive.

(c) Effective leaders are open to new ideas, experiences and can be flexible.

(d) Such leaders have high personal integrity and maturity.

(e) They have good interpersonal skills.

(f) They are not considerate and do not have the ability to listen

Answer - Four characteristics of an effective leader :-

(b) Have good communication skills and are self-confident and assertive.

(c) Effective leaders are open to new ideas, experiences and can be flexible.

(d) Such leaders have high personal integrity and maturity.

(e) They have good interpersonal skills.

29. Select the correct option and fill in the blanks:



(a) People suffering from _____ become euphoric or experience 'high', can be extremely active, excessively talkative, and are easily distractible.

Answer - Mania

(b) _____ are characterized by disturbances in prolonged emotional state.

Answer - Mood disorders

(c) The most common mood disorder is _____.

Answer - depression

(d) Gender plays a great role in this differential risk addition with respect to depression.

_____ are more likely to report a depressive disorder.

Answer - Women

SECTION-B



30. What is 'applied research'?

Answer - Applied research is a research whose objective is to find solutions to practical problems of real life. ¹Instead of just creating theories, it focuses on solving problems of society, education, or industry using existing theories.

or

Describe any two goals of research in psychology.

Answer - Two goals of research in psychology :-

1. **Description** : Accurately describing behaviour and mental processes as to 'what' is happening.
2. **Explanation** : Understanding 'why' a behaviour occurs and finding the reasons behind it.

31. What is an illusion?

Answer - When we misinterpret sensory information (such as sight or sound), it is called an illusion. In this, the external stimulus is present, but our brain sees it differently from reality. For example, mistaking a rope for a snake.



32. (a) What is Adolescent egocentrism?

Answer - 'Adolescent egocentrism' is the thinking of adolescents where they feel that the whole world's attention is only on them. They feel that people are constantly noticing them (imaginary audience) and they consider themselves unique and special (personal fable).

or

(b) What is idealistic thinking?

Answer - Adolescents develop the ability to think not only about 'what is' but also about 'what can be'. They imagine an ideal world, ideal family, or ideal society and start comparing reality with these ideal standards.

33. Ramit had mastered the ability to pick up the tiniest objects between his thumb and forefingers by early childhood. Explain the fine motor abilities that he is likely to achieve by age 4 and 5

Answer - By the age of 4 to 5 years, coordination between hand and eyes improves in children like Ramit. They can now build towers from blocks, cut paper with scissors, draw pictures by copying shapes (like a circle or square), and write some letters by holding a pencil correctly.

34. Raman has a high IQ. Is he likely to be high in creative tasks? Give reason for your answer.

Answer - It is not necessary that Ramit is also high in creativity. Research shows that a certain average level of intelligence is necessary for creativity, but high intelligence does not always guarantee high creativity. A person can be very intelligent (fast in logical thinking) but it is not necessary that he can also give new and original ideas (creative).

35. (a) Giridharan was feeling better after attending the therapeutic session. Explain the next step initiated by his therapist.

Answer - If Giridharan is feeling better after the therapy session and his symptoms have reduced, the therapist will move towards termination. In this, the therapist prepares the patient to deal with problems in the future and slowly plans to close the therapy sessions so that he can become self-reliant.

or



(b) Suggest any two strategic to maintain health and well-being.

Answer - Two strategies for building health and well-being :-

1. **Balanced Diet** : It is necessary to take nutritious food to keep the body and mind healthy.
2. **Positive Thinking** : Adopting an optimistic outlook to reduce stress and expressing your emotions correctly.

36. A psychology professor is analyzing the test scores of a class of students. He collected the scores and wants to provide a summary of the scores. Discuss the advantages and limitations of using the mean and mode as measures of central tendency in summarizing the test scores.

Answer - Measures of central tendency :-

Mean :

1. **Advantage:** It is the most reliable measure because it is based on all scores.
2. **Disadvantage:** It is very quickly affected by extreme values (e.g., a very low or high number can spoil the average).

Mode :

1. **Advantage:** It is very easy to find because it only involves looking at the number that appears most often.
2. **Disadvantage:** It is not very reliable and there can be more than one mode in the data, which can affect the summary.

37. (a) When Nazim held a finger in front of his nose and slowly brought it closer, his eyes turned inward as his finger was nearer. Explain this phenomenon.

Answer - What happened with Nazim is called convergence. This is a binocular cue for depth perception. When an object (like a finger) comes very close to the eyes, our eye muscles turn inward to focus on it. The brain uses this tension in the muscles to estimate the distance of the object.

or

(b) Meghanshi is an Air traffic controller. She has to constantly watch and monitor signals on screens. Explain this type of attention.



Answer - Meghanshi is using sustained attention, which is also called 'vigilance'. In this, a person has to keep focusing on the same task or screen for a long time so that she can immediately identify any signal or change. This is extremely important for Air Traffic Controllers.

38. (a) State the features of any one type of Reasoning

Answer - One type of 'reasoning' is **Deductive Reasoning**. This is a process in which we start from a general rule or truth and draw a specific conclusion from it.

Three major characteristics of deductive reasoning :-

1. **General to specific** : It applies broad principles to specific situations.
2. **Certainty** : If the premises are true, then its conclusion will also be absolutely certain and true.
3. **Validity** : Its conclusion is contained within the premises themselves. It does not give new information, but clarifies logical results from available information.

or

(b) J.P. Guilford was a pioneer in the field of creative thinking. Explain any one type of creative thinking that he proposed.

Answer - One type of creative thinking propounded by J.P. Guilford is 'Divergent Thinking'. In this thinking process, a person thinks of many different, unique and original solutions to the same problem. This is the ability to think 'out of the box' which is useful in open-ended problems.

Example: "In what new ways can an empty bottle be used?" Here there is not one correct answer, but many possibilities.

39. (a) Why does social loafing occur?

Answer - Social loafing occurs when people work less hard while working in a group compared to working alone. Its main reasons are :-

1. **Diffusion of responsibility**: Members feel that they are not alone responsible for the result, but the whole group is.
2. **Lack of identification**: They feel that their individual effort is not being measured, so they put in less effort.



3. Lack of coordination: Efforts also decrease when there is no proper coordination in the group.

or

(b) Explain the phenomenon of Groupthink.

Answer - 'Groupthink' is a psychological phenomenon in which group members lose the ability to make logical and correct decisions due to excessive pressure to create consensus. To maintain unity in the group, they ignore opposing views or criticisms. The result is that the group often makes risky, irrational, and wrong decisions because alternatives are not properly considered.

40. (a) Sachin is an entrepreneur. His qualities, such as good mood, openness to experiences, as well as knowledge and intellect related to the area of concern will influence the likelihood and extent of change in his attitude. Do you agree with this statement? Give reasons for your answer.

Answer - Yes, I agree with this statement. These qualities of Sachin make attitude change easier. A good mood prepares a person to listen to and accept others' points. Openness to experiences helps him accept new information, instead of being stuck in his old thinking. Knowledge and intelligence enable him to understand logical arguments and adopt the correct perspective.

or

(b) By taking any example of stereotype or prejudice, suggest any three strategies to reduce it.

Answer - Three effective strategies to reduce stereotypes and prejudices are :-

- 1. Education and Information** : Removing people's ignorance and misunderstandings by giving correct information, which breaks stereotypes.
- 2. Intergroup Contact** : Increasing direct social interaction between people of different groups, which reduces fear and suspicion of each other.
- 3. Common Goals** : Setting such goals which require the cooperation of both groups to complete, so that they can unite.



41. What is PTSD ? Explain its symptoms

Answer - PTSD (Post-Traumatic Stress Disorder) is a serious mental disorder that occurs after experiencing a terrifying or life-threatening event (such as an accident, natural disaster, or violence). Its main symptoms are :-

1. **Flashbacks:** Memories of the event coming back again and again as if it is happening now.
2. **Avoidance:** Staying away from places or people that remind one of the event.
3. **Hyper-vigilance:** Always being scared, not being able to sleep, getting angry quickly, and feeling emotionally isolated from others.

42. (a) What are Self-Report measures ? Give examples and limitations of the same.

Answer - Self-report measures are a method of personality assessment in which a person is asked structured questions about his own thoughts, feelings, and behaviours. In this, the person has to give information about himself objectively (e.g., in 'Yes' or 'No').

Examples:

1. MMPI (Minnesota Multiphasic Personality Inventory)
2. 16-PF (16 Personality Factor Questionnaire)

Limitations:

1. **Social Desirability:** People often lie to look good in society or answer by hiding their shortcomings.
2. **Acquiescence bias:** Sometimes respondents show a tendency to say 'Yes' or 'Agree' without reading or understanding the question properly.

or

(b) Explain Abraham Maslow's theory of personality

Answer - Abraham Maslow is considered the father of humanistic psychology. He explained personality as the development of human needs. He presented the 'Hierarchy of Needs', which is often depicted as a pyramid.

1. **Physiological Needs:** At the lowest level come basic needs like hunger, thirst, and sleep.



2. **Safety:** After this, a person wants physical and economic security (like a house, job).
3. **Love and Belonging:** Then the person wants to get love and belonging from family, friends, and society.
4. **Esteem:** After this, there is a desire for achievement, prestige, and respect from others.
5. **Self-Actualization:** This is the highest level, where a person fully develops his hidden talents and abilities. According to Maslow, personality is a continuous journey to fulfill these needs.

43. Describe the evolution of psychology, highlighting the key milestones in the development of the field.

Answer - The development of psychology has gone through a long history, which can be understood in the following stages :-

1. **Structuralism (1879)** : Wilhelm Wundt opened the first laboratory in Germany. He believed that the structure of the mind could be understood by the 'introspection' method.
2. **Functionalism** : William James emphasized that more important than 'what the mind is' is 'what function the mind perform' and how it helps us adapt to the environment.
3. **Gestalt Psychology** : They emphasized 'totality'. They believed that we do not see things in pieces, but in a whole pattern.
4. **Behaviourism** : J.B. Watson and Skinner said that the mind is not visible, so psychology should only study 'visible behaviour'.
5. **Psychoanalysis** : Sigmund Freud described the unconscious mind and repressed desires as the main cause of behaviour.
6. **Modern Psychology** : Today in psychology, there is a coordination of cognitive (thought, memory), humanistic, and socio-cultural perspectives.

44. (a) Ruby listens to a song and wants to memorise it for the school competition. Explain the three stages of memory processes that will take place.

Answer - According to the information processing model, the process of Rubi memorizing the song will go through three main stages :-



1. **Encoding:** This is the first stage. When Rubi hears the song, her brain receives sound signals and changes them into a code or form that the brain can accept. For this, full attention to the song is mandatory.
2. **Storage:** This is the process of keeping encoded information safe over time. If Rubi repeats the song again and again, it will be permanently stored in her Long Term Memory from her short-term memory.
3. **Retrieval: This is the final stage.** During the competition, Rubi brings back the lyrics and tune of that song from her memory store into her consciousness. If storage was strong, retrieval will be easy and she will be able to sing the song.

or

(b) Mukul is helping his student remember the answers for the examination. Explain the techniques he can suggest to his student to enhance his memory?

Answer - Mukul can suggest the following effective techniques to improve his student's memory :-

1. **Chunking Method:** Dividing large information into small pieces. For example, it is easy to remember a long mobile number in groups of 3-3 digits.
2. **Elaborative Rehearsal:** Instead of just rote learning information, understanding it and linking it with your old memories or life examples. This helps remember information at a deeper level.
3. **Mnemonics:** This is a mental device. For example, making a formula of 'VIBGYOR' to remember the colors of the 'rainbow'.
4. **Mental Imagery:** Creating a picture in the mind of the words while reading. Our brain remembers pictures (images) for a longer time compared to written words.

45. What are the Issues and Concerns during Early childhood?

Answer - Early childhood (2 to 6 years) is an extremely important and sensitive stage of development. During this, parents and teachers have to face many challenges :-

1. **Physical Health and Nutrition:** Physical development is very fast at this age. Lack of malnutrition or essential vaccines can hinder a child's mental and physical development forever.



2. **Emotional Control:** Children often cannot handle their emotions (such as anger, jealousy). Showing 'stubbornness' and 'tantrums' is a common problem of this age which has to be handled with patience.
3. **School and Separation:** On going to play school for the first time, children have 'separation anxiety'. They may feel scared to mingle with new people.
4. **Safety:** Children are very curious and playful by nature, but they do not understand dangers (like fire, height, sharp things), due to which the risk of accidents remains.





Thank you!

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

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