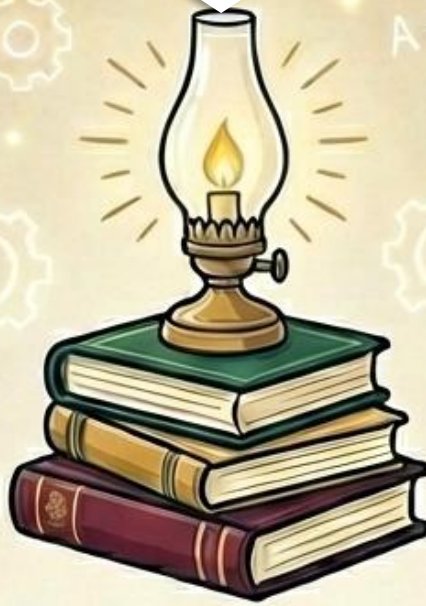




$$A = \frac{m}{(m^2 + c)^2}$$



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: 11 630, 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.



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

NIOS PYQ's
SOLUTIONS

$\sqrt{h-x^2}$

$fa = bc^2$

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2025

— Your Path to Success —

SECTION - A

A. ☐
B. ☒
C. ☐

Q1. To find out the relationship between type schooling and the performance of children, the investigator uses:

- (A) Correlational research
- (B) Experimental research
- (C) Descriptive research
- (D) Field research

Answer – (A) Correlational research

Q2. A psychologist specialises in examining the physical, cognitive changes that take place in an individual throughout their life span. Such psychologists are called:

- (A) Social psychologist
- (B) Community psychologist
- (C) Environmental psychologist
- (D) Developmental psychologist

Answer – (D) Developmental psychologist

Q3. While conducting an experiment the researcher found that the results were impacted. On investigation it was seen that his facial expression was subtly sensed as disapproval by the subject. This bias was due to:

- (A) Selection bias
- (B) Experimenter bias
- (C) Demand characteristics
- (D) Environmental bias

Answer – (C) Demand characteristics



Q4. Which of the given statement supports that Psychology is a natural Science?

- (A) Human behaviour is studied in a social context
- (B) Culture influences human behaviour
- (C) Human behaviour is observable, measurable and verifiable
- (D) Parenting and upbringing influence human behaviour

Answer – (C) Human behaviour is observable, measurable and verifiable

Q5. When do researchers use the Field experiment method?

- (A) When it is unethical to manipulate the Independent variable
- (B) When the experiment is being conducted in a natural setting
- (C) When all extraneous variables have to be controlled
- (D) When a controlled environment is required

Answer – (B) When the experiment is being conducted in a natural setting

Q6. When does the process of encoding take place?

- (A) When visual signal is converted into auditory unit
- (B) When auditory signal is converted into echoic unit
- (C) When oral information is converted semantically
- (D) When auditory signal is converted semantically

Answer – (D) When auditory signal is converted semantically

Q7. Which of the following statement is true to Cannon Bard's theory?

- (A) Physiological and emotional arousal happen simultaneously
- (B) Physiological arousal happens before emotional arousal
- (C) Emotional arousal takes place and then physiological changes happen
- (D) Cognitive interpretation happens after physiological arousal

Answer – (A) Physiological and emotional arousal happen simultaneously



Q8. Unhealthy way of dealing with our emotions is by:

- (A) Enhancing own self-awareness
- (B) Controlling own reactions
- (C) Expressing ourselves constructively
- (D) Displaying maladaptive behaviour

Answer – (D) Displaying maladaptive behaviour

Q9. Why do we perceive objects (e.g. an open door) to be relatively stable in shape even though our retinal image keeps changing as we move in different directions? Identify the reason.

- (A) Brightness constancy
- (B) Colour constancy
- (C) Shape constancy
- (D) Size constancy

Answer – (D) Size constancy

Q10. Refer to the figure given below and identify the monocular cue given below:



- (A) Texture gradient
- (B) Linear perspective
- (C) Aerial perspective
- (D) Interposition

Answer – (B) Linear perspective



Q11. You have moved into another house. After some time when asked about the old house number you are unable to recall it. This is an example of:

- (A) Retroactive interference
- (B) Proactive interference
- (C) Trace Decay
- (D) Memory failure

Answer – (A) Retroactive interference

Q12. An individual who understands and deals effectively with emotions is referred to as:

- (A) Emotionally competent
- (B) Emotionally resistant
- (C) Emotionally comfortable
- (D) Emotionally sound

Answer – (A) Emotionally competent

Q13. Development milestones are:

- (A) Markers of child growth and development
- (B) Success that a child achieves during growth
- (C) Tasks that a child can do independently
- (D) Tasks that a child can be taught

Answer – (A) Markers of child growth and development

Q14. Which one of the following statement given below is not true for physical development during middle and late childhood?

- (A) Changes in body proportions is most pronounced
- (B) Bones continue to harden
- (C) Children can use their hands as tools
- (D) There is a rapid growth spurt

Answer – (D) There is a rapid growth spurt



Q15. Which one action, given below, shows conservation as part of cognitive development?

- (A) The child can put vegetables and fruits into categories
- (B) The child can arrange different size objects into descending order
- (C) The child can differentiate between familiar and unfamiliar people
- (D) The child can identify in which beaker the water is more even though the sizes of the beakers are different

Answer – (D) The child can identify in which beaker the water is more even though the sizes of the beakers are different

Q16. Lucky is ego centric and does not have the concept of object permanence. He starts crying every time his mother leaves the room. Identify the stage of cognitive development that he is in.

- (A) Formal operations
- (B) Preoperational
- (C) Concrete operational
- (D) Sensorimotor

Answer – (D) Sensorimotor

Q17. Ishaan, a small baby, was initially confused when he learnt that all vehicles are not cars. But as his thoughts advanced, this cognitive conflict was resolved. This is the process of:

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

Answer – (B) Equilibration

Q18. When Mona was given sticks of varying length and asked to arrange in descending order, she did it effortlessly. This is called:

- (A) Seriation
- (B) Conservation



(C) Classification

(D) Centration

Answer – (A) Seriation

Q19. The challenges that adolescents generally do not face are:

(A) Growth spurts

(B) Expectations from their parents

(C) Role confusion

(D) Confiding in friends

Answer – (D) Confiding in friends

Q20. Siddharth, an adolescent boy, has reduced his food intake and spends all his time in the gym to get a near perfect body. He often eats lavishly and indulges in self-induced vomiting. What is this disorder called?

(A) Anorexia nervosa

(B) Bulimia nervosa

(C) Binge eating

(D) Pica

Answer – (B) Bulimia nervosa

Q21. In the following situations, identify the emotions:

(a) Sheela, after retirement from her job, has withdrawn from others and experiences prolonged and intense periods of sadness. If this is not managed properly it might turn into _____.

Answer – Depression

(b) Examinations help students to perform well but high level of _____, impairs our performance.

Answer – Anxiety

Q22. Identify the aspect of self that fits correctly, in the statements given below:

(i) When there is a gap between real self and ideal self, then it leads to a poor _____.

Answer – Self-esteem



(ii) The expectation of a person about his capability to perform different tasks successfully is called _____.

Answer – Self-efficacy

Q23. Identify the name of the psychologist who proposed the given theory.

(i) The phenomenon of risky shift effect was given by _____.

Answer – James Stoner

(ii) The five stages of group formation was given by _____.

Answer – Bruce Tuckman

Q24. Identify the major schools of Psychology from the given statements.

(a) In this school of thought, the emphasis is on decreasing the gap between the real self and the ideal self to be self-actualised.

Answer – Humanistic Perspective

(b) According to this school the human mind is actively constructing through exploration into the physical and social world.

Answer – Cognitive Perspective

(c) According to this school the focus should be on behaviour that can be observed and measured in a scientific manner.

Answer – Behaviouristic Perspective

(d) This school of Psychology emphasises that perception is organised into wholes.

Answer – Gestalt Perspective

Q25. Fill in the blanks with the missing words:

(a) Noam Chomsky proposed that there is an inbuilt _____ to learn language in children.

Answer – Readiness

(b) Behaviourists believe that children learn language through _____.

Answer – Imitation and Reinforcement



(c) Benjamin Whorf viewed that language determines _____ of thoughts.

Answer – Content

(d) Piaget believed that _____ not only determines language but also precedes it.

Answer – Thought

Q26. Fill in the blank with the different types of personality tests:

(i) Tests that use inkblots to study the unconscious projection are called _____.

Answer – Projective Tests

(ii) In this test pictures are presented where one has to tell a story around each of them. This test is called _____.

Answer – Thematic Apperception Test (TAT)

(iii) In this kind of test, the subject is presented with a list of words and the subject has to tell the first word that comes to his mind. This is called _____.

Answer – Word Association Test

(iv) _____ is used to assess personality for counselling related to academics and also for clinical diagnosis.

Answer – 16 PF (Personality Factor) Questionnaire

Q27. The following situations show people excelling in their fields. Which kind of intelligence would they be high in?

(a) Achint is a gymnast who excels in her field due to her flexibility.

Answer – Bodily-Kinesthetic Intelligence

(b) Meena is a leading heart surgeon and can pinpoint the exact area which needs surgery.

Answer – Spatial Intelligence

(c) Even though Nalin is a farmer, he is well aware about the soil and weather conditions and also the pests that can harm his crop.

Answer – Naturalistic Intelligence



(d) Ms Kanika is always consulted by school teachers to counsel the senior students. This is because she understands the feelings and behaviour of adolescents very well.

Answer – Interpersonal Intelligence

Q28. Fill in the blanks: Identify the components of attitude from the statements given below:

(i) _____ refers to the thoughts, beliefs, and knowledge a person has about something.

Answer – Cognitive Component

(ii) _____ refers to the emotions or feelings associated with something.

Answer – Affective Component

(iii) _____ refers to the actions a person takes based on their attitude towards something.

Answer – Behavioural Component

(iv) _____ are category based schemas that are overgeneralised and have no solid base.

Answer – Stereotypes

Q29. Match the example with the kind of group it belongs to:

Type of group	Example
1. Family	a. Formal group
2. Environment club	b. Primary group
3. Military unit	c. Secondary group
4. Friends	d. Informal group

Answer – Type of group Example

1. Family	b. Primary group
2. Environment club	c. Secondary group
3. Military unit	a. Formal group
4. Friends	d. Informal group



SECTION – B

A.	☐
B.	☒
C.	☐



Q30. (A) How do Schachter and Singer explain the mechanism of emotions in their theory?

Answer – According to Schachter and Singer, emotions are the result of two factors — physiological arousal and cognitive interpretation. When an event causes physical arousal, the person interprets that arousal, and based on that interpretation, experiences an emotion. For example, seeing a snake may lead to the experience of fear.

OR

(B) How does non-verbal communication affect our verbal discourse?

Answer – Non-verbal communication affects our verbal conversation in many ways. It emphasizes our words, repeats what is said, and sometimes even replaces words. It helps in controlling the conversation, makes the message clearer, and acts as a complement to verbal content, helping in understanding its correct meaning.

Q31. What is the role of the parasympathetic nervous system?

Answer – The parasympathetic nervous system becomes active when our body is in a calm and relaxed state. It conserves energy by slowing down the heart rate, reducing blood pressure, constricting the pupils of the eyes, and maintaining blood sugar levels, which helps the body return to its normal state.

Q32. (A) Why is it dangerous for the young to engage with media and technology without awareness?

Answer – Media provides adolescents with various kinds of information. Without proper awareness about health, sexuality, and relationships, they may make wrong decisions. In addition, they may create an unrealistic self-image in the virtual world and try to live an imaginary life.

OR

(B) How do young adults identify and manage their emotions and relationships?

Answer – Young adults are more capable of identifying and controlling their emotions. They express their feelings in socially acceptable ways and are less affected by sudden mood changes. Along with this, they establish more responsible, mature, and stable relationships with others.

Q33. How is the Unifactor theory of intelligence different from the Two factor theory?

Answer – According to the Unifactor Theory, intelligence consists of a single general ability that helps in solving all kinds of problems. In contrast, Charles Spearman's Two-factor Theory states that intelligence includes one general factor (G-factor) along with specific factors (S-factors) for different tasks.



Q34. (A) Why are people with bipolar mood disorders at a high risk of suicide attempt?

Answer – In Bipolar Disorder, a person experiences repeated shifts between states of mania and depression. Especially during severe depression, feelings of hopelessness and despair increase greatly. Because of this, people suffering from this disorder are at a relatively higher risk of attempting suicide.

OR

(B) Why is there a stigma attached to mental health and a resistance to seek help?

Answer – Misconceptions about mental health exist because people often associate mental disorders with weakness, shame, or social stigma. As a result, affected individuals may hide their problems out of fear of others' reactions and show hesitation or resistance in seeking professional help.

Q35. Satish has gone through a broken relationship and now he is sad for days. He is disinterested in daily activities. Identify the disorder and give one symptom other than mentioned.

Answer – The disorder is Depression. Apart from the symptoms mentioned, another major symptom may include persistent sleep problems, fatigue, difficulty in thinking clearly, excessive guilt, changes in body weight, or thoughts of death or suicide.

Q36. Why is statistics used in psychological research?

Answer – Statistics is used in psychological research to organize, classify, and present data in a concise form. Through it, the obtained results are analyzed scientifically and objectively. Statistics helps researchers study relationships between different variables, make comparisons, draw general conclusions, and make more accurate predictions about human behavior.

Q37. (A) In a dormitory the number of hours each hosteler slept was noted as follows: 7, 10, 6, 8, 8, 9, 7, 7, 6, 8. Calculate the median and explain the process.

Answer – Calculation of Median:

1. First, arrange the given data in ascending order: 6, 6, 7, 7, 7, 8, 8, 8, 9, 10
2. The total number of observations is 10, which is an even number.
3. For an even number of observations, the median is the average of the 5th and 6th observations.
4. Here, the 5th observation is 7 and the 6th observation is 8.
5. Therefore, Median = $(7 + 8) / 2 = 15 / 2 = 7.5$
6. Hence, the median of the given data is 7.5 hours.

OR



(B) A researcher wishes to know whether athletes perform better when alone or when there is an audience to cheer them up. For this she conducts an experiment. What will be the probable hypothesis and the independent and dependent variable in this experiment?

Answer – In this experiment:

1. The probable hypothesis would be that “athletes will perform better in the presence of an audience than when they are alone” (social facilitation).
2. The independent variable would be the presence or absence of an audience (encouragement), which is manipulated by the researcher.
3. The dependent variable would be the performance of the athletes (such as running speed or accuracy), on which the effect of the independent variable is measured.

Q38. (A) What are binocular cues in depth perception? Explain them.

Answer – The cues received from both eyes that help in perceiving depth in three-dimensional space are called binocular cues. The main types are:

1. **Retinal Disparity** – There is a slight difference between the images formed on the two retinas, which helps in perceiving depth.
2. **Convergence** – While looking at a nearby object, the eyes turn inward, helping in estimating distance.
3. **Accommodation** – The thickness of the eye lens changes according to the distance of the object.

OR

(B) What are the three types of Extra Sensory Perception?

Answer – Extra Sensory Perception (ESP) is the ability to receive information without the use of normal sensory organs and is often considered the experience of a “sixth sense.” Its three main types are:

1. **Telepathy** – Connecting with the thoughts or feelings of people who are not physically present at that time.
2. **Clairvoyance** – Knowing about things or events that most people are unaware of.
3. **Precognition** – Having awareness of events before they happen in the future.

Q39. (A) What are the three levels of consciousness in the structure of personality?

Answer – According to Sigmund Freud, there are three levels of consciousness in the structure of personality:

1. **Conscious** – It includes those thoughts, feelings, and experiences of which a person is aware at the present time.
2. **Preconscious** – It contains information that is not in consciousness at the moment but can be recalled when needed.



3. **Unconscious** – It includes repressed desires, memories, and emotions that influence behavior.

OR

(B) According to Freud, the continuous struggles between the three parts of the personality determine the development of personality. Discuss the characteristics of these three parts.

Answer – According to Sigmund Freud, personality consists of three parts:

1. **Id** – It includes physical needs and desires. It works on the pleasure principle and seeks immediate satisfaction.
2. **Ego** – It works on the reality principle. It balances the desires of the id with external reality.
3. **Superego** – It is related to the moral aspect of actions. It contains the teachings of parents and society that guide behavior.

Q40. (A) What are some unhealthy factors that one indulges in, that might create mental imbalance in the individual?

Answer – Unhealthy factors that may create mental imbalance include stressful relationships at home, workplace, school, or college, grief, loss of reputation, and loss of job. In addition, abnormal parent-child relationships, overprotection, rejection, and insecurities during childhood can also be responsible. Marital conflicts, childlessness, and the failure to fulfill essential psychological and social needs may also affect mental balance.

OR

(B) What are the physiological changes, during certain critical periods of life, that might lead to psychological issues?

Answer – During certain critical periods of life such as puberty, menstruation, pregnancy, childbirth, and the postnatal period, important physical and hormonal changes take place. These changes can affect a person's emotions, behavior, and adjustment ability. As a result, the chances of psychological problems increase during these periods, and the person may become more vulnerable to mental stress and imbalance.

Q41. Neeta still does not understand why mental health is so important. She feels if one is physically fit, mental health will be good too. What is your opinion about being mentally healthy?

Answer – In my opinion, being physically healthy alone is not enough, because mental health is equally important. A mentally healthy person recognizes their abilities, successfully copes with life's stresses, and maintains balanced relationships with others. Such a person works responsibly, keeps emotions under control, and is able to make a positive contribution to society.



Q42. (A) Define attention. What are the functions of attention?

Answer – Attention is the mental process through which a person focuses on one particular object, event, or thought out of many stimuli. It gives consciousness a definite direction and helps in learning and acquiring knowledge. The main functions of attention are:

1. **Function of Consciousness** – It keeps a person mentally and physically alert and ready.
2. **Selective Function** – It helps in selecting the required stimulus from many stimuli.
3. **Limited Capacity Function** – At one time, attention can focus only on a limited number of stimuli.
4. **Function of Alertness** – It helps in maintaining attention on a task for a long time.

OR

(B) Discuss the Information processing model of memory, as given by Atkinson and Shiffrin.

Answer – According to the Information Processing Model of Memory given by Atkinson and Shiffrin, human memory processes information like a computer in three stages:

1. **Sensory Memory** – Information received from the environment first enters this memory. Its capacity is very large, but information remains here for a very short time (less than about 1 second).
2. **Short-Term Memory (STM)** – The information that receives attention moves into short-term memory. It holds information for about 30 seconds. Through maintenance rehearsal or elaborative rehearsal, information is transferred further.
3. **Long-Term Memory (LTM)** – Through elaborative rehearsal, information enters long-term memory. Its capacity and duration are considered almost unlimited, allowing information to remain stored for a long time.

Q43. An adolescent has to face a lot of issues in their everyday lives. Discuss some of these issues and concerns.

Answer – Adolescence is a period of rapid changes in which teenagers face many daily problems and concerns:

1. **Role Confusion** – They are sometimes expected to behave like adults and sometimes like children, which creates confusion.
2. **Body Image** – Due to physical changes in the body, they become highly conscious about their appearance. A negative body image may lead to disorders like Anorexia Nervosa or Bulimia Nervosa.
3. **Substance Abuse and Drugs** – To cope with stress or due to peer pressure, they may start consuming harmful substances like alcohol or drugs.
4. **Career Choices** – They often remain confused about choosing their future profession and life goals.
5. **Impact of Media** – Due to social media, they may try to live an imaginary or unrealistic life.



Q44. Discuss any five sources that lead to the formation of attitude.

Answer – Attitudes are formed through different sources and learning processes. Five major sources are:

1. **Classical Conditioning** – A neutral stimulus gets associated with another stimulus and produces a positive or negative emotional response. For example, liking a sport because of a friend.
2. **Operant Conditioning** – A positive attitude is formed towards an activity because of rewards, appreciation, or positive outcomes.
3. **Modeling (Observation)** – Learning by observing the actions of others and their outcomes. For example, developing a positive attitude by seeing elders respect others.
4. **Receiving Information** – Forming attitudes on the basis of knowledge gained from newspapers, TV, or the internet, such as awareness about waste management.
5. **Personal Experience** – Direct experiences with people, situations, or objects also play an important role in shaping attitudes.

Q45. (A) As an important member of the state, you have been given the responsibility to resolve an intergroup conflict. Give any one reason for the conflict and various strategies to reduce this conflict.

Answer – One major reason for intergroup conflict is mistrust and a sense of injustice. Due to certain stereotypes, one group may believe that the other group is intentionally trying to harm them, which creates negative thinking and leads to conflict. Strategies to reduce this conflict are:

1. **Intergroup Contact** – Misunderstandings can be reduced by increasing communication and contact between the two groups.
2. **Removing Group Barriers** – By promoting cooperation and mutual dependence, discrimination and distance between groups can be reduced.
3. **Recategorization** – Group boundaries can be redefined from a new perspective to develop a shared identity.
4. **Superordinate Goals** – Common goals should be set that both groups can achieve only by working together. This increases cooperation and unity.

OR

(B) History shows us many incidences where stereotypes led to prejudices which resulted in ever going conflicts. Suggest some strategies to reduce stereotypes and prejudices.

Answer – Stereotypes and prejudices can be reduced by using the following strategies:

1. **Stopping Negative Reinforcement** – If children show stereotypical or prejudiced beliefs from an early age, they should be discouraged so that such beliefs do not become strong.



2. **Proper Role Models** – Parents, teachers, and other adults should present non-discriminatory and inclusive behavior.
3. **Discouraging Narrow Identity** – The feeling of “us” and “them” should be reduced, and similarities between different groups should be emphasized.
4. **Developing Empathy** – People should be encouraged to understand the feelings, situations, and perspectives of others, which helps reduce prejudice.
5. **Knowledge and Intergroup Contact** – Through education and direct interaction between different groups, misconceptions can be removed and mutual trust can be increased.





Thank you!



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



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