

BHARTIYA SHIKSHA BOARD

SAMPLE QUESTION PAPER 2025-26

CLASS - XII

PSYCHOLOGY (147)

Time allowed : 3 hours

Maximum marks : 70

General instructions

- All questions are compulsory except where internal choice has been given.
- Question Nos.1-14 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. The answer to each question should not exceed 30 words.
- Question Nos. 20-23 in Section C are short answer type-II questions carrying 3 marks each. The answer to each question should not exceed 60 words.
- Question Nos. 24 - 27 in Section D are long answer type-I questions carrying 4 marks each. The answer to each question should not exceed 120 words.
- Question Nos. 28-29 in Section E are long answer type-II questions carrying 6 marks each. The answer to each question should not exceed 200 words.
- Question Nos.30-33 in Section F are based on two cases given. The answer to each one-mark question should not exceed 20 words. The answer to each two-mark question should not exceed 30 words.

SECTION A

S. No

Marks

- Q 1 Suresh does not like his co-worker and is jealous of him. He tells others that his co-worker hates him and is jealous of him. Identify the defence mechanism being used here by Suresh. 1
- a. Rationalisation
 - b. Reaction formation
 - c. Projection
 - d. Repression
- Q 2 Which of these is NOT true about the cultural approach to personality? 1
- i. Children in hunting gathering and agricultural societies develop and display same personality patterns.
 - ii. Rituals , ceremonies, arts , games, play etc are the means through which people's personality gets projected in a culture.
 - iii. People develop various personality qualities in an attempt to adapt to the ecological and cultural features of a group's life.
 - iv. Personality is an adaptation of individuals or groups to demands of their ecology and culture.
- a. iv and iii
 - b. i and iii
 - c. only i
 - d. only iii

- Q 3 Rehman has just taken a test that is designed to predict future achievement or performance. What kind of test has he taken? 1
- Aptitude test
 - Projective test
 - Intelligence test
 - Creativity test
- Q 4 Which of the following statement is true for Gestalt therapy? 1
- The client is discouraged from acting out fantasies about feelings and conflicts
 - It increases individual's self-awareness and self-acceptance
 - In this the process of reflection takes place that helps the client to get integrated
 - The client is encouraged to find meaningfulness in their life.
- Q 5 Nitin feels very strongly that everyone should love him and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be most suitable for him to overcome this problem? 1
- Behaviour therapy
 - Biomedical therapy
 - Cognitive therapy
 - Psychodynamic therapy
- Q 6 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice: 1
- Assertion (A) - In client centred therapy, unconditional positive regard indicates that the positive warmth of the therapist is not dependent on what the client reveals.
- Reasoning (R) - Empathy sets up an emotional resonance between the therapist and the client which helps the client to feel secure.
- Both A and R are true and R is the correct explanation of A
 - A is true but R is false
 - A is false but R is true
 - Both A and R are true and R is not the correct explanation of A
- Q 7 Annie is unable to concentrate towards her studies, as she is continuously thinking about the errors that she would make while answering in class and this is affecting her confidence. This is : 1
- Compulsive behaviour
 - Impulsive behaviour
 - Phobic behaviour
 - Obsessive behaviour

Q 8 Ishaan fidgets, squirms, climbs and runs around the house aimlessly. He is 1
distracted, inattentive and seems overactive in class. Thus, he neither follows
instructions, nor completes assignments. The psychologist has diagnosed him
with:

- a. Separation anxiety disorder
- b. Attention deficit hyperactivity disorder
- c. Obsessive compulsive disorder
- d. Autism spectrum disorder

Q 9 A prolonged and severe stress reaction characterized by anxiety, emotional 1
numbness, impaired concentration, recurrent dreams and reliving the
stressful events, are symptoms of:

- a. Generalized anxiety disorder
- b. Catastrophic Stress disorder
- c. Post-traumatic stress disorder
- d. Phobia

Q 10 Identify statements that are **true** to group cohesiveness: 1

- i. As the group becomes more cohesive group members start to think,
feel and act as independent individuals.
 - ii. It is the togetherness or mutual attraction among members.
 - iii. It is difficult to leave or gain membership of a highly cohesive group.
 - iv. Extreme cohesiveness is a very positive quality and is in the group's
interest.
- a. i and iv
 - b. iii and iv
 - c. ii and iv
 - d. ii and iii

Q 11 In a roadside accident, a big group has gathered to witness the accident. This 1
kind of group is called a:

- a. Crowd
- b. Team
- c. Group
- d. Mob

Q 12 We all belong to different types of groups. What type of group will you be a member of, if you have joined the Armed Forces? 1

- i. Primary
- ii. Secondary
- iii. Formal
- iv. Informal

- a. i,iii,iv
- b. iii, iv
- c. ii,iii
- d. i,ii,iv

Q 13 Let's analyse this situation- 1
You like your mother.
Your mother hates pets.
You like pets.

According to Heider, the triad in this theory is:

- a. Balanced
- b. Imbalanced
- c. Balanced for your mother but imbalanced for you
- d. Neutral

Q 14 After a long discussion, the initial stand of the group became much stronger, thus demonstrating the effect of: 1

- a. Group conformity
- b. Groupthink
- c. Group cohesiveness
- d. Group polarization

SECTION B

Q 15 'Individuals differ in the coping strategies they use to deal with stressful situations'. Justify this statement highlighting various coping strategies suggested by Lazarus and Folkman. 2

Q 16A What are the two different kinds of self? 2

OR

Q 16B What are primordial images as explained by Jung? 2

Q 17 Although behaviour ratings are frequently used for assessment of personality in educational and industrial settings, they suffer major limitations. Analyse the limitations of using behaviour ratings. 2

Q 18 How is experiential intelligence seen in real life situations? 2

Q 19 You are new to the school and would like to be a part of a group. What two aspects of yours would be fulfilled once you join a group? 2

SECTION C

Q20 Geet has been overwhelmed by the quantum of work in her office. She has been advised some stress management techniques by her counsellor. What are the three techniques that you think would be helpful for her to manage stress? 3

Q 21 Najma was advised therapy to reduce the distress that she was facing. Many of her family members felt a professional was not required and they would counsel her, thus ignoring the importance of a therapeutic alliance. Why is the therapeutic alliance an important aspect of psychotherapy? 3

Q 22A Horney felt that whatever behavioural differences that we see in women as compared to men are due to social and cultural factors. Do you agree with this statement? Give reasons for your answer . 3

OR

Q 22B A child has an inborn tendency to actualise his/her inherited nature yet many individuals are poorly adjusted. What is the humanistic view towards role of social influences in the development of self-concept? 3

Q 23 What are the main features of Attention Deficit Hyperactive disorder? 3

SECTION D

Q 24A Aavya very strongly believes that people do not treat street animals properly and as a result she has joined an organisation to work for this cause. What process should she keep in mind while trying to bring about a change in the attitude of people? 4

OR

Q 24B In History there have been many instances that show how prejudice leads to hatred and discrimination. Explain any four sources that lead to these prejudices. 4

Q 25 Manvinder's personality has to be assessed for the new job, so the psychologist observes her in a variety of situations. How does Behavioural analysis help in assessing personality? Explain any two methods with their limitations. 4

- Q 26 To get into a good college you intend doing well in the CUET examination. For this you start planning for the same by studying regularly, taking notes, setting study targets etc. Identify and explain the theory of intelligence which includes planning as an essential feature. 4
- Q 27 Why do some people with high levels of stress have low levels of illness? Explain the reason behind this. 4

SECTION E

- Q 28A Ishaan is an eight-year-old who is often unresponsive to other people's feelings and exhibits stereotypical patterns of behaviour. Identify this disorder and describe its other features. 6

OR

- Q 28 B When does anxiety turn into a disorder? Explain the different types of anxiety disorders. 6
- Q 29A What role does culture play in the conceptualization of intelligence, in both Western and Indian culture? Explain. 6

OR

- Q 29B What is assessment? Describe any three methods of psychological assessment. 6

SECTION F

CASE 1

Read the following passage and answer question numbers 30 and 31.

Mahindra was referred to a psychotherapist for anger issues pertaining to differences with his teachers. Initially Mahindra kept denying any such concerns and said it is nothing only that the teachers don't understand him. The psychotherapist was not convinced and decided to probe deeper. She knew Mahindra was hesitating to share his private feelings and thoughts. The therapist started by creating an environment where there was trust, empathy, genuineness and warmth. This helped Mahindra to develop a positive relationship with the therapist and soon was sharing his inner turmoil and the reason for his anger towards his teachers. The therapist made him probe his faulty thought patterns and substituted it with the adaptive ones. This helped Mahindra to reduce his distress and to identify where his problems were emerging from.

Q30 'The therapist started by creating an environment where there was trust, empathy, genuineness and warmth'. Identify the nature of this relationship between the therapist and Mahindra. 1

Q 31 'The therapist made him probe his thought patterns...'. Which therapeutic approach has been used here? What is the chief benefit to Mahindra? 2

CASE 2

Read the following passage and answer question numbers 32 and 33.

Mother Teresa's attitude towards leprosy was one of courage and compassion, and she worked to help those with the disease in many ways. She established a Leprosy Fund to educate people about the disease. She set up mobile leper clinics to provide medicine and bandages to people with leprosy. She opened a hospice in Kolkata to care for people with leprosy who were too poor to afford medical treatment. She spoke out against the prejudice and discrimination faced by people with leprosy, saying that the biggest disease was the feeling of being unwanted. Her followers, the Missionaries of Charity, established a colony in Titagarh to care for people with leprosy. The colony provided housing, work, medicine, a garden, a fishery, a shoemaking and prosthetics shop, and a shop with looms.

Source:

(https://www.google.com/search?q=teresas+attitude+towards+leprosy&oeq=teresas+attitude+towards+leprosy&gs_lcrp=egzjahjvbwuybggaeuyotijcaeqlrgkgkabmgkiahahgaoyoaeybwgdeceynwuybwgeceynwxsaqlxnduxngowajeoagiwage&sourceid=chrome&ie=utf-8)

Q32 'She spoke out against the prejudice and discrimination'. How is discrimination different from prejudice? 1

Q 33 Identify any two components of attitude that Mother Teresa possessed. Give examples from the paragraph. 2