

BHARTIYA SHIKSHA BOARD

MARKING SCHEME

SAMPLE QUESTION PAPER 2025-26

CLASS - XII

PSYCHOLOGY (147)

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.

- a. Rationalisation
- b. Reaction formation
- c. Projection
- d. Repression

Answer: c. Projection

- 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 played 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

Answer: c. only i.

Pg 40

- 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
- a. Aptitude test
 - b. Projective test
 - c. Intelligence test
 - d. Creativity test

Answer: a. Aptitude test

Pg 17

- Q 4 Which of the following statement is true for Gestalt therapy? 1
- a. The client is discouraged from acting out fantasies about feelings and conflicts
 - b. It increases individual's self-awareness and self-acceptance
 - c. In this the process of reflection takes place that helps the client to get integrated
 - d. The client is encouraged to find meaningfulness in their life

Answer: b. It increases individual's self-awareness and self-acceptance

Pg 101

- 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
- a. Behaviour therapy
 - b. Biomedical therapy

- c. Cognitive therapy
- d. Psychodynamic therapy

Answer: c. Cognitive therapy

Pg 99

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.

- a. Both A and R are true and R is the correct explanation of A
- b. A is true but R is false
- c. A is false but R is true
- d. Both A and R are true and R is not the correct explanation of A

Answer: a. Both A and R are true and R is the correct explanation of A.

Pg 101

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

- a. Compulsive behaviour
- b. Impulsive behaviour
- c. Phobic behaviour
- d. Obsessive behaviour

Answer: d. Obsessive behaviour

Page 77

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

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

d. Autism spectrum disorder

Answer: b. Attention deficit hyperactivity disorder

Pg 83

Q 9

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

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

Answer: c. Post-traumatic stress disorder

Pg 78

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

Answer: d. ii and iii.

Pg 135

Q 11

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

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

Answer: a. Crowd

Pg 131

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

Answer: c.ii,iii.

Pg 135

Q 13

Let's analyse this situation-

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

Answer: b. Imbalanced

Pg 112

Q 14

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

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

Answer: d. Group polarization

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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

Answer:

Problem focused- actions to reduce threat value of the event

Emotion focused- psychological changes to limit the degree of emotional disruption caused by the event.

(1+1=2)

Pg. 62

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

2

Answer:

Personal self- Orientation in which one feels primarily concerned with oneself. Emphasis is on personal responsibility, personal achievement etc

Social self- Emerges in relationship with others and emphasises on unity, sacrifice, support etc

(1+1=2)

Pg. 26

OR

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

2

Answer:

Collective conscious consists of archetypes. Not acquired but inherited.

Eg mother earth, hero etc found in myths, dreams and art.

(1+1=2)

Pg 37

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

Answer

1. Halo effect
2. Middle category bias
3. Extreme response bias

Explanation of any two.

(1+1=2)

Pg. 47

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

Answer:

Experiential intelligence- They use past experiences creatively to solve novel problems.

Persons high on this aspect integrate different experiences in an original way to make new discoveries and inventions.

(1+1=2)

Pg 9

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

Answer:

- Security
- Self Esteem
- Status
- Goal achievement
- Satisfaction of ones psychological and social needs

A brief description of any two

(1+1=2)

Pg 132

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

Answer:

- Relaxation exercise
- Meditation
- Biofeedback
- Creative visualisation
- Cognitive behavioural technique
- Exercise

A brief description of any three

(1+1+1=3) Pg 63

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 3

the therapeutic alliance an important aspect of psychotherapy?

Answer:

The first component- contractual nature of the relationship in which two willing individuals enter into a partnership to overcome client's problems.

The second component- limited duration of the therapy.

Unique properties- trusting and confiding relationship; accepting, empathic, genuine and warm. The therapeutic alliance also requires that the therapist must keep strict confidentiality of the experiences, events, feelings or thoughts disclosed by the client.

(1+1+1=3) Page 91

- 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

Answer:

- Yes. I agree with this statement which was given by Horney.
- According to her, each sex has attributes to be admired by the other and no individual can be superior or inferior.
- She said that whatever disorders that we see are due to disturbed interpersonal relationship during childhood.
- Basic anxiety

(1+1+1=3)

Pg 38

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 of social influences in the development of self-concept? 3

Answer:

According to Rogers if social conditions are positive, the self-concept and self-esteem are high. When conditions are negative, the self-concept and self-esteem are low.

People with high self-concept and self-esteem are generally flexible and open to new experiences, so that they can continue to grow and self-actualize.

Each person has a concept of ideal self and the real self that he would like to be. Discrepancy leads to unhappiness and poor adjustment whereas congruency leads to a well-adjusted person.

(1+1+1=3)

Pg 40-41

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

Answer:

Inattentiveness-Difficult to sustain mental effort during work or play

Hyperactivity- fidget, squirm, run around aimlessly

Impulsivity-unable to control their immediate reactions or to think before act

A brief description about each.

(1+1+1=3)

Pg. 83

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

Answer:

Processes of attitude change: Two step concept- Given by Mohsin.

Target of change identifies with the source; target whose attitude has to be changed. Source is the person through whose influence the change is to take place.

1. Identification- target has liking for source.
2. Observation- change due to observational learning.
Uses the example given in question and explains the two steps creatively.

(2+2=4)

Pg 113-114

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

Answer:

Sources of prejudices:

1. Learning
2. Strong social identity leading to ingroup biases.
3. Scapegoating
4. Kernel of truth concept
5. Self-fulfilling prophecy.

Description of any four in detail.

(1+ 1+ 1+ 1=4)

Pg 118-119

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

Answer:

- Observation of behaviour serves as the basis of behavioural analysis. An observer's report may contain data obtained from interview, observation, ratings, nomination, and situational test

Explanation of any 2 of the following:

- Interview
- Observation
- Behavioural ratings
- Nomination
- Situational Tests

(1+1.5+1.5=4)

Pg 46,47

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

Answer:

- Brief introduction to PASS model of intelligence -1 mark
- Explanation by linking this theory to the given situation
 - Planning - 1 mark
 - Attention /Arousal - 1 mark
 - Simultaneous & Successive processing - 1 mark

(1+1+1+1 =4) Pg. 9

or

Marks can also be awarded if student writes about Triarchic Theory of Intelligence

- Brief introduction to Triarchic Theory of Intelligence - 1 mark
- Explanation by linking this theory to the given situation
 - Componential Intelligence- Knowledge Acquisition, Meta/high order/planning component, performance - 1 mark
 - Experiential Intelligence - 1 mark
 - Contextual Intelligence - 1 mark

(1+1+1+1 =4) Pg. 8

Q 27 Why do some people with high levels of stress have low levels of illness? 4
Explain the reason behind this.

Answer:

- Kobasa- Hardiness. Stress resistant personalities have:
- Control which is a sense of purpose and direction in life
- Commitment to work, family, hobbies and social life
- Challenge ie. they see changes in life as normal and positive rather than as a threat.

(1+1+1+1=4)

Pg 63

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

Answer:

- Autism Spectrum Disorder under the category of Neurodevelopmental disorder – 1 Mark
- Children with Autism Spectrum disorder have marked difficulties in social interaction & communication
- They have restricted range of interests
- They have strong desire for routine
- They are unable to share experiences and emotions
- They show serious abnormalities in communication and language that persist over time
- Many never develop speech, those who do have repetitive deviant patterns
- They show narrow patterns of interests and repetitive behaviours such as lining up objects or stereotypes body movements

(any 5 points from above other than the ones mentioned in the question)

(1+5=6) pg. 83

OR

Q 28 B When does anxiety turn into a disorder? Explain the different types of anxiety disorders. 6

Answer:

High levels of anxiety that are distressing and interfere with effective everyday functioning leads to disorder.

Or 4Ds-deviance, distress, dysfunction, danger

Types of anxiety disorder:

- **Generalised anxiety disorder: prolonged, vague, unexplained and intense fears that are not attached to any particular object ; worry and apprehensive feelings about the future; hypervigilance.**
- **Panic Disorder- recurrent anxiety attacks in which the person experiences intense terror; shortness of breath, dizziness, trembling, palpitations, choking, nausea, chest pain or discomfort, fear of going crazy, losing control or dying.**
- **Specific phobia- specific phobias, social phobias, and agoraphobia.**
- **Separation anxiety disorder - fearful and anxious about separation from attachment figures; fuss, scream, throw severe tantrums, or make suicidal gestures.**

(2+4=6)

Pg 76-77

Q 29A What role does culture play in the conceptualization of intelligence, in both Western and Indian culture? Explain. 6

Answer:

Sternberg's notion of contextual or practical intelligence implies that intelligence is a product of culture.

- **Technologically advanced societies** adopt child rearing practices that foster skills of generalisation and abstraction, speed, minimal moves, and mental manipulation among children.
- These societies promote a type of behaviour, which can be called technological intelligence.
- Intelligence tests developed in western cultures look precisely for these skills in an individual.

Intelligence in the Indian tradition can be termed as integral intelligence, which gives emphasis on connectivity with the social and world environment.

- Cognitive capacity (sensitivity to context, understanding, discrimination, problem solving).
- Social competence (respect for social order, commitment to elders, recognising others' perspectives).
- Emotional competence (self-regulation and self-monitoring of emotions, honesty, and self-evaluation).
- Entrepreneurial competence (commitment, persistence, patience, and goal-directed behaviours).

(3+3=6)

Pg 17

OR

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

Answer:

Assessment is the first step in understanding a psychological attribute. It refers to the measurement of psychological attributes of an individual and their evaluation.

The various methods :

- **Psychological test** is an objective and standardised measure of an individual's mental and or behavioural characteristics.
- **Interview** involves seeking information from a person on a one-to-one basis.
- **Case study** is an in-depth study of the individual in terms of her/his psychological attributes, psychological history in the context of her/his psychosocial and physical environment.
- **Observation** involves employing systematic, organised and objective procedures to record behavioural phenomena occurring naturally in real time.
- **Self-report** is a method in which a person provides factual information about himself.

Description of any three methods.

$(1\frac{1}{2} + 1\frac{1}{2} + 1\frac{1}{2} + 1\frac{1}{2} = 6)$

Pg 4

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

Answer:

This relationship is called a therapeutic relationship/alliance which is neither a passing acquaintance nor a permanent one. It is a voluntary relationship.

1mk.

Pg 91

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

Answer:

Cognitive therapy has been used here. 1mk

The chief benefit to Mahindra is that his faulty thought patterns were substituted with adaptive ones. This reduced his distress and resolved his issues with his teachers. 1mk

(1+1=2)

Pg 93

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&oq=teresas+attitude+towards+leprosy&gs_lcrp=egzjahjvbwuybggaeuyotijcaequirgkgkabmgkiahaahgaoyoaeaybwgdeceynwuybwgeeceynwxsaqkxnduxngowajeoagiwage&sourceid=chrome&ie=utf-8)

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

Answer:

Prejudice is a negative attitude whereas discrimination is the behavioural component.

1 mk

Pg 118

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

Answer:

Affective component- Mother Teresa's attitude towards leprosy was one of compassion. Here 'compassion' is an emotion.

Cognitive component: '... biggest disease was the feeling of being unwanted'

Behavioural component: Establishing leprosy fund/ setting up mobile clinics/ opened hospice (any one)

Any two component with example from the paragraph

(1+1=2)

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