

PSYCHOLOGY (037)
MARKING SCHEME – 2021
(67)

		Marks
SECTION - I		
Q1A)	<p>.....is a preference for engaging in a particular activity.</p> <p>a. Creativity b. Passion c. Interest d. All of the above</p> <p>Answer: c. Interest Page 04</p> <p style="text-align: center;">OR</p>	1
Q1B)	<p>Ranbir will be taking an for</p> <p>Psychologist is most likely to</p> <p>a. Intelligence and b. Non Verbal aptitude c. Performance and aptitude d. Independent aptitude</p> <p>Answer: d. Independent aptitude Page 18</p>	1
Q2)	<p>Which of the following is not true about Creativity</p> <p>a. Creativity is the ability to produce ideas, objects, or problem solutions that are novel, appropriate and useful. b. Certain level of intelligence is necessary to be creative, but a high level of intelligence, however, does not ensure that a person would certainly be creative. c. A general feature of most of the creativity tests is that they have a specified answer to questions or problems, d. None of the above</p> <p>Answer: c. A general feature of most of the creativity tests is that they have a specified answer to questions or problems, Page 18-20</p>	1
Q3)	<p>_____refers to the totality of an individual's conscious experiences, ideas, thoughts and feelings with regard to herself/himself.</p> <p>(A) Social identity (B) Self (C) Self-efficacy (D) Personal self</p> <p>Answer: B) Self Page 25</p>	1
Q4)	<p>Direct methods of personality assessment like self-report measures cannot uncover the _____ of our behaviour.</p> <p>(A) Unconscious part (B) Stressful part (C) Hassles (D) Conscious part</p> <p>Answer: a) Unconscious part Page 43</p>	1



Q5)	<p>..... is in a state of physical, emotional and psychological exhaustion. Thus, she is experiencing</p> <p>(A) Resistance (B) Coping (C) Burnout (D) Breakdown</p> <p>Answer: (C) Burnout Page 59</p>	1
Q6)	<p>Armaan was overly stressed. Thus, he is most likely to expose himself to _____.</p> <p>(A) Burnout (B) Pathogens (C) Coping (D) Antibodies</p> <p>Answer: (B) Pathogens Page 61</p>	1
Q7)	<p>When Raj at was diagnosed with schizophrenia, he assumed awkward, bizarre positions for long periods of time. Thus, he was exhibiting _____.</p> <p>(A) Catatonic rigidity (B) Catatonic stupor (C) Catatonic posturing (D) All of the above</p> <p>Answer: (C) Catatonic posturing Page 82</p>	1
Q8A)	<p>Individuals with autism spectrum disorder tend to experience difficulties in starting, maintaining and even understanding relationships. Moreover, _____</p> <p>(A) About 90 per cent of children with autism spectrum disorder do not have intellectual disabilities. (B) They are unable to initiate social behaviour and seem unresponsive to other people's feelings. (C) They show wide range of interests and repetitive behaviours. (D) All of the above</p> <p>Answer: (B) They are unable to initiate social behaviour and seem unresponsive to other people's feelings. Page 83</p> <p style="text-align: center;">OR</p> <p>Q8B)</p> <p>_____ is not simply maintenance and survival but also includes growth and fulfilment, i.e., the actualisation of potential.</p> <p>(A) Well-being (B) Normality (C) Ideal behaviour (D) Conformity</p> <p>Answer: (A) Well-being Page 71</p>	1



Q9)	<p>If vague perception of colour is a visual hallucination, then something happening inside the body such as a snake crawling inside one's stomach is a _____ hallucination.</p> <p>(A) Tactile (B) Auditory (C) Somatic (D) Gustatory</p> <p>Answer: (C) Somatic Page 82</p>	1
Q10A) Q10B)	<p>The special relationship between the client and the therapist is known as the</p> <p>(A) Trust bond (B) Interpersonal relationship (C) Therapeutic relationship (D) Unconditional positive regard</p> <p>Answer: (C) Therapeutic relationship Page 91</p> <p style="text-align: center;">OR</p> <p>_____ are those factors which lead to the persistence of the faulty behaviour.</p> <p>(A) Psychological factors (B) Establishing operations (C) Antecedent operations (D) Maintaining factors</p> <p>Answer: (D) Maintaining factors Page 96</p>	1
Q11)	<p>Vinita is in the rehabilitation centre. The aim of rehabilitation is to empower her to become self-sufficient. _____ is given to her, wherein she is helped to gain skills necessary to undertake productive employment.</p> <p>(A) Cognitive retraining (B) Vocational training (C) Social skills training (D) All of the above</p> <p>Answer: (B) Vocational training Page 104</p>	1
Q12A)	<p>Ashok has a somewhat positive attitude towards empowerment of women. When he read about Kalpana Chawla's achievements, his attitude became more positive. This would be a/an _____ change.</p> <p>(A) Extreme (B) Simple (C) Congruent (D) Incongruent</p> <p>Answer: (C) Congruent Page 114</p>	1



Q12(B)	<p style="text-align: center;">OR</p> <p>Ashima is planning to buy a refrigerator. She will be more convinced by a refrigeration engineer who points out the special features of a particular brand of refrigerator, than she would be by a neighbour's child who might give the same information. This is because of _____ of the source.</p> <p>(A) Credibility (B) Attractiveness (C) Emotional appeal (D) Rational appeal</p> <p>Answer: (A) Credibility Page 115</p>	1
Q13(A)	<p>During the COVID-19 pandemic, our society has witnessed many deplorable instances of discrimination, with prejudice. If you devise a plan to handle prejudice, it will include _____.</p> <p>(A) Minimising opportunities for learning prejudices (B) Changing such attitudes (C) De-emphasising a narrow social identity based on the in-group (D) All of the above</p> <p>Answer: (D) All of the above Page 119</p> <p style="text-align: center;">OR</p> <p>Q13(B) Anvita has a positive attitude towards the education of the children belonging to the economically weaker sections in her colony. She takes an extra effort to contribute by teaching them during the weekend. This is the _____ component of her attitude.</p> <p>(A) Cognitive (B) Affective (C) Behavioural (D) None of the above</p> <p>Answer: (C) Behavioural Page 108</p>	1
Q14)	<p>Members of _____ often have complementary skills and are committed to a common goal or purpose. Members are mutually accountable for their activities.</p> <p>(A) Teams (B) Crowd (C) Audience (D) Group</p> <p>Answer: (A) Teams Page 132</p>	1

SECTION II		
Q15)	<p>Read the given case carefully and answer the questions that follow:</p> <p>Wrestler Khashaba Dadasaheb Jadhav was the first Indian to win an individual Olympic medal in the 1952 Games held at Helsinki. He is also the only one among the entire lot of the country's Olympic medalists to not have been conferred with the Padma Awards. For nearly half a century, he was India's forgotten hero.</p> <p>Khashaba Dadasaheb overcame financial limitations to reach Helsinki. His travel was sponsored by close friends and well-wishers. Shri Khardekar, the Principal of his College, further mortgaged his house for Rs. 7,000, while the shopkeepers of Karad and his friends arranged for his kit.</p> <p>This was playing in Jadhav's mind. He wanted to give something back to everybody who stood by him.</p> <p>When Khashaba Dadasaheb Jadhav wrestled his way to the bronze medal in the freestyle (bantamweight, 57 kg) category at the 1952 Helsinki Olympics, India rejoiced as it was its first individual medal after Independence.</p> <p>By defeating wrestlers from Mexico, Canada and Germany to clinch the bronze, Khashaba Dadasaheb repaid the support. Though the men's hockey team also returned with a gold medal, the star of the Indian contingent was the wrestler.</p> <p>But the "Pocket Dynamo", as he was called, felt it could have been better if there were superior facilities back home.</p>	1x3=3
Q15 (i)	<p>Stress due to financial limitations had not deterred KD. Jadhav to be low on motivation. Thus, this stress can be rightly said to be_____.</p> <p>(A) Distress (B) Eustress (C) Passion (D) Strain</p> <p>Answer (B) Eustress Page 51-52</p>	1
Q15 (ii)	<p>Shri Khardekar, the Principal of his College, mortgaged his house for Rs. 7,000, while the shopkeepers of Karad and his friends arranged for his kit.</p> <p>The nature of the above mentioned support is most likely to be_____ support.</p> <p>(A) Emotional (B) Social (C) Informational (D) Tangible</p> <p>Answer: (D) Tangible Page 66</p>	1
Q15(iii)	<p>K.D. Jadhav had a sense of personal commitment to what he was doing, a sense of control over his life and a feeling of challenge to beat his opponent. These are particularly referred to as the personality traits of_____.</p> <p>(A) Assertiveness (B) Hardiness (C) Rational thinking (D) Time management</p> <p>Answer: (B) Hardiness Page 63</p>	1



Q16A)	<p>Read the given case carefully and answer the questions that follow :</p> <p>Harish belonged to a family of four children, him being the eldest. Unlike any first born, he was not given the attention he should have had. His father worked as an accountant, while his mother stayed at home to look after the kids. He dropped out of school and could barely manage to get work for a little salary.</p> <p>His relationship with his family played an important role in building his disposition. He felt a certain feeling of insecurity with his siblings, especially his brother Tarun, who was able to finish college because of parental support.</p> <p>Due to the hopelessness Harish felt, he started engaging in drinking alcohol with his high school friends. Parental negligence caused emotional turmoil. He also had insomnia which he used as a reason for drinking every night.</p> <p>Over time, Harish had to drink more to feel the effects of the alcohol. He got grouchy or shaky and had other symptoms when he was not able to drink or when he tried to quit.</p> <p>In such a case, the school would be the ideal setting for early identification and intervention. In addition, his connection to school would be one of the most significant protective factors for substance abuse. His school implemented a variety of early intervention strategies which did not help him as he was irregular and soon left school. Some protective factors in school would be the ability to genuinely experience positive emotions through good communication.</p>	1x4=4
Q16A(i)	<p>It has been found that certain family systems are likely to produce abnormal functioning in individual members.</p> <p>In the light of the above statement, the factors underlying Harish's condition can be related to _____ model.</p> <p>(A) Humanistic (B) Behavioural (C) Socio-cultural (D) Psychodynamic</p> <p>Answer: (C) Socio-cultural Page 75</p>	1
Q16A(ii)	<p>Over time, Harish needed to drink more before he could feel the effects of the alcohol. This means that he built a _____ towards the alcohol.</p> <p>(A) Withdrawal (B) Tolerance (C) Stress inoculation (D) All of the above</p> <p>Answer: (B) Tolerance Page 84-85</p>	1

<p>Q16B(ii)</p>	<p>During his sessions, Monty tried to clear many myths. Which one of the following is a myth?</p> <p>(A) Normality is the same as conformity to social norms. (B) Adaptive behaviour is not simply maintenance and survival but also includes growth and fulfilment. (C) People are hesitant to consult a doctor or a psychologist because they are ashamed of their problems. (D) Genetic and biochemical factors are involved in causing mental disorders.</p> <p>Answer: (A) Normality is the same as conformity to social norms.</p> <p style="text-align: center;">Page 71</p>	<p>1</p>
<p>Q16B(iii)</p>	<p>With an understanding of Monty's condition, which of the following is a likely symptom he may also be experiencing?</p> <p>(A) Frequent washing of hands (B) Assuming alternate personalities (C) Persistent body related symptoms, which may or may not be related to any serious medical condition (D) Prolonged, vague, unexplained and intense fears that are not attached to any particular object</p> <p>Answer: (D) Prolonged, vague, unexplained and intense fears that are not attached to any particular object</p> <p style="text-align: center;">Page 76</p>	<p>1</p>
<p>Q16B(iv)</p>	<p>Teenage is a tough phase as teenagers face various emotional and psychological issues. The disorder manifested in the early stage of development is classified as_____.</p> <p>(A) Feeding and eating disorder (B) Trauma and stressor related disorder (C) Neurodevelopmental disorder (D) Somatic symptom disorder</p> <p>Answer: (C) Neurodevelopmental disorder</p> <p style="text-align: center;">Page 82</p>	<p>1</p>
<p>SECTION III</p>		
<p>Q17)</p>	<p>Briefly summarise the concept of situationism by giving an example.</p> <p>Answer: Situationism, states that situations and circumstances In which one is placed influence one's behaviour. A person, who ix generally aggressive, may behave in a submissive manner In the presence of her/his top boss. Or any other relevant example.</p> <p style="text-align: center;">Page 2</p>	<p>1+1=2</p>

Q18)	<p>Enlist the four areas of self-esteem.</p> <p>Answer: Four areas:</p> <ul style="list-style-type: none"> (a) academic competence (b) social competence (c) physical/athletic competence and (d) physical appearance <p style="text-align: center;">Page 26</p>	$\frac{1}{2} \times 4 = 2$
Q19A)	<p>Latika worked for a multinational company. She was shifting houses due to frequent transfers. During this time, she also lost her father to a major heart ailment. This caused a lot of stress. Explain this particular source of stress that Latika faced.</p> <p>Answer: Life events Explanation with reference to Latika</p> <p style="text-align: center;">Page 56 OR</p>	$\frac{1}{2}$ $1\frac{1}{2}$ $\frac{1}{2} + 1\frac{1}{2} = 2$
Q19B)	<p>Tahir is unable to decide whether to study dance or music as he likes both. Is he frustrated or facing a conflict? Explain very briefly.</p> <p>Answer: Identifying conflict Definition of conflict OR Explaining conflict with Tahir's reference</p> <p style="text-align: center;">Page 55</p>	1 1 $1 + 1 = 2$
Q20)	<p>The seventeenth and eighteenth centuries were known as the Age of Reason and Enlightenment. What is the main characteristic feature of this period?</p> <p>Answer: (i) Scientific method replaced faith and dogma as ways of understanding abnormal behavior. (ii) Growth of scientific attitude towards psychological disorders. (iii) Reforms of asylums were initiated. (iv) Deinstitutionalisation for community care (any two points)</p> <p style="text-align: center;">Page 72 - 73</p>	$1 + 1 = 2$
Q21)	<p>Namita is a psychotherapist. She aims for the client to become aware of her/his choices in life and relating to one's social environment in a more creative and self-aware manner. What are the other aims that she needs to fulfill?</p> <p>Answer:</p> <ul style="list-style-type: none"> (i) Reinforcing client's resolve for betterment. (ii) Lessening emotional pressure. (iii) Unfolding the potential for positive growth. (iv) Modifying habits. (v) Changing thinking patterns. (vi) Increasing self-awareness. (vii) Improving interpersonal relations and communications (viii) Facilitating decision making (any four points) <p style="text-align: center;">Page 90-91</p>	$\frac{1}{2} \times 4 = 2$



Q22(A)	<p>If you form a committee to plan for the annual day in your school, you will see how everyone goes ahead. Give everyone full autonomy to do all the planning. Other members of the class also observe each other as they function. Enlist the stages that you feel are likely to emerge.</p> <p>Answer: Stages of group formation</p> <p>(i) forming (ii) storming (iii) norming (iv) performing (v) adjourning.</p> <p>Page 133-134</p> <p>OR</p>	2
Q22(B)	<p>Do you think extreme cohesiveness of a group is always in a group's interest? State your answer with a valid reason</p> <p>Answer: Extreme cohesiveness leads to group think and is not always in its interest – one example</p> <p>Page 135 & 203</p>	1+1=2

SECTION – IV

Q23(A)	<p>Distinguish between psychometric approach and information-processing approach.</p> <p>Answer:</p> <table border="1" data-bbox="474 1285 1717 1834"> <tr> <td data-bbox="474 1285 1094 1433">(i) Psychometric approach considers intelligence as in aggregate of abilities.</td> <td data-bbox="1094 1285 1717 1433">(i) Information processing approach describes the processes people use in Intellectual reasoning and problem solving.</td> </tr> <tr> <td data-bbox="474 1433 1094 1641">(ii) Focusing on structure of intelligence or its unifying dimensions.</td> <td data-bbox="1094 1433 1717 1641">(ii) The major focus of this approach is on how an intelligent person acts.</td> </tr> <tr> <td data-bbox="474 1641 1094 1834">(iii) It expresses the individual's performance in terms of a single index of cognitive abilities.</td> <td data-bbox="1094 1641 1717 1834">(iii) Emphasize studying cognitive factors</td> </tr> </table>	(i) Psychometric approach considers intelligence as in aggregate of abilities.	(i) Information processing approach describes the processes people use in Intellectual reasoning and problem solving.	(ii) Focusing on structure of intelligence or its unifying dimensions.	(ii) The major focus of this approach is on how an intelligent person acts.	(iii) It expresses the individual's performance in terms of a single index of cognitive abilities.	(iii) Emphasize studying cognitive factors	1+1+1=3
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Q23(B)	<p>Page 5 - 6</p> <p>OR</p> <p>Differentiate among verbal, non-verbal and performance tests.</p> <p>Answer:</p> <table border="1" data-bbox="474 2056 1717 2502"> <thead> <tr> <th data-bbox="474 2056 888 2116">Verbal</th> <th data-bbox="888 2056 1304 2116">Non Verbal</th> <th data-bbox="1304 2056 1717 2116">Performance tests</th> </tr> </thead> <tbody> <tr> <td data-bbox="474 2116 888 2502">Verbal tests require subjects to give verbal responses, either orally or in a written form and to be administered to literate people.</td> <td data-bbox="888 2116 1304 2502">Use pictures, symbols and illustrations as test items. Culture fair. Can be given to literate and illiterate.</td> <td data-bbox="1304 2116 1717 2502">Performance tests require subjects to manipulate objects and other materials to perform a task. Culture fair. Can be given to literate and illiterate.</td> </tr> </tbody> </table> <p align="center">An example of each</p> <p>Page 13 -14</p>	Verbal	Non Verbal	Performance tests	Verbal tests require subjects to give verbal responses, either orally or in a written form and to be administered to literate people.	Use pictures, symbols and illustrations as test items. Culture fair. Can be given to literate and illiterate.	Performance tests require subjects to manipulate objects and other materials to perform a task. Culture fair. Can be given to literate and illiterate.	1+1+1=3
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Q24)	<p>Explain the various techniques of self-control.</p> <p>Answer: Explanation of all three of the following</p> <p>(i) observation of one behavior (ii) self reinforcement</p> <p>(iii) self instructions</p> <p style="text-align: center;">Page 27</p>	<p>3</p> <p>1+1+1=3</p>
Q25)	<p>Explain the concepts of cognitive distortions and core schemas to develop an understanding of Aaron Beck's cognitive therapy.</p> <p>Answer: Explanation of Aaron Beck's cognitive therapy</p> <p>Cognitive disorders are ways of thinking which are general in nature but which distort the reality in a negative manner. These patterns of thought are called dysfunctional cognitive structures.</p> <p>Core schemas are system which include beliefs and action pattern in the individual. Childhood experiences provided by family and society.</p> <p>Explanation of the above with example.</p> <p style="text-align: center;">Page 99</p>	<p>1½</p> <p>1½</p> <p>1½+1½ = 3</p>
SECTION V		
Q26	<p>Abira integrates different experiences in an original way to suggest novel solutions. According to Sternberg, she is high on which type of intelligence?</p> <p>Answer:</p> <ol style="list-style-type: none"> 1. Experiential or creative intelligence is involved in using past experiences creativity to solve novel problems. 2. It is reflected in creative performance. 3. Persons high on this aspect integrate different experiences in original way to make new discoveries and inventions. 4. Example <p style="text-align: center;">Page 8</p>	<p>1x4=4</p>
Q27(A)	<p>Explain the GAS model given by Selye. State the criticisms of this model.</p> <p>Answer: GAS involves three Stages: alarm reaction, resistance and exhaustion. (explanation of all three stages with or without diagram).</p> <p>Selye's model has been criticized for assigning a very limited role to psychological factors in stress.</p> <p style="text-align: center;">Page 59</p> <p style="text-align: center;">OR</p>	<p>3+1=4</p>
Q27(B)	<p>Explain the theory of cognitive appraisal as given by Lazarus.</p> <p>Answer: Primary appraisal refers to the perception of a new or changing environment as positive, neutral negative in its consequences.</p> <p>Secondary appraisal includes assessment of one's coping abilities and resources whether they will be sufficient to meet the harm, threat or challenge of the event.</p> <p style="text-align: center;">Page 52 - 54</p>	<p>2+2=4</p>



Q28	<p>Rajesh worries all the time. He is unable to control his preoccupation with the thought of checking and counting things again and again. He reports frequent preoccupation with the same thought. From these symptoms, identify this disorder. What else can it lead to? Explain.</p> <p>Answer: Explanation of symptoms disorders compulsive disorder. Related disorders Hoarding disorders, Trichotillomania (hair pulling) Excoriation (skin picking disorder)</p> <p style="text-align: center;">Page – 77</p>	1+3=4
Q29	<p>Asif took up cycling and joined the reputed cycling club. He was introduced to this club by his friend. Why do you think Asif joined this renowned cycling club? Explain the reasons.</p> <p>Answer: Explanation of any 4 with examples (i) Security (ii) status (iii) self esteem (iv) goal achievement (v) gain knowledge and (vi) Information, satisfaction of psychological and social needs.</p> <p style="text-align: center;">Page 132</p>	1x4=4
SECTION - VI		
Q30(A)	<p>Anand wants to become a musician even though he belongs to a family of doctors. He wishes to fulfill his potential. Using Carl Rogers' terminology, describe this perspective as revealed by Anand's personality.</p> <p>Answer: Describe humanistic approach. Anand is a (i) fully functioning person (ii) his behavior is goal directed and worthy (iii) he chose self actualizing behaviours (iv) concept of real and ideal self with reference to Anand's personality.</p> <p style="text-align: center;">Page 41</p>	2 1x4=4 2+4=6
Q30(B)	<p style="text-align: center;">OR</p> <p>Majid belongs to a family of farmers. His uncle and cousins are mostly like him as they too belong to an agricultural society. He is socialised to be obedient to elders, nurturant to youngsters and responsible to his duties.</p> <p>Referring to Majid, how does cultural approach attempt to understand personality in relation to the features of ecological and cultural environment? How would the same be impacted by non-agricultural societies? Explain</p> <p>Answer: Explanation of cultural approach with reference to Majid, attempts to understand personality in relation to the features of ecological and cultural environment etc.</p> <p>... Culture shapes skills, knowledge, abilities behaviour etc.</p>	1 1

	<p>Explanation of these points with examples.</p> <p>(i) In agricultural society children are socialized to be obedient to elders, nurturant to youngsters and responsible to their duties.</p> <p>(ii) Children in hunting societies are more independent, autonomous, risk/challenge oriented and take decisions.</p> <p style="text-align: center;">Page 39-40</p>	<p>2</p> <p>2</p> <p>(1+1+2+2= 6)</p>
Q31(A)	<p>Is behaviour always a reflection of one's attitude? Explain with the help of suitable examples.</p> <p>Answer:</p> <p>No</p> <ol style="list-style-type: none"> 1. Attitude is strong and occupies a central place in the attitude system. 2. Person is aware of his/her attitude. 3. Very little or no external pressure. 4. Person's behavior is not being watched/evaluated by others. 5. Person thinks that the behavior would have a positive consequence. <p>Example: study of Richard LaPiere and conclusion of negation.</p> <p style="text-align: center;">Page 117-118</p>	<p>1</p> <p>1x5=5</p> <p>(1+5=6)</p>
Q31(B)	<p style="text-align: center;">OR</p> <p>Are attitudes learnt? Explain how. Give relevant examples.</p> <p>Answer:</p> <p>Yes, attitude are learnt.</p> <ol style="list-style-type: none"> 1. Learning attitude by association 2. Learning attitudes by reward/ punishment 3. Through modeling and observations 4. Cultural or group norms 5. Exposure to information <p>(Explanation with example)</p> <p style="text-align: center;">Page 110-111</p>	<p>1</p> <p>1x5=5</p> <p>(1+5=6)</p>