



INDIAN SCHOOL AL WADI AL KABIR

Final Examination 2025-26

SUB: PSYCHOLOGY

Date:17/02/2026

Time Allowed: 3 hours

Class: XI

Answer key

Maximum Marks: 70

	<p><u>General Instructions:</u></p> <ul style="list-style-type: none">• All questions are compulsory except where an 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, each carrying 2 marks. Answer to each question should not exceed 30 words.• Question Nos. 20-23 in Section C are short-answer type-II questions, each carrying 3 marks. Answer to each question should not exceed 60 words.• Question Nos. 24 - 27 in Section D are long-answer type questions, each carrying 4 marks. Answer to each question should not exceed 120 words.• Question Nos. 28-29 in Section E are long-answer type questions, each carrying 6 marks. Answer to each question should not exceed 200 words.• Question Nos. 30–33 in Section F are based on the two cases given. Answer to each one-mark question should not exceed 20 words. Answer to each two-mark question should not exceed 30 words.	
Section –A		
Q. No.	Question	Marks
1	The initial experience of a stimulus as registered by sense organs is called _____. a. Sensation b. Perception c. Attention d. Illusion	(1)
2	Assertion: Control in psychological inquiry refers to making a particular behaviour happen, reducing it, or enhancing it. Reason: Control is an important step in psychological research. a. Both assertion and reason are true, and the reason is a correct explanation of the assertion. b. Both assertion and reason are true, but the reason is not a correct explanation of the assertion. c. The assertion is true, but the reason is false. d. The assertion is false, but the reason is true.	(1)
3	Which stage of human development is primarily concerned with identity formation? a. Adolescents b. Adulthood c. Childhood d. Infancy	(1)
4	The levels of processing in memory is proposed by _____. a. Craik and Lockhart b. Atkinson and Shiffrin c. Tulving d. Ebbinghaus	(1)

5	<p>What is the term for the growth pattern where development starts from the centre of the body and moves outward?</p> <p>a. Cephalocaudal trend b. Proximodistal trend c. Maturation d. Cognitive development</p>	(1)
6	<p>Which of the following is a key characteristic of a standardized psychological test?</p> <p>a. Subjective scoring b. Flexible administration procedure c. Consistency in administration and scoring d. Unstructured questions</p>	(1)
7	<p>Which of the following is a state of tension or arousal produced by a need?</p> <p>a. Instinct b. Drive c. Emotion d. Motive</p>	(1)
8	<p>Assertion (A): Retirement can lead to adjustment problems in old age. Reason (R): Loss of work role may affect their self-esteem. Choose the correct option:</p> <p>a) Both A and R are true and R is the correct explanation of A b) Both A and R are true but R is NOT the correct explanation of A c) A is true but R is false d) A is false but R is true</p>	(1)
9	<p>Memory for skills like cycling or typing is called:</p> <p>a. Semantic memory b. Procedural memory c. Episodic memory d. Declarative memory</p>	(1)
10	<p>A child watches their older sibling get praised for cleaning their room and subsequently cleans their own room. This is an example of:</p> <p>a. Classical conditioning b. Insight learning c. Observational learning d. Skill learning</p>	(1)
11	<p>_____ is defined as the overlapping or disturbance of different memory traces on each other.</p> <p>a. Forgetting b. Conditioning c. Interference d. Recall</p>	(1)
12	<p>What is the primary purpose of the experimental method in psychology?</p> <p>a. To observe behaviour in natural settings b. To establish cause-effect relationships between variables c. To conduct surveys on large populations d. To analyze historical data</p>	(1)
13	<p>Parents' workplace affecting a child's development is an example of:</p> <p>a. Microsystem b. Mesosystem c. Exosystem d. Chronosystem</p>	(1)
14	<p>What is the process of arriving at a general conclusion from a specific examples?</p> <p>a. Inductive reasoning b. Deductive reasoning c. Problem-solving. d. Decision-making</p>	(1)

Section – B		
15	<p>Briefly describe any two schools of psychology. (one mark for each school)</p> <p>Ans: Any two schools</p> <p><u>Structuralism – Wilhelm Wundt</u></p> <ul style="list-style-type: none"> • The first laboratory was established in 1879 in Leipzig, Germany, by Wilhelm Wundt. • Structuralism studies the conscious experience and constituents of the mind. • Analysed the structure of the mind through introspection. • Introspection is the procedure in which individuals or subjects of the experiment are asked to describe in detail their own mental processes or experiences. <p><u>Functionalism – William James</u></p> <ul style="list-style-type: none"> • Psychological lab in Cambridge, Massachusetts • Study what the mind does and how behaviour functions in making people deal with their environment • How behaviour enabled people to satisfy their needs. • Consciousness as an ongoing stream of mental process, interacting with the environment formed at the core of psychology, • John Dewey uses functionalism to argue that human beings seek to function effectively by adapting to their environment <p><u>Gestalt Psychology</u></p> <ul style="list-style-type: none"> • Focused on the organization of perceptual experience rather than the sum of components of the perception. • Experience is holistic • Focused on how people perceive whole patterns and objects, not just parts. <p><u>Behaviourism – John Watson</u></p> <ul style="list-style-type: none"> • Around 1910, John Watson rejected the ideas of mind and consciousness as subject matters of psychology. • He was greatly influenced by the work of physiologists like Ivan Pavlov on classical conditioning. • The mind is not observable and introspection is subjective because it cannot be verified by another observer. • scientific psychology must focus on what is observable and verifiable. • He defined psychology as the study of behaviour or responses (to stimuli) which can be measured and studied objectively. <p><u>Psychoanalysis – Sigmund Freud</u></p> <ul style="list-style-type: none"> • Freud viewed human behaviour as a dynamic manifestation of unconscious desires and conflicts. • He founded psychoanalysis as a system to understand and cure psychological disorders. • Freudian psychoanalysis viewed human beings as motivated by unconscious desire for gratification of pleasure-seeking (and often, sexual) desires, <p><u>Humanistic approach</u></p> <ul style="list-style-type: none"> • The humanistic perspective in psychology took a more positive view of human nature. • Humanists, such as Carl Rogers and Abraham Maslow, emphasised the free will of human beings and their natural striving to grow and unfold their inner potential. 	(2)

	<ul style="list-style-type: none"> • They argued that behaviourism with its emphasis on behaviour as determined by environmental conditions, undermines human freedom and dignity and takes a mechanistic view of human nature. <p><u>Cognitive perspective</u></p> <ul style="list-style-type: none"> • Gestalt approach and structuralism were combined and led to the development of the cognitive perspective • Focuses on how we know about the world. <p>Cognition is the process of knowing. It involves thinking, understanding, perceiving, memorising, problem solving and a host of other mental processes by which our knowledge of the world develops, making us able to deal with the environment in specific ways</p>	
16	<p>Describe the prenatal stage of human development.</p> <ul style="list-style-type: none"> • Conception to birth • 40 weeks • Affected by maternal characteristics • Teratogens • Both genetic and environmental factors affect our development during different periods. 	(2)
17	<p>Explain the term skill with an example</p> <ul style="list-style-type: none"> • A skill is the ability to perform complex tasks smoothly and effectively, acquired through practice. (1 mark) • Examples of skills include driving, piloting, navigating, shorthand writing, and reading. (1 mark) • Performing a skill involves connecting stimulus-response (S-R) chains into a larger pattern. 	(2)
18	<p>Discuss the relationship between psychology and any two related disciplines.</p> <p>Ans: any two – one mark for each (half mark for the name of the field, half mark for definition)</p> <p>Philosophy, Medicine, Economics, political science and sociology, law and criminology, mass communication, computer science, music and fine arts, architecture and engineering</p>	(2)
19	<p>Explain the secondary sexual characteristics that emerge during adolescence.</p> <p>Ans:</p> <ul style="list-style-type: none"> • Includes features or signs of achieving sexual maturity. • Changes in boys are marked by acceleration in growth, facial hair and voice changes. (1 mark) • In girls, rapid growth in height usually begins about two years before menarche. (1 mark) 	(2)
Section – C		

20	<p>John is reading about psychology and finds that it studies both the biological basis of behaviour and human interactions in society. He wonders how psychology can be considered both a natural and a social science. Differentiate between psychology as a natural science and as a social science.</p> <p><u>Psychology as a natural science. (At least 3 points)</u></p> <ul style="list-style-type: none"> • Modern psychology has developed because of the application of the scientific method to study psychological phenomena. (Experimental study, Content analysis, Correlational research) • Science emphasizes objectivity, which is achieved when there is consensus on a concept's definition and how it is measured. • Hypothetico – deductive model (eg. Big bang theory to explain how earth is formed) • Theory is a set of statements about how a certain complex phenomenon can be explained with the help of interrelated propositions. • Based on a theory, scientists deduce or propose a hypothesis, that offers a tentative explanation of how a certain phenomenon takes place. • The hypothesis then is tested and proved true or false based on empirical data that one has gathered. • Using the above approach, scientists have developed theories of attention, memory, perception, motivation and emotion. • Psychologist have also been influenced by evolutionary approach such as attachment and aggression. <p><u>Psychology as a social science (At least 3 points)</u></p> <ul style="list-style-type: none"> • It studies the behaviour of human beings in their socio-cultural contexts. • Humans are not only influenced by their sociocultural contexts, they also create them. • Psychology as a social science discipline focuses on humans as social beings. • Psychology deals with human behaviour and experience in the context of their society and culture. • Focuses on how behavioural phenomena can be explained in terms of the interaction that take place b/w the person and the socio- cultural context which she/he is a part. • Each behavioural phenomena is assumed to have multiple cause. 	(3)
21	<p>Describe the key limitations of a psychological enquiry experienced by the researchers.</p> <ul style="list-style-type: none"> • Lack of true zero points. • Relative nature of psychological tools 	(3)

	<ul style="list-style-type: none"> • Subjective interpretation of qualitative data (1 mark for each point) 	
22	<p>Anita is studying how humans develop from birth to old age. She learns that development is continuous and occurs in multiple domains, such as physical, cognitive, and social-emotional. Describe the main features of the life span perspective on development.</p> <p>Ans. The lifespan perspective views human development as a lifelong, multidimensional, and multidirectional process. According to this perspective:</p> <ul style="list-style-type: none"> • Development is lifelong – it does not stop at childhood but continues through adolescence, adulthood, and old age. • The various processes of development, ie, biological, cognitive and socio-emotional, are interwoven. • It is multidirectional – some abilities improve, while others decline with age. • It is plastic – humans have the capacity for change and growth throughout life. • It is contextual – shaped by cultural, social, historical, and environmental factors. • It is influenced by historical conditions. • Development is the concern of many disciplines. • An individual respond and acts on contexts which include what was inherited, the physical environment, social, historical and cultural contexts. <p>Thus, development is seen as a continuous interaction between growth, maintenance, and decline throughout the life span.</p> <p>(At least 6 points, half a mark for each)</p>	(3)
23	<p>Amar is studying for his exams, but he finds it difficult to focus for long periods. His teacher explains that attention depends on several factors such as interest in the task, motivation, and level of fatigue.</p> <p>a) Define sustained attention. (1 marks)</p> <p>Ans: Sustained attention focuses on concentration over time. Sustained attention is our ability to stay focused on an object or event for extended periods, often called "vigilance."</p> <p>Examples of sustained attention include roles like air traffic controllers who constantly monitor unpredictable signals for safety.</p> <p>b) Mention the factors affecting sustained attention in this case. (2 mark, half mark each)</p> <ul style="list-style-type: none"> • Sensory Modality: Performance tends to be better when the stimuli are auditory compared to when they are visual. 	(3)

	<ul style="list-style-type: none"> • Clarity of Stimuli: Intense and long-lasting stimuli enhance sustained attention, leading to better performance. • Temporal Uncertainty: Stimuli that appear at regular intervals are easier to attend to than unpredictable ones. • Spatial Uncertainty: Stimuli that appear consistently in the same location are more easily attended to than those that appear randomly. 	
Section –D		
24	<p>Explain the survey research method and the techniques used for collecting data in this method.</p> <ul style="list-style-type: none"> • Survey research method (1 mark) • Personal interview (1 mark) • Questionnaire survey (1 mark) • Telephone survey (1 mark) 	(4)
25	<p>If a milkman delivers milk daily at about 5:30 a.m., a knock at the door at that time is likely to be perceived as the milkman. Explain the factors affecting a perceiver in giving meaning to the external world.</p> <p>The Perceiver (1 mark each)</p> <p>Humans actively interpret the world around them. Perception is shaped by motivations, expectations, cultural factors, experiences, memories, values, and beliefs.</p> <ul style="list-style-type: none"> • Motivation: Our needs and desires strongly influence perception. Hungry individuals tend to interpret ambiguous images as food-related, while those who are satiated do not. • Expectations: What we expect to perceive shapes what we actually perceive. For example, hearing a knock at the regular milk delivery time leads us to assume it's the milkman. • Cultural Background: Culture significantly impacts perception. People from environments without pictorial traditions may struggle to recognize objects in images, and different cultures interpret visual information in distinct ways. • Cognitive Styles: Cognitive style defines how individuals consistently interact with their environment. It significantly shapes perception and information processing. 	(4)
26	<p>Define thinking and the two building blocks of thought.</p> <ul style="list-style-type: none"> • Thinking is the base for all cognitive activities and is unique to human beings. • Thinking is a higher mental process through which we manipulate and analyse the acquired or existing information. • Thinking is mostly organised and goal-directed 	(4)

- Thinking is an internal mental process, which can be inferred from overt behaviour. **(2 marks)**

Building Blocks of Thought (1 mark each)

Mental Images: Visual representations of experiences stored in memory. When imagining the Taj Mahal, you see through your "mind's eye"—creating sensory experiences without physical stimuli.

Concepts: Mental categories that organize knowledge efficiently. Concepts help classify objects, events, and ideas, allowing quick access to stored information and understanding.

OR

Samual wants to design a new app to help students revise faster. He first identifies the problem, then generates multiple ideas, and finally selects the best solution. With reference to this, explain the process of creative thinking.

The Creative Thinking

1. **Preparation:** Understanding the task, analyzing problems, gathering background information. Curiosity drives exploration from multiple angles.
 2. **Incubation:** Stepping back when stuck. Unconscious processing continues during relaxation—insights often emerge unexpectedly.
 3. **Illumination:** The "Aha!" moment—creative breakthrough accompanied by excitement and satisfaction at discovering solutions.
 4. **Verification:** Testing the worthiness of ideas, judging appropriateness.
- Convergent thinking helps select optimal solutions.

27	<p>Simran often feels angry and stressed during exams. Her counsellor teaches her ways to handle negative emotions like anger and anxiety. Name the strategies to manage negative emotions.</p> <p>Ans: Handling Negative Emotions (At least 8 points – half a mark for each)</p> <p>Managing negative emotions is crucial for reducing stress and enhancing overall well-being. Here are some effective strategies:</p> <ul style="list-style-type: none"> • Increase Self-Awareness: Develop a deeper understanding of your own emotions and feelings. This awareness is the first step in managing negative emotions effectively. • Assess Situations Objectively: Take a step back and evaluate whether a situation is genuinely upsetting or just a temporary reaction. This helps in gaining perspective. 	(4)
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- **Practice Self-Monitoring:** Regularly review your past achievements, feelings, and experiences. This practice can help you stay grounded and remind you of your capabilities.
- **Engage in Modelling:** Look at your past successes and use them as motivation. Reminding yourself of what you have accomplished can boost your confidence.
- **Use Cognitive Restructuring:** Challenge negative thoughts and try to see events from a different, more positive angle. This technique helps in eliminating harmful thought patterns.
- **Develop Joyful Interests:** Find and nurture hobbies or interests that bring you genuine joy. Engaging in activities you love can significantly improve your mood.
- **Choose Positive Friends:** Surround yourself with happy and positive individuals. Their positivity can rub off on you and enhance your own happiness.
- **Show Empathy:** Practice empathy by understanding and acknowledging others' feelings. This can strengthen your relationships and create a supportive environment.
- **Build Meaningful Relationships:** Focus on developing deep and meaningful connections with others. Mutual support in relationships can help during tough times.
- **Get Involved in Community Service:** Participating in community service can provide a new perspective on your own challenges while making a positive impact on others' lives.

OR

Briefly explain the hierarchy of needs according to Abraham Maslow with a diagram.

Maslow's Hierarchy of Needs (half mark for introduction, two and half mark for definition, 1 marks for the diagram.)

- **Physiological needs** are the foundation of Maslow's hierarchy. These are the essential requirements for survival, such as **food, water, and warmth**.
- **Safety needs** constitute the second level. This includes the need for protection from **harm and danger**, as well as job security to ensure financial stability.
- **Belongingness needs** represent the third level, which involves the pursuit of positive and meaningful relationships and a sense of **companionship**.
- **Esteem needs** are part of the fourth level and focus on fostering a sense of **self-worth, pride, and accomplishment**. These needs contribute to enhanced self-confidence and self-esteem.
- The fifth and final level is **self-actualization**, which involves realizing one's full potential. A self-actualized individual is self-aware, socially responsive, and willing to embrace challenges.

Section – E

28	<p>Every day, when the school bell rings, Rohan feels alert and ready to attend class. Earlier, he paid attention only after the teacher entered the classroom. Over time, the bell itself began producing the same alert response. The phenomenon illustrated here is classical conditioning. Explain classical conditioning in detail.</p> <ul style="list-style-type: none"> • Definition of classical conditioning • Experiment • Determinants of classical conditioning <p>Or</p> <p>Highlight what a learning disability is and the symptoms of children with a learning disability.</p> <p>Learning disability is a general term. It refers to a heterogeneous group of disorders manifested in terms of difficulty in the acquisition of learning, reading, writing, speaking, reasoning, and mathematical activities. The sources of such disorders are inherent in the child.</p> <p>Symptoms of Learning Disabilities</p> <ul style="list-style-type: none"> • Difficulties in writing letters, words and phrases, reading out text, and speaking appear quite frequently. • Learning-disabled children have disorders of attention. They get easily distracted and cannot sustain attention on one point for long. • Poor space orientation and inadequate sense of time are common symptoms. • Learning-disabled children have poor motor coordination and poor manual dexterity. • These children fail to understand and follow oral directions for doing things. • They misjudge relationships as to which classmates are friendly and which ones are indifferent. They fail to learn and understand body language. • Learning-disabled children usually show perceptual disorders. These may include 92 2024-25 visual, auditory, tactual, and kinesthetic misperception. • They simply fail to use it in performance. 8. Fairly large number of learning-disabled children have dyslexia. They quite often fail to copy letters and words; for example, they fail to distinguish between b and d, p and q, P and 9, was and saw, unclear and nuclear, etc. They fail to organise verbal materials. 	(6)
29	<p>Amit finds it difficult to remember answers during exams. His teacher advises him to revise regularly, organise information meaningfully, and practise retrieval to improve his memory. Suggest some strategies to enhance human memory.</p> <p>Ans;</p> <ul style="list-style-type: none"> • Mnemonics using image – Keyword method, method of loci (2 marks) • Mnemonics using organisation – chunking, first letter method (2 marks) • Deep-level processing (Altogether 2 marks) • Minimize Interference 	(6)

	<ul style="list-style-type: none"> • Use of retrieval cues. • PQRS method <p>Or</p> <p>While studying, Neha first sees the information in her textbook, then repeats it mentally, and finally stores it for long-term use during exams. Elaborate on Atkinson & Shiffrin's memory model and how information travels from one store to another?</p> <p>Atkinson and Shiffrin memory model (3 marks)</p> <ul style="list-style-type: none"> • Sensory memory • Short term memory • Long term memory <p>Information travel from one store to another (3 marks)</p> <ul style="list-style-type: none"> • Control process • Maintenance rehearsal • Chunking • Elaborative rehearsal 	
Section – F		
<p>30.</p> <p>31.</p>	<p>Psychology has evolved as a discipline that examines human functioning using systematic and scientific methods. An article published in the <i>Annual Review of Psychology</i> by Miller and Keller (2016) discusses how psychologists attempt to study human actions alongside internal processes that influence those actions. The article points out that some aspects of human functioning are visible in everyday life, while others operate internally and can only be understood through careful analysis and interpretation. It also emphasizes that individual experiences and environmental factors play a significant role in shaping how people respond to similar situations. Such discussions highlight the broad scope of psychology as a discipline concerned with understanding different dimensions of human functioning. (Source: Miller, G. A., & Keller, J. (2016). <i>Annual Review of Psychology</i>)</p> <p>Define psychology</p> <p>Ans: Psychology is a modern discipline aimed at understanding the complexities of mental processes, experiences, and behavior of individuals in different contexts.</p> <p>Differentiate between the two types of behaviour with an example.</p> <ul style="list-style-type: none"> • Ans: Covert (internal): Behaviours that can't be seen Eg: Thinking, feeling emotions, Watching • Overt Behaviours: that can be seen or sensed outwardly Eg: Speaking, walking, nodding 	<p>(1)</p> <p>(2)</p>

	A research article published in the <i>British Journal of Psychology</i> by Altmann and Rogoff (2014) examined how children interact with peers in natural school settings. The researchers focused on recording behaviours as they occurred in real-life situations without manipulating the environment or instructing participants to act in a particular way. Detailed notes were maintained over a period of time to capture patterns of interaction, communication, and social responses. The article emphasizes that such an approach allows psychologists to understand behaviour in its natural context, though it also notes certain practical and ethical challenges involved in collecting data in this manner. (Source: Altmann, E. M., & Rogoff, B. (2014). <i>British Journal of Psychology</i>)	
32.	What is the method of enquiry used in the above research? Ans: Observation method.	(1) (2)
33.	Mention any two advantages and disadvantages of this method. Ans: Advantages: study people in their natural setting, an effective method of describing behaviour. Disadvantages: labour intensive, time consuming and susceptible for observer's bias.	

All the Best

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GR-11 C = 13 GR-11 E = 16 GR-11 H = 30 Total: 59

Distribution of Questions :-
Reshma

Gayatri

Objectives : 11 C + E

11 H

2 markers : -

11 C, E, H

3 markers : -

11 C, E, H

4 markers : 11 C, E, H

-

6 markers : 11 C, E, H

-

Case-Study 2qs. -

11 C, E, H

Total marks = 28/56
correction.

28/56

Roshni Mazumdar