

6	<p>A: The more stress people report as a result of daily hassles, the poorer is their psychological well-being.</p> <p>R: The perception of stress is dependent upon the individual's cognitive appraisal of events and the resources available to deal with them.</p> <p>A. Both A and R are true, and R is the correct explanation of A.</p> <p>B. Both A and R are true, but R is not the correct explanation of A</p> <p>C. A is true but R is false.</p> <p>D. A is false but R is true</p>	1
7	<p>_____ is a dynamic situation-specific reaction to stress. It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress.</p> <p>a. Adjustment b. Relaxation c. Coping d. Biofeedback</p>	1
8	Poor concentration, and reduced short term memory capacity are examples of which effects of stress? _____.	1
9	Less pervasive in effect, but still quite generalised dispositions, are called secondary traits. T or F	1
10	<p>A: Most individuals with symptoms of psychological disorders could be more functional if timely help is provided. However, that is not the case.</p> <p>R: The stigma attached to mental illness means that people are hesitant to consult a doctor or psychologist because they are ashamed of their problems.</p> <p>A. Both A and R are true, and R is the correct explanation of A.</p> <p>B. Both A and R are true, but R is not the correct explanation of A</p> <p>C. A is true but R is false.</p> <p>D. A is false but R is true</p>	1
11	<p>Rita wants to perform well in the examination and hence starts attending classes regularly, taking notes, setting study targets, etc. Which theory of intelligence gives importance to this stage of planning?</p> <p>A. Hierarchical Model of Intelligence</p> <p>B. PASS Model</p> <p>C. Theory of Multiple Intelligences</p> <p>D. Structure of Intellect Model of Intelligence</p>	1
12	Well-being is not simply maintenance and survival but also includes_____.	1
13	<p>When parent's behavior towards a child is discouraging or indifferent, a feeling of _____ results.</p> <p>a) Free floating anxiety b) Basic anxiety c) Generalized anxiety d) Fear</p>	1
14	<p>Type C and D personality was suggested by_____.</p> <p>a) Binet b) Sternberg c) Morris d) Friedman</p>	1
	PART B	
15	Is intelligence an interplay of nurture and nature? Support your answer with one evidence for each.	2
16	Which are the major limitations of the method of rating?	2

17	The outcome of stress depends on the position of a particular stressful experience along which different dimensions?	2
18	What are the common characteristics of Humanistic theories? Or What is 'Self'? Describe the various kinds of Self.	2
19	How does culture impact the perception of what is normal and abnormal?	2
PART C		
20	Write a brief note on Technological intelligence. OR Distinguish between non-verbal and performance tests of intelligence.	3
21	Who is a Healthy Person?	3
22	Briefly summarize the Behavioural approach to study personality	3
23	Discuss in brief, some of the major methods of enquiry used in Psychology.	3
PART D		
24	"A strong sense of self-efficacy allows people to select, influence, and even construct the circumstances of their own life." Justify the given statement.	4
25	When Danny lost his job suddenly, his friends and family ensured they stood by him till he could deal with the challenging times. Discuss the role of social support on the experience of stress.	4
26	Trace the historical background of understanding Abnormal Behaviour.	4
27	Describe some important characteristics of gifted children. OR Explain the variations found in individuals in terms Intellectual Disability.	4
PART E		
28	Elaborate on the traditional Indian view of intelligence. OR Elucidate upon the statement "Intelligence by itself doesn't ensure creativity".	6
29	"According to the various psychologists stress is generated by our own self in our minds. These are personal and unique to the person experiencing them." a) Which kind of stress is being discussed here? b) What are the various sources of such kind of stress? Give a detailed explanation with examples. OR According to Lazarus, "An individual's response to a stressful situation largely depends upon the perceived events and how they are interpreted". With reference to this explain the theory of cognitive appraisal of stress in detail.	6
PART F		
	On November 26, 2008, about 35 employees of Taj Hotel Mumbai, led by a 24-year old banquet manager, Mallika, were assigned to manage the event in a second-floor banquet room. As they served the main course, they heard what they thought were fireworks at a nearby wedding. In reality, these were the first gunshots from terrorists who were storming the Taj Hotel, Mumbai. The staff quickly realized something was wrong. Mallika locked the doors and turned off the lights. She asked everyone to lie down quietly under tables and refrain from using cell phones. The group stayed there all night, listening	

	to the terrorists rampaging through the hotel, hurling grenades, firing automatic weapons, and tearing the place apart. During the onslaught on the Taj Mumbai, 31 people died and 28 were hurt, but the very next day the hotel received praise. Its guests were overwhelmed by employees' dedication to duty, their desire to protect guests without considering their own personal safety, and their quick thinking. As many as 11 Taj Mumbai employees—a third of the hotel's casualties—laid down their lives while helping around 1,200 to 1,500 guests escape. With reference to the above case, answer the following questions:	
30	In reality, these were the first gunshots from terrorists who were storming the Taj Hotel, Mumbai. The staff quickly realised something was wrong. Which stage of the General Adaptation Syndrome model were the staff in? a. Resistance b. Alarm reaction c. Exhaustion d. Burnout	1
31	i) Which of the following set of words best describe Mallika's hardiness? a. Commitment, confidence, control b. Challenge, control, calmness c. Commitment, control, challenge d. Control, commitment, conviction ii) What differentiates these individuals from others?	2
	We see in our daily life that if one person wants to become a professor, then another likes to become a doctor, engineer or lawyer. Similarly, in school, where Pramod likes to study Mathematics, Sheetal likes to study Home Science, Vinita likes to study Music, Namrata likes to study Political Science, Jitendra talks about movies all the time, Sunil likes to dance, Ashok likes to roam around, Sapna remains lost in novels and stories, Santosh does not get time to do anything other than gossiping and laughing. From this point of view, we feel that there is definitely something called interest in a person and in which individual differences are clearly reflected. If a person is interested in a work, then he will complete that work more successfully and easily. On the contrary, if he is not interested in the work, then he will soon get bored of that work and will leave it in the middle. Interest has no direct relation with the abilities of a person which make him learn things more easily. However, the person gets more success in the tasks in which he is interested. Interests can be innate as well as acquired.	
32	Which part in this excerpt points to the concept of Aptitude? Define Aptitude.	1
33	Explain how interest and aptitude influence each other in an individual's choices.	2