



INDIAN SCHOOL AL WADI AL KABIR
Assessment-1 2025-26
PSYCHOLOGY

Date: 18/09/2025
Class: XII

Time Allowed: 3 hours
Maximum Marks: 70

MARKING SCHEME

	PART A	
1	. People with above average intelligence have an IQ range of 1. 90-109 2. 120-130 3. 110-119 4. Above 130	1
2	_____ test is designed to assess how people express aggression in a frustrating situation. a. Sentence completion c. Projective technique b. Picture – Frustration Test d. Rorschach	1
3	Give 2 examples of Tangible support provided for individuals undergoing stress. Money: Books	1
4	The full form for I.C.D.10 is International Classification of Diseases and it was prepared by WHO .	1
5	Psychological disorders include Deviant behaviors which mean they can be Unusual or Bizarre .	1
6	A: The more stress people report as a result of daily hassles, the poorer is their psychological well-being. R: The perception of stress is dependent upon the individual's cognitive appraisal of events and the resources available to deal with them. 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	1
7	_____ 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. a. Adjustment b. Relaxation c. Coping d. Biofeedback	1
8	Poor concentration, and reduced short term memory capacity are examples of which effects of stress? Cognitive .	1
9	Less pervasive in effect, but still quite generalised dispositions, are called secondary traits. T or F	1
10	A: Most individuals with psychological disorder symptoms could be more functional if timely help is provided. However, that is not the case.	1

	<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>	
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	<p>Well-being is not simply maintenance and survival but also includes growth and Fulfilment.</p>	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	<p>Is intelligence an interplay of nurture and nature? Support your answer with one evidence for each.</p> <p>Intelligence is definitely an interplay of nurture and nature.</p> <p>The study of identical or fraternal twins, siblings raised together or apart in different environments helps us understand that intelligence is influenced by two factors: Nature - Heredity, genes; Studies reveal that adopted children tend to display intelligence more similar to their biological parents than their adoptive ones</p> <p>Nurture - Environment, nutrition; As adopted children grow older, their intelligence moves closer to that of their adoptive parents.</p>	2
16	<p>Which are the major limitations of the method of rating?</p> <p>Halo effect:</p> <p><input type="checkbox"/> Most of us are influenced by a single favourable or unfavourable trait.</p> <p><input type="checkbox"/> This often forms the basis of a rater's overall judgment of a person.</p> <p><input type="checkbox"/> Middle category bias:</p> <p><input type="checkbox"/> Raters have a tendency to place individuals either in the middle of the scale by avoiding extreme positions</p> <p><input type="checkbox"/> Extreme response bias:</p> <p><input type="checkbox"/> Raters have a tendency to place individuals in the extreme of the scale by avoiding middle positions</p>	<p>2</p> <p>1</p> <p>1/2</p> <p>1/2</p>
17	<p>The outcome of stress depends on the position of a particular stressful experience along which different dimensions?</p>	2

	the stresses which people experience also vary in terms of intensity (low intensity vs. high intensity), duration (short-term vs. longterm), complexity (less complex vs. more complex) and predictability (unexpected vs. predictable). The outcome of stress depends on the position of a particular stressful experience along these dimensions.	
18	<p>What are the common characteristics of Humanistic theories?</p> <ul style="list-style-type: none"> • Humanistic psychology focuses on individual potential, emphasizing personal growth, authenticity & self-actualization as key elements of mental health. • This approach prioritizes understanding human experience through empathy & viewing each person holistically. • Techniques from humanistic psychology encourage self-exploration & self-awareness, supporting individuals in living meaningful, fulfilling lives. <p>Or</p> <p>What is 'Self'? Describe the various kinds of Self.</p> <p>Biological self -Survival is the focus</p> <p>#The personal self leads to an orientation in which one feels primarily concerned with oneself.</p> <p>#The social self emerges in relation with others and emphasises such aspects of life as cooperation, unity, affiliation, sacrifice, support or sharing.</p>	2
19	How does culture impact the perception of what is normal and abnormal?	2
PART C		
20	<p>Write a brief note on Technological intelligence.</p> <p>In societies that are technologically advanced, intelligence is considered to be reflected by personal achievement based on reasoning and judgement, which reflects an individualistic orientation.</p> <p>Child-rearing practices in such societies are geared towards developing skills like generalization, abstraction, speed, and mental manipulation.</p> <p>People in these societies tend to be proficient in skills such as attention, observation, analysis, performance, speed, and achievement orientation.</p> <p>OR</p> <p>Distinguish between non-verbal and performance tests of intelligence.</p> <p>Intelligence tests can be entirely verbal, entirely written, entirely performance-based, or a combination of all three.</p> <p>Verbal tests require test-takers to provide verbal responses, either orally or in written form. These tests can only be administered to people who are literate.</p> <p>Non-verbal tests use pictures or illustrations, where subjects examine an incomplete pattern and choose figures to complete the pattern. These tests can be administered to individuals of any culture group or literacy level. One example of a non-verbal test is Raven's Progressive Matrices (RPM).</p>	3

21	<p>Who is a Healthy Person?</p> <p>The humanistic theorists have indicated that healthy personality lies in not mere adjustment to society. It involves a quest to know oneself deeply and to be true to one's own feelings without disguise, and to be oneself in the here-and-now. According to them, the healthy people share the following characteristics :</p> <ol style="list-style-type: none"> 1. They become aware of themselves, their feelings, and their limits; accept themselves, and what they make of their lives as their own responsibility; have 'the courage to be'. 2. They experience the "here-and-now"; are not trapped. 3. They do not live in the past or dwell in the future through anxious expectations and distorted defences. 	<p>3</p> <p>1</p> <p>1</p> <p>1</p>
22	<p>Briefly summarize the Behavioural approach to study personality.</p> <p>The behaviourists believe in data, which they feel are definable, observable, and measurable.</p> <p>They focus on learning of stimulus-response connections and their reinforcement</p> <ul style="list-style-type: none"> <input type="checkbox"/> According to them, personality is a response of an individual to the environment. <input type="checkbox"/> They see the development simply as a change in response characteristics <input type="checkbox"/> Each response is a behaviour, which is emitted to satisfy a specific need. <input type="checkbox"/> As you know, all of us eat because of hunger, but we are also very choosy about foods. <input type="checkbox"/> For example, children do not like eating many of the vegetables (e.g., spinach, pumpkin, gourds, etc.), but gradually they learn to eat them. 	<p>3</p> <p>1</p> <p>1</p> <p>1</p>
23	<p>Discuss in brief, some of the major methods of enquiry used in Psychology.</p> <p>1. Psychological Test</p> <p>It is an objective and standardized method of measuring an individual's psychological attributes, such as mental capacity, behavior, and aptitude, among others.</p> <p>These tests are used in various fields, such as clinical diagnosis, guidance, personnel selection, placement, and training.</p> <p>2. Interview</p> <p>It is a one-on-one conversation in which a counselor or interviewer seeks information from the client.</p> <p>This method is often used by door-to-door salesmen to survey individuals about a product, journalists interviewing important political figures, or employers assessing potential employees.</p> <p>3. Case Study</p> <p>It involves conducting a detailed examination of an individual's psychological attributes by collecting information through interviews, observation, and questionnaires.</p>	<p>3</p> <p>1</p> <p>1</p> <p>1</p>

	This method is used to assess various attributes and draw learnings. For instance, studying an eminent leader's case study to learn about their personality, aptitude, and values.	
	PART D	
24	<p>“A strong sense of self-efficacy allows people to select, influence, and even construct the circumstances of their own life.” Justify the given statement. A person who believes that s/he has the ability or behaviours required by a particular situation demonstrates high self-efficacy.</p> <p><input type="checkbox"/> The notion of self-efficacy is based on Bandura’s social learning theory, where his studies showed that children and adults learned behaviour by observing and imitating others.</p> <p><input type="checkbox"/> A strong sense of self-efficacy allows people to select, influence, and even construct the circumstances of their own life and they also feel less fearful. Eg. People with high self-efficacy have been found to stop smoking the moment they decide.</p>	4
25	<p>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 experience of stress.</p> <p>Social support is defined as the existence and availability of people on whom we can rely upon, people who let us know that they care about, value, and love us.</p> <p>Perceived support, - the quality of social support is positively related to health and wellbeing, Social network, - the quantity of social support is unrelated to well-being</p> <p>What are the types of social support?</p> <p><input type="checkbox"/> Tangible support - assistance involving material aid, such as money, goods, services, etc.</p> <p>For example, a child gives notes to her/his friend, since s/he was absent from school due to sickness.</p> <p><input type="checkbox"/> Family and friends also provide informational support about stressful events. For example, a student facing a board examination, if provided information by a friend who has faced a similar one, will help him identify the exact procedures and also about resources and coping strategies to pass the exam.</p> <p><input type="checkbox"/> Supportive friends and family provide emotional support by reassuring the individual that she/he is loved, valued, and cared for.</p>	4
26	<p>Trace the Historical background of understanding Abnormal Behaviour.</p> <p>The Ancient Theory attributes abnormal behavior to supernatural or magical forces like evil spirits or the devil. Treatment involved exorcism through countermagic and prayer, often led by a shaman who communicated with spirits to identify and address the cause of the problem.</p> <p>The Biological/Organic Approach explains abnormal behavior as a result of malfunctioning in the body or brain. Modern evidence links such biological processes to various maladaptive behaviors.</p>	4

	<p>Organismic approach:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Philosopher physicians of ancient Greece such as Hippocrates, Socrates, and in particular <p>Plato viewed disturbed behaviour as arising out of conflicts between emotion and reason.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Galen elaborated on the role of the four humours <input type="checkbox"/> According to him, the world was made up of four elements, viz. earth, air, fire, and water which combined to form four body fluids, viz. blood, black bile, yellow bile, and phlegm. <input type="checkbox"/> Each of these fluids was seen to be responsible for a different temperament. <input type="checkbox"/> Imbalances among the humours were believed to cause various disorders. <p>Middle Ages:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonology and superstition gained importance in explaining abnormality <input type="checkbox"/> Demonology related to a belief that people with mental problems were evil and there <p>were instances of ‘witch-hunts’ during this period.</p> <ul style="list-style-type: none"> <input type="checkbox"/> During the early Middle Ages, the Christian spirit of charity prevailed and St. Augustine wrote extensively about feelings, mental anguish and conflict. <p>The Renaissance Period</p> <ul style="list-style-type: none"> <input type="checkbox"/> This period was marked by increased humanism and curiosity about behaviour. <input type="checkbox"/> Johann Weyer emphasised psychological conflict and disturbed interpersonal relationships as causes of psychological disorders. <input type="checkbox"/> He also insisted that ‘witches’ required medical, not theological, treatment. <p>The seventeenth and eighteenth - Age of Reason and Enlightenment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scientific method replaced faith and dogma as ways of understanding abnormal behaviour. <input type="checkbox"/> Scientific attitude towards psychological disorders contributed to the Reform Movement <input type="checkbox"/> It increased compassion for people who suffered from these disorders. <input type="checkbox"/> Reforms of asylums were initiated in both Europe and America. <input type="checkbox"/> One aspect of the reform movement was deinstitutionalization which provided community care for recovered mentally ill individuals. <p>Interactional approach / Biopscho-social approach:</p> <ul style="list-style-type: none"> <input type="checkbox"/> From this perspective, all three factors, i.e. biological 	
27	<p>Describe some important characteristics of gifted children.</p> <p>Important characteristics of gifted children:</p> <p>Advanced logical thinking, questioning and problem solving.</p> <p>High speed in processing information.</p>	4

	<p>Superior generalization and discrimination ability Advance original and creative thinking High level intrinsic motivation, self esteem. Independent and non-conformist thinking Preference for solitary academic activities.</p> <p>OR</p> <p>Explain the variations found in individuals in terms Intellectual Disability. The severity of intellectual disability varies based on the level of IQ deficiency: Mild: IQ 55-70 Moderate: IQ 35-55 Severe: IQ 20-35 Profound: IQ < 20-25 Individuals with mild to moderate intellectual disability can often benefit from special education and training, whereas those with severe to profound intellectual disability may require more long-term support and assistance throughout their lives.</p>	
	PART E	
28	<p>Elaborate on the Indian traditional view of intelligence. Intelligence in the Indian tradition can be termed as integral intelligence, which gives emphasis on connectivity with the social and world environment. Indian thinkers view intelligence from a holistic perspective where equal attention is paid to cognitive and non-cognitive processes as well as their integration. <i>Buddhi</i>, according to J.P. Das, includes such skills as mental effort, determined action, feelings, and opinions along with cognitive competence such as knowledge, discrimination, and understanding. Among other things, <i>buddhi</i> is the knowledge of one's own self based on conscience, will and desire. Thus, the notion of <i>buddhi</i> has affective and motivational components besides a strong cognitive component. Cognitive capacity: This includes sensitivity to context, the ability to understand and discriminate, problem-solving skills, and effective communication. Social competence: This refers to a person's respect for the social order, their commitment to elders, the young, and the needy, and their consideration for others' perspectives. Emotional competence: This encompasses self-regulation, the ability to monitor one's emotions, honesty, politeness, good conduct, and self-evaluation. Entrepreneurial competence: This involves qualities such as commitment, persistence, patience, hard work, vigilance, and a goal-directed approach.</p> <p>OR</p> <p>Elucidate upon the statement "Intelligence by itself doesn't ensure creativity".</p> <p>Intelligence refers to the ability to acquire, understand, and apply knowledge in a logical and goal-directed manner. It involves skills such as problem-solving, reasoning, and memory. Intelligence is often measured using standardized tests, such as IQ tests, which assess an individual's cognitive abilities across various domains.</p>	<p>6</p> <p>2</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>

	<p>Creativity, on the other hand, refers to the ability to generate unique and valuable ideas, solutions, or products. It involves thinking outside the box, making novel connections, and being open to new experiences. Creativity is not limited to any specific domain and can manifest in various forms, including artistic expression, scientific discoveries, or innovative problem-solving.</p> <p>While intelligence and creativity are distinct, they are not mutually exclusive. In fact, they often interact and complement each other. For example, a highly intelligent individual may use their cognitive abilities to analyze complex problems and generate creative solutions. Conversely, a creative individual may utilize their unique perspectives and insights to enhance their problem-solving abilities.</p> <p>To illustrate this, consider the field of science. Intelligent scientists need to possess a solid understanding of existing knowledge and have the ability to analyze data and draw logical conclusions. However, to make ground-breaking discoveries or propose innovative theories, they also require creative thinking to generate new hypotheses or approach problems from unconventional angles. Intelligence involves cognitive abilities used to process and apply knowledge, while creativity involves the generation of novel and valuable ideas or solutions. While distinct, intelligence and creativity often work in tandem to foster intellectual growth and innovation.</p>	
29	<p>“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.</p> <p>Psychological Stress.</p> <p>Frustration results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal. There could be a number of causes of frustration such as social discrimination, interpersonal hurt, low grades in school, etc.</p> <p>Conflicts may occur between two or more incompatible needs or motives, e.g. whether to study dance or psychology. You may want to continue studies or take up a job. There may be a conflict of values when you are pressurised to take any action that may be against the values held by you. Internal pressures stem from beliefs based upon expectations from inside us to ourselves such as, ‘I must do everything perfectly’. Such expectations can only lead to disappointment. Many of us drive ourselves ruthlessly towards achieving unrealistically high standards in achieving our goals. Social pressures may be brought about from people who make excessive demands on us. This can cause even greater pressure when we have to work with them. Also, there are people with whom we face interpersonal difficulties, ‘a personality clash’ of sorts.</p> <p>OR</p>	<p>6</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>

	<p>According to Lazarus, “An individual’s response to a stressful situation largely depends upon the perceived events and how they are interpreted”. Comment.</p> <p>Cognitive theory of stress - Lazarus</p> <p>The perception of stress is dependent upon the individual’s cognitive appraisal of events and the resources available to deal with them – Discuss</p> <p><input type="checkbox"/> Lazarus has distinguished between two types of appraisal, i.e. primary and secondary.</p> <p><input type="checkbox"/> Primary appraisal refers to the perception of a new or changing environment as positive, neutral or negative</p> <p><input type="checkbox"/> Negative events are appraised for their possible harm, threat or challenge.</p> <p><input type="checkbox"/> Harm is the assessment of the damage that has already been done by an event.</p> <p><input type="checkbox"/> Threat is the assessment of possible future damage that may be brought about by the event.</p> <p><input type="checkbox"/> A challenge appraisal is the expectations of the ability to cope with the stressful event.</p> <p>Secondary appraisal –</p> <p><input type="checkbox"/> assessment of one’s coping abilities and resources</p> <p><input type="checkbox"/> These resources may be mental, physical, personal or social.</p> <p><input type="checkbox"/> If one has a positive attitude, health, skills and social support to deal with the crises s/he will feel less stressed.</p> <p><input type="checkbox"/> These appraisals are very subjective and will depend on many factors.</p> <p><input type="checkbox"/> Past experience - If one has handled similar situations very successfully in the past, they would be less threatening for her/him.</p> <p><input type="checkbox"/> Controllability - A person who believes that s/he can control a negative situation will experience less amount of stress than those who have no such sense of personal control.</p>	<p>6</p> <p>1</p> <p>3</p> <p>2</p> <p>1</p>
	PART F	
	<p>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 realised 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</p>	

30	1,200 to 1,500 guests escape. With reference to the above case, answer the following questions: 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	Which of the following set of words best describe Mallika's hardiness? What differentiates these individuals from others? a. Commitment, confidence, control b. Challenge, control, calmness c. Commitment, control, challenge d. Control, commitment, conviction Individuals who possess hardiness related traits have High stress, but low levels of illness.	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, but 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. Aptitude is the underlying potential for acquiring skills- facilitated by training & environment. The reference to Innate skills or abilities point to aptitude.	1
33	Explain how interest and aptitude influence each other in an individual's choices. Aptitude refers to the potential to perform any activity, whereas interest refers to the preference for performing a specific activity. To excel in any field, an individual needs to possess both aptitude and interest.	2