



INDIAN SCHOOL AL WADI AL KABIR

Assessment -1 2025-26

SUB: PSYCHOLOGY

Date:28/09/2025

Class: XI

Time Allowed: 3 hours

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. 30–31 in Section F are based on 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	Many older people have become wiser with age, yet perform more poorly on cognitive speed tests. This supports that the development is: a. Multidirectional b. Multidimensional c. Unidirectional d. Plastic	(1)
2	Debriefing occurs at the end of a study when experimenters provide participants with information to complete their understanding of the research.	(1)
3	Behaviour is an association between Stimulus and response.	(1)
4	An example of a non-verbal test is: a) Multiple-choice quiz b) Puzzles involving images or patterns c) Essay writing d) Oral interview	(1)
5	Socio-emotional development involves changes in: a) Physical growth b) Cognition and learning c) Personality, emotions, and social relationships d) Reflexes and motor skills	(1)
6	Who established the first psychology laboratory in Leipzig, Germany? a) William James b)Wilhelm Wundt c)John Dewey d) John Watson	(1)
7	A test is considered reliable if: a) It gives different results each time b) It measures what it claims to measure c) It gives consistent results d) It is only used once	(1)

8	Quantitative research focuses on collecting numerical data and applying statistical techniques	(1)
9	<p>Assertion: Common sense and psychology both seek to predict behaviour. Reason: Common sense relies on hindsight, while psychology aims to explain behaviour after it occurs.</p> <p>a) Both assertion and reason are true and related. b) Both assertion and reason are true but not related. c) The assertion is true, but the reason is false. d) The assertion is false, but the reason is true.</p>	(1)
10	The genetic makeup of an organism is called its genotype	(1)
11	According to Jean Piaget, the ability to think logically about abstract concepts emerges in the formal operational stage.	(1)
12	<p>Assertion (A): Correlational research can establish causal relationships between variables. Reason (R): Correlation only measures the strength and direction of a relationship between two variables.</p> <p>a) Both assertion and reason are true and related. b) Both assertion and reason are true but not related. c) The assertion is true, but the reason is false. d) The assertion is false, but the reason is true.</p>	(1)
13	Health psychology/ community psychology is a broad field in which psychological knowledge is related to community mental and physical health.	(1)
14	<p>Assertion (A): Attachment formed in early childhood influences later social development. Reason (R): Securely attached children often show higher self-esteem and better peer relationships.</p> <p>a) Both assertion and reason are true and related. b) Both assertion and reason are true but not related. c) The assertion is true, but the reason is false. d) The assertion is false, but the reason is true.</p>	(1)
Section – B		
15	<p>What is meant by a variable? List down the different types of variables.</p> <p>Ans. Any stimulus or event that varies, that is, it takes on different values and can be measured, is a variable. For example: the height of an individual. The types of variables are independent variables and dependent variables.</p>	(2)
16	<p>Provide the definition of psychology.</p> <p>Ans. Psychology is a modern discipline aimed at understanding the complexities of mental processes, experiences, and behaviour of individuals in different contexts.</p>	(2)

17	<p>What is the observational method in psychological research? Describe the various types of observational methods.</p> <p>Observation method Types: Participant Vs. Non Participant Controlled Vs. Naturalistic</p>	(2)
18	<p>What is a teratogen? List down some common teratogens.</p> <p>Teratogens are environmental agents that cause deviation in normal development that can lead to serious abnormalities or death in the prenatal stage. Some of the teratogens are: drugs, radiation pollution, and infection</p>	(2)
19	<p>Explain the concept of object permanence, providing an example to illustrate your answer.</p> <p>Object permanence refers to the understanding that objects continue to exist even when they are not perceived. For example, in infancy, if a toy hides from a child because of lack of object permanence, the child won't search for the toy.</p>	(2)
Section – C		
20	<p>Psychology is a vast field that deals with the human mind and behaviour. Elaborate on at least three disciplines related to psychology.</p> <p>Ans. Philosophy, Medicine, Economics, political science and sociology, law and criminology, mass communication, computer science, music and fine arts, architecture and engineering (Any three)</p>	(3)
21	<p>Rohit is 32 years old. He works in a private company and has recently got married. State the developmental stage Rohit is in. Mention the major challenges individuals face during this stage.</p> <p>Ans. Developmental stage- Adulthood. Major challenges: Career and work, marriage, parenthood and family.</p>	(3)
22	<p>Differentiate between the experimental group and the control group.</p> <p>Experiments involve one or more experimental groups and one or more control groups. Experimental group: An experimental group is a group in which members are exposed to independent variable manipulation. Control group: The control group is a comparison group that is treated in every way like the experimental group except that the manipulated variable is absent in it.</p>	(3)
23	<p>Psychology, being a scientific study of behaviour and mental processes, has certain limitations in its methods of enquiry. State any three limitations of psychological enquiry and explain them briefly.</p> <p>Ans. Lack of true zero point, relative nature of psychological tools, subjective nature of qualitative data.</p>	
Section – D		
24	<p>Adolescence is a crucial stage marked by rapid mental growth and learning abilities. Elaborate on the cognitive development that takes place during adolescence.</p>	(4)

	Ans. Hypothetical deductive reasoning, imaginary audience, personal fable and forming an identity	
25	<p>Psychology has evolved through different perspectives that explain human thought and behaviour. Discuss at least two major schools of psychology in detail.</p> <p>Ans. (Any two)</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>	(4)

	<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. 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. 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. 	
26	<p>In research, various methods are employed to analyze collected data systematically. Explain two methodological approaches commonly used for the analysis of data.</p> <p>Ans. Quantitative method and qualitative method.</p> <p>OR</p> <p>List the goals of psychological enquiry and explain them.</p> <p>Ans. Description, prediction, explanation, control and application.</p>	(4)
27	<p>Scientific knowledge generated by psychology often runs against common sense. Describe and explain the experiment conducted by Dweck (1975) on common sense.</p> <p>Dweck took two groups of students who were trained for 25 days in solving math problems. The first group was given easy problems which they were always able to solve. The second group had a mix of easy and difficult problems. Obviously, in case of difficult problems, they failed. Whenever this happened Dweck told them that their failure was because they had not tried hard enough and persuaded them not to give up and keep trying. After the training period was over, a new set of math problems were given to the two groups. What Dweck found goes against common belief. Those who had always succeeded because they were given easy problems, gave up much faster when they faced failure than those who had experience of both success and failure and were taught to attribute failure to their lack of effort.</p> <p>OR</p> <p>Riya is a first-year psychology student. In her class, the teacher introduced her to different branches of psychology. Riya is interested in knowing how these branches help in understanding and solving real-life problems. With reference to Riya's curiosity, elaborate on any four branches of psychology and their importance.</p> <p>Ans Clinical- Counselling, Industrial /Organizational, Social, Cultural etc. Any three with a brief explanation. (Any four)</p>	(4)
Section – E		

28	<p>Human development is a lifelong process influenced by multiple factors. What is the life span perspective in human 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 responds 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>OR</p> <p>Development can be understood through ecological systems that influence growth. Explain Bronfenbrenner’s view of development with a diagram.</p> <p>Ans. Urie Bronfenbrenner explained development through the ecological systems theory, which emphasizes how different environmental systems influence an individual’s growth.</p> <p>His model consists of five interrelated systems:</p> <ol style="list-style-type: none"> 1. Microsystem – Immediate environment (family, school, peers, neighbourhood). 2. Mesosystem – Interconnections between microsystems (e.g., parent–teacher relationship, peer–family influence). 3. Exosystem – Indirect environment (parent’s workplace, community services, media). 4. Macrosystem – Larger cultural and societal context (values, customs, laws). 5. Chronosystem – The dimension of time (life events, socio-historical changes). 	(6)
29	Psychologists use systematic methods to gather accurate information about behaviour and mental processes. Describe at least four methods of data collection in psychology.	(6)

	<p>Ans. Observational method, experimental method, correlational research, survey research, psychological testing, case study (Any four)</p> <p>OR</p> <p>Conducting research in psychology requires adherence to moral guidelines to protect participants. Detail the important aspects of ethical principles.</p> <p>Ans. Voluntary participation, informed consent, debriefing, sharing the results of the study, and confidentiality of the data source.</p>	
	Section – F	
31	<p>Human development is a lifelong process that begins from conception and continues till death. Each stage has its own unique characteristics and developmental tasks. For example, childhood is marked by rapid language development and socialization, while adolescence is a critical period for identity formation. Development also includes physical, cognitive, emotional, and social changes, which together shape an individual's personality and adjustment. Linguistic, motor, cognitive, and social-behavioural functions of a child are influenced by many factors, such as the home environment, including the parents' mental health. Cultural background and societal expectations also play a significant role in shaping developmental outcomes. Education and peer interactions further contribute to an individual's growth and learning. Overall, human development is a dynamic and continuous process where biological, psychological, and social factors interact throughout life.</p> <p>a) List out the different stages of development. Ans. Prenatal stage, infancy, childhood, adolescence, adulthood, old age</p> <p>b) Mention how heredity and environment influence human development.</p>	(1) (2)
32	<p>Research in psychology plays a crucial role in advancing our understanding of human behaviour, thoughts, and emotions. It has a significant impact on various fields, including education, counselling, clinical psychology, and neuroscience. It provides insight into human behaviour: research helps us understand why people behave in certain ways, what triggers specific behaviours, and how environments and experiences shape behaviour. It also improves mental health treatments: psychological research has led to the development of evidence-based treatments for mental health disorders, such as cognitive-behavioural therapy and medications. Additionally, it enhances teaching methods: educational psychology research informs teaching practices, helping educators create effective learning environments that cater to individual needs.</p> <p>a) Mention the steps of conducting a psychological enquiry. Ans. Conceptualization of a problem, collecting data, drawing the conclusion, revising research conclusion.</p> <p>b) How does psychological enquiry help in improving human life?</p>	(1) (2)

All the Best