



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF PSYCHOLOGY (2025-26)
CLASS – XI

Term 1

WORKSHEET

Multiple Choice Questions (MCQs)

1. Psychology is best defined as:

- a) Study of the soul
- b) Study of behaviour, experience and mental processes
- c) Study of unconscious motives
- d) Study of the nervous system

Answer: b) Study of behaviour and mental processes

2. 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

Answer:

3. Which of the following psychologists is associated with Structuralism?

- a) William James
- b) Wilhelm Wundt
- c) Sigmund Freud
- d) John Watson

Answer: b) Wilhelm Wundt

4. According to Piaget, the stage of development where children develop object permanence is:

- a) Sensorimotor
- b) Preoperational
- c) Concrete operational
- d) Formal operational

Answer: a) Sensorimotor

5. An example of a non-verbal test is:

- a) Multiple-choice quiz
- b) Puzzles involving images or patterns
- c) Essay writing
- d) Oral interview

Answer: a) Puzzles involving images or patterns

6. Physical development during adolescence is triggered by:

- a) Hormonal changes
- b) Social pressure
- c) Cognitive maturity
- d) Peer influence

Answer: a) Hormonal changes

Fill in the blanks

7. _____ refers to the characteristic where children focus on a single feature for understanding events.

Answer: Centration

8. The branch of psychology that studies workplace behaviour is called _____ psychology.

Answer: Industrial/Organizational psychology

9. The transition from childhood to adulthood is marked by _____ changes, _____ growth, and _____ maturity.

Answer: Physical changes, emotional growth, cognitive maturity

10. Informed consent is the ethical guideline that states participants in a study should understand beforehand what will happen to them during the study.

Answer: Informed consent

11. The term “data” in psychological research refers to:

Answer: Information collected

ASSERTION-BASED QUESTIONS

12. Assertion (A): Psychology is both a natural and a social science.

Reason (R): It studies biological processes as well as human interactions.

- (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.

Answer: (a) Both A and R are true, and R is the correct explanation of A.

13. Assertion (A): Case studies are useful for studying rare phenomena.
Reason (R): They provide detailed, in-depth information about individuals.

- (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.

Answer: (a) Both A and R are true, and R is the correct explanation of A.

14. Assertion (A): Physical development in childhood is faster than in adolescence.
Reason (R): Children gain motor skills rapidly compared to adolescents.

- (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

Answer: (b) Both A and R are true, but R is not the correct explanation of A.

Section B – Very Short Answer (2 marks)

15. Differentiate between psychology as a natural science and psychology as a social science.

Answer: Natural science → biological/physiological bases;
Social science → culture, interaction, society.

16. What is a telephone survey?

Answer: Nowadays, surveys are also conducted through telephones. The telephone survey helps save time; however, since the respondents do not know the interviewer, this technique is fraught with uncooperativeness, reluctance, and superficial answers by the respondents. An example of one kind of telephone survey is sending your views of programs through mobile phones SMS.

17. Discuss in brief the term delinquency.

Answer: Delinquency refers to a variety of behaviours ranging from socially unacceptable behaviour, legal offences, to criminal acts. Example includes truancy, running away from home, stealing or burglary or act of vandalism.

18. How does the humanistic approach differ from the psychoanalytic approach?

Answer: Humanistic → free will, growth; Psychoanalytic → unconscious motives.

19. What are the various steps in conducting scientific research?

Answer: Conceptualising a problem, collecting data, drawing a conclusion, and revising the research conclusion.

Section C - Short Answer (3 mark)

20. Differentiate between growth and development.
21. What is correlational research? Explain its types with examples.
22. How does common sense differ from scientific outlook?

Section D - 4 mark questions

23. What are the two types of groups in the experimental method?
24. What are the ethical issues in Psychological enquiry?
25. Discuss Old age in detail.

OR

Elaborate on Adolescents' egocentrism as described by David Elkind.

26. Explain the relationship between the mind and the brain, and provide an analogy.

OR

Explain the humanistic perspective in psychology.

Section E – 6 mark questions

27. 'Human development is influenced by both heredity and environment.' Discuss with examples from childhood and adolescence.

OR

Explain infancy and briefly discuss the motor, sensory, and cognitive development during infancy.

28. Discuss the experimental method as a method of enquiry along with its strengths and weaknesses.

OR

Describe two methods of enquiry under the survey category. What are the limitations of this method?

Section F – Case studies (3 mark questions)

29. Read the scenario and answer:

A psychologist wants to study the effect of music on concentration among students. She divides students into two groups: one listens to music while solving math problems, the other works in silence.

1. Identify the independent and dependent variables. (1 Mark)

Answer: IV = Music, DV = Concentration (math performance).

2. Which research method is being used? (2 mark)

Answer: Experimental method.

30. Mrs. Meena, 45 years old, works as a nurse and is also a mother of two teenage children. She feels torn between managing her professional responsibilities and taking care of her family. Recently, she has also started worrying about her health and appearance as she is entering midlife.

1 Which developmental stage is Mrs. Meena going through? (1 mark)

Answer: Adulthood

2. Note down two major tasks of this developmental stage. (2 marks)

Answer: career and work, marriage, parenthood and family.
