DAY — 17 SEAT NUMBER | | | | | | |

2025	III	05	1500	J-412	(E)

PSYCHOLOGY (48)

Time : 3 Hrs. (6 Pages) Max. Marks : 80

Note : *(1) All questions are compulsory.*

(2) Figures to the right indicate full marks.

(3) Answer to every new question must be written on a new page.

Q. 1. (A) Complete and rewrite the following statements by selecting the appropriate words given in the brackets : (5) **[20]**

(1) Psychology was a branch of _____ until the 1870s.
(Physics, Philosophy, Physiology)

(2) According to law of _____ , we perceive an incomplete stimulus in a complete manner.
(proximity, similarity, closure)

(3) Verbal emotional abuse includes_____ .
(rejecting, isolating, insulting)

(4) Shortness of breath is a _____ symptom of anxiety.
(behavioural, psychological, physical)

(5) The belief that good things will happen is called _____.
(pessimism, resilience, optimism)

(B) Match the words from group 'A' and 'B' appropriately : (5)

Group 'A'		Group 'B'	
(a)	Chemistry	(1)	Interpersonal intelligence
(b)	Howard Gardner	(2)	Fight or flight
(c)	Pancreas	(3)	Incongruent affect
(d)	Fear	(4)	Physical science
(e)	Schizophrenia	(5)	Mental age
		(6)	Endocrine gland

(C) Write whether the following statements are 'True' or 'False' : (5)

(1) There are certain limitations to Artificial Intelligence.

(2) Rahul is growing up in an emotionally warm family. An emotionally warm environment in family will help Rahul to become well adjusted.

(3) Preparation is not needed for creative thinking.

(4) Self harm tendency is a signal indicating that an individual needs a professional help.

(5) Masten is the father of positive psychology.

(D) Answer the following questions in only 'one' sentence each: (5)

(1) Who is considered as the father of American Psychology?

(2) Who has given the concepts of fluid intelligence and crystalized intelligence?

(3) Who has prepared Thematic Apperception Test?

(4) What is meant by listening non-judgmentally?

(5) What is the capacity to understand what the other person is experiencing called?

Q. 2. Answer the following questions in 25 to 30 words each (Any FIVE) : **[10]**

(1) Write in brief about emergence of humanistic psychology.

(2) Explain the meaning of emotional intelligence in your own words.

(3) Write the meaning of cardinal trait with suitable example.

(4) Write the external physiological changes occurring during emotions.

(5) Write the symptoms of bipolar disorder.

(6) Explain how superstitions act as a hurdle in the first aid in mental health.

(7) Write the meaning of mindlessness in your own words.

Q. 3. Write short notes on the following topics in 50 to 60 words each (Any FOUR) : **[12]**

(1) Observation method

(2) Division of attention

(3) Benefits of emotional well being

(4) Phobia

(5) Overdependence on the internet

(6) Life above zero

Q. 4. Write answers to the following questions based on the examples only in words (Any FOUR) : **[8]**

(1) As Dinesh increased amount of his exercise, the amount of his body fat decreased. So what is the type of correlation between the amount of exercise and amount of body fat?

(2) Baban always understands others and lives in harmony with others. Which type of intelligence is more in Baban?

(3) Because of the rewards and appreciation, Shailesh started learning to swim. This is a description of which process of learning?

(4) Manisha, who was experiencing grief, was told by her friends that they share her grief and also advised her to go for a walk every day. So, which action in ALGEE action plan did Manisha's friends follow?

(5) Due to severe pain, Prashant had to undergo a leg operation. He recovered quickly from the pain and started playing in the cricket team again as before. So, what kind of resilience did Prashant show?

(6) By asking questions to the students in the sample group, the teacher collected information about the students' opinions about the National Education Policy (NEP) 2020. So, what method did the teacher use to collect information?

Q. 5. Explain the following concepts in 25 to 30 words each (Any FIVE) : **[10]**

(1) Case study method

(2) Personality

(3) Perception

(4) Triggers of anger

(5) Suggestible stage

(6) Sleep hygiene- A self help strategy

(7) Mindfulness

Q. 6. Answer any TWO of the following questions in 80 to 100 words each with the help of the given points : **[10]**

(1) Explain the steps in problem solving.

Points :

(i) Defining the problem

(ii) Generating alternative solutions

(iii) Selecting a solution

(iv) Implementing and follow up on the solution

(2) Explain the respond approach of anger management .

Points :

(i) Consulting a family member

(ii) Engage talks with other party

(iii) Active listening

(iv) Caging your rage

(3) Explain the criteria for psychological disorder.

Points :

(i) Clinically significant syndrome

(ii) Distress and impairment

(iii) Dysfunction

(iv) If any response given to stressor is accepted as a response to that situation it is not considered as a sign of mental disorder.

Q. 7. Answer any ONE of the following questions in 150 to 200 words : **[10]**

(1) Explain various types of intelligence tests.

(2) Explain various methods of measuring personality.

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