

ANSWER KEY

Second Year Higher Secondary Examination March 2021.

Subject : PSYCHOLOGY.

CODE No : SY233

SCORES : 60

Time : 2 Hours.

Qn No.	Answer Key / Value Points	Score	Total Score
1	b. William Stern	1	1
2	b. Environmental Psychology	1	1
3	c. Defence Mechanism	1	1
4	c. Psychotherapy	1	1
5	a. Projective Techniques	1	1
6	a. Prosocial Behaviour	1	1
7	d. Freud (Fritz) Perls	1	1
8	d. Aggression	1	1
9.	Write any four • Reducing air Pollution • Reducing Noise Pollution • Managing garbage disposal • Planting and caring trees • Saying 'No' to plastics • Reducing non-bio degradable packaging of Consumer goods • Laws related to Construction	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	2

Qn No	Answer Key / Value Points	Score	Total Score
10	<p>Write any two / Naming Source traits, Surface traits, 16 PF.</p> <ul style="list-style-type: none"> x Cattell identified 16 primary / Source traits. x Source traits are stable and considered as the building blocks of Personality. x Surface traits that result out of the interaction of Source traits. x Sixteen Personality Factor Questionnaire (16 PF) 	1 1	2
11	<p>Diathesis - stress model.</p> <ul style="list-style-type: none"> x Psychological disorders develop when a diathesis is set off by a stressful situation. x Diathesis x Vulnerability to develop Psychological disorder. x Presence of stressors. 	1/2 1/2 1/2	2
12	<p>Intelligence Quotient (IQ) refers to mental age divided by chronological age and multiplied by 100.</p> $IQ = \frac{MA}{CA} \times 100 = \frac{20}{20} \times 100$ $IQ = 100$ <p>OR</p> $IQ = \frac{MA}{CA} \times 100.$ <p>MA - Mental age CA - Chronological age</p> $IQ = \frac{20}{20} \times 100 = 100.$	1 1	2

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13	<p>Psychoneuroimmunology focuses on the links between the mind, the brain and the immune system.</p> <p>It studies the effects of stress on the immune system.</p>	1	2
14.	<p>Describe any two or any other points related to aggression.</p> <ul style="list-style-type: none"> • Inborn tendency • Physiological mechanisms • Child-rearing • Frustration. 	1	2
15	<p>Phallic stage (4-5 years) focuses on genitals.</p> <p>Oedipus Complex</p> <p>Electra Complex</p>	<p>1</p> <p>$\frac{1}{2}$</p> <p>$\frac{1}{2}$</p>	2
16	<p>Write any two of the following</p> <ul style="list-style-type: none"> - It is a trusting and confiding relationship. - Therapist encourages the client - Trust enables the client to unburden problems. - Therapist show empathy and unconditional positive regard to the client. <p>[Explanation of therapeutic relationship → 2 score]</p>	1	2

Qn No.	Answer key / Value Points.	Score	Total Score
17	<p>Write any two points.</p> <ul style="list-style-type: none"> Minimise opportunities for learning prejudices. Changing such attitudes. de-emphasising a narrow social identity based on ingroup. discouraging the tendency towards self-fulfilling prophecy. 	1 1	2
18	<p>Write any three points.</p> <ul style="list-style-type: none"> Advanced logical thinking; Questioning and problem solving behaviour. High speed in Processing information Superior generalisation and discrimination ability. Advanced level of original and Creative thinking High level Intrinsic motivation. Preference for academic activities. IQ above 130. High Creativity etc 	1 1 1	3
19	<p>Describe.</p> <ul style="list-style-type: none"> Physical and Environmental stress. Psychological stress. Social stress <p>[Other relevant points related to stress can also be considered.]</p>	1 1	3

Qn No	Answer key / Value Points.		
23	<p>Write about Somatic Symptom and related disorders.</p> <ul style="list-style-type: none"> - Somatic Symptom disorders - Illness anxiety disorders - Conversion disorders. <p>OR</p> <p>Write about Somatoform disorders.</p> <ul style="list-style-type: none"> - Pain disorders, Somatisation disorders Conversion disorders and Hypochondriasis. <p>OR</p> <p>Naming any three disorders from the above</p>	<p>1</p> <p>1</p> <p>1</p>	3
24	<ul style="list-style-type: none"> - Informed Consent. - Confidentiality - Alleviating distress - Integrity of client-therapist relationship. - Respect for human rights and dignity - Professional competence and skills <p>OR</p> <p>Write about any three of the above.</p>	<p>$\frac{1}{2}$</p> <p>$\frac{1}{2}$</p> <p>$\frac{1}{2}$</p> <p>$\frac{1}{2}$</p> <p>$\frac{1}{2}$</p> <p>$\frac{1}{2}$</p>	3
25	<p>Explain the following strategies.</p> <ol style="list-style-type: none"> Task-oriented strategy Emotion-oriented strategy Avoidance-oriented strategy <ol style="list-style-type: none"> obtaining information about the stressful situation and about alternative course of action. Maintain hope and control one's emotions. Denying or minimising the seriousness of the situation. 	<p>1</p> <p>1</p> <p>1</p>	3

Qy. No.	Answer key / Value Points.	Score	Total Score
26	<p>* Attitude changes if there is a state of imbalance.</p> <p>* P-O-X triangle represents the relationships between three aspects or components of attitude.</p> <p>* P - Person, O - Another Person, X - Attitude Object.</p> <p>[Answer related to Attitude change can also be considered.]</p>	1 1 1	3
27	<p>Explain any three effects of Stress.</p> <ul style="list-style-type: none"> • Emotional effect. • Physiological effect • Cognitive effects • Behavioural effects. <p>[Answer related to stress and symptoms can also be considered.]</p>	1 1 1	3
28	<p>Explain any three of the following qualities of effective Counsellors.</p> <ul style="list-style-type: none"> • Authenticity • Positive regard for others. • Empathy • Paraphrasing 	1 1 1	3
29.	<p>Explain the following eating disorders.</p> <ul style="list-style-type: none"> • Anorexia nervosa • Bulimia nervosa • Binge eating. 	1 1 1	3

Qn. No.	Answer key / Value Points.	Score	Total Score
30	<p>Describe the following Communication skills.</p> <ul style="list-style-type: none"> • Speaking. • Active listening • Body language or Non verbal skills. 	<p>1 1 1</p>	3
31	<p>Write any three of the following Causes of Social loafing.</p> <ul style="list-style-type: none"> • Group members feel less responsible. • Motivation Decreases. • Performance of the group is not to be compared with other groups. • Improper Co-ordination among members. • Belonging to the same group is not important for members. <p><u>OR</u></p> <p>Social loafing is a reduction in individual effort when working on a collective task.</p>	<p>1 1 1</p>	3
32	<p>Write about the following Competencies.</p> <ul style="list-style-type: none"> • Cognitive Capacity • Social Competence • Emotional Competence • Entrepreneurial Competence. <p><u>OR</u></p> <p>Explanation related to Intelligence in Indian tradition.</p>	<p>1 1 1 1</p>	4

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33	<p>Rorschach Inkblot test was developed by Hermann Rorschach.</p> <p>It consists of 10 Inkblots.</p> <p>Cards are administered in two phases.</p> <ol style="list-style-type: none"> 1. Performance Proper. 2. Inquiry. <p>Thematic Apperception Test was developed by Morgan and Murray.</p> <p>It consists of 30 black and white picture cards and one blank card.</p> <p>There are separate cards for males, females, boys and girls.</p> <p>The subject is asked to tell a story.</p>	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	4
34	<p>Naming any two neurodevelopmental disorders.</p> <p>ADHD</p> <p>Autism Spectrum Disorder</p> <p>Intellectual Disability</p> <p>Specific Learning Disorders. etc</p> <p>Describe any of the two neurodevelopmental disorders.</p>	1 1 1 1 1	4
35	<p>Louis Thurstone.</p> <p>Verbal Comprehension.</p> <p>Numerical Abilities.</p> <p>Spatial relations</p> <p>Perceptual Speed</p> <p>Word Fluency</p> <p>Memory</p> <p>Inductive reasoning</p> <p>{ Explanation without naming the abilities can be considered. }</p>	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	4.

Qn.No	Answer Key /Value Points.	Score	Total Score		
36	<p>Explain any 4 stress management technique.</p> <ul style="list-style-type: none"> * Relaxation technique * Meditation * Biofeedback * Creative Visualisation * Cognitive behavioural techniques * Exercise. 	1 1 1 1 1	4		
37	<ul style="list-style-type: none"> * Cognitive therapy locate the cause of Psychological distress in Irrational thought and beliefs. * Albert Ellis formulated the Rational Emotive Therapy * Irrational beliefs mediate between the antecedent events and their consequences. * The first step in RET is ABC Analysis. * Irrational beliefs are changed through non directive questioning. * Aaron Beck - Cognitive Therapy. * Psychological distress characterized by anxiety or depression. * Dysfunctional Cognitive Structure. <p>Write any 4 of the above mentioned points.</p>	1 1 1 1 1	4		
38	<table border="0"> <tr> <td> <u>Analytical Psychology</u> <ul style="list-style-type: none"> * Carl Jung * Personality consists of competing forces and structure within the individual. </td> <td> <u>Individual Psychology.</u> <ul style="list-style-type: none"> * Alfred Adler. * Human being is purposeful and goal directed </td> </tr> </table>	<u>Analytical Psychology</u> <ul style="list-style-type: none"> * Carl Jung * Personality consists of competing forces and structure within the individual. 	<u>Individual Psychology.</u> <ul style="list-style-type: none"> * Alfred Adler. * Human being is purposeful and goal directed 		
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	<ul style="list-style-type: none"> x Rather than between the individual and the demands of the Society. x Or between the individual and reality. x Personal goals are the Sources of our motivation x Over coming inferiority Complex is essential for optimal Personality development. <p>Any two points from each section can be considered.</p>	1 1 1 1	4
39	<p>Multiple Intelligence Theory.</p> <p>* Naming any of the six Intelligences.</p> <p>* Explaining any of the six Intelligences.</p> <ul style="list-style-type: none"> - Linguistic - Logical Mathematical - Spatial - Musical - Bodily Kinaesthetic - Intra personal - Inter personal - Naturalistic 	3 3	6
40	<p>Write about Schizophrenia [Any two points]</p> <ul style="list-style-type: none"> x Schizophrenia is the descriptive term for a group of psychotic disorders. x Personal, social and occupational functioning deteriorate. x Disturbed thought processes. x Strange Perception, x Unusual emotional states. x Motor abnormality. <p>Symptoms of Schizophrenia. → Positive Negative Psychomotor.</p> <p>Positive Symptom. → Delusions Hallucinations</p>	2 2 2	6

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41	<p>Psychodynamic Therapy - Sigmund Freud</p> <p>Free Association and dream interpretations</p> <p>Explanation → Psycho dynamic therapy → Free Association</p> <p>Modality of treatment - Transference Interpretation</p> <p>Explanation - Transference - +ve -ve Transference Neurosis</p>	1 1 1 1 1 1	6
42	<p>Definition of Personality</p> <p>Psychodynamic Approach / Five-stage theory.</p> <p>Naming five stages</p> <p>Explain five stages → Oral phallic Latency Genital.</p>	1½ ½ 1½ ½ ½ ½ ½ ½	6

Answer related to Psychodynamic approach can also be considered.

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