



# PSYCHOLOGY

---

**Maximum Marks: 70**

**Time Allotted: Three Hours**

**Reading Time: Additional Fifteen minutes**

---

## **Instructions to Candidates**

- You are allowed **additional fifteen minutes** for **only** reading the question paper.
- You must **NOT** start writing during the reading time.
- This question paper has **10 printed pages**.
- It is divided into **three sections** and has **12 questions** in all.
- All questions are compulsory. Answer **all** questions.
- **Section A** has **fourteen subparts** which are very short answer questions. Each question carries 1 mark.
- While attempting **Multiple Choice Questions** in Section A, you are required to **write only ONE option as the answer**.
- **Section B** has **seven questions** which are short answer questions. Each question carries 4 marks.
- **Section C** has **four questions** which are long answer questions. Each question carries 7 marks.
- **Internal choices** have been provided in **two questions in Section B** and in **one question in Section C**.
- The intended marks for questions are given in brackets [ ].

## **Instruction to Supervising Examiner**

- Kindly read **aloud** the Instructions given above to all the candidates present in the examination hall.

## SECTION A – 14 MARKS

### Question 1

- (i) Name the stage of crisis in Psychosocial Development, when one attempts to maintain their sense of dignity as they become a senior citizen and feel worthless if they fail to maintain it. [1]  
(Recall)
- (ii) Illustrate a subtype of schizophrenia in which individuals have an irrational and persistent feeling that someone is going to harm them. [1]  
(Recall)
- (iii) Observe the image shown below and identify the stage of cognitive development. [1]  
(Understanding)



- (iv) Rajeshwari wears T-shirt and jeans on her first day to work. She notices that her colleagues wear formal clothes. Although no one tells her to do so, she feels the need to dress up formally to avoid appearing different from the rest. [1]  
What type of social influence is exhibited in the above scenario?  
(Understanding)
- (v) As part of the Student Council, you are organising a campaign on promoting awareness among students on substance abuse. Indicate *any one* way of persuasion that you will use to bring a positive attitudinal change among the students. [1]  
(Application)
- (vi) Given below are two statements marked as Assertion and Reason. Read the statements carefully and choose the correct option. [1]

**Assertion:** The id, ego, and superego constitute the three components of Freud's Structural Model of Personality.

**Reason:** Each component operates independently and does not influence the functioning of others. (Analysis)

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.

- (vii) Given below are two statements marked as Assertion and Reason. Read the statements carefully and choose the correct option. [1]

(Analysis)

**Assertion:** Individuals with good academic abilities may not be able to maintain good interpersonal relationships with their families and friends.

**Reason:** Such individuals possess a high level of intelligence quotient but have low emotional intelligence.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.

- (viii) State whether the following is **True or False**. [1]

As a counselling skill, paraphrasing involves a verbatim repetition of what the client says to ensure accurate understanding and agreement on the part of the counsellor. (Recall)

- (ix) Study the relation between the first two words and then fill in the fourth word. [1]

Choleric: Hippocrates :: Mesomorphic : \_\_\_\_\_

(Analysis)

- (x) Study the relation between the first two words and then fill in the fourth word. [1]

Good boy-Good girl orientation: Conventional level :: Universal ethical principle orientation: \_\_\_\_\_ (Analysis)

- (xi) Exosystem is an ecological system in which the individual does not directly experience an event or a situation, but the situation still has an influence on their life. [1]

Which one of the following scenarios is the correct example of this term?

(Application)

- (a) Seema works in a competitive corporate environment. Due to the strict workplace policies and stress levels, she is not able to spend enough time with her teenage daughter which influences her daughter's wellbeing.
- (b) Arif's parents meet his class teacher at the Parent Teacher Meeting. The teacher praises him for his good academic results which makes Arif extremely happy.
- (c) Sophia looks forward to Christmas as she enjoys celebrating with her cousins, aunts and uncles. They go for outings and spend time together as a family.
- (d) Harsimran had applied for an undergraduate course in an Engineering college of his choice and got the admission. He is excited and looking forward to this new phase in his life.

(xii) In the Five Factor Model of Personality, which one of the following focuses on an individual's ability in organising, taking responsibility and being efficient? [1]

(Recall)

- (a) Extraversion
- (b) Agreeableness
- (c) Conscientiousness
- (d) Openness to Experience

(xiii) Ravi, aged ten years, displayed signs of Attention Deficit Hyperactive Disorder. His parents were advised by the counsellor to prepare a routine for Ravi. Every time he showed adaptive behaviour, he was awarded a golden star. Once he even earned twenty such stars and was allowed to exchange them for a chocolate of his choice.

Which one of the following therapies did the counsellor advise for Ravi?

(Understanding)

- (a) Systematic desensitisation
- (b) Token Economy
- (c) Modelling
- (d) Flooding

(xiv) Which of the following statements are correct about Rationalisation?

(P) It is an effective strategy to cope with stress and anxiety levels.

(Q) It enables individuals to protect their sense of self from unpleasant truths.

(R) It leads to self-deception in an individual.

(S) It allows for an expression of repressed desires and urges.

(Analysis)

- (a) Only (P) and (Q)
- (b) Only (R) and (S)
- (c) Only (Q) and (R)
- (d) Only (P) and (S)

## SECTION B – 28 MARKS

### Question 2

- (i) Kirti bought a birthday gift for her close friend, Soma. Soma did not like the gift but did not express this to Kirti. She thought that it would make Kirti feel bad. Instead, she told Kirti that it was very thoughtful of her to give her a gift.
- (a) Describe the process used by Soma to change her own attitude. [2]  
(Understanding)
- (b) Outline *any two* ways by which Soma changed her attitude. [2]  
(Understanding)

OR

- (ii) Soham, a dedicated stay-at-home father, is often ridiculed by his family and friends who believe caregiving responsibilities fall on the woman as the wife. Despite his commitment and capabilities in managing household, Soham constantly faces prejudice due to these biases against men as house husbands and stay-at-home-fathers while the wife goes to work. This attitude of family and friends saddens him.
- (a) Explain *any two* causes for the prejudice Soham is facing. [2]  
(Understanding)
- (b) Suggest *any two* strategies for Soham to overcome this prejudice. [2]  
(Understanding)

### Question 3

Sheetal aims to become a Forest Range Officer as she enjoys being amongst wildlife and wants to protect them from any harm.

- (i) Identify the type of intelligence that Sheetal possesses. Which theory of Intelligence is being indicated here? [2]  
(Understanding)
- (ii) According to the above theory of Intelligence, enumerate *any two* types of intelligence, other than the one referred to above, and *any two* corresponding professions. [2]  
(Understanding)

### Question 4

Read the excerpt given below and answer the questions that follow.

Mother Teresa believed that by loving and serving others, she would fulfill her mission of compassion for mankind. She reached out to the poor and the destitute in the community. She was understanding; she treated everyone with dignity and respected

people who she interacted with and was loyal to the people of her fraternity. She is said to be fond of chocolates and ice cream.

(Source (edited): *Mother Theresa's Mysterious Diet – A Sweet Tooth? February 2, 2022* By Sophia Smith)

- (i) Keeping in view Allport's theory, identify and explain the most important trait in Mother Teresa. **[2]**  
(Understanding)
- (ii) Relate the following traits of Mother Teresa to the traits given by Allport. **[2]**  
(Understanding)
- (a) She was understanding; she treated everyone with dignity and respected people who she interacted with and was loyal to her fraternity.
- (b) She is said to be fond of chocolates and ice cream.

### Question 5

**[4]**

High blood pressure or hypertension is one of the most common lifestyle diseases today worldwide. The fact that the younger population in India is being diagnosed with high blood pressure is very alarming. Majority of the population with high blood pressure simply pops a pill to control it.

Source (edited): [www.freepressjournal.in](http://www.freepressjournal.in)

With reference to the above news extract, enumerate *any four* effective ways to reduce stress among the youth of India. **(Understanding)**

### Question 6

- (i) Aditi faces recurring periods of intense emotional swings. In some phases, she feels unusually energised, talks rapidly, and indulges in impulsive activities like excessive spending of money. At other times, she withdraws from social interactions, experiences deep sadness, and finds it challenging to focus or engage in daily activities.
- (a) List the *two* stages of the psychological disorder displayed by Aditi. **[2]**  
(Understanding)
- (b) Explain *any two* potential causes of this psychological disorder. **[2]**  
(Understanding)

**OR**

- (ii) "The onset of the disorder was gradual, but even today, I still remember the painful episode in my life. I had completed medical school with great success. It seemed as if my hard work had paid off and my dreams were realised. However, within two weeks thereafter, I was unable to complete my work in a timely fashion. I had trouble concentrating on even the simplest of tasks. I felt intense gloom and felt lonely even amongst my friends. I was unable to sleep and felt fatigued and worthless all the time. I remained slow, inefficient and disorganized."

Source(edited):[https://www.massmed.org/Physician\\_Health\\_Services/Helping\\_Yourself\\_and\\_Others/Success\\_Story\\_\\_A\\_Personal\\_Story\\_of\\_Mental\\_Illness/](https://www.massmed.org/Physician_Health_Services/Helping_Yourself_and_Others/Success_Story__A_Personal_Story_of_Mental_Illness/)

- (a) Identify the psychological disorder indicated above. [1]  
(Understanding)
- (b) Specify *any three* ways by which Rational Emotive Therapy (RET) can be used to help the patient recover from the psychological disorder. [3]  
(Understanding)

### Question 7

Ananta, aged 8 years and her sister Rashmi aged 4 years, are given a set of objects like coloured marbles, toy animals and plastic fruits. They are asked to sort and classify these objects. Ananta can sort the objects based on colour, shape, and size easily. However, Rashmi cannot sort these objects based on their features.

- (i) According to Piaget's theory, what stages of cognitive development are Ananta and Rashmi currently in? [2]  
(Understanding)
- (ii) Contrast the stages of cognitive development of Ananta and Rashmi on *any two* bases. [2]  
(Analysis)

### Question 8

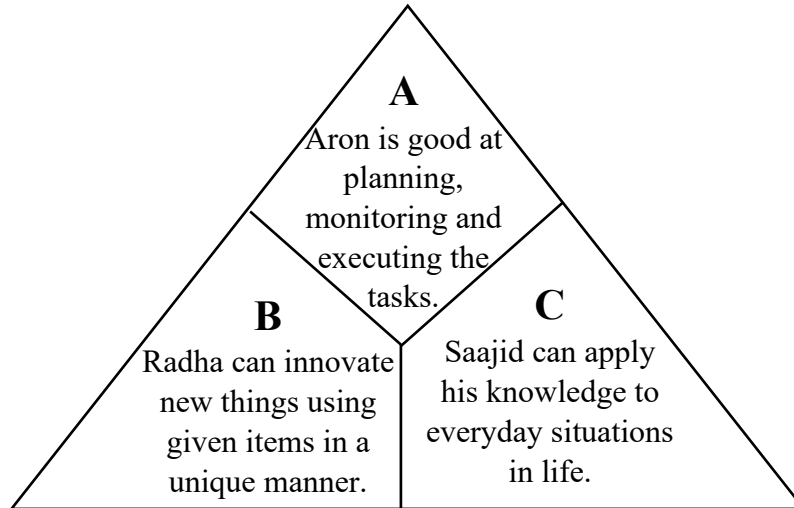
Mohan follows a strict vegetarian diet and assumes that a majority of his friends and acquaintances prefer a vegetarian lifestyle. He overestimates the number of people who share the same dietary choice as him.

- (i) Identify the bias shown by Mohan. [1]  
(Understanding)
- (ii) Describe *any two* biases, citing a suitable example for each. [3]  
(Understanding)



## SECTION C – 28 MARKS

### Question 9



- (i) By referring to Sternberg's theory, identify the components of intelligence displayed by A, B, and C in the figure given above. **(Understanding)** [3]
- (ii) Elaborate on *any two* characteristics each of A and C. **(Understanding)** [4]

### Question 10

- (i) Observe the image given below and answer the questions that follow.

EDITION IN MUMBAI 30°C

# THE TIMES OF INDIA

India ELECTION 2023 Saving Our Stripes Times Evoke Maharashtra Delhi Karnataka Tamil Nadu

NEWS / INDIA NEWS / Disasters Inflicted Deep Wounds On The Himalaya...

TRENDING Chennai Floods Winter Session of Parliament Telangana CM Telangana Electic

## Disasters inflicted deep wounds on the Himalayan communities: Youth for Himalaya

Neel Kamal / Oct 15, 2023, 18:09 IST 200 PTS SHARE AA FOLLOW US

Source: <https://timesofindia.indiatimes.com/india/disasters-inflicted-deep-wounds-on-the-himalayan-communities-youth-for-Himalaya/article-show/104443795.cms>

- (a) Predict *any two* possible psychological impact that natural disasters can have on the Himalayan community. **(Application)** [2]
- (b) Enumerate *any five* ways to promote pro-environmental behaviour among people. **(Recall)** [5]



OR

- (ii) Uday Foundation announced free distribution of blankets for the underprivileged. The image given below shows an unexpectedly large number of people who turned up on the site of blanket distribution causing chaos and discomfort.



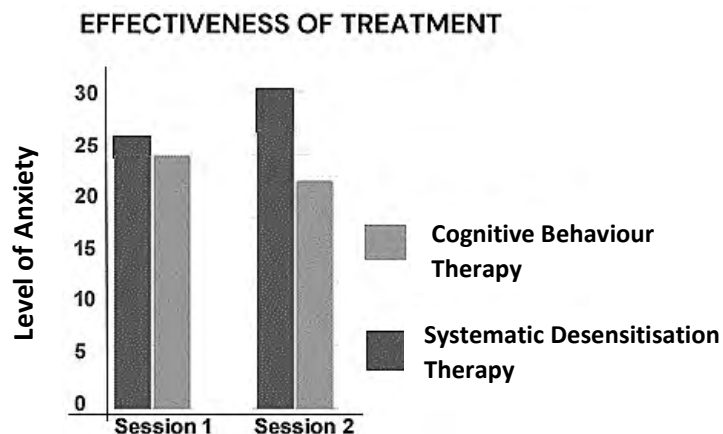
(Source: Times Special – Ketak Desai Jan' 15, 2023)

- (a) Interpret *any three* salient features of such a gathering. **(Application)** [3]
- (b) Explain *any four* psychological effects of such large gatherings that happen suddenly. **(Understanding)** [4]

### Question 11

Ten participants, all having a phobia of spiders, were divided into two groups for a study that aimed at determining the effectiveness of Cognitive Behaviour Therapy (CBT) and Systematic Desensitisation. Each group underwent two sessions of each therapy. At the end of every session, the effectiveness of therapies was measured based on a questionnaire on Anxiety, which was filled by the participants.

The responses of the participants have been depicted in the graph given below.



- (i) Refer to the graph shown above and determine which treatment was more effective. Contrast the effectiveness of Cognitive Behaviour Therapy (CBT) and Systematic Desensitisation. [3] **(Analysis)**
- (ii) Discuss *any two* symptoms and *any two* causes of Phobias. [4] **(Understanding)**

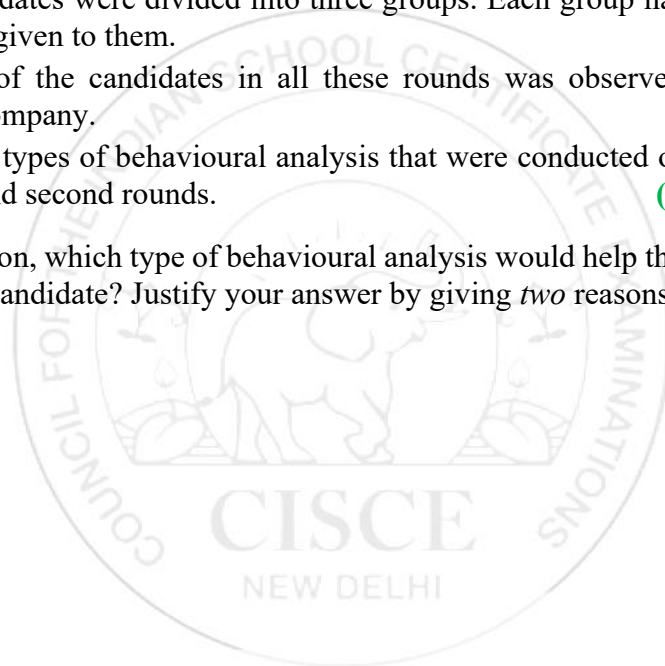
### Question 12

**Read the passage given below and answer the questions that follow.**

Fifteen candidates applied for the position of Executive Manager in a private company. The candidates were called individually for a conversation in the first round of recruitment. In the second round, they were given a list of statements on personality factors that they had to rate a scale value for. The final round consisted of a group task in which the candidates were divided into three groups. Each group had to overcome a problem situation given to them.

The performance of the candidates in all these rounds was observed by a panel of Directors of the Company.

- (i) Describe the types of behavioural analysis that were conducted on the candidates in the first and second rounds. [4] **(Understanding)**
- (ii) In your opinion, which type of behavioural analysis would help the directors select the suitable candidate? Justify your answer by giving *two* reasons. [3] **(Evaluate)**





# PSYCHOLOGY

## ANSWER KEY

### SECTION A – 14 MARKS

#### Question 1

In answering Multiple Choice Questions, candidates have to write either the correct option number or the explanation against it. Please note that only ONE correct answer should be written.

- (i) Integrity Vs Despair [1]
- (ii) Paranoid Schizophrenia [1]
- (iii) Sensorimotor [1]
- (iv) Conformity [1]
- (v)
  - Will organise a session with an expert in this field as experts are more persuasive than the non-experts.
  - Will adopt a polite and gentle approach towards to dissuade the students from indulging in substance abuse.
  - Will conduct a chat / talk with the famous personalities to highlight the ill impacts of substance abuse and thereby, convince the students.
  - Will adopt the approach of distraction to draw away their minds from this topic.
  - Will show videos, pictures to emphasise the impacts of the substance abuse. [1]
- (Candidates have to mention any one method that they will use as member of the Student Council to bring an attitudinal change. Any other relevant answer will also be accepted.)*
- (vi) (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion. [1]
- (vii) (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion. [1]
- (viii) True [1]
- (ix) Sheldon [1]
- (x) Post-conventional level [1]
- (xi) (a) Seema works in a competitive corporate environment. Due to the strict workplace policies and stress levels, she is not able to spend enough time with her teenage daughter which influences her daughter's wellbeing. [1]

- (xii) (c) Conscientiousness [1]
- (xiii) (b) Token Economy [1]
- (xiv) (c) Only (Q) and (R) [1]

## SECTION B – 28 MARKS

### Question 2

- (i) (a) Soma used Cognitive dissonance to change her own attitude. It is an unpleasant internal state that arises when individuals notice inconsistency between two or more attitudes or between their attitude and behaviour. [2]  
*(A brief description of the process is required here.)*

- (b) Soma used the following ways of cognitive dissonance to change her own attitude: [2]  
 Indirect ways where her discrepancy in her attitude and behaviour are intact but she tries to reduce the negative feelings generated by this dissonance.
- Soma changed her belief.
  - She changed her actions.
  - She changed how she perceived her actions - By altering the way she remembered what happened, she started believing that her actions were not in *so much* opposition to her beliefs.

#### Direct ways

- Soma changed her attitude by convincing herself that it was thoughtful of Kirti to get her a gift and made her attitude and behaviour *more consistent* with each other.
- Secondly, she could *acquire new information that supports her attitude* or behaviour.
- Third, she engaged in *trivialisation* which means that she concluded that her own attitudes or behaviour in question were not important.
- Fourthly, she focused on the *positive and good things about themselves termed as self-affirmation* and reduce her cognitive dissonance.

*(Candidates have to give a brief overview of any two ways as given in Cognitive dissonance and correlate with the situation given in the question.)*

### OR

- (ii) (a) Causes for the prejudice faced by Soham: [2]
- People observe others and follow cultural norms set by society through social learning and so they are unable to accept Soham's decision to be away from the norm.
  - Individuals in society who think that persons like Soham do not fit into their own way of thinking, would form their own group. They would prefer to be a part of their own group as Us and consider Soham or people like Soham to be the Them group.

- Society tends to stereotype people like Soham believing that men should not be stay-at-home fathers as it is the role of the woman as a mother.

***(Candidates have to briefly explain any two of the above causes for the prejudice faced by Soham.)***

- (b) Strategies for Soham to overcome this prejudice. [2]
- Soham should try not to develop any negative feelings towards his family and friends who ridicule him.
  - He should interact directly with his family and friends to develop an understanding and eventually a better relationship.
  - He should educate himself on the existence of gender stereotypes and cultural norms that promote such an attitude among people.

***(Candidates have to briefly suggest any two strategies for Soham to overcome the prejudice. Any subjective response which is relevant to the situation given in the question will be accepted.)***

### Question 3

- (i) Sheetal possesses Naturalistic intelligence. [2]

Howard Gardner's theory of Multiple intelligence is being indicated here.

- (ii) Types of Intelligence [2]

- Verbal skills – The ability to think in words and to use language to express meaning.  
Corresponding professions- Authors, Journalists, Speakers.
- Mathematical/Logical skills – The ability to carry out mathematical operations.  
Corresponding professions- Scientists, Engineers and accountants.
- Spatial skills – The ability to think 3-dimensionally.  
Corresponding professions- Architects, Artists, Sailors.
- Bodily –Kinesthetic skills- The ability to manipulate objects and be physically adept.  
Corresponding professions- Surgeons, craft people, dancers, athletes.
- Musical skills- sensitivity to pitch, melody, rhythm and tone. Corresponding professions- Composers and musicians.
- Interpersonal skills – The ability to understand and interact effectively with others.  
Corresponding professions Teachers, mental health professionals.
- Intrapersonal skills – The ability to understand oneself.  
Corresponding professions Theologians and Psychologists.

***(Candidates have to list any two types of intelligence and any two related professions, other than the one referred to in the question.)***

#### Question 4

- (i) According to Gordon Allport's trait theory, the most important trait in Mother Teresa would be her aim to be compassionate / to love and serve fellow humans. This trait is the cardinal / dominant trait that best defines an individual. Such traits are stronger and more resistant to situational forces. [2]
- (ii) (a) Central trait [2]  
(b) Secondary trait

#### Question 5

[4]

Following strategies can help reduce stress among the youth:

- Yoga
- Relaxation Training
- Exercise and Diet
- Life Skills and Assertiveness
- Self-Care Practices
- Overcoming Unhelpful Habits

*(Candidates have to state any four effective ways, in complete sentences, to reduce stress among the youth in the country. Apart from the above ways, any other way relevant to the question will be accepted.)*

#### Question 6

- (i) Aditi shows symptoms of bipolar and the two stages of bipolar displayed by Aditi are: [2]  
Manic Stage  
Depression Stage
- (ii) Causes of this Personality disorder [2]  
Biological Perspective such as
- Genetic Factors
  - Brain Structure and Function
  - Role of Hormones.
  - Neurochemical imbalance

Social and Environmental Perspective:

- Stressful life events, traumatic experiences, or major life changes can trigger the onset of bipolar disorder in susceptible individuals.

Psychological perspective:

- Unconscious Conflicts (id, ego, superego)

*(Candidates have to briefly explain any two causes of the psychological disorder displayed by Aditi.)*

OR

- (i) Severe Depression [1]
- (ii) The ABC model of RET can be used to treat patients of severe depression in the following ways. [3]

This model explains how, while we may blame external events for our unhappiness, it is our *interpretation* of these events that truly lies at the heart of our psychological distress. The therapist uses the technique of ABC model in the following ways:

- **A:** Activating event

First, the therapist identifies the event that triggers the belief system in the patient and causes distress. For example, something happens in the environment around the patient which generates an irrational belief such as *I didn't get selected for the competition.*

- **B:** Belief

The therapist then identifies the belief that describes one's thoughts about the event or situation. For example- *I have a terrible voice, I will never get selected, and I will never be good at singing.*

- **C:** Consequence,

This is the emotional response to one's belief. For example, *I feel sad and want to give up singing.* The therapist takes the emotional outcome in cognizance.

According to Ellis, an important step in this process is recognising the underlying beliefs that lead to psychological distress.

Ellis states that one cannot always change the world or what happens to them but one can change the ways in which one can think about experiences.

### Question 7

- (i) Ananta - Concrete operational stage [2]  
Rashmi - Pre-operational stage
- (ii) Any two bases of the following can be considered as relevant points of difference. [2]

#### Nature of Thinking:

Preoperational Stage: Children in this stage are characterized by symbolic thinking, but their logic is often illogical and egocentric. They struggle with



understanding conservation (the idea that quantity remains the same despite changes in appearance) and may focus on one aspect of a situation.

Concrete Operational Stage: Thinking becomes more logical and organized. Children can understand conservation, engage in classification, and perform concrete problem-solving tasks.

Egocentrism:

Preoperational Stage: Egocentrism is prominent during this stage. Children may have difficulty understanding that others can have different perspectives or beliefs.

Concrete Operational Stage: While some egocentrism may still be present, it diminishes compared to the preoperational stage. Children become more capable of considering multiple perspectives.

Conservation:

Preoperational Stage: Children struggle with the concept of conservation, often focusing on the perceptual aspects of a situation rather than understanding that quantity remains constant.

Concrete Operational Stage: Children grasp the concept of conservation. They understand that certain properties (such as quantity, length, or mass) remain the same despite changes in appearance.

Seriation

Preoperational- children struggle to arrange objects or items in a specific order according to certain characteristics, such as size, weight, length, or any other measurable dimension.

Concrete- have the ability to arrange objects or items in a specific order according to certain characteristics, such as size, weight, length, or any other measurable dimension.

*(Candidates have to state any two differences between the stages of Cognitive Development that Ananta and Rashmi are in.)*

**Question 8**

- (i) Bias shown by Mohan is False Consensus Effect. [1]
- (ii) Biases [3]
- Self-serving bias is a cognitive bias where individuals tend to attribute positive events or outcomes to their own character, abilities, or efforts, while attributing negative events or failures to external factors, situational influences, or bad luck. (any one example)
  - Motivated scepticism is a cognitive bias where individuals tend to be more critical and sceptical of information that contradicts their existing beliefs, values, or preferences. (any one example)

- Automatic vigilance- occurs when we automatically turn our attention to something threatening or important to us. Negative information is weighed more heavily than positive information. (any one example)
- Counterfactual thinking- Tendency to create positive alternatives to actual negative outcomes. (any one example)

*(Description of any two biases with suitable example for each type. Full marks will be awarded only if description is substantiated with suitable examples.)*

## SECTION C – 28 MARKS

### Question 9

- (i) A-Analytical or Componential [3]  
 B-Experiential or Creative  
 C-Practical or Contextual

- (ii) Characteristics [4]

A-Analytical or componential Intelligence

- Ability to analyse information, recognise patterns, and solve problems systematically.
- Efficient processes like memory, attention, perception, and logical reasoning.
- Ability to identify patterns, draw inferences, and make deductive or inductive conclusions based on available information.
- Ability to make sound decisions and solve problems methodically.

C - Contextual or Practical Intelligence –

- Ability to draw on past experiences to navigate current situations successfully as displayed by Saajid.
- Ability to use tacit knowledge gained through personal experience rather than formal education. Saajid is able to draw on his own experiences to inform his decision-making and problem-solving processes.
- Street smartness and a clear understanding of social dynamics, interpersonal relationships.

*(Candidates have to detail on any two characteristics of the components.)*

### Question 10

(i) (a) Possible psychological impact of natural disasters on the Himalayan community: [2]

- They can leave people poverty-stricken, render them homeless, without any resources.
- Such sudden loss of all their belongings as well as their kith and kin can leave people shocked and stunned.
- This may create a deep-seated psychological disorder. It can also lead to post traumatic stress disorder.
- At the outset, it may cause disorientation.
- It can also lead to certain physical reactions, such as bodily exhaustion even without physical activity, difficulty in sleeping, change in the eating pattern and so on.
- It may also impact their emotional reactions, such as grief and fear, irritability, anger, helplessness, hopelessness, depression, sometimes absolute lack of emotion (numbness), guilt feelings for having survived while someone else in the family died, blaming oneself, and lack of interest in even routine activities.
- It may cause Cognitive reactions, such as worry, difficulty in concentration, reduced span of attention, confusion, loss of memory, or vivid memories that are unwanted (or nightmares of the event).
- Social reactions, such as withdrawal from others, getting into conflict with others and feeling rejected or left out.
- These reactions may last for a long time, in some cases throughout life.

*(Candidates are required to read the headline carefully and then write any two probable impacts that the natural disasters can have on the Himalayan community.)*

(b) Promoting Pro-environment behaviour among people: [5]

- Reducing air pollution by keeping vehicles in good condition, or changing to non-fuel driven vehicles, stopping the practice of smoking.
- Reducing noise pollution by ensuring that noise levels are low, for example, discouraging needless honking on the road, or making rules regarding noisy music at certain hours.
- Managing disposal of garbage sensibly, for example, by encouraging separation of biodegradable garbage from nonbiodegradable waste, or composting of kitchen waste.
- Planting trees and ensuring their care, keeping in mind that those plants and trees should not be planted that have adverse health effects.
- Saying 'no' to plastics in any form, thus reducing toxic wastes that pollute water, air and the soil.
- Reducing the non-biodegradable packaging of consumer goods.
- Laws related to construction (especially in urban areas) that violate optimal environmental design.

*(Candidates have to write any five ways in complete sentences, and not phrases, on promoting pro environmental behaviour among people.)*

OR

- (ii) (a) Crowding has the following features: [3]
- Feeling of discomfort / suffocation
  - Loss or decrease in privacy
  - Negative view of the space around the person
  - Feeling of loss of control over social interaction.

*(Candidates have to study the image carefully and then interpret any three features of such a gathering.)*

- (b) Psychological effects of large gatherings that happen suddenly: [4]
- Leads to abnormal behaviour and aggression.
  - Leads to lowered performance on difficult tasks that involve cognitive processes.
  - Adversely affects memory and the emotional state.
  - Constant exposure to crowded places shows lower academic performance.
  - Crowds impact the personal space of individuals leading to selfish behaviour and self-centred behaviour patterns.

*(Candidates are required to briefly explain any four effects of such gatherings on an individual's psyche.)*

### Question 11

- (i) The results from the two sessions in the bar graph show that Cognitive Behaviour Therapy (CBT) was more effective in the treatment of the phobia than Systematic Desensitisation. [3]

Cognitive Behaviour therapy involves identifying and changing distorted and maladaptive patterns of thought. While Systematic desensitization involves gradual exposure to anxiety producing stimulus which is paired with relaxation, in order to eliminate the response of the anxiety causing phobia. It is a therapy under Classical Conditioning. Systematic Desensitisation.

*(Candidates have to consider the graph given in the question and analyse the statistics for each therapy. Based on their analysis, they have to determine which treatment was more effective.)*

- (ii) Symptoms of phobia: [4]
- The fear is unreasonable or excessive, but the person is unable to help himself or herself from being rational.
  - The phobic situation is avoided otherwise it is endured with great distress.
  - It causes personal distress and impaired functioning.
  - The anxiety associated with phobias is not related to other psychological disorders.

Causes of Phobia:

Biological causes of Phobias:

- Genes -Specific genes may affect anxiety and fearfulness.
- Chemical Imbalance - An imbalance in the brain chemical Serotonin could be a factor. Serotonin, a neurotransmitter, helps regulate mood and emotions,

among other functions. People with phobic disorders may be extra sensitive to the effects of serotonin.

- Fear responses- The limbic system of the brain is involved in controlling strong emotions, motivation and learning. The amygdala may play a role in controlling the fear response. People who have an overactive amygdala may have a heightened fear response, causing increased anxiety in social and specific situations.
- Behavioural perspective - explains anxiety in phobic disorders as a learned response to stress. Operant Conditioning - a young girl is bitten by an insect. When she next sees one, she is frightened and runs away - a behaviour that relieves her anxiety and thereby reinforces her avoidance behaviour.
- Classical conditioning - associate neutral stimuli with strong emotional reactions. For example, an individual may develop a phobia of buzzing noises such as those made by bees after being stung by a bee or wasp.
- Social Cognitive view - Observational learning leads to fears typical of phobias. For example, a little girl may have developed a fear of high places because she may have seen or heard of people who were afraid of high places.

*(Candidates have to briefly discuss any two symptoms and any two causes of Phobias. 2 marks each)*

#### Question 12

- (i) First round - **Interview** is a commonly used method for assessing personality. [4]  
This involves talking to the person being assessed and asking specific questions. Second round - **Behavioural rating scales** are frequently used for assessment of personality in educational and industrial settings. A behavioural rating scale is an assessment instrument completed by a clinician or a third party (e.g., significant other, teacher, parent, peer) that includes items that assess one or more targeted client behaviour.
- (ii) *Candidates are required to first specify the type of behavioural analysis that they deem suitable in the selection of the candidate. They have to then justify the type of behavioural analysis mentioned by them by giving two strong reasons.* [3]