

**ISC SEMESTER 2 EXAMINATION**  
**SPECIMEN QUESTION PAPER**  
**PSYCHOLOGY**

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*Maximum Marks: 35*

*Time allowed: **One and a half hour***

*Candidates are allowed an additional **10 minutes** for only reading the paper.*

*They must **NOT** start writing during this time.*

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*Answer all questions in **Section A**, **Section B** and **Section C**.*

*The intended marks for questions or parts of questions are given in brackets.[ ]*

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**SECTION A – 7 MARKS**

**Question 1**

- (i) In the context of combating prejudice, \_\_\_\_\_ is referred to as 'resetting the boundaries between Us and Them'. [1]
- (ii) The level of stress in an individual that is motivating, healthy and improves performance is known as \_\_\_\_\_. [1]
- (iii) In which type of social influence do individuals change their attitude or behaviour to adhere to existing social norms? [1]
- (iv) Rafeeq does not want to remember the details of the traumatic incident of a robbery that took place when he was at home. He tries to push the memory of this incident from his conscious mind to unconscious mind. [1]

Identify the defense mechanism used by him.

- (v) Which one of the following is **NOT** the role of an Educational Psychologist in a School? [1]
  - (a) Designing of curriculum
  - (b) Improving student teacher relationship
  - (c) Criminal rehabilitation
  - (d) Career Counseling

- (vi) Which type of group is *family* an example of? [1]
- (a) Primary group
  - (b) Secondary group
  - (c) Out group
  - (d) Control group
- (vii) Statistical approaches to abnormality define "abnormal" individuals as those who \_\_\_\_\_. [1]
- (a) show evidence of loss of contact with reality.
  - (b) are unhappy, withdrawn, and depressed.
  - (c) deviate from typical or average patterns of behaviour.
  - (d) are disabled by anxiety.

## SECTION B – 12 MARKS

**Answer the following questions briefly.**

**Question 2** [2]

Give the full form of DSM-IV. Briefly explain Axis – I.

**Question 3** [2]

- (i) Briefly explain Realistic Conflict Theory in prejudice with an example.

**OR**

- (ii) Briefly explain *any two* techniques of persuasion that can be used to change people's attitude.

**Question 4** [2]

Geetha has an intensive irrational fear of lizards. During the therapy session, the therapist repeatedly exposes her to the object or situation that causes fear in her. Identify the disorder that Geetha is suffering from. Briefly explain the therapeutic technique used by the therapist.

**Question 5** [2]

Your friends are in Class XII and feel pressured by academics. Briefly discuss *any two* effective strategies to reduce their stress and enhance their well-being.

**Question 6** [2]

Briefly explain what is meant by leadership in an organisation.

**Question 7** [2]

Briefly explain *any two* effects of stress on the health of an individual.

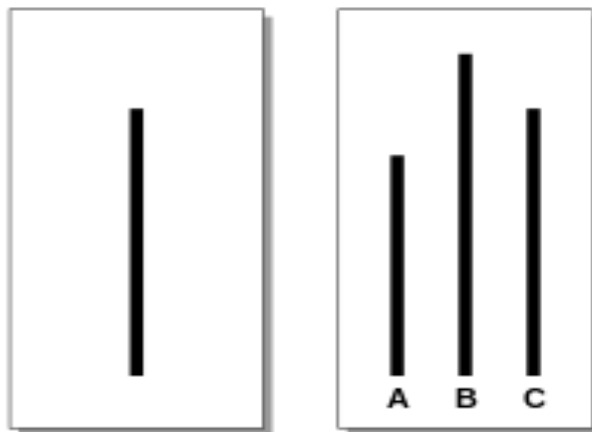
**SECTION C – 16 MARKS**

**Question 8** [4]

Explain how psychology can enhance efficiency, team building, recruitment and marketing in an organization. Give *one point* for each.

**Question 9**

Study the image given below and answer the questions that follow:



- (i) Which classic experimental study has used the illustration given above? [1]
- (ii) What were the subjects asked to do in this experiment? [1]
- (iii) Briefly explain *any two* factors that influenced the result of this study. [2]

**Question 10**

Mrs. Sharma, a teacher in a local school sensed smoke coming into her classroom. She was startled and realised that something was wrong and immediately opened the windows and doors. She grabbed the fire extinguisher and guided her students to safety as per the evacuation plan.

- (i) Identify the stage of General Adaptation Syndrome at which Mrs. Sharma was when she sensed the smoke. [1]

(ii) According to the Cognitive Appraisal Model, what made Mrs. Sharma realise that something was wrong in the situation? [1]

(iii) Name the last stage of General Adaptation Syndrome model of stress and briefly explain it. [2]

**Question 11** [4]

(i) Give *any two* causes and *any two* symptoms of severe depression.

**OR**

(ii) Give *any two* causes and *any two* symptoms of Obsessive-Compulsive Disorder.



## Section-A

### Answer 1.

- (i) Recategorisation
- (ii) Eustress
- (iii) Conformity is a type of social influence involving a change in behaviour, belief, or thinking to align with those of others or with normative standards.
- (iv) The defence mechanism used by Rafeeq to push the memory of the traumatic incident to unconscious mind is Repression. In repression, anxiety provoking thoughts are dismissed by moving it to the unconscious mind.
- (v) (c) Criminal rehabilitation.
- (vi) (a) Primary group
- (vii) (c) deviate from typical or average patterns of behaviour.

## Section-B

### Answer 2.

DSM IV: Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition.

Axis I provided information about clinical disorders. Any mental health conditions, other than personality disorders or mental retardation, would have been included here.

### Answer 3.

- (i) The theory explains how intergroup hostility can arise as a result of conflicting goals and competition over limited resources, and it also offers an explanation for the feelings of prejudice and discrimination toward the outgroup that accompany the intergroup hostility.

For example, conflict theory describes the relationship between employers and employees as one of conflict, in which the employees wish to pay as little as possible for the employees' labour, while the employees wish to maximize their wages.

OR

- (ii) Two techniques of persuasion that can be used to change people's attitude are:
  - 1. **Message characteristics:** The message is the information that is shown in order to bring about an attitude change.
    - (a) Attitudes will change when the amount of information that is given about a topic is just enough. It is neither too much nor too little.
    - (b) Whether the message contains a rational or an emotional appeal also makes a difference.
  - 2. **Source characteristics:** Source credibility and attractiveness are two features that affect attitude change.
    - (a) Attitudes are more likely to change when the message comes from a highly credible source rather than from a low-credible source.
    - (b) Attitudes are more likely to change when the message comes from a more attractive source rather than from a less attractive source.

### Answer 4.

Geetha is suffering from specific phobia.

**Specific phobias:** There are the most commonly occurring type of phobia. It is a kind of anxiety disorder. This includes irrational fears such as intense fear of a certain type of animal, or being in an enclosed space (Claustrophobia), water (Hydrophobia).

Here the therapist is using Flooding Therapy. It is a behavioural therapy technique wherein the patient learns to associate feelings of relaxation with the fear-inducing stimulus. The patient is exposed directly and rather abruptly to the fear-inducing stimuli while at the same time employing relaxation techniques designed to lower levels of anxiety.

**Answer 5.**

Strategies to reduce stress: Stress is a silent killer. It plays an important role in physical illness and disease. Stress is on increase due to lifestyle changes.

**1. Relaxation techniques**

- (a) It is an active skill that reduces symptoms of stress and decreases the incidence of illness such as high B.P and heart disease.
- (b) Relaxation starts from the lower part of the body and progresses up to facial muscles and finally relaxes the whole body.
- (c) Deep breathing is used along with muscle relaxation to calm the mind and relax the body.

**2. Meditation procedures**

- (a) The yogic method of meditation consists of a sequence of learned techniques for refocusing of attention that brings about an altered state of consciousness.
- (b) It involves such a thorough concentration that the mediator becomes unaware of any outside stimulation and reaches a different state of consciousness.

**Answer 6.**

Leadership is the process by which a leader influences another person or group and focuses the followers' behaviour on a goal or outcome. In formal settings, such as business organizations, individuals may receive a formal job assignment in which they are expected to lead other organisational members. Organisational leadership refers to the overarching field of a person (the leader) strategically guiding and managing a group of people (the organisation) to meet a common goal. Organisational leaders focus on the company and its individuals.

**Answer 7.**

Effects of stress on health:

- 1. Emotional Effects:** Those who suffer from stress, experience mood swings, and show erratic behaviour that may withdraw them from family and friends.  
E.g.: feeling of anxiety and depression, increased physical tension, increased psychological tension, mood swings, etc.
- 2. Physiological Effects:** When we are under stress, it increases the production of certain hormones such as adrenaline and cortisol.  
E.g.: release of epinephrine and nor-epinephrine hormone, slowing down of the digestive system, etc.

## **Section-C**

**Answer 8.**

- 1. Efficiency:** Organisational psychologists study employee behaviours and attitudes to gauge overall employee satisfaction. Using their findings, psychologists suggest changes to improve employees' well-being and happiness at work, which makes for more productive and efficient employees.
- 2. Team Building:** Organisational psychology offers many techniques for team building. From icebreakers to bonding experiences, a person can benefit from activities that help their employees to see themselves as part of a group working towards a common goal. For example, involving employees in charity work can provide them with an opportunity to pitch in together to achieve a worthy goal. A person can also encourage team building through rewards to departments instead of individuals, asking groups to set their own sales and production goals, and empowering groups to suggest solutions to employee problems.
- 3. Recruitment:** Organisational psychology can be used to improve recruiting methods. A recruiter can do this by enhancing their focus on skills and experience with an evaluation of how well an

applicant fits into their company culture. Examples include devising interview questions that ask about attitudes toward creative problem-solving, working as a team member, creating value for the customer and maintaining ethical standards.

4. **Marketing:** Marketing psychology attempts to understand the way that consumers think, feel, reason, and make decisions. The goal of marketing is to convince people, and making a calculated emotional appeal can be just what is needed to land a lasting customer.

**Answer 9.**

- (i) This illustration was used in The Asch Experiment on Group pressure and conformity.
- (ii) A group of seven persons participated in the experiment that was a 'vision test'. There was actually only one true subject and other 6 were 'confederates'. All participants were shown a vertical line that had to be compared with three vertical lines of different lengths.
- (iii) 67% subjects showed conformity. Two factors that could have influenced the result could be:
  1. Size of the group:  
Conformity is greater when the group is small than when the group is large.
  2. It is easier for a deviant member (one who does not conform) to be noticed in a small group. However, in a large group, if there is strong agreement among most of the members, this makes the majority as well as the norm stronger.
  3. Public or private expressions of behaviour: In this experiment, the group members are asked to give their answers publicly, so conformity is more.

**Answer 10.**

- (i) Mrs. Sharma was at Alarm Reaction Stage. The presence of a harmful stimulus or stressor leads to activation of the adrenal-pituitary-cortex system. This triggers the release of hormones producing the stress response and prepares the individual for fight or flight.
- (ii) Mrs. Sharma made secondary appraisal when she saw this event as stressful on the basis of primary appraisal.  
Secondary appraisal is the assessment of one's coping abilities and resources available to meet the harm, threat and challenge of the event. These resources may be mental, physical, personal or social.
- (iii) The last stage of General Adaptation Syndrome model of stress is Exhaustion Stage:
  1. Continued exposure to the same stressor or additional stressor drains the body of its resources and leads to the third stage of exhaustion.
  2. The physiological systems involved in alarm reaction and resistance become ineffective and chances of stress related diseases such as high blood pressure increases.

**Answer 11.**

- (i) Severe depression is defined as a period of depressed mood and/or loss of interest or pleasure in most activities, together with other symptoms which may include:
  1. Change in body weight
  2. Constant sleep problems
  3. Tiredness

**Causes of severe depression:**

1. **Brain chemistry:** Neurotransmitters are naturally occurring brain chemicals that likely play a role in depression. Recent research indicates that changes in the function and effect of these neurotransmitters and how they interact with neurocircuits involved in maintaining mood stability may play a significant role in depression and its treatment.
2. **Hormones:** Changes in the body's balance of hormones may be involved in causing or triggering depression. Hormone changes can result with pregnancy and during the weeks or months after delivery (postpartum) and from thyroid problems, menopause or a number of other conditions.

OR

- (ii) **Obsessive Compulsive Disorder (OCD):** Obsessive-compulsive disorder (OCD) features a pattern of unwanted thoughts and fears (obsessions) that lead a person to do repetitive behaviours (compulsions). These obsessions and compulsions interfere with daily activities and cause significant distress.

Symptoms: In OCD, unwanted thoughts combine with compulsive acts.

1. Obsessive behaviour is the inability to stop thinking about a particular idea or topic. The person involved often finds these thoughts to be unpleasant and shameful.
2. Compulsive behaviour is the need to perform certain behaviours over and over again. Many compulsions deal with counting, ordering, checking, washing, etc

**Causes:**

1. **Biological cause:** OCD may be a result of changes in the body's own natural chemistry or brain functions.
2. **Genetical cause:** OCD may have a genetic component, but specific genes have yet to be identified.
3. **Learning:** Obsessive fears and compulsive behaviours can be learned from watching family members or gradually learned over time.

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