

PSYCHOLOGY (Theory)

Time allowed : 3 hours

Maximum Marks : 70

General Instructions :

- (i) *All questions are compulsory.*
- (ii) *Answers should be brief and to the point.*
- (iii) *Marks for each question are indicated against it.*
- (iv) *Question Nos. 1-7 in Part A are very short answer type questions carrying 2 marks each. Answer to each question should not exceed 30 words.*
- (v) *Question Nos. 8-13 in Part B are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.*
- (vi) *Question Nos. 14-19 in Part C are short answer type-I questions carrying 4 marks each. Answer to each question should not exceed 100 words.*
- (vii) *Question Nos. 20-21 in Part D are long answer type questions carrying 7 marks each. Answer to each question should not exceed 200 words.*

QUESTION PAPER CODE 63/1

PART A

1. What is meant by spatial intelligence ? 2
2. State two techniques of self regulation. 2
3. Describe social learning approach. 2
4. What are stereotypes ? 2
5. Explain the concept of stress. 2
6. What is meant by empathy ? 2
7. Explain the technique of token economy. 2

PART B

8. Mention IQ ranges of mild, moderate and severe levels of mental retardation. 3
9. Name three types of scales developed by Wechsler. 3

- 10. Differentiate between formal and informal groups. 3
- 11. Explain task-oriented coping. 3
- 12. Describe the stages through which an interview proceeds. 3
- 13. Describe any three programmes for rehabilitation of the mentally ill. 3

PART C

- 14. What are defense mechanisms ? Explain repression. 4
- 15. What are the salient features of nurturant-task leadership ? 4
- 16. Describe any four functions performed by beliefs. 4
- 17. What is environment ? How does it influence human behaviour ? 4
- 18. What are the major causes of gender discrimination ? 4
- 19. Describe four functions of managers. 4

PART D

- 20. What is meant by schizophrenia ? Explain substance-related disorders. 7

OR

Differentiate between normality and abnormality. How has our understanding about abnormal behaviour grown over centuries ?

- 21. What is Standard Deviation (SD) ? How does it differ from range ? Explain the characteristics of Normal Probability Curve. 7

OR

Differentiate between Descriptive and Inferential Statistics. Calculate median from the following data :

<u>Class Interval</u>	<u>Frequency</u>
85-89	3
80-84	6
75-79	8
70-74	10
65-69	12
60-64	5
55-59	4
50-54	3
45-49	1

QUESTION PAPER CODE 63

PART A

1. Define Intelligence Quotient. 2
2. What is self-actualisation ? 2
3. Give the characteristics of extroverts. 2
4. Define attitude. 2
5. Give the causes of environmental stress. 2
6. What is counselling ? 2
7. What is meant by therapeutic contract ? 2

PART B

8. What is mental retardation ? State two causes of mental retardation. 3
9. Mention any six indicators of giftedness. 3
10. Differentiate between democratic and authoritarian/autocratic leadership. 3
11. Describe three sources of stress. 3
12. Describe and three ethical issues related to the profession of counselling. 3
13. Describe rational emotive therapy. 3

PART C

14. What are defence mechanisms ? Explain sublimation. 4
15. Describe four main characteristics of a group. 4
16. Examine four ways through which people bring consistency in their attitudes. 4
17. Describe the effects of air pollution on human behaviour. 4
18. State the effects of urbanisation. 4
19. Examine managers' roles in an organization. 4

PART D

20. Differentiate between normality and abnormality. How has our understanding about abnormal behaviour grown over the centuries ? 7

OR

What is meant by mental disorders ? How are they classified ? Explain biological causes of abnormal behaviour.

21. What are interval scales ? Calculate mean from the following data :

7

<u>Class Interval</u>	<u>Frequency</u>
50-55	3
45-50	5
40-45	6
35-40	8
30-35	10
25-30	9
20-25	7
15-20	3
10-15	2

OR

What is standard deviation (SD) ? How does it differ from range ? Explain the characteristics of normal probability curve.

Marking Scheme — Psychology

General Instructions :

1. The Marking Scheme provides general guidelines to reduce subjectivity in the marking. The answers given in the Marking Scheme are suggested answers. The content is thus indicative. If a student has given any other answer which is different from the one given in the Marking Scheme, but conveys the meaning, such answers should be given full weightage.
2. Evaluation is to be done as per instructions provided in the marking scheme. It should not be done according to one's own interpretation or any other consideration — **Marking Scheme should be strictly adhered to and religiously followed.**
3. If a question has parts, please award marks in the right hand side for each part. Marks awarded for different part of the question should then be totalled up and writtern in the left hand margin and circled.
4. If a question does not have any parts, marks be awarded in the left-hand margin.
5. If a candidate has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out.
6. For mere arithmetical errors, there should be minimal deduction. Only $\frac{1}{2}$ mark be deducted for such an error.
7. Wherever only two/three or a 'given' number of examples / factors / points are expected only the first two / three or expected number should be read. The rest are irrelevant and must not be examined.
8. A full scale of marks 0-100 has to be used. Please do not hesitate to award full marks if the answer deserves it.

QUESTION PAPER CODE 63/1

EXPECTED ANSWERS/VALUE POINTS

PART A

1. (a) Given by Howard Gardner ½
- (b) (i) Used while navigating in space
(ii) Forming
(iii) Transforming
(iv) Using mental images
(any two points) 1
- (c) Any relevant example — sailors, engineers etc. ½
(Page No. 7 of Psychology Text Book) (½ + 1 + ½ = 2)
2. Some techniques for self regulation —
- (i) Observation of own behaviour
(ii) Stimulus control
(iii) Self reinforcement
(iv) Self instruction
(Naming any two) ½ + ½ = 1
(Brief explanation of any two) ½ + ½ = 1
(Page No. 34 of Psychology Text Book) (1 + 1 = 2)
3. (a) Given by Bandura ½
- (b) Social learning is based on the observation without any direct reward or reinforcement administered to the learner. Also called "modeling" or "observational learning". 1½
(Page No. 48 of Psychology Text Book) (½ + 1½ = 2)
4. Stereotypes are clusters of preconceived notions regarding various groups.
Or
Any other authentic definition.
(Page No. 94 of Psychology Text Book) 2
5. **Stress** : can be described as the pattern of responses on organism makes to stimulus event that disturbs the equilibrium and exceeds a person's ability to cope. 1½
Two types — EU Stress and distress ½
(Page No. 109 of Psychology Text Book) (1½ + ½ = 2)

6. **Empathy** : One of the characteristics of an effective counselor. It involves sensitivity to the client's problems and being able to see things the way the client does.
(Page No. 226 of Psychology Text Book) 2
7. **Token Economy** : This technique has been used to establish adaptive behaviour ranging from eating behaviour to institutionalized psychotic patients. ½
- (i) Designate the desired behaviour ½
- (ii) Medium of exchange / token ½
- (iii) Back-up reinforcers are decided for e.g. — a movie show. ½
- (Page No. 1552 of Psychology Text Book) (½ + ½ + ½ + ½ = 2)

PART B

8. I.Q. range = 50 - 70 mild mental retardation 1
I.Q. range = 35 - 49 moderate mental retardation 1
I.Q. range = 20 - 34 severe mental retardation 1
(Page No. 20 of Psychology Text Book) (1 + 1 + 1 = 3)
9. Wechsler Scales —
- (i) Wechsler Adult Intelligence Scale (WAIS) for above 16 years 1
- (ii) Wechsler Intelligence Scale for Children (WISC) — ages between 6 to 16 1
- (iii) Wechsler Preschool and Primary Scale of Intelligence (WPPSI) — from the ages of 4 to 6½ 1
(Page No. 14 of Psychology Text Book) (1 + 1 + 1 = 3)

10.

	Formal Group	Informal Group	
(i)	Functions of the groups are stated explicitly and formally.	Not stated formally	1
(ii)	Secondary in nature	Primary in nature.	1
(iii)	Have a chain of command	Authority and hierarchy are flexible	1
(iv)	Any relevant example	Any relevant example	1

(Any three points)

(Page No. 68 of Psychology Text Book) (1+1+1 = 3)

11. Task oriented coping —
- (i) These reactions aim at realistically coping with the adjustive demands.
 - (ii) Based on an objective assessment of the stress situation and on a deliberate, logical and constructive course of action.
 - (iii) Reactions may be over as in improving one's study habits or covert as in lowering one's level of aspiration.
 - (iv) Action may involve confronting the problem, with drawing from it, or finding a workable compromise.
- (Any three points)
(Page No. 114 & 115 of Psychology Text Book) (1+1+1 = 3)
12. Stages of interview :
- (i) The warm up 1
 - (ii) The question and answer stage 1
 - (iii) The close 1
- (Award ½ mark each just on the mentioning of names and ½ mark for description of each point)
(Page No. 234 of Psychology Text Book) (1 + 1 + 1 = 3)
13. Rehabilitation of the mentally ill —
- (i) Ex-patient clubs
 - (ii) Partial hospitalization
 - (iii) Half way houses
 - (iv) Occupational therapy
- (Brief description of any three points)
(Award ½ mark each just on the mentioning of names)
(Page No. 161 & 162 of Psychology Text Book) (1 + 1 + 1 = 3)

PART - C

14. (i) Given by Dr. Sigmund Freud
- (ii) Ways in which the ego unconsciously tries to cope with unacceptable id impulses.
 - (iii) Its optimum use is healthy and directed towards maintaining equilibrium.
 - (iv) Mature person often use repression. It is forgetting or rejection from consciousness of memories of threat.
 - (v) Any relevant e.g.
- (Any four points)
(Page No. 268, 43 & 44 of Psychology Text Book) (1 + 1 + 1 + 1 = 4)

15. (i) Proposed by Jai B.P. Sinha 1
(ii) Task oriented — characteristics 1
(iii) Nurturant 1
(iv) Mixture of task oriented and nurturant is most effective in Indian conditions 1
(Page No. _____ of Psychology Text Book) (1 + 1 + 1 + 1 = 4)
16. Four functions of beliefs —
(i) Emotional 1
(ii) Cognitive 1
(iii) Moral 1
(iv) Group 1
(Award ½ mark each, just on the mentioning of names and ½ mark for description of each points)
(Page No. 99 of Psychology Text Book) (1 + 1 + 1 + 1 = 4)
17. **Environment** : totality of, or any aspect of, physical and social setup that surround and affect an individual organism. 1
(i) It has both nourishing as well as destructive effects on human life. ½
(ii) Environmental threats are physically and mentally harmful and stressful. ½
(iii) Environmental stressors are air pollution, noise pollution, crowding and natural and man-made disasters. 2
(iv) Brief description of any two environmental stressors.
(Page No. 269 and 170 of Psychology Text Book) (1 + ½ + ½ + 2 = 4)
18. Causes of Gender Discrimination :
(i) Lack of education 1
(ii) Lack of exposure 1
(iii) Dependence of males 1
(iv) Customs 1
(Award ½ mark each, just on the mentioning of names and ½ mark for description of each point)
(Page No. _____ of Psychology text book) (1 + 1 + 1 + 1 = 4)
19. Four functions of manager :
(i) Planning 1
(ii) Organizing 1
(iii) Staffing 1

- (iv) Leading 1
 (v) Controlling 1

(Award ½ mark each, just on the mentioning of names and ½ mark for description of each point)

(Page No. 187 & 188 of Psychology Text Book.) (1 + 1 + 1 + 1 = 4)

PART - D

20. (i) Schizophrenia — Schizo meaning split and phrene meaning mind. It means split or fragmentation of mind or personality. ½
 (ii) These people have problems with attention, perception, thinking, social relationships, motivation and emotion. 1
 (iii) symptoms —
 (a) Delusions ½
 (b) Hallucinations. ½
 (c) Progressive withdrawal from the world of reality ½

- (i) Prolonged use of psycho-active drugs may cause changes in motivation, attention, concentration and motor-coordination in a negative way. ½×4 = 2
 (ii) Intense craving, increased tolerance, withdrawal symptoms are characteristic features. 2

(Page No. 139 & 140 of Psychology Text Book) (½+1+½+½+½+2+2 = 7)

OR

- (i) Abnormality means deviation from normality which is a matter of degree. 1
 (ii) Any relevant definition of abnormal behaviour 1
 (iii) Set of behaviour considered inappropriate as against accepted norms of the society. 1
 (iv) It can not always be characterized as a quantitative or statistical extreme of the range of normality. 1

Growth/ evolution of abnormal behaviour —

- (i) Treatment for possession by bad spirits — Exorcism — shamans. ½
 (ii) Symptoms & method of treatment by vedic system, Hippocrates. ½
 (iii) Modern understanding of abnormal behaviour & treatment 2
 ● John Weyer
 ● Psychoanalysts
 ● Behaviourists
 ● Anthropologists (Socio-cultural influences)

(Page No. 129, 130 & 128 of Psychology Text Book) (1+1+1+1+½+½+2 = 7)

21. (i) The standard deviation(s) indicates the average of distances of all the scores around the mean or the definition given at page 273 of Psychology Text Book. 1
- (ii) Range is a distance between the two extreme scores in the group of data. ½
- (iii) Range is the simplest measure of variability whereas standard deviation is the most widely used index of variability. ½
- (iv) Any five characteristics of Normal Probability Curve given at pages Nos. 258 & 259 of Psychology Text Book) 1 × 5 = 5
(Page No. 129, 130 & 128 of Psychology Text Book) (1 + ½ + ½ + 5 = 7)

OR

Difference between descriptive and inferential statistics —

Descriptive Statistics	Inferential Statistics	
(i) Useful in organizing and summarizing the data	Useful in drawing conclusions or making inferences from the data.	1
(ii) For e.g. — graphical representations, mean, median, mode, standard deviation, correlation.	Making educated guesses about population on the basis of samples for e.g. — opinion polls.	1

Median :

<i>Class Interval</i>	<i>Frequency</i>	<i>C.F.</i>	
85-89	3	52	
80-84	6	49	
75-79	8	43	
70-74	10	35	
65-69	12	25	
60-64	5	13	
55-59	4	8	
50-54	3	4	
45-49	1	1	
	N = 52		1

Formula :
$$\text{Mdn} = 1 + \left(\frac{\frac{n}{2} - f}{fm} \right) i$$
 1

$$n/2 = 26$$

$$I = 69.5$$

$$CF = 25$$

$$FM = 10$$

$$I = 5$$

$$= 69.5 + \left(\frac{26 - 25}{10} \right) \quad 1$$

$$= 69.5 + \left(\frac{1}{10} \right) \quad 1$$

$$= 69.5 + .5 \quad 1$$

(Page No. 242 & 250 of Psychology Text Book) (1 + 1 + 1 + 1 + 1 + 1 + 1 = 7)

QUESTION PAPER CODE 63

EXPECTED ANSWERS/VALUE POINTS

PART A

1. (i) William Stern 1/2
(ii) Definition 1/2
(iii) Formula = 70 1
(Page No. 270 & 13 of Psychology Text Book) (1/2 + 1/2 + 1 = 2)

2. Self Actualization — Maslow "The highest motive of human behaviour, the motive to realize oneself fully as a person. The tendency to develop one's talent and capacities." 1/2+1 1/2
(Page No. 49 & 272 of Psychology Text Book) (1/2+1 1/2= 2)

3. Any four Characteristics. 1/2 × 4 = 2
(Page No. 37 of Psychology Text Book)

4. Attitude — A predisposition involving beliefs, feelings and dispositions to act towards some object. The object may be anything - a person, a group, an idea or an object. 2
(Page No. 84 of Psychology Text Book)

5. **Types of environmental stress —**
(i) Catastrophic — earthquake, flood, fire etc. 1
(ii) A second group of environmental stressors could be events which impinge on all people uniformly. For e.g. — pollution, crowding etc. 1
(Page No. 112 of Psychology Text Book) (1 + 1 = 2)

6. Counselling — Definition
(Page No. 223 of Psychology Text Book) 2
7. (i) Mutual obligations are understanding between the therapist and the patient.
(ii) Negotiation and renegotiations at the surface level - time schedule, fee etc.
(iii) Agreeing to work together in achieving the therapeutic goals.
(Any two points)
(Page No. 150 of Psychology Text Book) (1 + 1 = 2)

PART B

8. Definition given at Page No. 20 1
Two causes —
(i) Organic conditions 1
(ii) Unfavourable environmental factors 1
(Page No. 20 & 22 of Psychology Text Book) (1 + 1 + 1 = 3)
9. Any six indicators given at Page No. 19
(Page No. 19 of Psychology Text Book) ($\frac{1}{2} \times 6 = 3$)
10. Democratic Leadership —
(i) Facilitators
(ii) Success lies in how well the group functions without him.
(iii) Reduces intergroup conflict.
(iv) Distributes the responsibilities.
(v) Encourages active participation of group members
Authoritarian / autocratic leadership —
(i) Group Dictator
(ii) Without leader the group may collapse
(iii) Alone takes decisions for the group.
(iv) Members are discouraged to set personal goals.
(v) Establishes a structure where intercommunication among the members is minimum.
(Any three points in each group)
(Any other mentioned on Page No. 78 & 79) ($\frac{1}{2} \times 6 = 3$)

11. Three sources of stress —
- (i) Traumatic Events — extreme situations such as fire, being a hostage etc. 1
 - (ii) Recent life events — Events in family, personal life, work, etc. 1
 - (iii) Hassles — Happenings in everyday life. 1
- (Award ½ mark each on the mentioning of names)
- (Page No. 111 of Psychology Text Book) (1+1+1 = 3)
12. Ethics of counseling —
- (i) Confidentiality 1
 - (ii) Professional disclosure 1
 - (iii) Professional relationships 1
 - (iv) Referral and termination
- (Explanation of any three points)
- (Award ½ mark each on the mentioning of names)
- (Page No. 227 of Psychology Text Book) (1 + 1 + 1 = 3)
13. (i) Developed by Ellis 1
- (ii) Attempts to change the patient's basic mal-adaptive thought processes. 1
 - (iii) Unrealistic beliefs and perfectionist values cause problems. 1
- (Page No. 1157 & 158 of Psychology Text Book) (1 + 1 + 1 = 3)
- PART - C**
14. (i) Given by Dr. Sigmund Freud 1
- (ii) Ways in which the ego unconsciously tries to cope with unacceptable id impulses. 1
 - (iii) To its optimum use is healthy and directed towards maintaining equilibrium. 1
 - (iv) Sublimation — A defence mechanism in which socially unacceptable impulses are expressed in socially acceptable form of behaviour. 1
- (Page No. 268 & 44 of Psychology Text Book) (1 + 1 + 1 + 1 = 4)
15. Characteristics of a group —
- (i) Individuals must interact with each other directly or indirectly
 - (ii) Interdependence
 - (iii) Common motives and goals
 - (iv) Group must be structured
 - (v) Individuals adhere to group norms.
- (Any four points with brief explanation)
- (Award ½ mark each, just for naming and ½ mark for explanation)
- (Page No. 64 of Psychology Text Book) (1×4 = 4)

16. (i) Discounting the contradictory information.
(ii) Role of reference group which exerts influence to maintain the attitude.
(iii) Attitude may be beneficial for the person so he maintains the attitude.
(iv) Public commitment or taking a position.
(v) Changing attitude amount to changing ones identity.
(Award ½ mark each, just on the mentioning of names and ½ mark for explanation)
(Page No. 91 & 92 of Psychology Text Book) (1+1+1+1= 4)
17. (i) Air pollution leads to reduced visibility, eye irritation, headache, fatigue, insomnia, respiratory diseases, negative feelings. 2
(ii) Toxic gases like Carbon Monoxide, Nitrogen dioxide, Sulphar dioxide prevents the brain, heart and other organs in the body to absorb enough quantity of oxygen from the air. So to 90% occurrence of cancer is related to pollutions. 2
(Page No. 170 & 171 of Psychology Text Book) (2 + 2 = 4)
18. (i) The growth of slums
(ii) Housing problems
(iii) Crowding and depersonalization
(iv) Maintenance of city
(v) Law and order
(vi) Transportation and traffic
(Award ½ mark each, just on the mentioning any four names and ½ mark for brief explanation)
(Page No. 216 of Psychology text book) 4
19. (i) Concept given by Mintzberg 1
(ii) Interpersonal roles — provide leadership (figure head), perform the role of selecting, training & motivating the employees, maintaining the discipline, functions as a liaison. 1
(iii) Informational roles — transmit and dissemination of information, spokesperson of the organization. 1
(iv) Decisional roles — makes choices, initiates new ideas, improves organizational functioning etc. 1
(Page No. 188 of Psychology Text Book.) (1 + 1 + 1 + 1 = 4)

PART - D

20. (i) Abnormality means deviation from normality which is a matter of degree. 1
(ii) Any relevant definition of abnormal behaviour. 1
(iii) Set of behaviour considered inappropriate as against accepted norms of the society. 1
(iv) It can not be always be characterized as a quantitative or statistical extreme of the range of normality. 1

Growth/ evolution of abnormal behaviour —

- (i) Treatment for possession by bad spirits - Exorcism - shamans. ½
(ii) Symptoms & method of treatment by vedic system, Hippocrates. ½
(iii) Modern understanding of abnormal behaviour & treatment - 2
- John Weyer
 - Psychoanalysts
 - Behaviourists
 - Anthropologists (Socio-cultural influences)

(Page No. 129, 130 & 128 of Psychology Text Book)

(1+1+1+1+½+½+2 = 7)

OR

According to the American Psychiatric Association, the criteria for defining and classifying mental disorders are —

- (i) Clinically significant set of behaviours resulting in dysfunction and 1
(ii) The behaviours must not be considered culturally apporopriate. 1

Classification —

- (i) ICD - 10 — accepted by WHO 1
(ii) DSM - IV — devised by A.P.A. 1

Biological factors —

- (i) Genetic defects
(ii) Chromosomal aberration - down syndrome
(iii) Endocrine dysfunctions - cretinism
(iv) Constitutional weaknesses
(v) Brain dysfunction
(vi) Physical deprivation 3

(Page No. 130, 132 & 134 of Psychology Text Book)

(1+1+1+1+3 = 7)

21. Interval Scales —

- (i) Includes properties of nominal and ordinal scales.
- (ii) Intervals between any two values on the scale remain equal.
- (iii) Values on the interval scale being equidistant can be added and subtracted.
- (iv) Absolute zero is not available to interpret the scores, individual norms are required.
- (v) In psychological measurement interval scales are used.

(Any three points)

(1+1+1 = 3)

<i>Class Interval</i>	<i>Frequency</i>	<i>X</i>	<i>FX</i>
50-55	3	52.3	157.5
45-50	5	47.5	237.5
40-45	6	42.5	255.0
35-40	8	37.5	300.0
30-35	10	32.5	325.0
25-30	9	27.5	247.5
20-25	7	22.5	157.5
15-20	3	17.5	52.5
10-15	2	12.5	25.0
	N = 53	Mean $\frac{\sum FX}{N}$	FX = 1757.5

(2+2 = 4)

Formula :

$$\text{Mean} = \frac{1757.5}{53}$$

$$\text{Mean} = 33.16$$

OR

- (i) The standard deviation(s) indicates the average of distances of all the scores around the mean or the definition given at page 273 of Psychology Text Book. 1
 - (ii) Range is a distance between the two extreme scores in the group of data. 1/2
 - (iii) Range is the simplest measure of variability where as standard deviation is the most widely used index of variability. 1/2
 - (iv) Any five characteristics of Normal Probability Curve given at page Nos. 258 & 259 of Psychology Text Book) 1 × 5 = 5
- (Page No. 253, 254, 258 & 259 of Psychology Text Book) (1+1/2+1/2+5 = 7)