PSYCHOLOGY

Maximum Marks: 70
Time Allotted: Three Hours
Reading Time: Additional Fifteen Minutes

Instructions to Candidates

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

Instruction to Supervising Examiner

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

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

Note: The Specimen Question Paper in the subject provides a realistic format of the Board Examination Question Paper and should be used as a practice tool. The questions for the Board Examination can be set from any part of the syllabus, though the format of the Board Examination Question Paper will remain the same as that of the Specimen Question Paper.

SECTION A – 14 MARKS

Question 1

(i) Ravi possesses expertise in science subjects and in mathematics. He also has the skill to apply complex formulas of statistics. **[1]**

According to Charles Spearman's theory, what type of intelligence does Ravi display? **(Understanding)**

(ii) Sigmund Freud believed in a driving force within the psyche that comprised pleasure-seeking behaviours of the Id. What term did he use to denote this force? **[1]**

(Understanding)

(iii) Jaspreet, aged ten years, asks her friend, Reema to help her clean her room. Reema readily agrees and helps Jaspreet as she does not want to upset her. She wants to be liked and appreciated. **[1]**

According to Lawrence Kohlberg, name the sub-stage of the orientation of moral development that Reema is displaying. **(Understanding)**

(iv) Name the theory of Intelligence that is represented by a three-dimensional cube with many sub-categories and is difficult to measure. **[1]** **(Recall)**

(v) Hannah failed her dance audition. She blamed the Judge as being biased. When her friend, Sabha failed, she said it was due to Sabha's lack of preparation. Name the type of bias displayed by Hannah. **[1]** **(Understanding)**

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

Assertion: People tend to change their attitudes when their behaviour conflicts with their beliefs.

Reason: Cognitive dissonance creates physical discomfort and motivates individuals to reduce it.

(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.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

(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. **(Analysis)** **[1]**

Assertion: A stressful work deadline can lead to strain with increased levels of anxiety.

Reason: Stress is the cause and strain is the effect.

(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) Study the relation between the first two terms / phrases and complete the analogy. **(Analysis)**

(a) Conservation: Concrete Operational Stage :: Abstract thought: _____ **[1]**

(b) Ego: Reality Principle :: Super ego: _____ **[1]**

(ix) A psychologist diagnoses an individual as 'abnormal' based on their dangerous behaviour. **[1]**

Which one of the following is an example of 'dangerous' behaviour? **(Application)**

(a) Soma becomes violent and attacks individuals when they do not agree with her.

(b) Keya has few friends as she is rude, unaccommodating and upsets others.

(c) Shyama's friends feel embarrassed and avoid going out with her as she wears flashy and bold clothes.

(d) Rahim has become disoriented and moody after his accident.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

(x) Albert Bandura places great emphasis on the concept of Self-Efficacy. It relates to an individual's faith and confidence in their ability to perform some tasks successfully. **[1]**

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

(Application)

(a) Harjot applies for the post of Captain of her House in her school. She thinks that she is capable despite her inability to organise and lead the team.

(b) Zara participates in a singing competition. She believes that she deserves to win even though some have performed better than her.

(c) David is demoralised as he performs poorly in a Computer Science examination. He thought that he had studied well and was sure that he would secure a rank in it.

(d) Kanak believes that he can finish the project well within a tight timeline. He has done similar projects earlier despite the paucity of time.

(xi) Shadab can confidently say 'no' to a request he cannot fulfil. He has high self-esteem and expresses his opinions without being self-conscious. **[1]**

Which one of the following skills is Shadab exhibiting? **(Understanding)**

(a) Assertiveness

(b) Positive attitude

(c) Rational thinking

(d) Mindfulness

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(xii) Sumisha is a counsellor and makes a summary of the thoughts shared by her client in her own words. Which one of the following skills of communication is exhibited by Sumisha? **[1]**

(Understanding)

(a) Attention

(b) Listening

(c) Paraphrasing

(d) Reception

(xiii) Maya is a content writer who works mostly from home. While she likes the freedom and flexibility of working from home, she sometimes misses interacting and socialising with her community of coworkers. She visits her office twice a week and meets her colleagues to sort out work related matters. She also joins a group of writers **[1]**

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

on social media whom she meets at a local café once a week. She brainstorms on various topics with them and exchanges ideas.

Which one of the following groups relate to Maya's social life? **(Analysis)**

(P) A group which involves roles performed by members in the organisation in a specific manner within rules and regulations.

(Q) A group in which members' likes and dislikes are considered over those who are not a part of it.

(R) A group that relates to one another and exchanges their feelings as they are related by blood.

(S) A group in which the members motivate one another and assist those who are new in the field.

(a) Only (P) and (S)

(b) Only (Q) and (P)

(c) Only (P) and (R)

(d) Only (R) and (Q)

SECTION B – 28 MARKS

Question 2

(i) Read the extract given below and answer the questions that follow.

Stress can adversely affect one's health. Some of the key biological mechanisms through which stress impacts health is the hypothalamic-pituitary-adrenal axis regulation and cortisol. The studies reviewed in this article confirm that stress has an impact on multiple biological systems affecting one's health. Counsellors work with such people experiencing a wide range of emotional and psychological problems. They help them bring about effective change and/or enhance their well-being.

(Source (edited): Stress and Health: A Review of Psychobiological Processes. Daryl B. O'Connor, Julian F. Thayer and Kavitha Vedhara, Vol. 72:663-688 (Volume publication date January 2021, https://doi.org/10.1146/annurev-psych-062520-122331)

(a) With reference to the above study, explain *any two* characteristics of a Counsellor that would help to enhance an individual's well-being. **[2]**

(Understanding)

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

(b) With reference to the above study on biological mechanisms, examine *any two* long-term effects of stress on health. **(Analysis)** **[2]**

OR

(ii) Riya and Meher are assigned the same hostel room with three other girls. The room is small and often noisy. While Riya feels stressed, complains of lack of privacy, and prefers to study in the library, Meher adjusts well, chats with everyone, and does not mind the space constraints.

(a) Suggest how Riya can develop a positive attitude towards her situation. **(Evaluate)** **[2]**

(b) Referring to Riya's and Meher's responses, explain how individual reactions to crowded situations can impact their well-being. **(Understanding)** **[2]**

Question 3

When judging the value of a product or an experience, people may be overly influenced by the state in which they consumed and / or experienced it, giving an overrated response. For example, Anthony tried out a new restaurant when he was very hungry and subsequently rated it as high quality. He was the only one to review it with five stars, as compared to one star by all the other customers.

(Source (edited): Kareem Haggag, Devin G Pope, Kinsey B Bryant-Lees, Maarten W Bos. The Review of Economic Studies, Volume 86, Issue 5, October 2019, Pages 2136 2183).

(i) Briefly explain the type of judgment indicated above. **(Understanding)** **[2]**

(ii) Referring to Harold Kelley's theory, explain the cause behind Anthony's response referred to above. **(Application)** **[2]**

Question 4 **[4]**

Read the conversation given below and answer the question that follows.

Rohan meets his therapist regarding a family problem that he is facing. According to him, the therapist does not respond to him.

Rohan: "You seem to neither listen to me nor bother about my problem since you are not saying anything."

Therapist: "I am listening. But it looks like you are very upset."

Rohan: "You are just like my father who ignores me whenever I wish to share my problems. You seem indifferent towards my feelings just like him."

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

Therapist: "Rohan, I am understanding you. But I am angry and hurt at this moment by what you are saying. You should not compare me to your father. Please apologise to me."

Evaluate the conversation between the patient Rohan and his Therapist to explain Transference and Counter Transference. **(Evaluate)**

Question 5

(i) Name *any one* psychomotor sub-test of GATB. **(Recall)** **[1]**

(ii) Explain *any three* subtests of GATB that measure the other composites apart from the one referred to in subpart (i). **(Understanding)** **[3]**

Question 6

(i) Read the study given below and answer the following questions.

A cross-sectional study was conducted on 7,563 adolescents aged between 13 and 17 years. They were enrolled in 204 government schools in all 12 districts in a city in India. The results were alarming, as many as 30 percent of the adolescents indulged in substance abuse. This raised serious concerns over their well-being and future.

(Source(edited:)https://www.tribuneindia.com/news/himachal/30-adolescents-indulged-in-substance-abuse- survey /Tribune News Service Updated At : 06:33 AM Aug 08, 2024 IST)

(a) With reference to the given study, explain the possible symptoms of substance abuse among the adolescents referred to above. **(Understanding)** **[2]**

(b) In your opinion, how would such behaviours of adolescents lead to delinquency? **(Evaluate)** **[2]**

OR

(ii) Researchers like Bronfenbrenner pointed to the role of lack of mothering i.e. tender and affectionate care, producing long-term deficits in children raised in institutions like orphanages. He concluded that children are most vulnerable to long term negative effects of institutionalisation in the first six months of life. The risk decreases with children who are admitted into orphanages at older ages. Moving to a more developmentally supportive environment, reduces the negative effects of institutionalization.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

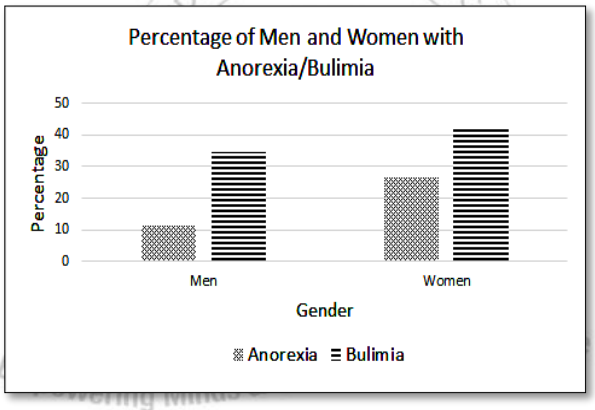
(Source (modified) Age At Adoption from Institutional Care as a window into the Lasting Effects of Early Experiences-Clin Child Fam Psychol Rev. 2013 Jun;16(2):101–145.doi:10.1007/s10567-013-0130 Megan M Julian-National Library of Medicine)

(a) According to Bronfenbrenner, explain *two* ecological systems that young children brought up in an orphanage are deprived of. **(Application)** **[2]**

(b) Based on the study as stated above, discuss *any two* points to highlight the importance of understanding lifespan development. **(Understanding)** **[2]**

Question 7 **[4]**

Study the graph given below that represents the percentage of cases of males and females suffering from Bulimia Nervosa and Anorexia Nervosa and answer the question that follows.



Interpret the graph given above and compare the symptoms of the *two* disorders. **(Analysis)**

Question 8

Ravi worries excessively and is restless all the time. He feels fatigued and finds it difficult to concentrate. He always has a sense of unease and dread and feels that something bad is about to happen. His mother suffered from similar symptoms. His psychiatrist has diagnosed it as Generalised Anxiety Disorder. He has also advised a medical examination to determine the cause of Ravi's psychological state.

(i) Explain the approach to abnormality that Ravi's psychiatrist has adopted. **(Understanding)** **[2]**

(ii) Explain *any two* causes for Ravi's psychological condition. **(Understanding)** **[2]**

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

SECTION C – 28 MARKS

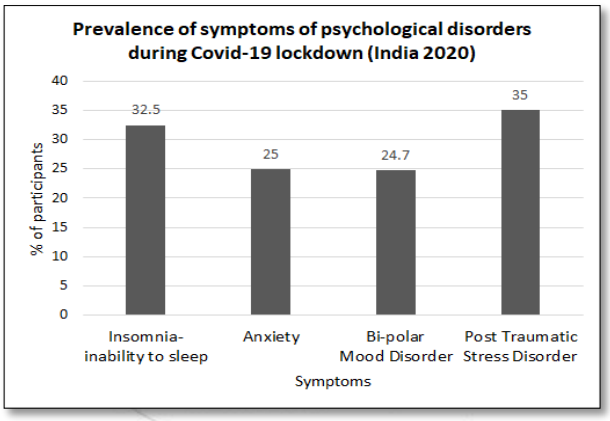
Question 9

(i) Discuss Carl Rogers' theory of Personality. **(Understanding)** **[6]**

(ii) Briefly explain *any one* criticism of Carl Rogers' theory of Personality. **(Recall)** **[1]**

Question 10

The graph given below represents the prevalence of psychological disorders during the Covid-19 lockdown in India.



(Source (edited): Coronavirus lockdown | Rise in post-traumatic stress disorder: survey. The web-based study reveals that COVID lockdown has affected the psychological profile of people Updated - November 28, 2021 12:54 pm Ist - New Delhi)

(a) From the given data, identify the psychological disorder that has the highest reported percentage. State *any two* of its symptoms. **(Understanding)** **[3]**

(b) State the *two* stages of the disorder with the lowest percentage as shown in the graph. Discuss *any three* causes of this disorder. **(Understanding)** **[4]**

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

Question 11

(i) What is *emotional intelligence*? **(Recall)** **[1]**

(ii) Comment on the relevance of assessing Emotional Intelligence of candidates for a job. **(Evaluate)** **[1]**

(iii) Explain *five* characteristics of Emotionally Intelligent persons that organisations use as criteria to select suitable candidates. **(Understanding)** **[5]**

OR

(iv) What is *intelligence quotient*? **(Recall)** **[1]**

(v) Comment on the relevance of measuring Intelligence Quotient in an individual. **(Evaluate)** **[1]**

(vi) Explain *any five* positive characteristics of individuals with superior intelligence. **(Understanding)** **[5]**

Question 12

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

Arjun moved from his home in a rural area to a busy area in a metropolitan city, for higher education. He lived in the old, congested part of the city where the small window in his room showed a contrasting view to the fresh air and open green fields of his hometown. In a few months, he developed headache, felt tired and tensed. He found it hard to concentrate on his studies and felt anxious in the crowds outside.

(i) Explain *four* environmental factors that affect Arjun. **(Understanding)** **[4]**

(ii) Suggest *any three* ways to help Arjun develop pro-environmental behaviours. **(Evaluate)** **[3]**

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

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) Ravi displays 's' i.e. specific intelligence. **[1]**

(ii) Libido **[1]**

(iii) Good Girl/Good Boy Orientation **[1]**

(iv) Model of Intellect (J.P. Guilford) **[1]**

(v) Self-Serving bias **[1]**

(vi) (c) Or Assertion is true and Reason is false. **[1]**

(vii) (a) Or Both Assertion and Reason are true and Reason is the correct explanation for Assertion. **[1]**

(viii) (a) Formal Operational Stage **[1]**

(b) Morality principle **[1]**

(ix) (a) Or Soma becomes violent and attacks individuals when they do not agree with her. **[1]**

(x) (d) Or Kanak believes that he can finish the project well within a tight timeline. He has done similar projects earlier despite the paucity of time. **[1]**

(xi) (a) Or Assertiveness **[1]**

(xii) (c) Or Paraphrasing **[1]**

(xiii) (a) Or Only (P) and (S) **[1]**

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

SECTION B – 28 MARKS

Question 2

(i) (a) Characteristics of a Counsellor that would enhance the well-being of an individual **[2]**

- **Authenticity:** A counsellor must possess the quality of genuineness that would foster trust and develop rapport with the client.
- **Positive Regard for Others:** In a counselling-counsellor relationship, a good relationship allows freedom of expression. The counsellor must allow free expression of feelings to the client. The feelings of anxiety and fear get minimised when a counsellor extends a positive regard to the client by accepting that it is alright to feel the way the client does.
- **Empathy:** This is one of the most critical competencies that a counsellor needs to have. It is the ability of a counsellor to understand the feelings of another person from their perspective. The counsellor has to step into the client's shoes and understand their pain and trouble.
- **Communication skills:** A counsellor requires strong communication skills that can be developed through the following:
  - **Paraphrasing:** It allows the counsellor to understand how much the client understood of what was communicated**.**
  - **Speaking**: To be effective, a counsellor must know how to use language appropriately.
  - **Listening**: It is an important skill that the counsellor must possess. He must listen patiently, be attentive and allow the client to speak freely and be non-judgmental.

(Candidates have to briefly explain any two characteristics of a Counsellor that enhances an individual's well-being.)

(b) Effects of Stress on health **[2]**

- **Immune System:** Foreign bodies called antigens are attached by WBCs and produce antibodies to neutralise it. This removes potential threats and keeps us healthy. Prolonged stress disrupts this balance as in the long run it has negative impact since protein is used up. Protein is needed to make new cells like white blood cells. If WBCs are in short supply, then the body loses its immunity.
- **Coronary Heart Disease:** Type A personality is more prone to it. Epinephrine and Nor-Epinephrine secretions due to stress affect the heart and increases blood pressure. Adrenalin surge causes blood to clot rapidly causing heart diseases.
- **Hypertension:** When pressure within the blood vessels is abnormally high, it causes high blood pressure. Stressful emotions especially when unexpressed like hostility and anger can cause hypertension.
- **Ulcers:** When the stomach secretes unhealthy amounts of acid due to prolonged stress, it can perforate (make holes) in the stomach lining and cause ulcers. Individuals may also indulge in smoking, drinking etc., which can lead to ulcers.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

- **Asthma:** Chemicals released during stress can constrict the muscles around the trachea in the lungs and narrowing the air passage making it difficult to breathe.
- **Diabetes:** The fight or flight response does not work well. Insulin is not secreted correctly and glucose piles up worsening the diabetic condition.

(Candidates are required to examine any two long term effects of stress on health.)

OR

(ii) (a) Riya can develop a positive attitude towards her situation by adopting any of the following ways: **[2]**

- The power of positive thinking has been increasingly recognised in reducing and coping with stress. If Riya develops positive thinking and attitude, her stress levels would be low.
- She must expect favourable life outcomes as optimism, which is the has been linked to psychological and physical wellbeing.
- She needs to perceive reality accurately and not harbour unrealistic expectations.
- She needs to be tolerant of others and understand different points of view.
- She must develop a good sense of humour, be able to laugh at oneself and life to help her see things in a lighter vein.

(Candidates have to suggest any two ways by which Riya can develop a positive attitude towards her situation.)

(b) **[2]**

- People respond differently to the same environment based on their Crowding Tolerance, that is, their ability to remain comfortable and mentally stable in limited or shared spaces.
- In this case, Riya has a lower tolerance for crowding. She finds the small, noisy hostel room overwhelming, experiences stress and feels a lack of privacy. This discomfort affects her emotional well-being and makes it difficult for her to focus on studies, leading her to seek quieter places like the library. Her need for personal space and peace is not met in the crowded setting, resulting in psychological strain.
- On the other hand, Meher demonstrates a higher crowding tolerance. She adjusts easily, socialises with her roommates, and does not feel disturbed by the noise or limited space. Her ability to cope with crowding reflects better mental adaptability, allowing her to remain emotionally stable and socially active.

(Candidates have to briefly explain how individuals' responses may impact their well-being. They must refer to Riya's and Meher's responses and not give a generic answer.)

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

Question 3

(i) Bias or Attribution bias. It is a disproportionate weight in favour of or against a thing, person or group compared with another. **[2]**

(ii) Anthony's behaviour stemmed from dispositional causes based on his internal traits. Harold Kelley's Model of Attribution suggests that people determine the cause of behaviour based on three factors: **[2]**

- Consensus: Do others react the same way?
- Distinctiveness: Does the person react the same way in different situations?
- Consistency: Does the person always react the same way to this situation?

In Anthony's case:

- Consensus is low (others rated it poorly).
- Distinctiveness is unclear (we don't know how he rates other restaurants).
- Consistency is unknown (we don't know if he would always rate this restaurant highly).

  Because consensus is low, Kelley's theory would suggest that Anthony's high rating is due to internal causes, such as his temporary internal state of hunger, not the actual quality of the restaurant. So, Kelley would attribute Anthony's judgment to a personal bias influenced by his internal state, rather than objective features of the restaurant.

(Candidates have to relate Anthony's response to Harold Kelley's theory and use Kelley's theory to explain the reason for Anthony's behaviour.)

Question 4 **[4]**

This interaction illustrates transference (from Rohan) and countertransference (from the therapist).

Transference refers to the process by which a client unconsciously redirects feelings and attitudes from a person in their past onto the therapist.

In the dialogue, Rohan says: "You are just like my father who ignores me whenever I wish to share my problems with him."

Rohan is projecting unresolved emotions and expectations from his relationship with his father onto the therapist. He feels ignored and invalidated, just as he did with his father, and now attributes those same feelings to the therapist, even if the therapist's actions do not justify them.

Countertransference occurs when a therapist projects his/her own unresolved feelings onto the client, often in reaction to the client's transference.

In the dialogue, the therapist responds: "Rohan, I am trying to understand you. But I am angry and hurt at this moment by what you are saying. You should not compare me to your father. Please apologise to me."

The therapist, instead of maintaining professional neutrality, gets personally affected and emotionally reactive, expressing hurt and demanding an apology.

This emotional reaction indicates that the therapist's own feelings and perhaps unresolved issues are influencing the therapeutic interaction.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

Question 5

(i) Manual dexterity / finger dexterity / motor coordination. *(Any one)* **[1]**

(ii) **[3]**

- **General Learning Ability:** This refers to a person's overall capacity to understand, learn, and apply new information. It involves grasping concepts quickly and solving unfamiliar problems. Individuals with high general learning ability usually do well in academics and training situations.
- **Verbal Aptitude:** This is the ability to understand and use language effectively. It includes skills like vocabulary, grammar, reading comprehension, and verbal reasoning. It is important for jobs that involve communication, writing, or teaching.
- **Numerical Aptitude:** This involves the ability to work with numbers quickly and accurately. It includes performing basic arithmetic operations, interpreting data, and solving numerical problems. It is essential in fields like finance, accounting, and engineering.
- **Spatial Aptitude:** The ability to visualise and manipulate objects in space. People with strong spatial aptitude do well in areas like architecture, design, engineering, or surgery.
- **Form Perception:** This is the ability to quickly and accurately observe details in shapes, figures, or forms. It is useful in tasks like proofreading, quality checking, and inspecting patterns.
- **Clerical Perception:** It is the ability to notice and compare details quickly and accurately, especially in written or printed information. It is important for clerical and administrative work, like sorting data or identifying errors.

(Candidates have to explain any three subtests of GATB in brief. Headings are not mandatory.)

Question 6

(i) (a) Symptoms of substance abuse amongst adolescents. **[2]**

- **Psychological**: Chronic depression, fatigue, over sensitivity, impulsive, aggressive, anxious, inability to make sound judgements, mood swings, irritability, impairments in selfcare, social, academic and work areas
- **Tolerance:** It is the need for increasing amounts of the substance to achieve the same effect. Adolescents may begin consuming higher doses over time to feel the same "high."
- **Withdrawal Symptoms:** When the substance is not available, individuals may experience nausea, sweating, anxiety, tremors or depressed mood. This creates a strong desire to use again to relieve discomfort.
- **Loss of Control over Use:** Individuals may experience persistent desire or unsuccessful efforts to cut down or control substance use. Even when they want to stop, adolescents may find it difficult due to dependence.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

- **Neglect of Responsibilities:** Important activities like school, work, or family duties are ignored due to substance use. Falling grades, absenteeism, and detachment from school are common in adolescents.

(Any two symptoms from the above points will be accepted. Any other relevant point will also be accepted.)

(b) Substance Abuse and Delinquency **[2]**

- There is a strong correlation between the two. Substance abuse impairs mental ability and the sense of moral judgment which leads to indulgence in illegal activities.
- Excessive substance abuse can also curb physical and psychological development in adolescents.
- At times, addiction forces an individual to resort to illegal ways to procure the drug one is addicted to.
- Peer pressure also influences an individual's behaviour. In certain social circles, substance abuse is common which also propels an individual to indulge in it. In many cases, such juveniles are disengaged from school and there is an absence of positive influence in their life which makes them more susceptible to criminal activities.
- Substance abuse makes an individual aggressive and more prone to violent outbursts.

(Candidates have to establish the correlation between substance abuse and delinquency.)

OR

(ii) (a) Microsystem and Mesosystem **[2]**

The **microsystem** is the smallest and most immediate environment in which the child lives. As such, the microsystem comprises the daily home, school or daycare, peer group or community environment of the child. Interactions within the microsystem typically involve personal relationships with family members, classmates, teachers and caregivers, in which influences go back and forth. The children living in orphanages miss these interactions that foster emotional and psychological growth. These interactions determine how the child will grow. However, this component is absent in the life of the children referred to in the extract.

The **mesosystem** encompasses the interaction of the different microsystems which the developing child finds himself in. It is, in essence, a system of microsystems and as such, involves linkages between home and school, between peer group and family, or between family and church. Children in orphanage are not exposed to these experiences. Their life revolves around the immediate experiences in orphanage, and they are unable to establish linkages between their immediate environment and other institutions.

(Candidates are required to apply the two ecological systems in understanding what the children in an orphanage are deprived of.)

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

(b) Importance of life span development **[2]**

- It is a study of processes of development that enables one to know what to expect of the child at every age and to know what form of behaviour will emerge at what age.
- It enables to assess a child in terms of age-appropriate developmental milestones.
- It also helps the caregivers of the child provide an appropriate environment in which the child can acquire and improve skills and abilities necessary to deal with its world.
- Knowing the pattern of development enables parents and teachers to guide the child's learning at appropriate times and prepare the children ahead of time for changes that will take place in their bodies, their interests or their behaviour.
- Various interventions and treatments can be sought if people have a better insight into the normal lifespan development of a person.
- It helps career counsellors to guide the child appropriately into various career fields that may suit the child's personality and ability.
- Understanding lifespan development helps mental health professionals to detect certain learning disabilities and disorders among growing children and find suitable interventions.
- The stage of adolescence is filled with emotional upheaval, turmoil, and several physical changes for the individual. A thorough understanding of the changes that occur that this stage allows caregivers to better handle the behaviour of the adolescent and in turn help him/her adjust easily to these changes that can be intimidating as well as confusing.
- Psychologists help many adults to deal and adjust better to their lives with may be fraught with stress, repressed issues and demands of everyday life which people find difficult to handle at times.

(Candidates have to briefly discuss the importance of life span development on any two of the areas given above.)

Question 7

The graph indicates that eating disorders are more prevalent in women than in men. Among both genders, bulimia is more common than anorexia. **[2]**

Anorexia Nervosa: It is an eating disorder characterised by dieting and an intense and excessive fear of gaining weight coupled with refusal to maintain normal body weight. In the graph, women display a much higher percentage of approximately 25% as compared to men who are at 10%.

Bulimia Nervosa: It is an eating disorder in which individuals engage in recurrent episodes of binge eating i.e., eating large amount of food within a short period of time followed by some kind of compensatory behaviour designed to prevent weight gain. (purging). The graph exhibits that women display a much higher percentage of 40% compared to men of 35%.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

Comparison of symptoms:

- In Anorexia Nervosa, people with this disorder relentlessly pursue the goal of being thin no matter what this does to their health. Bulimia purging, on the other hand, may involve self-induced vomiting, the misuse of laxatives, fasting or excessive exercise that is potentially harmful to the person's health.
- People suffering from anorexia nervosa have distorted perceptions of their bodies believing that they are much heavier than they really are. The disorder is related to poor self-image. In bulimia nervosa, individuals worry about weight gain and are overcome with feeling of depression, shame and self-contempt.
- In anorexia nervosa, people starve themselves to the point where their weight drops to dangerously low levels. Their body weight is inconsistent with age, build and height. While those suffering from bulimia nervosa, feel that they have lost control over their eating.

Both these disorders are a kind of obsession in which individuals see themselves as flawed beings and are filled with shame, depression and contempt. Both disorders present life-threatening situations and require an expert intervention.

(Candidates are required to interpret the graph, briefly describe the two disorders and then draw a comparison.)

Question 8

(i) The approach adopted by Ravi's psychiatrist is biological perspective. **[2]**
This perspective suggests that psychological disorders have physical causes, such as genetic inheritance, neurochemical imbalances, or brain abnormalities. It emphasises diagnosis and treatment through medical means like medication or biological tests.

(ii) **[2]**

- **Biological causes:** Among the Biological factors are a genetic predisposition to inherit the disorder. It has been found that GAD occurs along with other anxiety disorders like phobias or panic disorder. A common gene is believed to be related to anxiety which affects the brain's ability to use serotonin which is a mood regulating neurotransmitters. People of certain personality types are more susceptible to anxiety disorders, and, logically, a combination of stressful life situations may trigger excessive anxiety.
- **Chemical Imbalance**: GABA (Gamma amino butyric acid) is a neurotransmitter that reduces anxiety in stressful situations. A deficiency of the neurotransmitter GABA in the human brain is linked to GAD. It is still not clear as to whether the deficiency causes the anxiety or is a result of it, but it does appear that this functional deficiency of GABA would promote the maintenance of anxiety in general.
- **Psychological factors:** The Psychodynamic view suggests that anxiety results from a struggle between the id and the ego. The id is unable to express its unacceptable anxiety because it is suppressed and there is a breakdown of defence mechanisms. The person begins to experience free-floating anxiety in general because he or she is unable to deal with, displace or deny anxiety.
- **Cognitive factors:** These include the role of anxiety, how it is processed and having intense negative thoughts when facing stress. Common maladaptive perceptions they may have are: "Any strange situation should be considered

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

as dangerous" or 'It is always to be prepared for the worst". They also have automatic thoughts that come up in any situation like "What if I fail?" or "People will laugh at me" or "I'll never be capable as I should be." These automatic thoughts are fuelled by fixed perceptions that they have developed while growing up.

- **Psychosocial /Sociocultural factors:** These include harsh self-standards that are hard to achieve or maintain, having an overly strict upbringing which can produce low self-esteem and self –criticism and a history of stressors or traumas such as an abusive parent.

  (Candidates have to briefly explain any two causes responsible for Ravi's situation.)

SECTION C – 28 MARKS

Question 9

(i) Carl Rogers, a humanist believed that left to their own devices, human beings show many positive characteristics and over the course of their lives, move towards being a Fully Functioning Individual. A fully functioning individual is a psychologically healthy person who strives to experience life to the fullest, who lives in the here and now, who trusts his/her own feelings. Such a person is sensitive to the needs and rights of others, but does not allow society's standards to shape their feelings and actions to a large extent. This does not mean that such individuals are saints – they do lose their temper and experience other baser instincts like any other individual. But throughout life, their actions become more and more constructive. They are in close touch with their values and feelings, and experience life more deeply than most other people. **[6]**

When your self-concept or present self is consistent with what you really think, feel, do, and experience, you are best able to be congruent and become fully functioning people. Rogers considered it essential to have congruence between the self-image and the ideal self -an image of the person you would like to be. The greater the gap between the way you see yourself and the way you would like to be-the greater the tension and anxiety experienced.

We also possess the universal need to be loved and respected. We learn that others such as parents and friends approve of us only when we behave in a certain way and express certain feelings – a process called Conditional Positive Regard. As a result, we deny many feelings and impulses that are a part of us but disapproved by society. We begin to see and judge ourselves through the eyes of others, relying on their values. As a result, our self-concept is not a true reflection of our self – a distorted self-concept.

Often, many life's experiences are inconsistent with our self-concept. In other words, a gap between our expectations and reality is created, resulting in anxiety. In order to reduce the anxiety, we adopt one or more defences such as Distortion or Denial. Distortion is a method of distorting reality so that experience will be consistent with our image about our self. Denial is a method of denying reality to achieve the same end. Such methods are successful in reducing tension.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

However, in the bargain, they produce large gaps between an individual's self-concept and reality. The larger the gap, the greater the individual's maladjustment and personal unhappiness.

In order to bring distorted self-concepts to closer alignment with society, Rogers asserted that individuals must be placed in an atmosphere of Unconditional Positive Regard. This is a setting in which individuals realise that they will be accepted, loved and respected by another person no matter what they say or do.

(Candidates are required to discuss Carl Roger's theory of Personality in detail.)

(ii) Criticism **[1]**

- The concept of a Fully Functioning Person proposed by Rogers is loosely defined and it is difficult to conduct systematic research on it.
- There is a lack of empirical evidence.
- Rogers' theory is difficult to measure because it's based on subjective experiences.
- It's unclear if his theory can be applied to real-world situations.
- It is an overly optimistic view of human nature.
- Rogers' theory may not account for negative or destructive behaviours.
- It underestimates the influence of biological and environmental factors.
- Rogers' theory is too abstract and not practical.
- It relies on personal narratives and introspection, which can be difficult to generalise.

(Candidates have to write any one criticism of the theory in brief.)

Question 10

(i) (a) **Symptoms of Post Traumatic Stress Disorder** **[3]**

- Disorientation- People take some time to understand the full meaning of what the disaster has done to them. They may actually deny to themselves that something terrible has happened.
- They may experience physical reactions such as difficulty in sleeping, change in eating pattern, increased heartbeat and blood pressure.
- Emotional reactions such as grief and fear, irritability, anger, helplessness, hopelessness, depression might also be felt by them.
- They may feel a lack of interest in routine activities.
- Cognitive reactions such as worry, difficulty in concentration, reduced spawn of attention, confusion may be felt.
- They may also experience loss of memory or unwanted vivid memories and nightmares.
- Social reactions such as withdrawal from others, conflict with others, feeling rejected or left out may also be felt.

(Candidates have to identify the psychological disorder with the highest percentage and write any two of its symptoms in complete sentences.)

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

(b) Bipolar mood disorder has the lowest reported percentage. It is characterised by Mania and Depression. **[4]**

Causes of Bipolar mood disorder

- **Biological factors:**

Genetic Factors: Scientists believe genetic factors play a role in some depressions. In reviews of twin studies, adoption studies, and family studies, heredity does seem to play a role in predisposing the individual to depression.

Among the biological factors observed in bipolar disorder, as detected by using imaging scans and other tests, are the following chemical imbalances:

- Over secretion of **cortisol,** a stress hormone can increase or trigger manic reactions.
- Excessive of **calcium** into brain cells has been indirectly shown to be higher in people with bipolar disorders than others. Excess calcium can trigger restlessness and irritability.

- **Chemical imbalances**: Additional research data indicate that people suffering from depression have imbalances of neurotransmitters like **serotonin and nor epinephrine**. Other body chemicals also may be altered in depressed people. Among them is **cortisol,** a hormone that the body produces in response to stress, anger, or fear. In normal people the level of cortisol in the bloodstream peaks in the morning, then decreases as the day progresses.
- **Role of Brain Structures:** Abnormal hyperactivity has been identified in parts of the brain associated with emotion and movement coordination and low activity in parts of the brain associated with concentration, attention, inhibition, and judgment.
- **Psychological factors:** Freud argued that at some point in early childhood, the depressed patient suffered the loss, real or imagined, of someone with whom they were very close. Moreover, the individual depended on that other person to maintain his/her self-esteem. Unable to cope with the loss, the person then creates an internal representation of the lost individual so that they can maintain the close relationship.
- **Cognitive Causes:** Aaron Beck said that depressed individuals have negative beliefs. These negative beliefs develop during childhood and adolescence as a result of one's experiences with one's parents and other important people like teachers, peers, etc.
- **Socio-cultural causes:** The occurrence of negative events such as divorce, loss of a job, and loss of a loved one are related to mood disorders. Socio economic like poverty and lower low socio-economic status are also associated with depression.

(Candidates have to discuss any three causes of the disorder with the lowest percentage. Headings are not mandatory.)

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

Question 11

(i) Emotional intelligence refers to the ability to perceive, understand, manage, and handle one's own emotions as well as those of others regulating one's emotions. **[1]**

(ii) Emotional intelligence ensures whether a person is Environment fit, whether the individual is well suited to cope with the job and its tensions and trials. It is a relevant domain to be assessed by a company as it ensures whether a person would be able to handle moments of crisis and stress. **[1]**

(Candidates have to comment on the worth of this type of intelligence in a person to be employed. They are required to comment on it from the employer's perspective.)

(iii)
- The candidate should be sensitive to the feelings and emotions employees/colleagues.
- The candidate should be sensitive to various types of emotions in others by noting their body language, voice and tone, and facial expressions.
- Their thoughts should be clear, taking workable suggestions into account while solving problems and taking decisions.
- They should be able to understand the powerful influence of nature and intensity of their own emotions.
- They should be able to control and regulate their emotions and their expressions while dealing with self and others to achieve harmony and peace.

[5]

(Candidates have to briefly explain characteristics of Emotionally Intelligent persons that organisations use as a criteria to select suitable candidates.)

OR

(iv) Intelligence Quotient is an index of measurement derived from standard intellige tests indicating a ratio of mental age to chronological age. **[1]**

(v) Measuring Intelligence Quotient – IQ in an individual has the following relevance: **[1]**
- Humans are unique in their intelligence.
- Intelligence is the most significant individual difference.
- Intelligence theory and testing have played a very important role in the hist and evolution of modern psychology.
- Intelligence is widely measured and used in decision making, e.g. clinical, education, job selection, etc.
- Intelligence underlies all other aspects of human psychology.

(vi) Characteristics of individuals with superior intelligence **[5]**
- A gifted or exceptional child is superior in ability and performance to his/her peers.
- A Gifted child is applicable not only in academics but shows talent in creative arts fields like music, dance, drama, writing and such, mechanical work, leadership skills, science, games etc.
- Common characteristics of Gifted Individuals according to the National Association for Gifted Children- unusual alertness, even in infancy, Rapid learners, excellent memory, unusually large vocabulary, advanced comprehension, highly sensitive.

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme

- Gifted children are alert, keenly observant, respond quickly and can perform difficult mental tasks.
- They have superior generalisation and discrimination abilities.
- They have high levels of intrinsic motivation and self-esteem.
- They possess independent and non-conformist thinking.
- They prefer to opt for solitary academic activities for long periods.
- They exhibit advanced logical thinking, questioning and problem-solving behaviours.

(Candidates are required to briefly explain any five characteristics of individuals with superior intelligence.)

Question 12

(i)
- **Noise Pollution:** Constant sounds from traffic and construction have caused stress, irritability to Arjun making it difficult to concentrate on studies.
- **Air Pollution:** Poor air quality due to traffic and unclean surroundings have triggered physical symptoms in him like headaches and fatigue.
- **Lack of Cleanliness:** Dirty or unhygienic surroundings have led to discomfort and psychological stress.
- **Overcrowding:** Living in a congested area has reduced his personal space, leading to mental fatigue and anxiety.

[4]

(Candidates have to briefly explain four environmental factors that affect Arjun.)

(ii)
- **Reduce Pollution:** Arjun can use eco-friendly transport options like walking, cycling, or carpooling to reduce air and noise pollution around him.
- **Avoid Non-biodegradable Goods**: By avoiding plastic and single-use non-biodegradable items, he can reduce waste and keep his surroundings cleaner.
- **Proper Garbage Management:** He can segregate waste at home and encourage his peers and neighbours to do the same, ensuring proper disposal and recycling.
- **Raise Awareness about Construction Rules:** Arjun can learn about and advocate for laws that prevent illegal or noisy construction, helping to reduce unnecessary environmental stressors.
- **Planting Trees:** Participating in or initiating tree plantation drives will improve air quality, reduce noise, and create a calming environment.
- **Promote Noise Control:** He can encourage the use of silencers, discourage honking, and support community efforts to reduce unnecessary noise in residential areas.

[3]

(Candidates have to suggest any three ways by which Arjun can adapt himself to the environment.)

Source: CISCE (cisce.org) • Specimen Question Paper with Marking Scheme