## Sample Question Paper Psychology 222

Time: 3 Hours

Max Marks: 100

Note:

i. This question paper consists of 48 questions in all.

ii. All questions are compulsory.

iii. Marks are given against each question.

iv. Section A consists of:

a. **Q.No. 1 to 20-** Multiple Choice type questions (MCQs) carrying 1 mark each. Select and write the most appropriate option out of the four options given in each of these questions. An internal choice has been provided in some of these questions. You have to attempt only one of the given choices in such questions.

b. **Q.No. 21 to 32**- Objective type questions. **Q.No. 21 to 29** carry 02 marks each (with 2 sub- parts of 1 mark cach) and **Q.No 30-32** carries 04 marks (with 4 sub-parts of 1 mark each). Attempt these questions as per the instructions given for each of the questions 21-32.

v. Section B consists of:

a. **Q.No. 33 to 38** - Very Short questions carrying 02 marks each to be answered in the range of 30 to 50 words.

b. Q.No. 39 to 44 - Short Answer type questions carrying 03 marks each to be answered in the range of 50 to 80 words.

c. **Q.No. 45 to 48** - Long Answer type questions carrying 05 marks each to be answered in the range of 80 to 120 words.

Q.No.	Section A	Marks	Total marks
1A. 1B	Identify the approach/ perspective of psychology described: This approach focuses on biological structures and phenomena such as the brain, genes, hormones, etc. to understand the dynamics of behaviour. a. Biological Approach b. Behaviorist Approach c. Humanistic Approach d. Psychoanalytic Approach or This approach focuses on the study of information processing capacity of the individual. It assumes that humans differ from each other only in terms of how they process information. a. Behaviorist Approach b. Humanistic Approach c. Psychoanalytic Approach d. Cognitive Approach	1x1	1
2.	Identifying the measure of personality which uses unstructured or ambiguous stimuli. The basic assumption of this technique is that individuals project their unconscious needs, desires, emotions on ambiguous stimuli. a. Situational measures b. Self report measures c .Observation measures d. Projective measures	1x1	1

3A.	In context of learning, select an action which increases the rate of response.	1x1	1
	<ul> <li>I) Negative Reinforcement</li> <li>II) Positive Reinforcement</li> <li>III) Neutral Behaviour</li> <li>a. Only I</li> <li>b. Only II</li> <li>c. I and II</li> <li>d. I, II and III</li> </ul>		
	or		
3B.	Vishal's father praises him and says 'Good boy' every time he sits to study at home. Vishal in this case is receiving		
	<ul> <li>a. Intermittent reinforcement</li> <li>b. Continuous reinforcement</li> <li>c. Secondary reinforcement</li> <li>d. Continuous and secondary reinforcement</li> </ul>		
4A.	Identify the response taken place when Conditioned Stimulus is presented on each trial, but Unconditioned Stimulus is not presented.	1x1	1
	<ul><li>a. Acquisition</li><li>b. Spontaneous Recovery</li><li>c. Conservation</li><li>d. Extinction</li></ul>		
	or		
4B.	<ul><li>Harsh watches aggressive content on television. He then fights with his classmates in school. Harsh is showing</li><li>a. Insight learning</li><li>b. Classical conditioning</li><li>c. observational learning</li><li>d. Concept learning</li></ul>		

5A.	Identify important agents of child socialization. a. Parents, Religion & Shopping b. Parents, School & Physical Appearance c. Parents, School & Shopping d. Parents, Peer Group & Television or	1x1	1
5B.	<ul><li>Select an important skill that allows children to fit in with groups and helps in creating interpersonal relationships.</li><li>a. Controlling one's emotions</li><li>b. Aggressive</li><li>c. Empathetic</li><li>d. Both a and c</li></ul>		
6.	<ul> <li>Select the odd one which is not an element of communication.</li> <li>a. Communication is a two-way process</li> <li>b. Commonness of understanding</li> <li>c. information is provided with a specific method</li> <li>d. There is no need of any message</li> </ul>	1x1	1
7.	<ul> <li>Select social factors which influence non-verbal communication.</li> <li>a. Hierarchy, Position of Authority, Eating Habits &amp; Interpersonal Relations</li> <li>b. Hierarchy, Body Language, Gender &amp; Interpersonal Relations</li> <li>c. Hierarchy, Position of Authority, Gender &amp; Interpersonal Relations</li> <li>d. Hierarchy, Eating Habits, Gender &amp; Interpersonal Relations</li> </ul>	1x1	1
8.	Identify the process of coping with stress if the person is not moving towards any solution, but only using methods to make himself/ herself feel comfortable. a. Task-oriented Coping b. Defense-oriented Coping c. Compromise-oriented Coping d. Attack-oriented Coping	1x1	1

9A.	Difficulties in married life can be stressor? a) Major life event	classified as which type of	1x1	1
	b) Daily hassle			
	c) Chronic role strain			
	d) Trauma			
10A.	Jaspreet has an exam in the comin started studying. She feels extrem of coping should she use in this si a) Only problem focused cop b) Only emotion focused cop c) Compromise-oriented Cop d) Both problem focused and	ely tense and anxious. Which type tuation? bing bing bing	1x1	1
	Or			
	OI .			
10B.	Match the following			
	Category of disorder Dis	order		
	· ·	bessesive compulsive disorder		
		Bipolar disorder		
		Schizophrenia		
		ADHD		
	a) a-iv, b-iii, c-ii, d-i			
	b) a-i, b-iii, c-ii, d-iv			
	c) a-ii, b-iv, c-i, d-iii			
	d) a-i, b-ii, c-iii, d-iv			
11.	Shreya's boss uses an Authoritari following behaviors is she likely a. Encourages participatio b. Uses threats and punish c. Consults with the emplo d. Involve in two way con	to be involved in? n of employees ment oyees	1x1	1
12		and money and wants to study the beliefs and values of the people.	1x1	1
	<ul><li>a. Case study</li><li>b. Psychometric assessment</li><li>c. Observation</li><li>d. Survey method</li></ul>			

13.	A researcher is manipulating an independent variable in a natural setting using naturally occurring groups to form experimental and control groups. Which type of experiment is this? a. Quasi experiment b. Laboratory experiment c. Control experiment d. Classical experiment	1x1	1
14A.	Ashok has a high need for because he likes to study and investigate new things. a. Power b. Love c. Exploration d. Affiliation Or	1x1	1
14B.	Ekta loves to help her mother in taking care of her siblings and their grandmother. She has a high need for a. Nurturance b. Achievement c. Affiliation d. Exploration		
15A.	<ul> <li>i. Raju gets rewarded by his parents with chocolates for every good grade he obtains in school. Which type of reinforcement Raju is receiving?</li> <li>a. Intermittent reinforcement</li> <li>b. Continuous reinforcement</li> <li>c. Fixed reinforcement</li> <li>d. Partial reinforcement</li> <li>or</li> </ul>	1x1	1
15B.	You love to play football just for your own pleasure without any competition. Which kind of interest is this? a. Internalized interest b. Externalized interest c. Extrinsic interest d. Intrinsic interest		

16.	A psychologist wants to measure the intelligence and personality of the candidates appearing for a job position. Which psychological tool the psychologist is most likely to use? a. Case study b. Observation c. Survey d. Psychological test	1x1	1
17.	A psychologist wants to study the opinion and attitude of people towards a new product launched in the market . Which psychological tool the psychologist is most likely to use? a. Survey b. Psychological test c. Case study d. Interview	1x1	1
18 A.	Rohit believes that he failed in the examination because the question paper was tough. This is an example of	1x1	1
18 B.	Or Zara said "I should have studied more and then I could have come first and been awarded the scholarship. This is an example of a. Counterfactual thinking b. Superstitious belief c. Optimistic Bias d. Self serving Bias		
19A.	A common tendency to believe that we are more likely than others to experience positive events. This is known as a. Pessimistic Bias b. Observer Bias c. Self serving Bias d. Optimistic Bias	1x1	1
19B.	Humans have a tendency to notice and search for information that supports one's beliefs and ignore information that does not conform to it. This is calleda. Actor-observer effect b. Confirmation Bias c. Self serving Bias d. Observer Bias		

20A	Choose the correct option for the following statements Select the gases which are responsible for the greenhouse effect. a. carbon dioxide, methane, and nitrogen b. carbon dioxide, oxygen, and CFC c. carbon dioxide, methane, and oxygen d. carbon dioxide, methane, and CFC	1x1	1
20B.	<ul><li>Which type of pollution triggers aggressive behaviors and reduces altruism and helping behavior?</li><li>a. Noise Pollution</li><li>b. Air pollution</li><li>c. Water Pollution</li><li>d. Crowding</li></ul>		
21.	<ul> <li>While studying, you notice that the noise in your surroundings have an impact on your concentration level. You design a study to understand the relationship among the two variables.</li> <li>Answer <i>any two</i> of the following question with respect to the above experiment: <ol> <li>In this experiment, it is concluded that noise in the background decreases the concentration. In this experiment 'concentration level' is variable.</li> <li>In the experiment, noise is variable.</li> <li>Experiments are primarily used to study</li> </ol> </li> <li>iv. Age, sex, and personality features are examples of variables.</li> </ul>	1x2	2
22.	<ul><li>i. When you suddenly see a mad dog near you, relate the role of emotion you felt at that time with behavior change.</li><li>ii. Culture guides the way in which emotions are expressed in any situation. The rules that guide expression of our emotions are called ?</li></ul>	1x2	2

23.	<ul><li>Answer <i>any two</i> of the following questions with reference to perception and extrasensory perception</li><li>i. State any two applications of perception in your daily life.</li></ul>	1x2	2
	ii. Jai has an ability to perceive another person's thoughts or the ability to read someone else's mind. This ability is known as		
	iii. Komal tends to predict future events. She has the ability of		
	iv. Rashmi can move inanimate objects only through concentration without touching them. She has the ability of		
24.	Answer <i>any two</i> the following questions:	1x2	2
	i. State any two developmental tasks for adolescents		
	ii. Mention any two of the physiological changes that adolescents go through.		
	iii refers to the understanding that even if people adopt clothing, hair style, and behavior associated with the other sex they would still retain their current sexual identity.		
	iv relates to a given society's beliefs about the traits and expected behaviours supposedly characteristic of males and females.		
25.	i. A child is unable to see the world from someone else's point of view. According to you, which stage of cognitive development the child is at?	1x2	2
	ii. A child when asked to tell which glass has more quantity says glass A. What does it show?		
	A B		
26.	<ul><li>i. Which type of parenting style is best according to you?</li><li>ii. Illustrate with example any one socializing agent for yourself.</li></ul>	1x2	2

27.	<ul> <li>Harish is a first year college student designing an advertisement for clean India campaign for the college students. Answer the following question</li> <li>i. Design a tagline for his campaign</li> <li>ii. Which emotions can be useful in making the advertisement effective?</li> </ul>	1x2	2
28.	<ul> <li>Write <i>any two</i> of the most appropriate learning principle involved in attitude formation in the following situations :</li> <li>i. Rajesh and his friends think that it is 'cool' to smoke and drink. They ask Ajay to start smoking. They praise and accept him as a part of the group as he starts to smoke.</li> <li>ii. Seema sees her elder brother playing with the stray dogs regularly. She now thinks dogs are friendly and starts to play with them.</li> <li>iii. Raju doesn't like the taste of sprouts. He starts to dislike anything which is similar to the color of sprouts</li> <li>iv. Disha sees an advertisement for a cold drink on television. She purchases the soft drink and eventually starts to like it. She developed a positive attitude towards cold drink through</li> </ul>	1x2	2
29.	<ul><li>Answer the following questions :</li><li>i. Give two examples of input from the environment in an organization.</li><li>ii. Give one example of extrinsic and intrinsic interest each from your daily life.</li></ul>	1x2	2

30.	<ul> <li>i While selecting a psychological test, a psychologist finds that the test does not yield consistent and dependable scores. It means that the test is not</li></ul>	1x4	4
	development of		
31.	Answer any four of the following questions :	1x4	4
	i. According to you, what is the most important initiative that can be undertaken for sustainable development?		
	ii. From your experience mention any impact that you suffered as a result of crowding		
	<ul> <li>iii. Calculate the IQ of a 36 year old male.</li> <li>iv. DAT, GATB are used to measure</li></ul>		
	vi provides information on the nature of work, skills required, the salary, work timings and other benefits.		

32.	Identify <i>any four</i> of the psychological disorder based on the description	1x4	4
	i. In this disorder, psychological problems have physical		
	symptoms but these diseases have psychological causes.		
	ii. Symptoms like incoherent thinking, faulty perception,		
	disturbances in motor activity, and flat or inappropriate		
	emotions are common in this disorder. Hallucinations and		
	delusions are common withdrawing individuals into the		
	world of fantasy.		
	iii. A disorder in which several distinct personalities emerge in		
	the same individual at different times.		
	iv. This disorder involves extreme and irrational fear of		
	something.		
	v. A type of dissociative disorder in which apart from the		
	memory loss the person also assumes a new identity.		
	vi. A type of mood disorder in which the mental state of a		
	person is characterized by sadness, loss of interest and		
	pleasure in routine activities, disturbances in sleep or loss of		
	sleep, poor appetite etc.		

33.			
	Discuss the relationship between attitudes and behavior.	2	2
34.	Explain the determinants of organizational climate with appropriate examples.	2	2
35.	Describe two aspects of attitude with examples.	2	2
36.	Differentiate between leadership styles on the basis of the nature of relationship with workers.	2	2
37.	Define selective attention and state the different factors affecting attention.	2	2
38.	Explain personality development as per Indian model of personality.	2	2
39.	<b>A</b> . Illustrate what kind of support a school should provide to address the individual differences in the classroom?	3	3
	Or		
	<b>B</b> . Being a psychologist, explain what are projective tests? Identify two major uses of projective technique in measuring personality?		

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40.	Describe the concept of adolescence in the Indian perspective.	3	3
41.	Explain any three health promoting behaviors.	3	3
42.	Define organization as a system along with subsystems of an organization.	3	3
43.	<b>A.</b> Explain three factors which you feel may influence productivity and excellence.	3	3
	Or		
	<b>B.</b> Discuss the key strategies for developing productivity at work		
44.	<b>A.</b> Relate three Gunas of the theory of Triguna with personalities related to respective Gunas.	3	3
	Or		
	<b>B.</b> According to Sri Aurobindo, discuss the organization and levels of consciousness .		
<b>45</b> .	<b>A</b> . With the help of an example, describe the process of perception.	5	5
	Or		
	<b>B.</b> Illustrate with examples the different laws of perceptual grouping.		
46.	A. Describe problems caused by physical and cognitive changes during old age. Also suggest strategies to cope up with problems during old age.	5	5
	Or		
	B. Discuss the factors determining the patterns of transition in adolescence.		
47.	Differentiate between mental ill-health and mental illness.Identify eight indicators of poor mental health as commonly observed in the surroundings.	5	5
48.	Describe the theory of Pancha Koshas (five sheaths of human existence).	5	5

## Marking Scheme Psychology-222

Q.No	VALUE POINTS	Distribution Of Marks	Total Marks
1.	A. a. Biological Approach	1x1	1
	B. d. Cognitive Approach		
2.	d. Projective measures	1x1	1
3.	A. (c.) I and II	1x1	1
	<b>B</b> . (d.) Both (b) & (c)		
4.	A. (a). Acquisition	1x1	1
	<b>B</b> . (c) observational learning		
5.	A. (d). Parents, Peer Group & Television	1x1	1
	<b>B</b> . (d). Both a and c		
6.	(d). There is no need of any message	1x1	1
7.	c. Hierarchy, Position of Authority, Gender & Interpersonal Relations	1x1	1
8.	b. Defense-oriented Coping	1x1	1
9.	A. (a.) Chronic role strain	1x1	1
10.	A. (d.) Both problem focused and emotion focused coping	1x1	1
	<b>B</b> . (c.) a-ii, b-iv, c-i, d-iii		
11.	b. Uses threats and punishment	1x1	1
12.	d. Survey method	1x1	1
13.	a. Quasi experiment	1x1	1
14.	A. (c.) Exploration	1x1	1
	<b>B.</b> (a.) Nurturance		
15.	A. (b.) Continuous reinforcement	1x1	1
	<b>B.</b> (d.) Intrinsic interest		
16.	d. Psychological test	1x1	1
17.	a. Survey	1x1	1
18.	A. (b.) External attribution	1x1	1
	<b>B.</b> (a.) Counterfactual thinking		
19.	A. (d.) Optimistic Bias	1x1	1
	B. (b.) Confirmation Bias		
20.	A. (d.) carbon dioxide, methane, and CFC	1	1
	<b>B</b> . (a.) Noise Pollution		
21.	Any two to be attempted	1x2	2
	i.) dependent		
	ii.) independent		
	iii.) cause-effect relationship.		
	iv.) organismic		
22.	i.) Feeling scared helps in the fight/ flight reaction	1x2	2
	ii.) Display rules		

23.	Any two to be attempted	1x2	2
	i.) Eyewitness testimony, illusions, movie making (any other relevant		
	example)		
	ii.) Clairvoyance		
	iii.) Precognition		
	iv.) Psycho-kinesis		
24.	Any two to be attempted :	1x2	2
	i.) • Achieving a masculine or feminine social role,		
	• Achieving assurance of economic independence. (any other relevant		
	point )		
	ii.) Surge in growth, puberty and development of secondary sexual		
	characteristics (any other relevant point )		
	iii.) Gender consistency		
	iv.) Gender roles		
25.	i.) Pre-operational stage	1x2	2
	ii.) Centration		
26.	i.) Authoritative style as it is firm, consistent parenting, where reasons	1x2	2
	given for discipline.		
27.	<ul><li>ii.) family, peers, media and school (with relevant example)</li><li>i.) Clean India, Healthy India (any relevant tagline)</li></ul>	1x2	2
21.	ii.) Happiness and pride for Clean India (any other relevant emotion)	177	2
28.		1x2	2
20.	Any two to be attempted :	1X2	Z
	<ul><li>i.) Instrumental learning (Behavior is Rewarded)</li><li>ii.) Observational learning</li></ul>		
	<ul><li>iii.) classical conditioning</li><li>iv.) Observational learning</li></ul>		
29.		1x2	2
29.		182	2
	Information ( <i>any two</i> ).		
	ii.) Studying to get a job- extrinsic		
	Plays volleyball because one enjoys it- Intrinsic (Any other relevant		
20	example)	1 4	4
30.	i.) reliable	1x4	4
	ii.) validity		
	iii.) Naturalistic observation		
21	iv.) Norms	1 4	4
31.	Any four are to be attempted :	1x4	4
	i.) water conservation, waste segregation (any other relevant example)		
	ii.) Anger, frustration (any other relevant example)		
	iii.) Cannot be calculated as the age is more than 18 years		
	iv.) Aptitude		
	<ul><li>v.) Training and development</li><li>vi.) Job description</li></ul>		
	vi. j sob description		

32.	Any four are to be attempted :	1x4	4
	i.) Psychosomatic		
	ii.) Schizophrenia		
	iii.) Dissociative identity disorder		
	iv.) Phobia		
	v.) dissociative fugue		
	vi.) Depression / Major Depressive disorder		
33.	There are certain special conditions under which attitudes can predict		
001	behavior:		
	• When attitudes are strong and consistent, - they better predict		
	behavior.		
	<ul> <li>Weak, unimportant and ambiguous attitudes - less likely to predict behavior.</li> </ul>		
	<ul> <li>When one is conscious of one's attitude - it is also easily recalled</li> </ul>		2
	and possible to predict behavior.		
	• When attitudes have been formed through direct experience -		
	prediction of behavior is more accurate.	2/5x5	
	• When one acts under social pressure, attitude - less likely to		
	predict behavior as behavior may expressed in diverse ways.		
34.	Following are the relevant determinants of the organizational climate:		
54.	To nowing are the relevant determinants of the organizational enhance.		
	• Organizational Structure: It is the framework of authority –		
	responsibility relationship in an organization.	¹⁄2x4	
	• <u>Technology</u> : The nature of technology employed by an		
	organization also influences the organizational climate.		2
	• <u>External Environment</u> : External events or factors that have		
	relevance for employees may also affect the climate.		
	• <u>Management Policies and Practices:</u> Managers and others contribute significantly to the creation of achievement oriented		
	climate leading to greater productivity.		
35.	The aspects of Attitude are -		
	Cognitive aspect –It refers to the thinking that brings about the		
	development of a belief about the attitude object. Example – Thinking that		
	all spiders are poisonous and dangerous.		
	<u>Affective aspect</u> – It refers to the direction (positive or negative feeling),	1⁄2x4	
	intensity of a person's evaluation or the emotion experienced towards the	/217	2
	attitude object. Example – I am scared of spiders		-
	<u>Behavioural aspect</u> – It is the likelihood of acting in a certain manner		
	$\underline{\text{Behaviourar aspect}}$ – It is the incentiood of acting in a certain mannel towards the attitude object. Example – I will avoid spiders and scream if I		
	see one.		
	(Any two with relevant example)		

36.	Leadership Style	Nature of Relationships with Workers	1⁄2x4	
	Authoritarian:	Management directs and uses threats and punishment to enfore orders and get the work done by subordinates. Involves one way downward communication.		
	Paternalistic:	Basically authoritative but permits some participation to subordinates. Involves two-way communication between boss and subordinates. Rewards and threats are employed to enforce the orders.		2
	Consultative:	Orders are issued and goals set after consultation with the employees. Team work is encouraged to some extent.		
	Participative:	Employees are fully involved in setting the goals and two- way communication becomes the norm.		
		1		
37.	'Selective attention' i incoming sensory me Determinants of Atten	-	1	
	• <u>Physical factors:</u> rep do affect our attention	petition, contrast, shape, size, brightness and contrast n.	½ x 2	2
	perception. For Exar	ntion: Motives also play a role in shaping our nple, if a person is hungry food-related words are a/her attention than non food words		
38.	The Indian thinkers v	s/her attention than non-food words. risualized human existence in terms of an integrated itual as well as material aspects. In Upanishads the		
	self, the atman or the personality. Conscionexistence. Thus account	ne consciousness is considered as the real core of usness is the eternal and immutable aspect of rding to Indian models, personality cannot be taken ce (body) only. It extends to the different levels of	2	2
	existence incorporation	ng the physical, social and spiritual levels. d Theory of Panch Kosha can be mentioned.		

39.	<ul> <li>A. A school should address individual differences of students by :-</li> <li>Providing multiple learning opportunities.</li> <li>Following a child-centered and flexible curriculum.</li> <li>Observing and diagnosing the learner's individual needs.</li> <li>Working with specific and collaborative teaching techniques.</li> <li>Using different pedagogy to meet learner's diverse needs.</li> <li>(Any other relevant point, any three)</li> </ul>	1x3	
	Or <b>B.</b> Projective tests are the test where the individual has to respond to unstructured or ambiguous stimuli. They are indirect measures of personality and are widely used as personality assessment tools The projective tests is widely used as the individual projects because 1. It can easily analyze the latent or unconscious feelings, needs, emotions, motives etc. on to the ambiguous stimulus. 2. The responses of the individual in the form of projection reflect the nature of his/her personality. (Any other relevant point)	1 1x2	3
40.	The adolescence period in the Indian social system comes under Brahmacharya (apprenticeship).This is the first ashram (stage of life) of development stages. In this stage, the child learns the basic skills in relation to his future role as a responsible adult. (Any other relevant point)	3	3
41.	<ul> <li>In order to overcome the risks involved in such a life we should observe certain precautions and engage in behaviors which promote and sustain good health. Ayurveda, the science of Indian medicine, deals with four aspects of lifestyle which can ensure good health in us.</li> <li>Right Food (Ahara)</li> <li>Right Recreation (Vihara)</li> <li>Right Routine (Achara)</li> <li>Right Thinking (Vichara)</li> <li>(Any three with explanation)</li> </ul>	1x3	3
42.	<ul> <li>An organization is a social unit which is created with a specific purpose.</li> <li>The sub-system of an organization are: <ol> <li>Goal Subsystem</li> <li>Technical Subsystem</li> <li>Managerial Subsystem</li> <li>Structural Subsystem</li> <li>Psychological Subsystem</li> </ol> </li> </ul>	<sup>1</sup> ∕2	3

43.	<ul> <li>A. The productivity is analyzed from the standpoint of individual employees.</li> <li>The factors influencing productivity and excellence are: <ol> <li>Abilities, Aptitudes and Interests</li> <li>Role Clarity</li> <li>The Performance Environment</li> </ol> </li> <li>(Any other relevant factor with explanation)</li> </ul>	1x3	
	<ul> <li>Or</li> <li>B. Key strategies for developing productivity at work : <ul> <li>Employee Selection and Placement: selecting only those with high ability and skill levels, high initial motivational levels and then placing them on suitable jobs.</li> <li>Training and Development: develop the capabilities and act as an investment in employees (a talent bank) that can be drawn upon in the future.</li> <li>Task Design: increasing the amount of variety, autonomy, responsibility, feedback and task identity (or completeness of task) can improve performance.</li> <li>Performance Appraisal and Rewards</li> </ul> </li> </ul>	1x3	3

44.	<ul> <li>A. Sattwik: This kind of person functions moderately in eating, sleeping and performing various activities. He or she meditates regularly, and does all his or her work as worship of the Lord. People love this person and this person also loves and helps people. He or she radiates the light of knowledge.</li> <li>Rajasik: This type of person is very active, dynamic and addicted to work. If he or she does not have work to do, he or she will feel restless. This kind of person likes to eat spicy food. He or she is fond of entertainment, sitting at one place and observing silence is difficult for him or her. Such persons are often found in the business world</li> <li>Tamasik: This type of person does not like to work. He or she gets up</li> </ul>	1x3	
	late in the morning. They are failures in their lives. Nobody likes them because they are dirty, idle and lethargic. People usually keep themselves away from such people.		3
	Or		
	<ul> <li>B. Sri Aurobindo mentions of two systems: a concentric system</li> <li>The outermost circle consists of awareness of physical body, awareness of vital (pranic) body or sheath and awareness of mental sheath.</li> <li>The inner circle is composed of inner mind which is in touch with the</li> <li>Universal mind or Supreme Energy.</li> <li>The innermost core is called Psychic being which is a spark of the</li> </ul>	1x3	
	Divine (Supreme Energy) present in all of us and in everything. It is also called Atman.		

Γ	45	A Demonstrian refere to the eleboration and intermentation of sourcement		
	45.	<b>A.</b> Perception refers to the elaboration and interpretation of sensory	1	
		experiences. Perception is to familiarize us with the way our sense organs	-	
		collect information and how it is processed by our brain.		
		<b>Process of Perception:</b> The physical object in the world is called the		
		distal stimulus (distant from the observer) and the optical image on the		
		retina is called the proximal stimulus (proximate or near to observer). The		
		major task of perception is to determine the distal stimulus based on		
		information of proximal stimulus – to know what the world out there is		
		"really like" using one's imagination of mind. There is more to		
		perceiving which includes physical properties such as shape or size and		
		past experiences.		
		Mental Processes		
		$\downarrow \qquad \qquad \downarrow \qquad \qquad \qquad \qquad$		
		Expectations Knowledge Beliefs	2 (Theory)	
		$\stackrel{\checkmark}{}$ Identification/Recognition (Ball; Orange)		
		(, ·g.)		
		Analysis into parts (Round-soft-orange; Round-hard-ball)		
		Perceptual Synthesis of Features (ball/orange/any other circular object) $\uparrow$	2 (Example)	
		Organization $\rightarrow$ Depth $\rightarrow$ Consistency		
		Sensation (soft/hard/shape) ↑		5
		Sensory Processes (Touch) ↑		
		Environmental Stimulation of Objects (Circular object)		
		(Any other relevant Example)		
		Or		
		<b>B.</b> The factors which determine perceptual grouping are:-	1x5	
		• Proximity: All other factors being equal, stimuli that are near one		
		<ul><li>another tend to be grouped together.</li><li>Similarity: Stimuli that are similar in size, shape or color tend to</li></ul>		
		be grouped together		
		<ul> <li>Continuity: Perception tends toward simplicity and continuity.</li> </ul>		
		Even if there are dots in a circular fashion, the person will see		
		them as a complete circle.		
		• Closure: It is the tendency to complete a figure that is incomplete		
		but has a consistent overall form.		
		• Common region: Stimuli that are found within a common area tend to be seen as a group.		
		(Any other relevant example- along with the figure )		
- L				

46.	A. Problems caused by Physical Changes –		
	Problem in joint movement, Reduced speed of performance, Reduced		
	fine motor skills, Bones are more susceptible to fracture; Coordination,	1	
	stability and balance get reduced, Hearing loss, Eyesight loss	1	
	Strategies to cope up –		
	• Eat a healthy diet.		
	• Include physical activity in your daily routine.	11/2	
	Manage stress	172	
	• Get enough sleep		
	• Get adequate amounts of calcium and vitamin		
	• Avoid substance abuse		
	Schedule regular checkups		
	Problems caused by Cognitive Changes –		
	Memory loss, Speaking problems, Vocabulary loss, Reduced attention		
	span, Loss/reduction of reasoning and judgment power, Complex	1	
	decision making, Feeling increasingly overwhelmed by making decisions	1	
	and plans, Having a hard time to understand directions/instructions,		
	Becoming more impulsive.		
	Strategies to cope up -	11/2	
	• Stay mentally active	1/2	5
	• Develop an attitude of flexibility		
	• Greater use of information		
	• Problem solving strategies rather than withdrawing or isolating.		
	• Increase self-confidence, self-reliance, self - esteem		
	• Develop healthy attitude		
	• Learn and maintain effective coping skills		
	• Explore new ways of coping with problems.		
	Or		
	<b>B.</b> Factors determining the patterns of transition in adolescence :		
	<ul> <li>Speed of transition</li> </ul>		
	Length of transition		
	Discontinuities in training		
	• Degree of dependency:	1x5	
	Ambiguous status		
	Conflicting demands		
	• Degree of realism		
	Motivation		
	(Apy 5 points with explanation)		
	(Any 5 points with explanation)		

47.	<ul> <li>Mental ill-health is defined as the absence of the qualities of positive mental health in the individual. For example if someone among you often displays negative feelings and attitudes about others, you can assume that this person is displaying the characteristics of mental ill-health.</li> <li>Mental illness is a broad term which includes almost all the disorders of behavior which are caused by faulty perception, emotion, thinking and attitude.</li> <li>Indicators of poor mental health as commonly observed in the surroundings are - <ol> <li>Haphazard and disorganized daily life routine.</li> <li>Short-tempered and irritating behaviour</li> <li>Anger and aggressive behaviour, Restlessness.</li> <li>Increased or poor appetite and indigestion.</li> <li>Irregular sleeping pattern such as insomnia, disturbed sleep, or narcolepsy (excess sleep).</li> <li>Poor interpersonal relationships.</li> <li>Anxiety and worry.</li> <li>Negative attitude toward self and others.</li> <li>Withdrawing from relationships.</li> <li>Irregular and abnormal physiological conditions</li> <li>Excessive use of drugs, Cigarette smoking and use of tobacco in other forms</li> </ol> </li> </ul>	1 1 1/3 X 9	5
48.	Theory of Panch Koshas (Five Sheaths of Human Existence)Taittiriya Upanishad gives the concept of Panch Koshas and their development1. Annamaya Kosha : The Food Sheath 2. Pranamaya Kosha: The Vital Sheath 3. Manomaya Kosha: The Mental Sheath 4. Vijnanmaya Kosha: The Intellectual Sheath 5. Anandamaya Kosha: The Blissful sheath (explanation of each point)	1x5	5