

QUESTION PAPER DESIGN**Subject : Psychology
Secondary Course****Marks : 100****Time : 3 Hrs****1. Weightage by Objectives**

S. No.	Objectives	Marks	% of Total Marks
1.	Knowledge	30	30%
2.	Understanding	50	50%
3.	Application/Skill	20	20%
Total		100	100

2. Weightage to Forms of Questions

Forms of Questions	Marks	No. of Question	Total
Long Answer Type (LA)	06	05	30
Short Answer I (SAI)	04	13	52
Short Answer II (SAII)	02	06	12
Very Short Answer (VSA)	01	06	06
Total			100

3. Weightage to Content Areas

Unit/Sub Unit	Marks
I. Foundations of Psychology	15
II. Basic Psychological Processes	15
III. Human Development	15
IV. Social Psychological Processes	15
V. Health and Well Being	15
VI. Work Life and Environmental Concerns	15
VII. Yoga : A way of life	10
Total	100

4. Difficulty level of Question Paper

Level	Marks	% of marks given
Difficult	10	10%
Average	60	60%
Easy	30	30%
Total	100	100%

SAMPLE QUESTION PAPER

Subject : Psychology

Secondary Course

Marks : 100

Time : 3 Hrs

- (1) Which approach advocates that behaviour is governed by the association between stimulus and response?
- a. Psychoanalytic approach
 - b. Humanistic approach
 - c. Behaviouristic approach
 - d. Cognitive approach 1 mark
- (2) Which of the following is not important for 'Well being'?
- a. Contentment
 - b. To be rich
 - c. Positive attitude
 - d. Peace 1 mark
- (3) Which of the following statement is not true?
- a. Drug addiction is a chronic problem
 - b. Poverty denies individuals and their family 'equality'.
 - c. Malnutrition influences only physical growth
 - d. Deprivation means lack of basic necessities for the survival. 1 mark
- (4) What is 'homeostasis'?
- 1 mark
- (5) Mention any two determinants of the climate of an organisation. $\frac{1}{2} \times 2$ mark=1
- (6) What do you understand by gross motor development? 1 mark
- (7) Distinguish between 'reliability' and 'validity' $1 \times 2 = 2$ marks
- (8) Rohit is a 10 years old boy and his mental age is 12 years. Calculate his IQ. $1 \times 2 = 2$ marks
- (9) Give one example for each type of interference, retroactive and proactive. $1 \times 2 = 2$ marks
- (10) Describe the role of 'mental set' in problem solving. 2 marks
- (11) Describe briefly any two key elements of communication. $1 \times 2 = 2$

- (12) What do you understand by 'Personality disorders'? 2 marks
- (13) Mention any four characteristics of a group. $1 \times 4 = 4$
- (14) Discuss any two positive and any two negative influences of media on society. $2 \times 2 = 4$
- (15) Discuss any four important factors that help us to bring about attitude change. $1 \times 4 = 4$
- (16) Discuss any four exercises of 'Pranayama'. $1 \times 4 = 4$
- (17) List the steps for a good career choice and also any three myths about career choice. $\frac{1}{2} \times 8 = 4$
- (18) Differentiate between 'Want' and 'Need'. $2 \times 2 = 4$
- (19) Suggest any four health promoting ways related to food and thinking. $1 \times 4 = 4$
- (20) Discuss any four styles of coping in making healthy adjustment in old age. $1 \times 4 = 4$
- (21) Describe briefly any four life stages as suggested by indigenous view. $1 \times 4 = 4$
- (22) Suggest any four tips for better study habits. $1 \times 4 = 4$
- (23) What is the difference between "mental ill health" and "mental illness" $2 \times 2 = 4$
- (24) What do you understand by "Conflict? Discuss its various types. $1 + 3 = 4$
- (25) Differentiate between observation and experimentation methods of understanding psychological processes. $2 \times 2 = 4$
- (26) Describe various psychological processes which influence human behaviour. $1 \times 6 = 6$
- (27) Describe the role of aptitude, interest and abilities in making educational and vocational choices. $3 \times 2 = 6$
- (28) What is "perceptual organization"? Discuss the various laws of perceptual grouping. $1 + 1 \times 5 = 6$
- (29) How does Yoga help us in our studies, relationships and work? $3 \times 2 = 6$
- (30) Justify the statement that "adolescence is both biological and social in nature." $3 \times 2 = 6$

MARKING SCHEME

- (1) (c) Behaviouristic approach 1
- (2) (b) To be rich 1
- (3) (c) Malnutrition influences only physical growth. 1
- (4) Our body tries to maintain a state of balance in the physiological conditions of our body, which is called ‘homeostasis’. 1
- (5) Determinants of climate,
 (i) Organizational structure
 (ii) Technology
 (iii) Internal Environment
 (iv) External Environment
 (v) Management Policies and Practices (Any two) $\frac{1}{2} \times 2 = 1$
- (6) Gross motor development refers to control over large muscle groups that enable the child to get around. eg. Crawling, standing and walking. They usually involve the limbs or the whole body. 1
- (7) Reliability of a test refers to its consistency in terms yielding the scores from the representative sample for which it has been designed.
 Validity of a test reveals the extent to which the test measures what it claims to measure.
 $1 \times 2 = 2$
- (8) $\frac{MA}{CA} \times 100$
 $\frac{12}{10} \times 100 = 120$ $1 \times 2 = 2$
- (9) **Retroactive Interference**
 If you learn Punjabi language on Monday and Bengali on Tuesday. During a Punjabi test taken on Wednesday interference is expected from the learning of Bengali words.
Proactive Interference
 Suppose you have been driving a scooter with gears. Now you have a new scooter which has no gears (automatic drive). You will tend to change the gears in the new scooter and this habit can persist for long. $1 \times 2 = 2$
- (10) A mental set is a tendency on the part of an individual to respond to a new problem in the same manner that he has used earlier to solve the problem. Previous success with a particular rule

produces a kind of mental rigidity/fixedness/set, which hinders the process of generating new inhibits the quality a new problem. Mental set inhibits the quality a new problem. Mental set inhibits the quality a new problem. Mental set inhibits the quality of our mental activities. 2

(11) Elements of Communication

- (i) Communication is a two way process
- (ii) There has to be a message
- (iii) Commoners of understanding
- (iv) Modifying the behaviour of other people.
- (v) Method of giving information (any two with brief description) 1×2 = 2

(12) Personality disorders have their roots in early childhood when some children develop inflexible and maladaptive patterns of thinking and behaving. This takes the form of different kinds of personality disorders ranging from harmless avoidant ones to cold blood serial killers. The range of personality disorders has been classified in three clusters. 2

(13) Characteristics of a group

- (i) Members define themselves as group members and have a strong “we feeling” a psychological feeling belonging to each other.
- (ii) Groups are engaged in frequent interaction and they affect the behaviour of each other.
- (iii) Group members share common nouns and mutual interests and values. They depend upon each other and rely for fulfillment of their needs and the survival of the group.
- (iv) Members of a group are aware of rules and regulations that are to be followed, as it helps maintain order and discipline.
- (v) Groups – in size. They can be large or small. (any four) 1×4 = 4

(14) Positive Influences of Media

- (i) It collects and distributes information. Ex. Literacy and health issues
- (ii) It transmits social and cultural values.

Negative influences of media

- (i) Wrong information often leading to violence, prejudice and hatred.
- (ii) Disrespecting the privacy of the individuals 1×4 = 4

(15) Change of Attitudes: Factors

- (i) Direct contact

Marking Scheme

- (ii) Direct instructions
- (iii) Interaction with others
- (iv) Observational learning
- (with brief description) 1×4 = 4

(16) Exercises of Pranayam

- (i) Pooraka
- (ii) Rechaka
- (iii) Kumbhaka
- (iv) Kapalbhati
- (v) Bhasrika
- (vi) Sheetali
- (vii) Seetkari
- (viii) Nadi Shuddhi
- (Any four with brief discussion) 1×4 = 4

(17) Four steps of career choice

- (i) Assess yourself
- (ii) Make the lists of different occupants
- (iii) Narrow down your occupational list
- (iv) Set your goals
- (v) Prepare an action plan 2½

Four myths about career choice

- (i) Choosing a career is simple
- (ii) A career counselor can tell what occupation to pick
- (iii) I can not make a living from my hobby
- (iv) Making a lot of money will make me happy
- (v) Once I choose a career, I will be sluck 1½
- (Any three) 2½ + 1½ = 4

(18) **Want:** A want is a wishful thing, which you desire to have. There is no end to our desires and wants.

Need: A need is something without which you cannot survive e.g. for our physical survival we need air, food, water, clothes, house and medicine. Then we have our professional needs. For instance, a writer needs a pen. A carpenter needs his tool. $2 \times 2 = 4$

(19) Health promoting ways

Food

- (i) One must eat fresh fruits and vegetables with enough fiber content.
- (ii) Chewing food properly and eating in a controlled manner

Thinking

- (i) Positive thinking
- (ii) Not to be driven by greed or lust $2 \times 2 = 4$

(20) Coping strategies in making healthy adjustment in old age

- (i) Develop an attitude of flexibility
- (ii) Recognize that one has to explore new ways of coping with life events
- (iii) Greater use of information seeking and problem solving strategies rather than withdrawing or isolating.
- (iv) Increasing self confidence, self reliance, developing healthy attitudes about one's strengths and weaknesses.
- (v) Learning and maintaining effective coping skills and adopting an active approach towards the environment.

(Any four) $1 \times 4 = 4$

(21) Four life stages suggested by Indigenous view

- (i) Ashramas
- (ii) Brahmacharya
- (iii) Grihastha
- (iv) Vanaprastha
- (v) Sanyasa

(Any four with brief description) $1 \times 4 = 4$

(22) Tips for better study habits

- (i) Study at a specific place
- (ii) Organize your study through spaced sessions

Marking Scheme

(iii) Use memory aids

(iv) Try to test yourself

(v) Over learning

(vi) Avoid provastination

(Any four with examples/discussion)

1×4 = 4

(23) **Mental ill health** is defined as the absence of the qualities of positive mental health in the individual.

Mental illness is a broad term which includes almost all the disorders of behaviour which are caused by faulty perception, emotion, thinking and attitude. Such individuals have problem in making adjustment with others in society.

2× 2 = 4

(24) **Conflict:** An individual becomes stressed when he or she faces obstacles in reaching the goals. This often creates conflict. The individual generally lands in conflict when he faces a mutually incompatible situation. There are three types of conflicts;

(a) Approach – approach conflict

(b) Avoidance- avoidance conflict

(c) Approach avoidance conflict

(with brief description)

1 + 3 = 4

(25) **Observation:** Observation is a systematic registering of events without any deliberate attempt to interfere with variables operating in the event which is being studied. This method is used in natural as well as laboratory setting. It can be participant or non participant.

Experimentation: In experimentation or experimental method, experimenter studies the effect of one variable on another variable by manipulating one and controlling other variables.

2× 2 = 4

(26) **Basic psychological Processes**

(i) Sensation

(ii) Attention

(iii) Perception

(iv) Learning

(v) Memory

(vi) Thinking

(with brief description)

1×6 = 6

- (27) (i) Role of aptitude on vocational and educational choices
 (ii) Role of interests on vocational and educational choices
 (iii) Role of abilities on vocational and educational choices
 (with brief description) 3 × 2 = 6

(28) Perceptual Organisation

Perception is an organized process. There are many similarities in various kinds of sensation and perception. The most common form of perceptual organization is called figure and ground organization in which sensations are grouped into objects or figures that stand out on a plainer background.

Laws of perceptual grouping

- (i) Proximity
 (ii) Similarity
 (iii) Continuity
 (iv) Closure
 (v) Common region
 (with brief discussion) 1 + (1 × 5) = 6

(26) Application of Yoga in different walks of life:

- (i) Studies
 (ii) Relationships
 (iii) Work
 (with brief discussion/examples) 3 × 2 = 6

- (30)** (a) Biological changes in adolescence
 (b) Social changes in adolescence 3 × 2 = 6