



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL



PRE BOARD-2 EXAMINATION, 2025-26

CLASS: XII

Date: 11-12-2025

Admission No: _____

SUBJECT-PSYCHOLOGY

Time: 3 Hour

Max. Marks: 70

Roll No: _____

INSTRUCTIONS

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
3. Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
4. Question Nos. 20-23 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
5. Question Nos. 24 - 27 in Section D are long answer type - I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
6. Question Nos. 28-29 in Section E are long answer type - II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
7. Question Nos. 30 – 33 in Section F are based on two cases given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

SECTION A

Q1. Riya performs well in academics but finds it difficult to express her ideas in group discussions. According to Gardner's theory, this shows: 1

- A. High intrapersonal and low linguistic intelligence
- B. High analytical and low interpersonal intelligence
- C. High creative and low practical intelligence
- D. High spatial and low emotional intelligence

Q2. Rohit, a Class 12 student, feels extremely anxious before exams and experiences stomach pain. His counselor teaches him deep breathing and relaxation techniques. Which coping strategy is being used here? 1

- A. Emotion-focused coping
- B. Problem-focused coping
- C. Avoidance coping
- D. Cognitive distortion

Q3. Assertion (A): People with an internal locus of control take responsibility for their actions and outcomes.

Reason (R): They believe external forces like fate and luck control what happens to them. 1

- A. Both A and R are true, and R is the correct explanation of A
- B. Both A and R are true, but R is not the correct explanation of A
- C. A is true, but R is false
- D. A is false, but R is true

Q4. Assertion (A): Systematic desensitization helps clients reduce anxiety by gradually exposing them to the feared object.

Reason (R): It works through reciprocal inhibition, replacing fear with relaxation. 1

- A. Both A and R are true, and R is the correct explanation of A
 B. Both A and R are true, but R is not the correct explanation of A
 C. A is true, but R is false D. A is false, but R is true

Q5. Which of the following best defines emotional intelligence? 1

- A. The ability to analyze logical problems
 B. The ability to express and regulate emotions effectively
 C. The speed of processing information
 D. The capacity to recall emotional memories

Q6. In Freud's theory of personality, the superego primarily functions to: 1

- A. Seek pleasure and avoid pain B. Mediate between instincts and reality
 C. Uphold moral values and ideals D. Store unconscious desires

Q7. Which of the following is not a symptom of Obsessive-Compulsive Disorder? 1

- A. Repetitive thoughts B. Compulsive acts C. Hallucinations D. Checking rituals

Q8. According to Rogers, when there is a mismatch between a person's real self and ideal self, it leads to: 1

- A. Self-actualization B. Incongruence C. Free association D. Self-efficacy

Q9. When a person changes their attitude to reduce discomfort caused by inconsistency between beliefs and actions, it is called: 1

- A. Social facilitation B. Cognitive dissonance C. Groupthink D. Impression management

Q10. In the Asch conformity experiment, participants conformed to group pressure mainly because of: 1

- A. Obedience to authority B. Normative social influence
 C. Informational social influence D. social loafing

Q11. During counseling, Sneha tells her therapist that she feels worthless and blames herself for every failure. The therapist helps her identify her negative thoughts and replace them with more balanced ones. Which therapeutic approach is being used? 1

- A. Psychodynamic therapy B. Humanistic therapy
 C. Cognitive-behavioral therapy D. Biomedical therapy

Q12. When people work together on a group project, each member sometimes exerts less effort than they would individually. This phenomenon is known as: 1

- A. Group polarization B. Social loafing C. Social facilitation D. Groupthink

Q13. A group of five friends is deciding where to travel. Initially, they all have slightly adventurous preferences. After discussing together, they end up choosing an extremely risky trek that none of them would have chosen alone. This group decision reflects: 1

- A. Social facilitation B. Group polarization C. Social loafing D. Obedience

Q14. Asha (P) likes her best friend Ritu (O). Ritu strongly supports a political cause (X) that Asha dislikes. Asha starts feeling uncomfortable and eventually begins to see the cause more positively, even though she originally disagreed. According to Heider's Balance Theory, Asha changes her view about the cause because: 1

- A. People avoid forming stereotypes
 B. People strive to maintain cognitive balance in relationships
 C. People follow social norms to be accepted D. Strong attitudes are resistant to change

SECTION B

Q15. A student who scores average in intelligence tests excels in music and dance. Which concept explains this difference, and who proposed it? 2

OR

Explain the role of interest and attitude in assessing psychological attributes.

Q16. How does Bandura's social learning theory explain personality development? 2

Q17. Meena remains calm under pressure and views challenges as opportunities. Identify the personality trait she demonstrates and explain how it helps in stress resistance. 2

Q18. A person washes hands repeatedly, fearing contamination, despite knowing it's irrational. Identify the disorder and explain one characteristic feature. 2

Q19. Differentiate between **somatoform** and **dissociative** disorders. 2

SECTION C

Q20. During group projects, Mehul can easily understand others' feelings and resolve conflicts peacefully. Which type of intelligence does he display? Explain its importance in real-life functioning. 3

OR

During a class discussion, Aditi argues that IQ tests alone cannot define an individual's abilities, as creativity and social understanding are equally important. Explain her statement with reference to theories of intelligence.

Q21. Explain Carl Rogers' concept of congruence and its role in the development of a healthy personality. 3

Q22. How does *stereotyping* influence social perception and behavior? Explain with an example. 3

Q23. What is cognitive therapy? How does it help in treating depression? 3

SECTION D

Q24. Arjun often hears voices telling him that he is being followed. He withdraws from friends, talks in a disorganized manner, and shows a lack of emotional expression. Identify the disorder and explain four key symptoms that justify your diagnosis. 4

Q25. Explain Lazarus and Folkman's transactional model of stress and coping. How does cognitive appraisal influence whether a situation becomes stressful or not? 4

OR

Nisha is preparing for her board exams. She feels pressure from her parents, worries about failure, and experiences headaches and irritability. Her teacher suggests using both problem-focused and emotion-focused coping strategies. Explain how Nisha can apply these strategies and how they help reduce stress.

Q26. Reema suffers from depression and often interprets neutral situations as personal failures. Her therapist asks her to identify automatic negative thoughts and replace them with realistic alternatives. Identify the therapeutic approach and explain four techniques used in this method. 4

Q27. Explain the concept of conformity. Using the findings of Asch's experiment, describe three factors that increase the likelihood of a person conforming in group situations. 4

SECTION E

Q28. A school counsellor notices that three students Riya, Karan, and Sameer perform differently across various tasks. Riya excels in mathematics but struggles in art. Karan performs moderately in academics but shows strong interpersonal and leadership skills. Sameer is creative and imaginative but scores low on traditional IQ tests. Using theories of intelligence, explain why their performance varies. Also describe how appropriate assessment tools can help identify their strengths to guide future career decisions. 6

OR

What is Emotional Intelligence? Explain its components.

Q29. Explain how Freud's psychodynamic theory and the humanistic approach differ in their understanding of personality. Then, apply these theories to analyze the personality of a student, Aarav, who is hardworking and disciplined but often experiences guilt and self-criticism, striving for perfection in every task. 6

SECTION F

Read the case and answer the questions that follow.

Satish, a 20-year-old male, with schizophrenia, believes that the police of the area are tracking and following him. The patrolling of the police makes him believe that they are monitoring every behaviour of his. These thoughts are interfering with his studies and assignments. Satish occasionally laughs abruptly and inappropriately and sometimes stops speaking mid-sentence. He expresses concern about electronics in the room (phone, computer) potentially being monitored and asks the therapist repeatedly about patient confidentiality, stating that he wants to be sure the police won't be informed about his treatment. His beliefs are fixed and if they are challenged, his tone becomes hostile.

Q30. Why does Satish occasionally laugh abruptly and inappropriately? 1

Q31. "The patrolling of the police makes him believe that they are monitoring every behaviour of his." Identify and explain the symptom of the disorder being reflected in this statement. 2

Read the following passage and answer question

Rohan strongly supports environmental conservation. However, when his friends plan a long road trip using three separate cars, he agrees to join them despite knowing it increases pollution. Later, he feels uncomfortable and tries to justify his decision by saying that "everyone travels like this" and "one extra car won't make a difference." Over time, Rohan begins believing his justifications and becomes less strict about his environmental views.

Q32. Identify the psychological concept that explains Rohan's discomfort after acting against his environmental attitude. 1

Q33: Explain why Rohan begins to change his original attitude after justifying his behaviour. Use the underlying psychological theory in your explanation. 2

*******All the best*******