CBSE Class 12 Psychology Paper 2025 Solved

SECTION A

1. Madhu is a student who excels in remembering facts and figures but struggles when it comes to solving complex problems that require critical thinking and creativity. According to Arthur Jensen, which level of abilities does Madhu possess? 1
- (A) Level II, associative learning
- (B) Level I, cognitive competence
- **(C) Level I, associative learning**
- (D) Level II, observational learning

2. Match the following: 1

Rearing Practices	Correlation
1. Identical twins reared in different environments	**I. 0.50**
2. Fraternal twins reared together	**II. 0.60**
3. Brothers and sisters reared together	**III. 0.72**
4. Siblings reared apart	**IV. 0.25**

- (A) 1-I, 2-II, 3-III, 4-IV
- **(B) 1-III, 2-II, 3-I, 4-IV**
- (C) 1-IV, 2-I, 3-III, 4-II
- (D) 1-II, 2-IV, 3-I, 4-III

3. A researcher is conducting a survey to assess the personality traits of participants. One of the items in the survey asks, "I always help others when they are in need." Which of the following biases is most likely to affect the response to this item? 1
- (A) Non-response bias
- (B) Acquiescence
- (C) Random responding
- **(D) Social desirability**

4. Which of the following best describes the nature of creativity tests where there are no specified answers to questions or problems, allowing for freedom to use one's imagination and express it in original ways? 1

- **(A) Divergent**
- (B) Convergent
- (C) Analytical
- (D) Structured

5. Which of the following is not a major criticism of Psychodynamic theories? 1
- (A) They are largely based on case studies and lack a rigorous scientific basis.
- (B) They use small and atypical individuals as samples for advancing generalisations.
- **(C) The concepts are well defined and easily submitted to scientific testing.**
- (D) They face criticism for using non-representative samples.

6. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. 1
Assertion (A): Psychological tests are widely used for clinical diagnosis, guidance, personnel selection, placement, and training.
Reason (R): Objective tests provide a standardized and reliable measure of an individual's psychological attributes.
- **(A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).**
- (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (C) Assertion (A) is true, but Reason (R) is false.
- (D) Assertion (A) is false, but Reason (R) is true.

7. A study finds that individuals who are regularly exposed to high stress levels have a higher incidence of infections. This observation can be explained by: 1
- (A) Enhanced production of antibodies during stress.
- (B) Increased white cell count due to stress.
- **(C) Impaired immune response due to stress.**
- (D) Reduced need for sleep due to stress.

8. A person dislikes a type of food, expresses a negative opinion about it, and avoids it. Which components of the A-B-C model of attitudes are illustrated in this example? 1
- (A) Affective and Cognitive
- (B) Affective and Behavioural
- (C) Cognitive and Behavioural
- **(D) Affective, Behavioural and Cognitive**

9. Which method of message transmission is likely to be most effective for creating a positive attitude towards Oral Rehydration Salts (ORS) for young children? 1

- (A) Mass media advertisements
- (B) Pamphlets and brochures
- **(C) Community social workers and doctors talking to people directly**
- (D) Radio announcements

10. A peaceful audience at a sports event suddenly turns into a frenzied mob following a controversial decision by the referee. Which factors are likely responsible for this transformation? 1
- (A) The audience's initial passive nature
- (B) The presence of clear and enforced rules
- **(C) The polarisation of attention and shared emotions among the audience**
- (D) The diverse opinions and behaviours within the crowd

11. According to Sheldon's typology, which of the following combinations correctly matches the body build with the associated temperament? 1
- (A) Endomorphs – Thin, long, fragile, brainy, artistic, introvert
- **(B) Mesomorphs – Strong musculature, strong body build, rectangular, energetic, courageous**
- (C) Ectomorphs – Fat, soft, round, relaxed, sociable
- (D) Endomorphs – Strong musculature, rectangular, energetic, courageous

12. A company is forming a new committee to plan a major event. To ensure effective collaboration, they want the committee to function as a primary group. Which of the following strategies would best support this goal? 1
- (A) Assigning clear roles and tasks to each member
- **(B) Encouraging frequent, informal interactions among members**
- (C) Setting strict rules and guidelines for all meetings
- (D) Limiting communication to official emails and reports

13. Ravi constantly believes he is a failure because he once performed poorly on a test. Which cognitive problem is he exhibiting according to the Cognitive Model? 1
- (A) Accurate self-assessment
- **(B) Overgeneralisation**
- (C) Rational thinking
- (D) Logical reasoning

14. Which of the following statements best describes how societal norms influence the perception of abnormal behaviour? 1
- (A) Societal norms are universally consistent and do not change over time.

- (B) Behaviours, thoughts, and emotions that align with societal norms are always considered abnormal.
- **(C) Societal norms are derived from society's culture, including its history, values, and institutions, and these norms can change over time.**
- (D) Aggressive behaviour is universally accepted as normal behaviour across all cultures.

SECTION B

15. A teacher notices that Neeraj, one of her class 5 students, learns new languages very easily, loves new subjects, and is very sensitive to changes in the classroom. Comment on the intellectual abilities of Neeraj.

Ans: (With reference to Neeraj)
- Gifted children show early signs of intellectual superiority. Even during infancy and early childhood, they show a larger attention span, good recognition memory, a preference for novelty, sensitivity to environmental changes, and an early appearance of language skills.
- To equate giftedness with brilliant academic performance is not correct. Athletes who show superior psychomotor ability are also gifted. Each gifted student possesses different strengths, personalities, and characteristics.

OR

(Above points or any other relevant points on giftedness or any other valid/connected theory of intelligence)

16. (a) Discuss the difference between a simple and a complex attitude system using the example of attitude towards health and well-being versus attitude towards a particular person. 2

Ans: A simple attitude system contains only one or a few attitudes, such as an attitude towards a person. A complex attitude is made of many attitudes.

For example, attitude towards health and well-being consists of several 'member' attitudes, such as one's concept of physical and mental health views about happiness and well-being, and beliefs about how one should achieve health and happiness.

The attitude towards a particular person is likely to consist mainly of one attitude.

OR

(b) Assess and write the impact of family and school environment on attitude formation.

Ans: In the early years of life, parents and other family members play a significant role in shaping attitude formation. Later, the school environment becomes an important background for attitude formation. Learning of attitudes within the family and school usually takes place by association, through rewards and punishments, and through modelling.

17. Identify and explain two strategies to reduce social loafing within a group. 2

Ans: Social loafing may be reduced by:

- Making the efforts of each person identifiable.
- Increasing the pressure to work hard(making group members committed to task performance).
- Increasing the apparent importance or value of a task.
- Making people feel that their contribution is important.
- Strengthening group cohesiveness, which increases the motivation for successful group outcome/s. (Any two points from the above-mentioned)

18. How can assertiveness impact an individual's response to stress ? 2

Ans: Assertiveness is a behaviour or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.

It is the ability to say no to a request, to state an opinion without being self-conscious, or to express emotions such as love, anger, etc., openly.

If you are assertive, you feel confident, have high self-esteem, and a solid sense of your own identity. (Any two from the above-mentioned points)

19. Evaluate the role of common motives and goals in forming and maintaining a cohesive group, with an example. 2

Ans: When people have common motives or goals, they get together and form a group, which may facilitate their goal attainment. Suppose you want to teach children in a slum area who are unable to go to school. You cannot do this alone because you have your studies and homework. You, therefore, form a group of like-minded friends and start teaching these children. So you have been able to achieve what you could not have done alone.

SECTION C (3 Marks)

20. You are working with a client who handles high stress well and remains healthy. How would you evaluate and support their ability to manage stress effectively? 3

Ans: Stress resistant personality/hardiness by Kobasa –

Explain.
- 3Cs – control, commitment, and challenge.
- Commitment – to work, family, hobbies, and social life.
- Control – which is a sense of purpose and direction in life.
- Challenge – see changes in life as normal and positive. (Any three points of the above)

21. Explain how the Age of Reason and Enlightenment influenced the treatment and perception of psychological disorders in the seventeenth and eighteenth centuries. 3

Ans:
- Age of Reason & Enlightenment as the scientific method replaced faith and dogma.
- Contributed to the Reform Movement.

- Increased compassion for people who suffer from these disorders.
- Reforms of asylums were initiated in Europe and America.
- New inclination for deinstitutionalisation focusing on the community case. (Any three)

22. (a) Analyze the relationship between intelligence and creativity, based on Terman's research findings. 3

Ans:
- According to Terman, persons with high IQ were not necessarily creative. Creative ideas could come from people who did not have a very high IQ.
- Both high and low levels of creativity can be found in highly intelligent children and also in children of average intelligence.
- The same person can be creative as well as intelligent, but it's not necessary that intelligent people must be creative.
- Intelligence by itself does not ensure creativity.
- The relationship between creativity and intelligence is positive. (Any three points)

OR

(b) Evaluate how Gardner's view of intelligence as an independent and interactive type challenges the traditional notions of a singular, unified intelligence.

Ans:
- Howard Gardner proposed the theory of multiple intelligences. According to him, intelligence is not a single entity; rather, distinct types of intelligences exist.
- Each of these intelligences is independent of the other. If a person exhibits one type of intelligence, it does not necessarily indicate being high or low on other types of intelligence.
- Different types of intelligences interact and work together to find a solution to a problem.
- There are eight types of intelligence: Spatial, linguistic, interpersonal, intrapersonal, musical, bodily-kinesthetic, logical-mathematical, and naturalistic intelligence. (Any three points of the above) OR (Any one point from above and explanation of any two types of intelligences)

23. Ashok, who suffers from obsessive-compulsive disorder (OCD), is considering alternative therapies to complement his current treatment. Recommend and justify which approach might be most beneficial for Ashok. 3

Ans: (Naming and justifying any one of these)
- Kundalini Yoga combines pranayama, or breathing techniques, with chanting of mantras.
- Mindfulness-based meditation
- Cognitive-behavior therapy
- Sudarshan Kriya Yoga

SECTION D (4 Marks)

24. (a) Compare and contrast technological and integral approaches to intelligence. Also, discuss the cultural factors that may influence these perspectives. 4

Ans: Comparison between Technological and Integral Intelligence.
- Technologically advanced societies adopt child-rearing practices that foster skills of generalisation and abstraction, speed, minimal moves, and mental manipulation among children.
- Intelligence in the Indian tradition can be termed as integral intelligence, which gives emphasis on connectivity with the social and world environment. Indian thinkers view intelligence from a holistic perspective where equal attention is paid to cognitive and non-cognitive processes as well as their integration.

Cultural factors:
- The cultural environment provides a context for intelligence to develop. Vygotsky, a Russian psychologist, has argued that culture provides a social context in which people live, grow, and understand the world around them.
- For example, in less technologically developed societies, social and emotional skills in relating to people are valued, while in technologically advanced societies, personal achievement founded on abilities of reasoning and judgment is considered to represent intelligence.
- Four facets of integral intelligence: Cognitive. Social, emotional, and entrepreneurial competence. (Any two points from the above)

OR

(b) Manoj and Sunil are two managers in a company. State four reasons how Manoj's higher emotional intelligence contributes to his popularity with colleagues as compared to Sunil, who lacks these qualities.

Ans: Characteristics of an Emotionally Intelligent person which contribute to Manoj's popularity as compared to Sunil-
- The ability to monitor one's own and others' emotions.
- To discriminate among them.
- Understand the powerful influence of the nature and intensity of your emotions.
- Use this information to guide one's thinking and actions. (Any four of the above or any other relevant characteristics of emotionally intelligent persons).

25. Describe four methods through which attitudes are formed. 4

Ans: Four methods/processes of attitude formation
- Association: a positive attitude towards the subject is learned through the positive association between a teacher and a student.
- Being Rewarded or Punished: If an individual is praised for showing a particular attitude, chances are high that s/he will develop that attitude further.

- Through Modelling: For example, children may form a respectful attitude towards elders by observing that their parents show respect for elders and are appreciated for it.
- Through Group or Cultural Norms: offering money, sweets, fruit, and flowers in a place of worship is a normative behaviour in some religions.
- Through exposure to information: By reading the biographies of self-actualised persons, an individual may develop a positive attitude towards hard work and other aspects as a means of achieving success in life.

26. You are a psychologist assessing the personality and emotional state of a new client using projective techniques. You decide to use the Sentence Completion Test and Draw-a-Person Test. Describe how you would use these tests and explain what kind of information you might gain from each test. 4

Ans: **Sentence Completion test:**
- Makes use of a member of incomplete sentences. The starting part of the sentence is presented, and the subject has to provide an ending to the sentence.
- The type of ending reflects the subject's attitudes, motivation, and conflicts.

OR

Provides subjects with several opportunities to reveal their underlined unconscious motivations.
- Sample/ example: My father .....

Draw-a-Person Test

The subject is asked to draw a person, then asked to draw the figure of an opposite sex person. Finally, he/she has to make a story about the person as if he/she is a character in a novel or play. Example of interpretation.
- (a) Omission of facial features suggests that the person tries to evade a highly conflict–ridden interpersonal relationship.
- (b) Graphic emphasis on the neck suggests a lack of control over impulses.
- (c) A disproportionately large head suggests organic brain disease and preoccupation with headaches. (Brief description of both the techniques covering all relevant points).

27. Meera has an intense irrational fear of spiders and experiences sudden episodes of intense terror with breathlessness and dizziness. Identify the two types of anxiety disorders she might be suffering from and suggest one coping strategy for each. 4

Ans: Identification:
- a) Specific Phobia: Systematic desensitisation is a technique introduced by Wolpe for treating phobias or irrational fears. The client is interviewed to elicit fear-provoking situations, and the therapist prepares a hierarchy with the least anxiety-provoking stimuli at the bottom of the hierarchy. The therapist asks the client to think about the least anxiety-provoking situation and is asked to stop thinking of the fearful situation if the slightest tension is felt. Over sessions, the client is able to imagine more severe

fear-provoking situations while remaining relaxed. Thus, the client gets systematically desensitised to the fear.
- b) Panic Disorder: Cognitive behaviour therapy is useful to cope with panic attacks. The rationale is that the client's distress has its origins in the biological, psychological, and social realms. Hence, addressing the biological aspects through relaxation procedures, the psychological ones through behaviour therapy and cognitive therapy techniques, and the social ones with environmental manipulations makes CBT a comprehensive technique which is easy to use, applicable to a variety of disorders, and has proven efficacy.

SECTION E (6 Marks)

28. (a) How does Freud explain the stability and potential changes in personality over a person's lifetime? Provide an overview of each stage and discuss the impact of encountering problems at any stage on personality development. 6

Ans: (a) According to the five-stage personality theory proposed by Freud, problems encountered at any stage may arrest development and have a long-term effect on a person's life. Stages of psycho-sexual development :
- 1. Oral Stage: The infant achieves oral gratification through feeding, thumb sucking, biting and babbling. Thus, for Freud, an adult who considers the world a bitter place probably had difficulty during the oral stage of development.
- 2. Anal Stage: During the gaes 2-3, anal area of the body becomes the focus of certain
- pleasurable feelings. This stage establishes the basis for conflict between the id and the ego, and between the desire for babyish pleasure and the demand for adult, controlled behaviour.
- 3. Phallic Stage: At around ages four and five, children begin to realise the differences between males and females. At this stage, boys give up sexual feelings for their mothers and begin to see their fathers as role models rather than as rivals; girls give up their sexual desires for their father and identify with their mother.
- 4. Latency Stage: During the 7 years until puberty, the child continues to grow physically, but sexual urges are relatively inactive. Much of a child's energy is channelled into social or achievement-related activities.
- 5. Genital Stage: During this stage, the person attains maturity in psychosexual development. However, if the journey towards this stage is marked by excessive stress or over-indulgence, it may cause fixation to an earlier stage of development.

OR

(b) How do ecological and cultural environments influence personality development? Provide concrete examples from hunting-gathering and agricultural societies to illustrate your answer.

Ans: Introduction:

- The cultural approach attempts to understand personality with the features of the ecological and cultural environment.
- People develop various personality(behavioural) qualities or an attempt to adapt to the ecological and cultural features of a group's life.
- Economic maintenance system, climatic conditions, nature of the terrain of the habitat, availability of food, etc.
- Rituals, ceremonies, religious practices, arts, recreational activities, games, plays, people's skills, abilities, behavioural styles, and value priorities, etc,. are the ways through which people's personalities get perfected in a culture. (any two points of the above)

Birhor Society (Hunting and Gathering):
The Birhor of Jharkhand live a nomadic lifestyle, moving between forests to hunt and gather. Children are given significant freedom to explore, learn hunting skills, and gather forest products from an early age.
Socialization practices focus on developing independence, autonomy, and a willingness to take risks. This approach fosters self-reliance and achievement-oriented behaviours essential for their subsistence lifestyle.

Agricultural Societies:
In agricultural settings, children are socialized to be obedient to elders, nurturing towards younger siblings, and responsible for their duties. These traits are crucial for the structured, community-focused nature of agricultural work. As a result, obedience, nurturance, and responsibility are emphasized, contrasting with the independence and risk-taking valued in hunting–gathering societies.

29. (a) Discuss the role of core schemas, negative automatic thoughts, cognitive distortions, and irrational beliefs in cognitive therapies. 6
Ans: Aaron Beck's therapy
- The Fundamental Principle of Aaron Beck's therapy is that childhood experiences provided by the family and society develop core schemas or systems.
- A child who was neglected by the parents develops the core schema of 'I am not wanted'.
- Negative automatic thoughts, such as 'nobody loves me', are characterised by cognitive distortions.
- Cognitive distortion is the way of thinking which are general in nature but can distort reality in a negative manner. Such patterns are called dysfunctional cognitive structures.
- The therapist uses non-threatening disputation of the client's beliefs and thoughts.
- Cognitive restructuring focuses on solving a specific problem of the client.

OR
- **Rational Emotive Therapy (RET)**: Developed by Albert Ellis, RET focuses on identifying and challenging irrational beliefs that distort reality and cause psychological distress. Through antecedent-belief-consequence (ABC) analysis and nondirective

questioning, RET aims to replace irrational beliefs with rational ones, reducing negative emotions and behaviors.

- **Aaron Beck's Cognitive Therapy**: Beck's approach centers on identifying core schemas formed from childhood experiences that trigger negative automatic thoughts during critical incidents. These thoughts, marked by cognitive distortions, lead to anxiety and depression. Therapy involves gentle questioning to challenge and restructure dysfunctional beliefs, aiming to alleviate psychological distress.
- **Cognitive Behaviour Therapy (CBT)**: CBT integrates cognitive and behavioral techniques to address psychological distress. It takes a bio-psychosocial approach, targeting biological, psychological, and social aspects through relaxation techniques, cognitive restructuring, and environmental manipulations. CBT is effective for a range of disorders and is known for its short-term efficacy.

OR

(b) Discuss six key ethical standards that professional psychotherapists must adhere to. Explain how each standard contributes to the effectiveness of psychotherapy and ensures the well-being of clients.

Ans:

Ethical Issues of Psychotherapy

- 1. Informed consent needs to be taken.
- 2. Confidentiality of the client should be maintained.
- 3. Alleviating personal distress and suffering should be the goal of all attempts by the therapist.
- 4. Integrity of the practitioner-client relationship is important.
- 5. Respect for human rights and dignity.
- 6. Professional competence and skills are essential.

SECTION F

(Case Study – 1)

Read the case study given below and answer the questions (Q. 30 and 31) that follow :
Social stress can be broadly defined as a situation that threatens one's relationships, esteem, or sense of belonging within a dyad group, or larger social context. Social stress can emerge in a number of situations. Social stress can stem from difficult social interactions, for example, a conflictual or tumultuous marital or family relationship. Social stress can also emerge in the context of evaluated performance situations, where others could be judgmental or critical, or in contexts in which one feels rejected, ostracised, or ignored. Social stress can also be more broadly construed, representing perceptions of one's lower role or standing within a group or community. Social stress can lead to a range of observable and measurable responses related to health outcomes.

30. What impact can social stress have on an individual? 1
Ans: Social stress can lead to a range of observable and measurable responses related to health outcomes.

31. State two causes of social stress in day-to-day life. 2
Ans: Difficult social interactions, for example, a conflictual or tumultuous marital or family relationship.
Evaluated performance situations - One feels rejected, ostracized, or ignored.

(Case Study – 2)
Read the case study given below and answer the questions (Q. 32 and 33) that follow :
At any one time, a diverse set of individual, family, community, and structural factors may combine to protect or undermine mental health. Although most people are resilient, people who are exposed to adverse circumstances, including poverty, violence, disability, and inequality. They are at higher risk of developing a mental health condition. Protective and risk factors include individual, psychological, and biological factors, such as emotional skills, as well as genetics. Many of the risks and protective factors are influenced through changes in brain structure and/or function. People with mental disorders also require social support, including support in developing and maintaining personal, family, and social relationships. People with mental disorders may also need support for educational programmes, employment, housing, and participation in other meaningful activities.

32. According to the above paragraph, what type of people are more likely to have a psychological disorder? 1
Ans: People who are exposed to adverse circumstances, including poverty, violence, disability, inequality, etc.

33. State two steps which are helpful in addressing the concerns of mentally ill people.
Ans: Social support, including support in developing and maintaining personal, family, and social relationships. Support for educational programmes, employment, housing, and participation in other meaningful activities.