

Class 12 Psychology Sample Paper 2022 Term II

SECTION A (2 Marks)

1. State any two differences between somatic symptom and illness anxiety disorder.

Answer:

Somatic symptom disorder	Illness anxiety disorder
Persistent body-related symptoms, which may or may not be related to any serious medical condition.	Persistent preoccupation with developing a serious illness
Overly preoccupied with their symptoms	Overly concerned about an undiagnosed disease,
The expression is in terms of physical complaints.	It is the anxiety that is the main concern.

Any 2 Points

2. Explain any two factors that influence attitude formation.

Answer: Explanation of any two of the following

1. Reference Groups: Reference groups indicate to an individual the norms regarding acceptable behaviour and ways of thinking. Thus, they reflect learning of attitudes through group or cultural norms.
2. Personal Experiences: Many attitudes are formed, not in the family environment or through reference groups, but through direct personal experiences, which bring about a drastic change in our attitude towards people and our own life.
3. Media-related Influences: These sources first strengthen the cognitive and affective components of attitudes, and subsequently may also affect the behavioural component. The media can exert both good and bad influences on attitudes.

OR

Explain any two components of attitudes.

Answer: An attitude is a state of the mind, a set of views, or thoughts, regarding some topic (called the 'attitude object'), which has an evaluative feature (positive, negative, or neutral quality). It is accompanied by an emotional component and a tendency to act in a particular way concerning the attitude object. The thought component is referred to as the cognitive aspect, the emotional component is known as the affective aspect, and the tendency to act is called the behavioural (or conative) aspect.

3. What is cognitive dissonance? Give an example.

Answer: It emphasizes that the cognitive components of an attitude must be ‘consonant’ (opposite of ‘dissonant’), i.e., they should be logically in line with each other. If an individual finds that two cognitions in an attitude are dissonant, then one of them will be changed in the direction of consonance.

SECTION B (3 Marks)

4. Radhika has been diagnosed with generalised anxiety disorder. Explain the development of this disorder with the help of the diathesis-stress model.

Answer: Diathesis-Stress Model: This model has three components.

- The presence of some biological aberration
- Diathesis may carry a vulnerability to develop a psychological disorder. This means that the person is at risk or ‘predisposed’ to develop the disorder.
- If such people are exposed to these stressors, their predisposition may evolve into a disorder.

This model can be applied to explain Radhika’s GAD. According to the model, Radhika has a genetic predisposition to develop anxiety disorders, which she may have inherited. Due to external stressors, generalized anxiety disorder may be triggered.

5. A client approaches a therapist to overcome her/his phobia for heights. Describe a behavioral technique that the therapist might choose to help her/him to overcome their phobia for heights.

Answer: Systematic Desensitization:

- The therapist prepares a hierarchy of anxiety-provoking stimuli, with the least anxiety-provoking stimuli at the bottom of the hierarchy. E.g., the fear of lifts.
- Each session is accompanied by relaxation exercises. Reciprocal inhibition principle -Wolpe.
- Over sessions, the client can imagine more severe fear-provoking situations while maintaining relaxation. The client gets systematically desensitized to the fear.

6 We are members of a number of groups at any given time. Explain the reasons that make people join groups.

Answer –Reasons:

- Security: Being with people gives a sense of comfort and protection. As a result, people feel stronger and are less vulnerable to threats.
- Status: When we are members of a group that is perceived to be important by others, we feel recognised and experience a sense of power.
- Self-esteem: Groups provide feelings of self-worth and establish a positive social identity. Being a member of prestigious groups enhances one’s self-concept.

- Satisfaction of one's psychological and social needs: Groups satisfy one's social and psychological needs, such as a sense of belongingness, giving and receiving attention, love, and power through a group.
- Goal achievement: Groups help in achieving such goals that cannot be attained individually.
- Provide knowledge and information: Group membership provides knowledge and information, and thus broadens our view. (any three)

OR

Groups differ in many respects. Identify the characteristics that distinguish primary groups from secondary groups.

Answer:

Primary group: Pre-existing formations, face-to-face interaction, and members have close physical proximity, central to an individual's functioning, boundaries are less permeable.

Secondary groups: Individuals join by choice, impersonal, indirect, and less frequent relationships among members; easy to leave and join.

SECTION C (4 Marks)

7. Describe the defining symptoms of oppositional defiant disorder and conduct disorder.

Answer:

Defining symptoms of Oppositional Defiant Disorder (ODD)

Age-inappropriate amounts of stubbornness, irritable, defiant, disobedient, hostile, oppositional, or defiant, and often justify their behavior, problems interacting with others.

Defining Symptoms of Conduct Disorder

- Age-inappropriate actions and attitudes that violate family expectations, societal norms, and the personal or property rights of others.
- Aggressive actions that cause or threaten harm to people or animals, non-aggressive conduct that causes property damage, major deceitfulness or theft, and serious rule violations.
- Children show many different types of aggressive behaviour, such as verbal aggression (i.e., name-calling, swearing), physical aggression (i.e., hitting, fighting), hostile aggression (i.e., directed at inflicting injury to others), and proactive aggression (i.e., dominating and bullying others without provocation).

OR

What are dissociative disorders? Describe some of the identifying symptoms of different types of dissociative disorders.

Answer: Dissociative Disorders:

Severance (divisions, separation) of the connections between ideas and emotions, feelings of unreality, estrangement, depersonalization, temporary alterations of consciousness, and sometimes a loss or shift of identity.

Types of Dissociative Disorders

- Dissociative Amnesia: Unable to tell important, personal information often related to a stressful and traumatic event; extent of forgetting beyond normal, associated with overwhelming stress
- Dissociative fugue- Traveling away from a stressful environment, assumption of a new identity, and the inability to recall the previous identity, when the fugue ends no recall of the fugue state
- Dissociative Identity Disorder: The person assumes alternate personalities that are contrasting from each other, may or may not be aware of each other. associated with traumatic experiences (physical abuse) in childhood.
- Depersonalization is a dreamlike state in which the person has a sense of being separated both from self and from reality, a change of self-perception.

8. Explain the alternative treatment possibilities to psychotherapy. How does rehabilitation of the mentally ill improve the quality of their life?

Answer: There are many alternative therapies such as yoga, meditation, acupuncture, herbal remedies, and so on.

- 1. Yoga today refers to only the asanas or body posture component, or to breathing practices or pranayama, or a combination of the two.
- 2. Meditation refers to the practice of focusing attention on breath or an object or thought, or a mantra.
- 3. In Vipassana meditation, also known as mindfulness-based meditation, one passively observes the various bodily sensations and thoughts that are passing through in her or his awareness.
- 4. Sudarshan Kriya Yoga (SKY) is found to be beneficial for stress, anxiety, post-traumatic stress disorder (PTSD), depression, stress-related medical illnesses, substance abuse, etc.
- 5. Kundalini Yoga is effective in the treatment of mental disorders like obsessive-compulsive disorder. Kundalini Yoga combines pranayama or breathing techniques with chanting of mantras to help the patients process emotional stimuli better.

Rehabilitation aims to empower the patient to become a productive member of society to the extent possible and be self-sufficient

Occupational therapy, vocational therapy, and social skills training

OR

Explain the different cognitive therapies that are used to reduce distress.

Answer: Cognitive therapies locate the cause of psychological distress in irrational thoughts and beliefs.

- Rational Emotive therapy- Albert Ellis- ABC analysis
- Irrational beliefs are assessed through questionnaires and interviews, using nondirective questioning.
- The rational belief system replaces the irrational belief system, and there is a reduction in psychological distress

Cognitive therapy- Aaron Beck- core schema; dysfunctional cognitive structures.

- The therapist uses questioning, which is a gentle, nonthreatening disputation of the client's beliefs and thoughts. whereby she gains insight into the nature of her dysfunctional schemas. Cognitive restructuring.

9. Anshu feels that assertive and successful women might become too powerful and neglect their family responsibilities. Explain the factors that will help in changing Anshu's attitude towards assertive and successful women.

Answer: Explanation of the following concerning Anshu's attitude.

- Characteristics of the existing attitude: In general, positive attitudes are easier to change than negative attitudes are. Extreme attitudes and central attitudes are more difficult to change than less extreme and peripheral (less significant) attitudes are. Simple attitudes are easier to change than multiple attitudes.
- Source characteristics: Attitudes are more likely to change when the message comes from a highly credible source rather than from a low-credible source.
- Message characteristics: Attitudes will change when the amount of information that is given about the topic is just enough, neither too much nor too little.
- Target characteristics: Qualities of the target, such as persuasibility, strong prejudices, self-esteem, and intelligence, influence the likelihood and extent of attitude change.

10. A person 'X' was caught taking a bribe, and her/his colleagues were asked to decide on what punishment she/he should be given. They could either let her/him go with just a warning or decide to terminate her/his services. After a discussion with other employees of the organisation, an extreme decision was taken to terminate this person's services. Identify this phenomenon and explain why it occurs.

Answer:

- Group polarization
- Groups are more likely to take extreme decisions than individuals alone.
- This strengthening of the group's initial position is referred to as group polarization and may sometimes have dangerous repercussions as groups may take extreme positions.

Explanation of reasons regarding X

In the company of like-minded people, you are likely to hear newer arguments favouring your viewpoints. This will make you more favourable towards capital punishment.

Bandwagon effect: When you find others also favouring capital punishment, you feel that this view is validated by the public. This is a sort of bandwagon effect.

When you find people having similar views, you are likely to perceive them as an ingroup. You start identifying with the group, begin showing conformity, and as a consequence, your views become strengthened.

SECTION D (2 Marks)

Mental health professionals have attempted to understand psychological disorders using different approaches throughout the ages. Today, we have sophisticated facilities and hospitals dedicated to the treatment of the mentally ill. While studying the history of psychological disorders, it is interesting to note that some practices from ancient times are still in use. Take the case of Lakshmi and her daughter, Maya. Maya exhibits abnormal behaviours, and Lakshmi believes that this is because of evil spirits that have possessed her. She has been taking her daughter to a self-proclaimed healer, who uses counter-magic and prayer to cure her. Stigma and lack of awareness prevent Lakshmi from using the modern facilities and hospitals that provide quality mental health care.

On the other hand, when young Rita reported seeing people and hearing voices, mental health professionals at a modern facility were able to understand her hallucinations using a convergence of three approaches. Psychologists use official manuals like the Diagnostic and Statistical Manual of Mental Disorders – 5th Edition (DSM-5) and International Classification of Diseases (ICD-10) to indicate the presence or absence of disorders. Today, there is increased compassion for people who suffer from disorders, and a lot of emphasis is placed on providing community care.

11. Identify the method used by the healer to cure Maya's illness. How does this theory from ancient times explain Maya's treatment?

Answer: Method used: Exorcism - removing the evil that resides in the individual through counter magic and prayer.

Abnormal behavior can be explained by the operation of supernatural and magical forces such as bhoot-pret or shaitan.

12 Which approach do you think would best explain Rita's treatment? How do you think DSM-5 and ICD-10 help mental health professionals in indicating the presence or absence of disorders?

Answer: Interactional Approach, which is a bio-psycho-social approach.

DSM-5/ICD-10 have criteria that indicate the presence or absence of disorders - for each disorder, there is a description of the main clinical features or symptoms and other associated features, including diagnostic guidelines.