

Maharashtra Board Class 12 Psychology (48-J-962) Question Paper with Solutions

Time Allowed :3 Hour	Maximum Marks :80	Total questions :7
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Answer to every new question must be written on a new page.

Q. 1. (A) Complete and rewrite the following statements by selecting the appropriate words given in the brackets:

1. Humanistic psychology school of thought is proposed by ____.

- (A) Wilhelm Wundt.
- (B) Carl Rogers.
- (C) Dr. Sigmund Freud.

Correct Answer: (B) Carl Rogers.

Solution:

Carl Rogers introduced the Humanistic approach in psychology, highlighting the importance of self-actualization and the inherent capabilities of individuals.

Quick Tip

The Humanistic approach emphasizes personal development, individual choice, and the potential for self-improvement in every person.

2. Formula of Intelligence Quotient is given by

- (A) Binet.
- (B) Stern.
- (C) Wechsler.

Correct Answer: (B) Stern.

Solution:

William Stern introduced the Intelligence Quotient (IQ) formula, which is calculated as $(\text{Mental Age} / \text{Chronological Age}) \times 100$. This formula helps measure an individual's cognitive abilities compared to their age group.

Quick Tip

IQ tests have evolved, with contributions from Binet, Stern, and Wechsler, but the formula was originally given by Stern.

3. The ink blot test is developed by psychologist

- (A) Murray.
- (B) Rorschach.
- (C) Morgan.

Correct Answer: (B) Rorschach.

Solution:

Hermann Rorschach created the inkblot test, a projective tool in psychology designed to assess a person's personality, emotional state, and subconscious mind. It involves ambiguous inkblots that the individual interprets, which can uncover deeper thoughts and feelings.

Quick Tip

The Rorschach test remains a valuable instrument in psychology for evaluating personality characteristics and mental health issues.

4. Ivan Pavlov is known for explaining learning by

- (A) Classical conditioning.
- (B) Operant conditioning.

(C) Observation.

Correct Answer: (A) Classical conditioning.

Solution:

Ivan Pavlov is well-known for his research on classical conditioning, famously demonstrated in his experiment with dogs, where he trained them to salivate at the sound of a bell.

Quick Tip

Classical conditioning is a learning process where a neutral stimulus becomes linked to an automatic reflex response.

5. In our culture, the ____ of an individual is considered to be the reflection of one's family.

(A) Intelligence.

(B) Behaviour.

(C) Status.

Correct Answer: (B) Behaviour.

Solution:

In various cultures, an individual's actions are frequently regarded as a reflection of their family's values and upbringing. This highlights the influence of social conditioning and cultural expectations.

Quick Tip

Social behavior is influenced by cultural norms, family background, and societal expectations.

(B) Match the words from group 'A' and 'B' appropriately:

Correct Answers:

(a) - (5) Key feature of science

(b) - (3) 16 Personality Factors (PF)

(c) - (1) Fight or Flight

Group 'A'	Group 'B'
(a) Replication	(1) Fight or Flight
(b) Cattell	(2) E.L. Thorndike
(c) Fear	(3) 16 Personality Factors (PF)
(d) Schizophrenia	(4) Seligman
(e) Positive psychology	(5) Key Feature of Science
	(6) Split mind

(d) - (6) Split mind

(e) - (4) Seligman

Solution:

(a) Replication is an essential aspect of scientific research, ensuring the reproducibility of results. It involves conducting the same experiment multiple times to verify the consistency and accuracy of the findings.

(b) Raymond Cattell is renowned for his 16 Personality Factors (PF) theory, which outlines 16 core traits that form the basis of human personality.

(c) Fear activates the fight-or-flight response, a physiological reaction that prepares the body for quick action when faced with danger.

(d) Schizophrenia was once called "split mind" because of the disconnection between thoughts, emotions, and behaviors observed in the disorder.

(e) Martin Seligman is a leading advocate for positive psychology, a field that focuses on human strengths, well-being, and happiness. He emphasizes the value of personal growth and living a fulfilling life.

Quick Tip

When matching psychology terms, focus on key theorists and their associated theories. Understanding the concepts and terminology linked to each major figure will help in accurate identification.

(C) Write whether the following statements are 'True' or 'False': (5)

1. An experimenter is a person on whom the experiment is conducted.

Correct Answer: False.

Solution:

An experimenter is the person who conducts the experiment, whereas the person on whom the experiment is conducted is called a "subject" or "participant."

Quick Tip

In research, an experimenter controls variables, while participants are studied.

2. Sahil's mental age is 12 and chronological age is 10, so his intelligence is above average.

Correct Answer: True.

Solution:

IQ is determined using the following formula:

$$IQ = \left(\frac{\text{Mental Age}}{\text{Chronological Age}} \right) \times 100$$

For example, with a Mental Age of 12 and a Chronological Age of 10:

$$IQ = \left(\frac{12}{10} \right) \times 100 = 120$$

Since the average IQ is set at 100, a score of 120 is considered above average.

Quick Tip

An IQ score above 110 is considered above average, while scores ranging from 90 to 110 are deemed within the normal range.

3. Scientists, musicians, poets, fashion designers, interior decorators, etc. think in a creative way.

Correct Answer: True.

Solution:

Creativity is essential for professionals in various fields such as science, music, literature, and design. It enables innovation, artistic expression, and problem-solving.

Quick Tip

Creative thinking involves originality, problem-solving, and innovation in different fields.

4. If you experience positive emotions regularly, you will feel less energetic.

Correct Answer: False.

Solution:

Positive emotions generally boost energy levels, motivation, and overall well-being. They contribute to better mental health and increased resilience.

Quick Tip

Experiencing positive emotions enhances well-being, motivation, and energy rather than reducing it.

5. The skill of listening non-judgementally is essential in first aid of mental health.

Correct Answer: True.

Solution:

Active, non-judgmental listening is an essential skill in providing mental health support. It ensures that individuals feel acknowledged, respected, and understood, which is vital during emotionally challenging times.

Quick Tip

Engaging in empathetic and non-judgmental listening helps build trust and promotes emotional well-being.

(D) Answer the following questions in only 'one' sentence each: (5)

1. What is meant by the word 'Scientia'?

Solution:

'Scientia' is a Latin word that means knowledge or science, representing systematic study

and understanding.

Quick Tip

The word "science" is derived from the Latin term "scientia," meaning knowledge.

2. Who introduced the concept of emotional intelligence?

Solution:

The idea of emotional intelligence was first proposed by Peter Salovey and John Mayer, and later brought into the mainstream by Daniel Goleman in his book "Emotional Intelligence."

Quick Tip

Emotional intelligence involves the ability to identify, comprehend, and regulate emotions effectively.

3. What type of interview technique do industrial psychologists use while selecting a particular employee for a particular job?

Solution:

Industrial psychologists often rely on structured interviews, where standardized questions are used to maintain an objective evaluation of candidates.

Quick Tip

Structured interviews minimize bias and enhance the quality of hiring decisions within organizations.

4. What is an irrational fear of some object when there is no danger from it?

Solution:

A phobia is an irrational fear of a specific object or situation that poses no real threat, and it is categorized as an anxiety disorder in psychology.

Quick Tip

Common examples of phobias include acrophobia (fear of heights) and claustrophobia (fear of confined spaces).

5. Who proposed 'Broaden and Build' theory?

Solution:

The 'Broaden and Build' theory was proposed by Barbara Fredrickson, explaining how positive emotions expand cognition and social resources.

Quick Tip

The Broaden and Build theory emphasizes the role of positive emotions in enhancing personal growth and well-being.

Q. 2. Answer the following questions in 25 to 30 words each

[10]

(Any FIVE):

1. Explain any two methods of promoting empathy.

Solution:

Empathy can be enhanced through active listening, where individuals concentrate on understanding others without passing judgment, and by engaging in perspective-taking, which allows one to view situations from another's perspective.

Quick Tip

Empathy strengthens interpersonal relationships by promoting understanding and emotional connection.

2. Explain any two characteristics of a rational individual in your own words.

Solution:

A rational person makes decisions grounded in logic and reason, rather than being influenced by emotions. They also assess evidence thoughtfully before reaching judgments or

conclusions.

Quick Tip

Rational thinking aids in effective problem-solving and enables making informed, thoughtful decisions.

3. What is meant by social intelligence?

Solution:

Social intelligence refers to the ability to navigate social situations effectively, understand emotions, and communicate well with others in different social contexts.

Quick Tip

Social intelligence is crucial for building strong personal and professional relationships.

4. Explain Carl Jung's theory of personality.

Solution:

Carl Jung's personality theory encompasses the ideas of introversion and extraversion, as well as archetypes such as the self, shadow, anima, and persona, which shape an individual's behavior.

Quick Tip

Jung's theory of personality provides insight into individual differences and psychological characteristics.

5. Explain bipolar disorder.

Solution:

Bipolar disorder is a mental health condition characterized by extreme mood swings, including episodes of mania (high energy) and depression (low energy, sadness).

Quick Tip

Bipolar disorder can be managed with medication, therapy, and lifestyle adjustments.

6. Explain any four changes seen in the behaviour of individuals during adolescence.

Solution:

Adolescents undergo mood fluctuations, seek greater independence, are influenced by peers, and explore their identity, resulting in emotional and behavioral shifts.

Quick Tip

Adolescence plays a key role in emotional and cognitive growth.

7. What is meant by optimism?

Solution:

Optimism is a positive mindset where individuals expect favorable outcomes and focus on possibilities for growth and success despite challenges.

Quick Tip

Optimism enhances mental well-being and resilience, leading to a positive outlook on life.

Q. 3. Write short notes on the following topics in 50 to 60 words each (Any FOUR):

1. Observation method

Solution:

The observation method is a research approach where psychologists examine behavior in natural or controlled environments without intervention. It aids in understanding authentic interactions and behavioral patterns. Observations can be either structured (systematic and planned) or unstructured (flexible and spontaneous). While this method offers valuable insights, it may be affected by observer bias and a lack of control over variables.

Quick Tip

Observation is commonly used in behavioral research, child psychology, and market analysis.

2. Span of attention

Solution:

Attention span refers to the amount of time a person can maintain focus on a task before their concentration wanes. It varies depending on age, cognitive ability, and environmental influences. Shorter attention spans can hinder learning, but practices like mindfulness, reducing distractions, and engaging in brain-training activities can help improve focus. A longer attention span boosts memory, productivity, and problem-solving abilities.

Quick Tip

Digital distractions and multitasking can significantly reduce attention span.

3. Benefits of emotional well-being in day-to-day life

Solution:

Emotional well-being contributes to better mental health, improved stress management, and stronger interpersonal relationships. It enables individuals to remain optimistic, resilient, and motivated. Good emotional health enhances productivity, decision-making, and self-esteem. Engaging in self-care, cultivating social support, and practicing mindfulness promote emotional stability, alleviate anxiety and depression, and foster overall life satisfaction.

Quick Tip

Maintaining a balanced lifestyle with self-care and emotional regulation improves well-being.

4. Drug addiction

Solution:

Drug addiction is a long-term condition in which individuals become dependent on substances such as alcohol, nicotine, or narcotics. It alters brain function, resulting in compulsive behaviors and various health problems. Addiction is influenced by social, genetic, and environmental factors. Treatment typically involves therapy, medication, and rehabilitation. Prevention efforts, including awareness campaigns, counseling, and strong support systems, are essential in combating addiction.

Quick Tip

Early intervention and family support play a critical role in recovery from addiction.

5. Factors contributing to anxiety disorder

Solution:

Anxiety disorders arise from genetic factors, stressful life events, chemical imbalances in the brain, and certain personality traits. Chronic stress, traumatic experiences, and inadequate coping strategies can exacerbate anxiety. Common symptoms include excessive worry, restlessness, and a racing heartbeat. Treatment typically involves cognitive-behavioral therapy (CBT), medications, and relaxation techniques to manage symptoms and enhance overall mental well-being.

Quick Tip

Regular physical activity, therapy, and meditation are effective in reducing anxiety.

6. Case study method

Solution:

The case study method is an in-depth research approach that examines a single individual, group, or event to gain detailed insights. It is widely used in psychology to study rare conditions and behaviors. Case studies provide rich qualitative data but may lack generalizability. They help develop theories, understand complex issues, and explore long-term patterns of behavior.

Quick Tip

Case studies are essential in clinical psychology and forensic investigations.

Q. 4. Write answers to the following questions based on the examples only in words (Any FOUR):

1. Anita consistently increased the amount of practice in sports. It also increased her playing skills. So what type of correlation is found between the amount of practice in sports and playing skills?

Solution:

The relationship between the amount of practice in sports and playing skills is a **positive correlation**. As practice time increases, playing skills also improve, demonstrating a direct connection between the two factors.

Quick Tip

A positive correlation means that as one variable increases or decreases, the other does the same.

2. Satellites are used by the meteorological department to provide weather forecasts to farmers. So the function of satellites is based on which type of intelligence?

Solution:

The role of satellites in meteorology is rooted in **naturalistic intelligence**. This form of intelligence involves recognizing patterns in nature, forecasting weather, and analyzing changes in the environment.

Quick Tip

Naturalistic intelligence plays a crucial role in meteorology, agriculture, and environmental studies.

3. Sunita's concentration in her studies was interrupted by the songs on the radio

played loudly by the neighbors. So this is a description of which aspect of attention?

Solution:

This scenario illustrates **divided attention**, where Sunita's concentration is interrupted by an external distraction. Divided attention occurs when a person needs to split their focus between different stimuli, which often results in decreased efficiency in the main task.

Quick Tip

Reducing distractions boosts concentration and improves task performance.

4. Atul participated in a tree plantation program to build self-esteem and self-confidence. So which type of technique is used by Atul to achieve emotional well-being?

Solution:

Atul is using **altruism** as a technique to enhance emotional well-being. Helping others through activities like tree plantation fosters a sense of purpose, increases self-worth, and promotes mental well-being by creating positive social connections.

Quick Tip

Acts of kindness and community service boost emotional health and self-esteem.

5. Ramesh has been experiencing hallucinations for the past year. He talks in a disorganized manner and screams for no reason. These symptoms are symptoms of which psychological disorder?

Solution:

Ramesh's symptoms suggest **schizophrenia**, a serious mental illness marked by hallucinations, disorganized thinking, delusions, and a distorted sense of reality. It impacts cognitive functions, emotions, and behavior, typically necessitating long-term medical treatment and therapy.

Quick Tip

Schizophrenia is managed with antipsychotic medications, therapy, and strong social support.

6. To reduce the problem of acute water shortage caused by irregular rainfall, all the citizens of the village came together and built farm ponds in the fields. So what type of resilience do citizens of the village use to overcome natural disaster?

Solution:

The citizens of the village demonstrate **community resilience**, which refers to the collective ability of a community to adapt, recover, and implement long-term solutions to environmental challenges like natural disasters. By working together and building farm ponds, they ensure sustainable water management and disaster preparedness.

Quick Tip

Community resilience involves cooperation, resource management, and sustainable solutions.

Q. 5. Explain the following concepts in 25 to 30 words each (Any FIVE):

1. Mindfulness

Solution:

Mindfulness involves maintaining full attention to the present moment without judgment. It helps alleviate stress, boost focus, and enhance emotional health by fostering awareness and self-control.

Quick Tip

Incorporating mindfulness into daily routines can improve mental clarity and emotional balance.

2. Neuroticism

Solution:

Neuroticism is a personality trait marked by emotional instability, anxiety, frequent mood changes, and excessive worry. Individuals with high neuroticism tend to experience stress and negative emotions more intensely than others.

Quick Tip

Managing neuroticism can be achieved through stress management techniques, therapy, and adopting positive lifestyle habits.

3. Incubation**Solution:**

Incubation is a problem-solving process where an individual takes a break from actively thinking about an issue, allowing unconscious processing to generate creative solutions later.

Quick Tip

Taking breaks during problem-solving can enhance creativity and idea generation.

4. Plutchik's wheel of emotions**Solution:**

Plutchik's wheel of emotions is a model that categorizes eight basic emotions: joy, trust, fear, surprise, sadness, disgust, anger, and anticipation, showing their intensity and interrelation.

Quick Tip

Understanding emotions helps in emotional intelligence and better interpersonal relationships.

5. Internet addiction**Solution:**

Internet addiction is excessive use of the internet, leading to neglect of daily responsibilities, social withdrawal, and mental health issues. It affects productivity, sleep, and emotional

well-being.

Quick Tip

Limiting screen time and engaging in offline activities can help reduce internet addiction.

6. Superstition – Hurdle in first aid in mental health

Solution:

Superstition can hinder mental health care by promoting myths and preventing scientific treatment. Belief in supernatural causes of mental illness delays medical intervention, worsening the condition.

Quick Tip

Awareness and education help in overcoming superstitions related to mental health.

7. Self-esteem – Determinant of happiness

Solution:

Self-esteem refers to the confidence and sense of self-worth an individual possesses. High self-esteem fosters positive thinking, stronger relationships, and greater happiness, while low self-esteem can lead to feelings of insecurity and anxiety.

Quick Tip

Improving self-esteem involves embracing self-acceptance, setting achievable goals, and maintaining an optimistic attitude.

Q. 6. Answer any TWO of the following questions in 80 to 100 words each with the help of the given points:

1. Explain the laws of perceptual organization with suitable diagrams.

Points:

(i) **Law of proximity**

(ii) **Law of similarity**

(iii) **Law of continuity**

(iv) **Law of closure**

Solution:

The **laws of perceptual organization** were proposed by Gestalt psychologists to explain how humans naturally perceive patterns and structures.

i) Law of Proximity: Objects that are close to each other are perceived as a group. For example, words in a sentence appear together rather than as separate letters.

Law of Proximity



ii) Law of Similarity: Similar objects, such as shapes, colors, or sizes, are perceived as part of the same group. This principle is widely used in design and pattern recognition.



iii) Law of Continuity: The mind prefers continuous, smooth patterns rather than abrupt changes. For example, a flowing curve is perceived as one continuous shape rather than separate parts.

Law of Continuity



iv) Law of Closure: When a shape or figure is incomplete, the brain automatically fills in the gaps to perceive a whole object. This explains how we see familiar figures in incomplete

drawings.

Law of Closure



These principles are widely applied in **visual perception**, **graphic design**, and **psychology** to enhance organization and pattern recognition.

Quick Tip

Gestalt laws help in understanding how perception influences design, logos, and daily interactions.

2. Explain the basic emotions given by Paul Ekman.

Points:

- (i) **Happiness**
- (ii) **Sadness**
- (iii) **Anger**
- (iv) **Fear**

Solution:

Paul Ekman identified six basic emotions that are universally recognized across different cultures. Four of these emotions are:

Happiness: A positive emotional state associated with pleasure and life satisfaction, contributing to well-being and fostering social connections.

Sadness: A response to loss or disappointment, aiding in grief processing and encouraging support-seeking behavior.

Anger: A reaction to perceived threats or injustices. While it can drive action, uncontrolled anger may lead to conflict.

Fear: A survival instinct that activates the fight-or-flight response in threatening situations, helping to avoid danger.

These emotions are fundamental to **human behavior, communication, and survival**.

Quick Tip

Ekman's six emotions are universal and frequently examined in research on facial expressions.

3. Explain the nature of Post-Traumatic Stress Disorder (PTSD).

Points:

- (i) **Meaning**
- (ii) **Shock stage**
- (iii) **Suggestible stage**
- (iv) **Recovery stage**

Solution:

Post-Traumatic Stress Disorder (PTSD) is a mental health disorder that develops after experiencing or witnessing a traumatic event. It impacts emotions, cognition, and daily functioning.

Shock stage: This initial phase involves numbness, disbelief, and emotional detachment from reality.

Suggestible stage: During this stage, individuals experience heightened anxiety, flashbacks, and intrusive thoughts related to the trauma. They may become overly sensitive to triggers.

Recovery stage: Through therapy, support, and effective coping strategies, individuals slowly regain emotional balance and learn to process the trauma in a healthier manner. PTSD is typically treated with **cognitive-behavioral therapy (CBT), counseling, and medication.**

Quick Tip

Early intervention and strong social support are crucial for effective PTSD recovery.

Q. 7. Answer any ONE of the following questions in 150 to 200 words:

1. Explain the types of intelligence tests with advantages and disadvantages.

Solution:

Intelligence tests are designed to evaluate cognitive abilities, problem-solving skills, and logical reasoning. They are typically divided into two main categories:

1. Verbal Intelligence Tests: These tests measure language proficiency, comprehension, reasoning, and verbal memory. Notable examples include the Stanford-Binet Intelligence Scale and the Wechsler Adult Intelligence Scale (WAIS).

2. Non-Verbal Intelligence Tests: These tests assess reasoning and problem-solving abilities through symbols and patterns, making them particularly useful for individuals with language-related challenges. Examples include Raven's Progressive Matrices and Culture-Fair Intelligence Tests.

Advantages: - Useful for evaluating cognitive abilities and educational planning. - Aids in diagnosing learning disabilities and intellectual potential. - Non-verbal tests minimize cultural and language biases.

Disadvantages: - May not capture creativity and emotional intelligence accurately. - Results can be influenced by test anxiety and environmental conditions. - Cultural and socio-economic factors may impact performance.

Intelligence tests play a significant role in **education, employment, and psychological evaluations** but must be interpreted carefully to prevent bias and misrepresentation.

Quick Tip

While intelligence tests provide valuable insights into cognitive abilities, they should be used alongside other measures for a comprehensive assessment.

2. What is meant by personality? Explain any five factors shaping personality.

Solution:

Personality encompasses an individual's distinctive patterns of thinking, feeling, and behavior. It is shaped by a combination of biological, psychological, and social influences.

Factors Influencing Personality:

1. Heredity: Genetic factors significantly impact personality traits such as temperament, emotional stability, and intelligence.

2. Environment: Social surroundings, cultural context, and upbringing play a vital role in

personality development. Family interactions and educational experiences help shape an individual's behavior.

3. Experiences: Personal experiences, including life events and challenges, contribute to the evolution of personality. Both positive and negative experiences influence confidence, resilience, and outlook on life.

4. Social Relationships: Interactions with family, friends, colleagues, and others affect personality. Group dynamics and social acceptance influence behavior and self-esteem.

5. Culture and Society: Societal norms, values, and traditions shape how individuals think and act. Different cultures foster unique personality traits and behaviors.

Personality is a **dynamic and evolving** component of human nature, influenced by both inherent traits and external experiences. Understanding personality is essential for **self-awareness, career decisions, and interpersonal relationships**.

Quick Tip

Personality development is a lifelong journey, shaped by a variety of internal and external influences.