

# **Class-XII**

## **Psychology(037)**

### Section A

- Q1. a) Behaviour is considered to be maladaptive if it does not foster the well being of the individual himself / herself and of others.  
 • Well being is not simply survival and maintenance but also growth & fulfilment i.e. actualisation of potential.

Q2. ① Complexity:

- It refers to the number of attitudes present within a broad attitude.
- If the attitude is considered to be complex, it has a lot of member attitudes within the broad attitude.

② Centrality:

- It refers to the roles exercised by each attitude.
- If an attitude has a central position in the attitude system, it influences more attitude than what a peripheral attitude might.

Eg: ① & The topic of world peace has a lot of different <sup>sub-</sup>attitudes on how it is to be managed and acquired-complexity.

② The topic of world peace, the attitude that states control of use of firearms

4

might influence more attitudes. — Centrality.

Q3. Self-fulfilling prophecy: When groups or members of groups act in the ~~pre~~ ways they are prejudiced i.e. act in the ways of certain attitudes towards them.

Eg: If a group or its members is prejudiced to be hostile and aggressive, the members of the group eventually <sup>start</sup> acting in the same manner which fulfils the prophecy.

### Section B

Q4. (b) Richa has dissociative amnesia which is a part of Dissociative disorders.

Dissociative Disorders sever the connection between ideas and emotion. It involves feelings of unreality, estrangement, depersonalisation and a sudden loss or shift of identity. Sudden temporary alterations that block out painful experiences from the awareness. There are 3 types of this disorder:

one characteristic

1. Dissociative amnesia: - a) extensive but selective memory loss. The person can either forget the whole past or forget some events, behaviours, persons while remembering other events properly.  
 b) a part of dissociative amnesia is dissociative fugue. Unexpected travel away from work / homeplace, assuming a new identity & forgetting about previous identity characterises this fugue. The fugue usually ends with the person suddenly 'waking up' & having no memory of the events that occurred during the fugue.
2. Dissociative Identity Disorder: a) also called multiple personality disorder is the most dramatic of the dissociative disorders. It is caused due to traumatic experiences in the childhood. Individuals often assume multiple identities that may or may not be aware of each other.
3. Depersonalisation / Derealisation: In this, the individual is in a dreamlike state often separated from self and reality. There is change or loss of self reality & change in self perception.

6

### Q5. Rational Emotive Therapy by Albert Ellis

- The first step of RET is ABC analysis. Central thesis or basis of this therapy believes that irrational beliefs mediate between antecedent events and their consequences.
- The first step of RET is the ABC [Antecedent-belief-consequence] analysis. The antecedent events are noted down. Interviews are conducted to perceive the irrational beliefs. They have no empirical evidence to support <sup>these beliefs</sup> ~~have~~ no basis in reality. The distorted perceptions of the antecedent event due to irrational belief leads to consequences i.e. negative thoughts and emotion.
- This therapy uses a process of non-directive questioning to refute the irrational beliefs. This type is gentle, non-judgmental, not probing and not ~~more~~ directive. This helps the client (Shyam) to think deeper into his irrational beliefs and makes a change in his philosophy of life.
- The irrational belief system is replaced by the rational belief system, therefore reducing symptoms of psychological distress.

Q6. The conditions that lead to group formation are:

① Proximity: Repetitive meetings with people helps you learn more about them, their goals, interests and similarities. <sup>Having a common background is important.</sup> ~~but in this case~~ Mary We often make friends with people who live near us, go to the same school/college or play area. In this case, Mary made friends with people who were in the same college and met them ~~repeatedly~~ repetitively for a long time before becoming friends.

② Similarity: We often become friends with people who are similar to us. There are two reasons for this:

① Human beings like consistency & relationships that are consistent. So when we meet people who are similar to us, we find consistency & we like each other. [Mary makes friends with people who are similar to her.]

② When we meet similar people, they often reinforce & validate our values, making us feel right and therefore liking them.

③ Common motives and goals: People with common goals come together often to make groups and achieve that goal or motive.

In this case, Mary ~~goal~~ <sup>wanted</sup> to join a group of people with whom she shared her interests and goals with. Therefore she joined the hobby group.

### Section C :

Q7

(a) The risk factors associated with suicides are :

- (i) presence of a mental disorder
- (ii) people who suffered from a natural disaster
- (iii) sudden loss, violence or ~~inattentive~~ feelings of isolation
- (iv) previous suicidal attempt

Symptoms of students in distress :

- ① unexplained and mysterious absence
- ② Use of alcohol, ~~sm.~~ cigarettes or ~~drugs~~ drugs
- ③ ~~unwanted~~ behaviour Mischievous behaviour
- ④ Declining grades
- ⑤ Decreased attention in class

Some ways to foster self-esteem are :

- ① accentuating positive life experiences which lead to development of positive identity & self confidence
- ② Establishing a trusting communication



- ③ Providing opportunities to develop vocational, social & other skills
- ④ assigning a goal to students that is achievable, measurable etc.

Q8 (b) The various techniques used in behaviour therapy are :

Negative Reinforcement : Removal of painful stimuli by organisms themselves. They avoid or get out those stimuli.

eg: Touching a hot pan, holding a rat catching device and getting your hand stuck.

• Positive Reinforcement : Use of rewards when ever a person shows a desirable behaviour.

eg: Giving a child a treat whenever he completes his homework.

• Aversive conditioning / Reinforcement : Conditioning unwanted behaviour with an aversive consequence.

eg: People ~~with~~ who are addicted to alcohol can be a good fit for this technique. The smell of alcohol can be associated with mild electric shocks so that the alcoholic remembers the <sup>shocks</sup> ~~that~~ for phobias whenever he smells <sup>alcohol</sup> ~~the~~.

• Systematic desensitisation : formulated by Wolpe. Uses the principle of reciprocal inhibition. After ~~int~~ interviewing the client, the therapist along with the client creates a hierarchy of anxiety provoking



10

the person is asked to come out of the imagination even if the slightest tension is felt

situations. The person is relaxed and is asked to imagine the least anxiety provoking situation. With <sup>more</sup> sessions, goes up the <sup>hierarchy</sup> ~~hierarchy~~ while maintaining the relaxed state. <sup>Principle</sup> of reciprocal inhibition states that when

two mutually opposing go against each, the weaker force is inhibited. Weaker force - anxiety provoking situation as compared to relaxed state.

Q9. This kind of behaviour is called ~~pro-social behaviour~~ - ~~pro-social~~ <sup>to the needy & distressed</sup>.

The behaviour would have consistency when:

- ① The attitude is strong & has a position in the central of the group.
- ② The person is aware of the attitude of his/hers
- ③ There is no external pressure to behave in a certain way.
- ④ The person is not being watched or evaluated by others

~~Yes and no~~ Examples of whether attitude can be identified through behaviour:

- ① Richard Lapiere conducted a test on the differences of attitude & behaviour by sending a Chinese couple to different hotels in the USA. All but one accepted them & did not refuse them services. But when he sent questionnaires &

conducted interviews, most of the refused to accept Chinese customers  
 This shows ~~attitudes~~ <sup>attitudes</sup> ~~behaviour~~ <sup>behaviour</sup> cannot be ~~describing~~ understood through attitudes  
 or vice versa. [Q9 after Q10]

Q10: This phenomenon is called Social loafing. It's in a group setting, individual decrease their efforts <sup>contribution</sup> towards a group's goal. The reasons are:

- ① Decrease in individual responsibilities that lead to lack of effort from individuals
- ② Motivation is reduced as these individuals realise that they are not going to be evaluated on an individual basis
- ③ There is little or no coordination among members

Social loafing can be reduced by:

- ① Making the contributions of each member identifiable
- ② Increasing pressure to work harder
- ③ Increasing the value of a task.

### Section D

Q9. Sometimes the attitudes & behaviour of people may be different.

Attitudes result in the tendency of a behaviour to occur.

When USA was considered to be discriminatory towards Chinese.

Richard LaPierre asked a Chinese couple to go around different hotels. Only one out of the few refused services to the Chinese couple. But when he sent ~~surveys~~ questionnaires & conducted interviews, it was found that most of them ~~would have~~ refused services to the Chinese. This shows that attitudes don't always influence <sup>behaviour</sup>.

There is consistency between attitude & behaviour when:

- ① The attitude is strong & holds a central position in the attitude system.
- ② The person is aware of the attitude himself/herself.
- ③ There is no external pressure to behave in a certain way.
- ④ People are not being watched & evaluated by others.
- ⑤ Leads to a positive consequence.

## Section D.

Q11. The disorder is schizophrenia disorder.

Symptoms can be divided into 3 parts

① Positive symptoms [Excesses of thoughts, behaviours & emotions]

Eg: Delusions, formal thought disorder, hallucinations & inappropriate effect

② Negative symptoms [Deficits of behaviours, thoughts & emotions]

Eg: Anolition, Anogia, social withdrawal & flat & blunted effect

③ Psychomotor symptoms

Eg: Types of catatonia - catatonia stupor, catatonia rigidity & catatonia posturing.

Q12. Delusions are false beliefs firmly based on inadequate grounds.

Eg: Sunder experiences a positive symptom of schizophrenia - Delusion, in which <sup>he is going to</sup> he has the delusion of persecution. According to this, the person feels <sup>be</sup> attacked, spied on, plotted against or followed.

Inappropriate effect : <sup>show of</sup> emotions that are not suited in a particular time or place. Eg: Sunder starts laughing abruptly & inappropriately.