

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

Time Allowed :3 hours	Maximum Marks :80	Total Questions :34
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Note:

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 proposed the Humanistic psychology school of thought, which emphasizes self-actualization and the intrinsic potential of individuals.

💡 Quick Tip

Humanistic psychology focuses on personal growth, free will, and the human potential for self-improvement.

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 developed the ink blot test, a projective psychological test used to analyze a person's personality, emotions, and subconscious mind. The test consists of ambiguous inkblots interpreted by the individual, revealing underlying thoughts and emotions.

 Quick Tip

The Rorschach test is still used in psychology for assessing personality traits and thought disorders.

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 famous for his work on classical conditioning, demonstrated in his experiment with dogs, where he conditioned them to salivate at the sound of a bell.

 Quick Tip

Classical conditioning involves learning through association, where a neutral stimulus becomes associated with a 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 many cultures, an individual's behaviour is often seen as a reflection of their family values and upbringing. This emphasizes the role of social conditioning and cultural expectations.

💡 Quick Tip

Social behaviour is shaped by cultural norms, family influence, and societal expectations.

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

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

Correct Answers:

- (a) - (5) Key feature of science
- (b) - (3) 16 Personality Factors (PF)
- (c) - (1) Fight or Flight
- (d) - (6) Split mind
- (e) - (4) Seligman

Solution:

- (a) Replication is a key feature of science, ensuring results can be verified. It is the process of repeating an experiment to confirm the reliability and accuracy of the results.
- (b) Raymond Cattell is known for his 16 Personality Factors (PF) theory, which identifies 16 fundamental traits that make up human personality.
- (c) Fear triggers the fight-or-flight response, a physiological reaction that prepares the body for immediate physical action when faced with a threat.
- (d) Schizophrenia was historically referred to as "split mind" due to the disconnection between thoughts, emotions, and behaviors seen in the condition.
- (e) Martin Seligman is a major proponent of positive psychology, a field focusing on human strengths, well-being, and happiness. He emphasizes the importance of personal fulfillment and

thriving.

 Quick Tip

When matching psychology terms, remember key contributors and their theories. Familiarize yourself with the concepts and terminology associated with each major figure.

(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 calculated using the formula:

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

Here,

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

Since an IQ score of 100 is considered average, a score of 120 is above average.

 Quick Tip

IQ scores above 110 indicate above-average intelligence, while 90-110 is considered normal.

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 and non-judgmental listening is a key skill in mental health support. It helps individuals feel heard, valued, and understood, which is crucial in emotional distress situations.

 Quick Tip

Practicing empathetic and non-judgmental listening fosters trust and 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 concept of emotional intelligence was introduced by Peter Salovey and John Mayer and later popularized by Daniel Goleman in his book "Emotional Intelligence."

 **Quick Tip**

Emotional intelligence refers to the ability to recognize, understand, and manage emotions effectively.

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

Solution:

Industrial psychologists commonly use structured interviews, which involve standardized questions to ensure objective candidate evaluation.

 **Quick Tip**

Structured interviews help reduce bias and improve hiring decisions in organizations.

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

Solution:

An irrational fear of an object or situation without real danger is called a phobia, which is classified as an anxiety disorder in psychology.

 Quick Tip

Common 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 (Any FIVE):

[10]

1. Explain any two methods of promoting empathy.

Solution:

Empathy can be promoted by active listening, where individuals focus on understanding others without judgment, and by practicing perspective-taking, which helps in seeing situations from another person’s viewpoint.

 Quick Tip

Empathy improves interpersonal relationships by fostering understanding and emotional connection.

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

Solution:

A rational individual makes decisions based on logic and reason rather than emotions. They also evaluate evidence carefully before forming judgments or conclusions.

 Quick Tip

Rational thinking helps in problem-solving and making well-informed 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 theory of personality includes the concepts of introversion and extraversion, along with archetypes like the self, shadow, anima, and persona, which influence individual behavior.

💡 Quick Tip
Jung's personality theory helps understand individual differences and psychological traits.

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:

During adolescence, individuals experience mood swings, increased independence, peer influence, and identity exploration, leading to emotional and behavioral changes.

 Quick Tip

Adolescence is a crucial phase for emotional and cognitive development.

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 technique where psychologists study behavior in natural or controlled settings without interference. It helps in understanding real-life interactions and patterns. Observations can be structured (systematic and pre-planned) or unstructured (flexible and spontaneous). This method provides valuable insights but may suffer from observer bias and lack of control over variables.

 Quick Tip

Observation is widely used in behavioral studies, child psychology, and market research.

2. Span of attention

Solution:

The span of attention refers to the duration an individual can focus on a task before losing concentration. It varies by age, cognitive ability, and environmental factors. Shorter attention spans affect learning, while techniques like mindfulness, eliminating distractions, and brain-training exercises can help improve it. A strong attention span enhances memory, productivity, and problem-solving skills.

 Quick Tip

Digital distractions and multitasking can reduce attention span significantly.

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

Solution:

Emotional well-being leads to improved mental health, better stress management, and stronger relationships. It helps individuals stay optimistic, resilient, and motivated. Positive emotional health enhances work productivity, decision-making, and self-esteem. Engaging in self-care activities, building social support, and practicing mindfulness contribute to emotional stability, reducing anxiety and depression, and promoting overall life satisfaction.

 Quick Tip

A balanced lifestyle with self-care and emotional regulation boosts well-being.

4. Drug addiction

Solution:

Drug addiction is a chronic condition where individuals develop dependency on substances like alcohol, nicotine, or narcotics. It affects brain function, leading to compulsive behaviors and health issues. Social, genetic, and environmental factors contribute to addiction. Treatment includes therapy, medication, and rehabilitation. Prevention through awareness, counseling, and support systems plays a crucial role in overcoming addiction.

 Quick Tip

Early intervention and family support are key to addiction recovery.

5. Factors contributing to anxiety disorder

Solution:

Anxiety disorders develop due to genetic predisposition, stressful life events, imbalances in brain chemicals, and personality traits. Prolonged stress, traumatic experiences, and lack of coping mechanisms worsen anxiety. Symptoms include excessive worry, restlessness, and rapid heartbeat. Treatment includes cognitive-behavioral therapy (CBT), medication, and relaxation techniques to help manage symptoms and improve overall mental health.

💡 Quick Tip

Regular exercise, therapy, and meditation help 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 correlation found between the amount of practice in sports and playing skills is a **positive correlation**. As the amount of practice increases, the performance in playing skills also improves, indicating a direct relationship between the two variables.

💡 Quick Tip

A positive correlation means both variables increase or decrease together.

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 function of satellites in meteorology is based on **naturalistic intelligence**. This type of intelligence involves understanding patterns in nature, weather forecasting, and the ability to analyze environmental changes.

💡 Quick Tip

Naturalistic intelligence is essential in meteorology, farming, and environmental sciences.

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 situation describes **divided attention**, where Sunita's focus is disturbed by an external distraction. Divided attention occurs when an individual has to split their focus between multiple stimuli, often leading to reduced efficiency in the primary task.

💡 Quick Tip

Minimizing distractions improves concentration and enhances focus on tasks.

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 indicate **schizophrenia**, a severe mental disorder characterized by hallucinations, disorganized thinking, delusions, and impaired perception of reality. It affects cognition, emotions, and behavior, often requiring long-term medical treatment and therapy.

💡 Quick Tip

Schizophrenia is treated using antipsychotic medications, therapy, and 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 is the practice of staying present and fully engaged in the current moment without judgment. It helps reduce stress, improve focus, and enhance emotional well-being by promoting awareness and self-regulation.

💡 Quick Tip

Practicing mindfulness daily can improve mental clarity and emotional stability.

2. Neuroticism

Solution:

Neuroticism is a personality trait characterized by emotional instability, anxiety, mood swings, and excessive worry. People with high neuroticism often experience stress and negative emotions more intensely than others.

Quick Tip

Managing neuroticism involves stress management, therapy, and 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 is the confidence and self-worth a person holds. High self-esteem leads to positive thinking, better relationships, and overall happiness, while low self-esteem can cause insecurity and anxiety.

💡 Quick Tip

Building self-esteem involves self-acceptance, setting goals, and maintaining a positive outlook.

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:

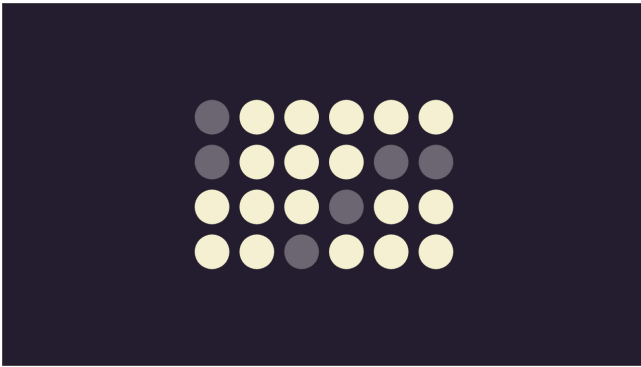
The **laws of perceptual organization** were proposed by Gestalt psychologists to explain how humans naturally perceive patterns and structures.

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 cultures. Four of them are:

Happiness: A positive emotional state linked to pleasure and life satisfaction. It promotes well-being and social bonding.

Sadness: An emotional response to loss or disappointment. It helps in processing grief and seeking support from others.

Anger: A reaction to perceived threats or injustice. While it can motivate action, excessive anger can lead to conflict.

Fear: A survival mechanism that triggers the fight-or-flight response in dangerous situations. It helps in avoiding harm.

These emotions play a crucial role in **human behavior, communication, and survival**.

💡 Quick Tip

Ekman's emotions are universal and are often studied in facial expression research.

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 condition that occurs after experiencing or witnessing a traumatic event. It affects emotions, cognition, and daily functioning.

Shock stage: The initial reaction includes numbness, disbelief, and emotional detachment

from reality.

Suggestible stage: The individual experiences heightened anxiety, flashbacks, and intrusive thoughts related to the trauma. They may become highly reactive to triggers.

Recovery stage: With therapy, support, and coping strategies, individuals gradually regain emotional stability and learn to process the trauma in a healthier way.

PTSD is managed through **cognitive-behavioral therapy (CBT)**, **counseling**, and **medication**.

 Quick Tip

Early intervention and social support play a key role in 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 measure cognitive abilities, problem-solving skills, and logical reasoning. They are classified into two main types:

1. Verbal Intelligence Tests: These tests assess language skills, comprehension, reasoning, and verbal memory. Examples include the Stanford-Binet Intelligence Test and the Wechsler Adult Intelligence Scale (WAIS).

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

Advantages: - Helps in assessing cognitive abilities and educational planning. - Useful in diagnosing learning disabilities and intellectual potential. - Non-verbal tests reduce cultural and language biases.

Disadvantages: - May not accurately measure creativity and emotional intelligence. - Can be influenced by test anxiety and environmental factors. - Cultural and socio-economic differences may affect test performance.

Intelligence tests are widely used in **education, employment, and psychological assessments** but must be interpreted carefully to avoid bias and misrepresentation.

 Quick Tip

Intelligence tests assess cognitive skills but should be combined with other measures for a complete evaluation.

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

Solution:

Personality refers to an individual's unique patterns of thinking, feeling, and behaving. It is shaped by biological, psychological, and social influences.

Factors Influencing Personality:

- 1. Heredity:** Genetic factors play a crucial role in determining personality traits such as temperament, emotional stability, and intelligence.
 - 2. Environment:** Social surroundings, culture, and upbringing influence personality development. Family interactions and educational experiences shape an individual's behavior.
 - 3. Experiences:** Life events, challenges, and personal experiences contribute to personality growth. Positive and negative experiences impact confidence, resilience, and attitude.
 - 4. Social Relationships:** Interactions with peers, teachers, and colleagues influence personality. Social acceptance and group dynamics affect self-esteem and behavior.
 - 5. Culture and Society:** Societal norms, traditions, and values shape an individual's way of thinking and acting. Different cultures promote different personality traits and behaviors.
- Personality is a **dynamic and evolving** aspect of human nature, influenced by both innate traits and external experiences. Understanding personality helps in **self-awareness, career choices, and interpersonal relationships**.

 Quick Tip

Personality development is a lifelong process influenced by internal and external factors.