



OSDAV Public School, Kaithal
Class:-XI
May Unit Test Answer Key(2025-26)

Subject:-Psychology

Set:-B

MM:-35

Time:-1.5Hour.

	Section A – Multiple Choice Questions (1×10=10)	Marks
Q1.	Choose the correct option. 1. b) Wilhelm Wundt 2. c) Behaviour and mental processes 3. b) Prescribe 4. c) Free will and personal growth 5. b) Clinical Psychology 6. b) Case study method 7. a) William James 8. c) Thought processes 9. c) Brain and nervous system 10. c) Employs systematic and empirical methods	 1 1 1 1 1 1 1 1 1 1
	Section B – Very Short Answer Questions (3×2=6)	
Q 2.	Answer each in about 20–30 words. 1 What is behaviour in psychology? Behaviour refers to all observable actions of a person or animal, such as walking, talking, and eating. 2 Mention any two subfields of psychology. Clinical Psychology and Educational Psychology. 3 What is introspection? Introspection is the process of examining one's own conscious thoughts and feelings.	 2 2 2
	Section C – Case-based Question (2×2=4)	
Q 3.	Read the following case and answer the questions that follow. (i) Personality Psychology or Self and Identity studies. (ii) Psychology helps individuals understand the reasons behind their behaviours and emotions in different situations, improving self-awareness and decision-making.	 2 2
	Section D – Short Answer Questions (3×3=9)	
Q 4.	Answer each in about 60–80 words. 1. Difference between Structuralism and Functionalism: Structuralism (Wundt, Titchener) focuses on the structure of the mind using introspection. Functionalism (William James) focuses on the functions of mental processes and how they help individuals adapt to the environment. 2. Psychology vs Common Sense: Common sense is based on personal experience and intuition; it may be biased and untested. Psychology uses scientific methods and empirical evidence to study behaviour.	 3 3

	<p>3. Role of Psychologists in Education and Sports:</p> <p>In education, psychologists help design learning strategies and address learning difficulties.</p> <p>In sports, they enhance athletes' performance through motivation, stress management, and mental training.</p>	3
	Section E – Long Answer Question (1×6=6)	
Q 5.	<p>Answer in about 150 words.</p> <p>Major Subfields of Psychology:</p> <p>Clinical Psychology: Deals with mental disorders and therapy.</p> <p>Counselling Psychology: Helps individuals with adjustment and personal issues.</p> <p>Educational Psychology: Focuses on teaching and learning processes.</p> <p>Industrial/Organizational Psychology: Studies behaviour in workplace settings.</p> <p>Developmental Psychology: Studies psychological growth across life stages.</p> <p>Health Psychology: Promotes health and deals with illness-related behaviours.</p> <p>Each subfield helps in understanding behaviour in specific contexts and contributes to improving quality of life.</p>	6



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	Section A – Multiple Choice Questions (1×10=10)	Marks
Q1.	Choose the correct option. 1. b) Soul and study 2. d) Psychology 3. a) Interview 4. b) Sigmund Freud 5. b) Forecasting future behaviour 6. a) Behavioural 7. c) Teaching and learning 8. c) Biological approach 9. c) Naturalistic observation 10. c) Wilhelm Wundt	1 1 1 1 1 1 1 1 1 1
	Section B – Very Short Answer Questions (3×2=6)	
Q 2.	Answer each in about 20–30 words. 1. Psychology is the scientific study of mental processes and behaviour. 2. Mental processes include thoughts, emotions, problem-solving, memory, and perception. 3. Two goals are to describe and predict behaviour.	2 2 2
	Section C – Case-based Question (2×2=4)	
Q 3.	Read the following case and answer the questions that follow. (i) Educational Psychology (ii) It helps identify learning styles, improve teaching strategies, and address individual differences.	2 2
	Section D – Short Answer Questions (3×3=9)	
Q 4.	Answer each in about 60–80 words. 1. Psychology differs from sociology and economics as it focuses on individual behaviour and mental processes using scientific methods, while others study social or economic structures. 2. The humanistic approach emphasizes personal growth, self-awareness, free will, and the innate goodness of individuals (e.g., Maslow's hierarchy of needs). 3. Health psychologists promote wellness and manage stress, while military psychologists help soldiers cope with trauma, improve morale, and make sound decisions under pressure.	3 3 3
	Section E – Long Answer Question (1×6=6)	
Q 5.	Answer in about 150 words. Biological: Studies the role of brain and neurotransmitters (e.g., effects of hormones on mood). Behavioural: Focuses on observable behaviour shaped by the environment (e.g., Pavlov's conditioning). Cognitive: Examines thought processes, memory, problem-solving. Psychodynamic: Emphasizes unconscious motives and childhood experiences (e.g., Freud's theory). Humanistic: Highlights self-growth and potential (e.g., Carl Rogers' therapy).	6

	Each perspective offers insights into human behaviour and mental functioning.	
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