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PSYCHOLOGY

N-328

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Based on

N.I.O.S. Class – XII
National Institute of Open Schooling

By: Kshyama Sagar Meher



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Based on: **NATIONAL INSTITUTE OF OPEN SCHOOLING – XII**

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**Sample Preview
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Solved Sample Paper - 1

Based on NIOS (National Institute of Open Schooling)

PSYCHOLOGY

N-328

Time: 3 Hours]

[Maximum Marks : 100

General Instructions: This question paper consists of four sections, viz., A, B, C and D. Section-A has multiple choice questions (Q. 1-50) carrying 1 mark each. Choose the correct answer from the four options given. Section-B (Q. 51-56) are very short answer questions carrying 2 marks each. Answers to each question should not exceed 30 words. Section-C (Q. 57-62) are short answer questions carrying 3 marks each. Answers to each question should not exceed 60 words. Section-D (Q. 63-66) are long answer questions carrying 5 marks each. Answer to this question should not exceed 150 words.

SECTION – A

Q. 1. Which biological system is responsible for regulating bodily functions in the human body?

- (a) Respiratory system
- (b) Nervous system
- (c) Circulatory system
- (d) Digestive system

Ans. (b) Nervous system.

Q. 2. What are some cognitive abilities controlled by the nervous system?

- (a) Digestion and circulation
- (b) Perception and learning
- (c) Respiration and immunity
- (d) Muscle growth and repair

Ans. (b) Perception and learning.

Q. 3. From the scientific perspective, what is the role of psychology in understanding human emotions and behaviour?

- (a) Predicting the future
- (b) Enhancing physical health
- (c) Comprehending, describing, predicting, and enhancing human emotions and behaviour
- (d) Developing technology

Ans. (c) Comprehending, describing, predicting, and enhancing human emotions and behaviour.

Q. 4. What is the fundamental unit of the brain responsible for behaviours?

- (a) Axon
- (b) Neuron
- (c) Synapse
- (d) Soma

Ans. (b) Neuron.

Q. 5. What is the function of dendrites in a neuron?

- (a) Transmitting messages to other cells
- (b) Generating myelin

- (c) Receiving messages
- (d) Containing the nucleus

Ans. (c) Receiving messages.

Q. 6. Which type of cells provide structure and deliver nutrients in the brain?

- (a) Neurons
- (b) Dendrites
- (c) Schwann Cells
- (d) Glial cells

Ans. (d) Glial cells.

Q. 7. What is the primary purpose of scientific research in comprehending our world?

- (a) To rely on intuition
- (b) To validate unsupported claims
- (c) To foster objective knowledge
- (d) To support superstitions

Ans. (c) To foster objective knowledge.

Q. 8. Which of the following beliefs from history lacked evidence and were later debunked through systematic research?

- (a) Earth as the universe's centre
- (b) Mental illness due to evil spirits
- (c) Both (a) and (b)
- (d) Neither (a) nor (b)

Ans. (c) Both (a) and (b).

Q. 9. What distinguishes psychology as a science from personal experiences in understanding behaviour?

- (a) Curiosity
- (b) Empiricism
- (c) Intuition
- (d) Subjectivity

Ans. (b) Empiricism.

Q. 10. What is the primary role of descriptive research in psychological studies?

- (a) To establish causal relationships
- (b) To predict future behaviours
- (c) To capture existing conditions and behaviours

(d) To compare and contrast variables

Ans. (c) To capture existing conditions and behaviours.

Q. 11. Descriptive research serves as an initial step in the absence of sufficient research for which type of study design?

- (a) Experimental (b) Correlational
(c) Qualitative (d) Observational

Ans. (a) Experimental.

Q. 12. Which research method in descriptive research involves exploring beliefs, opinions, attitudes, and behaviours through questionnaires or interviews?

- (a) Naturalistic observation
(b) Case study
(c) Survey method
(d) Participant observation

Ans. (c) Survey method.

Q. 13. What role do numbers play in our daily lives?

- (a) They serve as a form of entertainment.
(b) They are essential for scientific research.
(c) They are irrelevant in daily life.
(d) They create confusion and chaos.

Ans. (b) They are essential for scientific research.

Q. 14. What is the primary function of statistics in psychology and research?

- (a) To manipulate data for desired outcomes
(b) To provide raw data without analysis
(c) To organise, summarise, and interpret numeric data
(d) To establish causation between variables

Ans. (c) To organise, summarise, and interpret numeric data.

Q. 15. Which of the following is not one of the five key objectives of scientific psychology?

- (a) Description (b) Explanation
(c) Prediction (d) Modification

Ans. (d) Modification.

Q. 16. What is the primary function of attention in the cognitive process?

- (a) To facilitate perception
(b) To enhance memory
(c) To induce sleep
(d) To reduce cognitive functions

Ans. (a) To facilitate perception.

Q. 17. Which function of attention involves prolonged, continuous focus on tasks, such as monitoring air traffic?

- (a) Selective Function
(b) Automatic Processing
(c) Alerting Function

(d) Vigilance

Ans. (d) Vigilance.

Q. 18. What is the difference between the 'focus' and the 'fringe' in attention?

- (a) The focus is the centre, while the fringe is the periphery
(b) The focus is the periphery, while the fringe is the centre
(c) The focus is auditory, while the fringe is visual
(d) The focus is automatic, while the fringe is selective

Ans. (a) The focus is the centre, while the fringe is the periphery.

Q. 19. What are the basic methods used to explore verbal learning?

- (a) Paired associate, serial, and free recall methods
(b) Classical conditioning, operant conditioning, and latent learning
(c) Positive reinforcement, negative reinforcement, and punishment
(d) Generalization, discrimination, and extinction

Ans. (a) Paired associate, serial, and free recall methods.

Q. 20. What term describes the application of experiences from one learning situation to another?

- (a) Transfer of training (b) Generalisation
(c) Discrimination (d) Insight learning

Ans. (a) Transfer of training.

Q. 21. What is an example of neutral transfer in the context of transfer of training?

- (a) A chef applying culinary skills to create new dishes
(b) A driver using familiar routes when driving
(c) A child learning from parents' guidance
(d) A student using knowledge from one subject to excel in another

Ans. (b) A driver using familiar routes when driving.

Q. 22. What are the three key mental processes that are essential for day-to-day human experiences?

- (a) Perception, motor skills, and consciousness
(b) Perception, learning, and memory
(c) Memory, problem-solving, and reasoning
(d) Emotion, social interaction, and cognition

Ans. (b) Perception, learning, and memory.

Q. 23. Which cognitive function is described as 'preserving information over time and utilising past experiences for present use'?

- (a) Perception (b) Learning
(c) Memory (d) Consciousness

Sample Preview of The Chapter

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PSYCHOLOGY-XII

Understanding Psychology

1

INTRODUCTION

The human body consists of various biological systems, with the nervous system being responsible for regulating bodily functions. Comprising nerve cells that transmit information throughout the body. This system controls sensory organs and cognitive abilities such as perception, learning, memory, and behaviour in response to the environment. Understanding these processes is essential, and there's a contrast between the layperson's and psychologist's views on psychology. The scientific perspective recognizes psychology's role in comprehending, describing, predicting, and enhancing human emotions and behaviour. Daily experiences often stem from psychological principles, like caregiving reflecting compassion. Similarly, individuals overcoming challenges through positive behaviours, like the determined girl supporting her family, exemplify psychological concepts. The vast subject of psychology encompasses all facets of human existence.

Psychology delves into the scientific exploration of experiences, behaviours, and mental processes encompassing cognition—such as knowing, thinking, reasoning, and understanding. This discipline holds significance in enhancing people's lives by providing insights into their thoughts and actions. Uniquely, humans possess the capacity for thought, setting them apart from many organisms. Choosing to study Psychology involves contemplation, often involving discussions with family or friends. Daily life involves numerous thoughts on various matters, such as deciding what to wear or strategic moves in games like Snakes and Ladders. Observable behaviours, like playing cricket, contrast with covert behaviours, as in strategic game moves. Both past behaviours and thoughts shape personal experiences influenced by external factors

like climate, family, and neighbourhood. Experiences are individualised, varying even between individuals in the same setting. Emotions further shape experiences, driving the exploration of self and the surrounding environment.

Psychology's inception, rooted in early philosophical inquiries, transitioned towards scientific methodologies about 150 years ago. This shift led to the emergence of diverse schools of thought, each offering unique lenses for understanding mental processes, behaviour, and experiences. Structuralism, an initial school, focused on the mind's structure and consciousness, utilising introspection for study. William Wundt established the first psychological laboratory in 1879 to explore these ideas.

Functionalism, brought forth by psychologists like William James, redirected attention to the mind's functions rather than its structure. This perspective delved into behaviour's purpose and mental processes' roles.

The Gestalt school, founded by Wertheimer, Koffka, and Kohler, emphasised perception's holistic nature, asserting that wholes transcend the sum of their parts. Behaviourism, pioneered by Watson, stressed observable behaviour for scientific measurement. It focused on learning's environmental influences, further studied by Skinner and Pavlov.

Freud introduced the psychodynamic perspective, revealing unconscious motivations' impact on behaviour. Humanism, championed by Rogers and Maslow, centred on self-actualisation and the alignment of real and ideal selves. The cognitive perspective likened the mind to an information processing system, interpreting environmental input like a computer. These diverse viewpoints collectively trace the evolution of psychology's development.

In the early 20th century, Psychology was fledgling, influenced by the British impact in India. Early Indian psychologists were often philosophers. The first Indian psychological laboratory emerged in Calcutta in 1916, led by Harvard-educated Narendra Nath Sen Gupta. He founded the Indian Psychological Association and its first journal. Seeking Indian cognitive theories, Jadunath Sinha authored works on perception and cognition in 1934. The Journal of Indian Psychology, based at Andhra University, reflects these efforts, alongside the Institute of Yoga and Consciousness. Initiatives to merge ancient Indian and modern Western Psychology persist.

Psychology, as the scientific exploration of mental processes, behaviour, and experiences within various contexts, is intricately interconnected with multiple disciplines. No discipline exists in isolation; they collectively enrich our understanding of the world. Being both a pure and social science, Psychology interfaces with various fields, including Sociology, Biology, Medicine, Philosophy, Economics, Political Science, Law, Computer Science, Architecture, Engineering, Mass Communication, Literature, and the Performing Arts.

Sociology studies how societal, cultural, and environmental factors influence individuals. Economics gains depth when human behaviour is comprehended, aiding economists in understanding decision-making and consumer behaviour. Political Science delves into leadership, power dynamics, voting patterns, and human rights through psychological lenses. Psychology's origins in Philosophy sought to fathom human nature and behaviour, propelling it into an independent discipline.

In Medicine, Psychology and Medicine collaborate in diagnosing and treating both body and mind. Law and Criminology employ psychological insights in understanding criminal behaviour, memory, decision-making, and ethical considerations. Computer Science benefits from psychological research, contributing to human-computer interaction and artificial intelligence.

Engineers and architects consider human cognition and emotions in product design, enhancing user-friendliness and practicality. Music, fine arts, dance, and performing arts intertwine with Psychology, demonstrating their therapeutic effects and enhancing self-understanding.

In essence, Psychology's multifaceted connections emphasise its role as a foundational component,

enriching and enhancing understanding across a diverse range of disciplines.

Psychological theories, born from diligent research, find application in everyday life situations. Psychology's study of human thoughts, emotions, and behaviours proves invaluable, merging theories with practical demands. The discipline equips individuals to comprehend diverse human aspects within various professions. The growth of Psychology has led to subfields where experts operate.

Clinical Psychology addresses psychological disorders' causes, diagnosis, and treatment. Unlike psychiatrists, clinical psychologists lack a medical degree, but provide psychotherapy to alleviate distress. Counselling Psychology aids individuals in non-disorder issues like career decisions or family matters, offering psychotherapy and vocational testing. Educational psychologists shape curriculum, instructional methods, and teacher training, enhancing the learning environment. Developmental psychologists track changes from conception to death, suggesting strategies for developmental stages.

Social Psychology explores how others influence thoughts, behaviours, and self-perception. Industrial/Organisational Psychology focuses on workplace dynamics, using tests for hiring, addressing leadership, communication, and motivation. Community psychologists tackle health and community issues through rehabilitation programs and support. Environmental Psychology delves into the connection between people and their physical environment, emphasising sustainable interaction.

In essence, Psychology's broad reach extends into various areas of life, enhancing understanding, decision-making, and well-being. Its applications span clinical, educational, organisational, communal, and environmental realms, shaping a more informed and holistic world.

ACTIVITIES

Q. 1. Try to think of all that you did or thought yesterday. Enlist them under various subheadings of behaviour or mental processes.

Ans. Given below is a list of activities and thoughts I had yesterday, categorised under different subheadings of behaviour and mental processes:

(i) What I Did:

(a) Morning Routine:

- Woke up,

UNDERSTANDING PSYCHOLOGY / 3

- Brushed teeth,
- Took a shower,
- Got dressed.
- (b) Eating Behaviour:
 - Prepared and ate breakfast,
 - Had snacks and meals.
- (c) Work/Wollege Behaviour:
 - Commuted to work/school,
 - Attended meetings/classes,
 - Completed tasks or assignments,
 - Collaborated with colleagues/classmates.
- (d) Social Behaviour:
 - Greeted family, friends, or colleagues,
 - Engaged in conversations,
 - Interacted on social media,
 - Attended social gatherings.
- (e) Physical Activity:
 - Did exercise or workout,
 - Walked or used stairs,
 - Moved around during the day.
- (f) Leisure and Entertainment:
 - Watched TV shows, movies, or videos,
 - Read books, articles, or news,
 - Listened to music or podcasts.
- (g) Evening Routine:
 - Prepared and ate dinner,
 - Relaxation activities.
- (h) Sleep Behaviour:
 - Went to sleep.
- (ii) Mental Processes:**
- (a) Perception and Sensation:
 - Observed surroundings.
 - Experienced sensory stimuli (sights, sounds, etc.).
- (b) Thinking and Reasoning:
 - Planned daily schedule,
 - Solved problems,
 - Made decisions.
- (c) Memory:
 - Recalled daily tasks,
 - Remembered names, numbers, and information.
- (d) Emotions and Feelings:
 - Experienced happiness, sadness, anger, etc.,
 - Reacted to various situations emotionally.
- (e) Motivation and Goals:
 - Set goals for the day,
 - Stayed motivated to accomplish tasks.
- (f) Attention and Focus:
 - Concentrated on work or activities,

- Paid attention to details.
- (g) Language and Communication:
 - Used language to communicate,
 - Interpreted verbal and nonverbal cues.
- (h) Learning and Adaptation:
 - Acquired new information,
 - Adjusted behaviour based on experiences.
- (i) Problem-Solving:
 - Navigated challenges that arise,
 - Found solutions to unexpected situations.
- (j) Reflection and Self-Awareness:
 - Reflected on personal thoughts and actions,
 - Considered personal growth and development.
- (k) Social Cognition:
 - Interpreted social cues and interactions,
 - Understood others' perspectives.
- (l) Creativity and Imagination:
 - Came up with ideas and solutions,
 - Daydreamed and envisioned scenarios.

Q. 2. Mark the following statements as T for true and F for false.

- Psychology studies human behaviour in the social context.
- Psychologists study the effect of culture on perception.
- Psychologists study how reward and punishment can affect behaviour.
- Psychologists study the functioning of endocrine glands.
- Psychologists study the effect of motivation on task performance.
- Psychologists study the impact that physical injury has on feelings.
- Psychologists study that hormonal changes affect emotions.
- Psychologists study the functioning of the human nervous system.
- Psychologists study that socialisation agents like school, family and peers affect a child's behaviour and learning.
- Psychologists study the relationship between positive thinking and overall wellbeing.

Ans. All the above statements are true.

Q. 3. Observe your parents, siblings, or someone from your neighbourhood. Enlist all that you can think about their mental processes and experiences. Now, talk to them to find out their own interpretations of their experiences and mental processes. In the next column write all that they tell you about the same.

Ans. Perception: People interpret their surroundings through senses, like seeing colours or hearing sounds.

Emotions: Individuals feel a range of emotions, such as joy, sadness, anger, or fear, influenced by situations.

Thoughts: Inner dialogue and cognitive processes shape how people analyse situations and make decisions.

Memory: People recall past experiences, influenced by emotions, and use memory to navigate life.

Attention: Focus shifts based on interest, significance, or novelty of elements in their environment.

Sensations: Physical sensations, like touch, taste, and smell, combine with emotions to form experiences.

Motivation: Desires and goals drive behaviours and actions, shaping experiences.

Social Interaction: Interactions with others lead to various emotional and cognitive responses.

Cultural Influences: Background and culture shape interpretations and responses to experiences.

General Interpretations:

Perception: “I see vibrant colours in the sunset, and it makes me feel peaceful.”

Emotions: “When I’m with my friends, I feel happy and relaxed, but in crowded places, I get anxious.”

Thoughts: “When I see deadlines approaching, I start thinking about how to manage my time efficiently.”

Memory: “That song reminds me of my childhood; it brings back memories of family gatherings.”

Attention: “I tend to focus more on tasks I enjoy, but distractions easily divert my attention.”

Sensations: “The smell of freshly baked bread takes me back to my grandmother’s kitchen.”

Motivation: “Dreaming of a vacation motivates me to work harder at my job.”

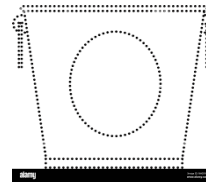
Social Interaction: “I feel confident when I’m around close friends, but meeting new people makes me nervous.”

Cultural Influences: “My cultural background influences my perspective on family values and traditions.”

These interpretations highlight the intricate interplay between mental processes and personal experiences, demonstrating how individuals perceive and respond to their surroundings.

Q. 4. Draw some shapes with dots and ask your friends about the names of those shapes. You will be surprised to know that though the figures are dots and have open surfaces, yet they are perceived as a whole.

Ans. Shapes:



1. Bucket



2. Glass

Q. 5. Talk to experts from any two disciplines. Compare and enlist their areas of study. Find the human influence and relationship of the enlisted components with Psychology.

Ans. Psychology and economics are interconnected disciplines with significant human influence. In psychology, cognition, emotion, motivation, and social interactions shape economic decisions. Cognitive biases impact rationality in economics. Emotions drive risk-taking and purchasing choices. Motivations underpin work, consumption, and investment. Social norms and peer pressure sway economic behaviour. Personality traits affect risk tolerance and financial choices. These psychological aspects are critical for understanding supply, demand, and utility in economics. Moreover, behavioural economics integrates psychology, highlighting how human irrationalities steer economic actions. In essence, psychology drives individual economic behaviour, influencing market dynamics, decision-making, and resource allocation.

Q. 6. Find any two professionals and interview them to know of their (psychological) viewpoint, related to use of Psychology in their professions. Enlist your findings.

Ans. Accounting: Psychological viewpoints in accounting involve understanding decision-making