Strictly Confidential: (For Internal and Restricted use only) Senior School Certificate Examination-2020 Marking Scheme – PSYCHOLOGY

#### (SUBJECT CODE - 037) (PAPER CODE - 63) SET - 04

#### General Instructions: -

- You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully. Evaluation is a 10-12 days mission for all of us. Hence, it is necessary that you put in your best efforts in this process.
- 2. Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one's own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and marks be awarded to them.
- 3. The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
- 4. Evaluators will mark(  $\sqrt{}$  ) wherever answer is correct. For wrong answer 'X"be marked. Evaluators will not put right kind of mark while evaluating which gives an impression that answer is correct and no marks are awarded. **This is most common mistake which evaluators are committing.**
- 5. If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled. This may be followed strictly.
- 6. If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.
- 7. If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out.
- 8. No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
- 9. A full scale of marks 0 70 has to be used. Please do not hesitate to award full marks if the answer deserves it.

- 10. Every examiner has to necessarily do evaluation work for full working hours i.e. 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines).
- 11. Ensure that you do not make the following common types of errors committed by the Examiner in the past:-
  - Leaving answer or part thereof unassessed in an answer book.
  - Giving more marks for an answer than assigned to it.
  - Wrong totaling of marks awarded on a reply.
  - Wrong transfer of marks from the inside pages of the answer book to the title page.
  - Wrong question wise totaling on the title page.
  - Wrong totaling of marks of the two columns on the title page.
  - Wrong grand total.
  - Marks in words and figures not tallying.
  - Wrong transfer of marks from the answer book to online award list.
  - Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.)
  - Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
- 12. While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0)Marks.
- 13. Any unassessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
- 14. The Examiners should acquaint themselves with the guidelines given in the Guidelines for spot Evaluation before starting the actual evaluation.
- 15. Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.
- 16. The Board permits candidates to obtain photocopy of the Answer Book on request in an RTI application and also separately as a part of the re-evaluation process on payment of the processing charges.

M.M.: 70

# PSYCHOLOGY

February, 2020

# PAPER CODE 63 (SET - 4)

#### MARKING SCHEME

Q.No		NCERT Book Page No Reference	Distribution of Marks
	SECTION - A		
1.	External/ Situational/ Environmental	2	1
2.	Creativity	21	1
3.	Avoidance	61-62	1
4.	Object	25	1
5.	Age of Reason and Enlightenment/ Renaissance period/ Reform movement	72	1
6.	Attention – Deficit/ Hyperactivity Disorder/ ADHD/ Hyperactivity	83	1
7	False	33	1
8	Verbal	84	1
9.	Positive Reinforcement	98	1
10.	Scapegoating	118-119	
	Displacement/ Displaced Aggression	170	1
11.	Recency Effect	121	1
12.	Crowd	131	1
13.	Environmental Psychology	153	1
14.	Pro-Environmental/ Pro Social	164	1
15.	True	179	1
16.	Non – verbal/ body language	186	1
17.	Paraphrasing	185	1

Q.No		NCERT Book Page No Reference	Distribution of Marks
	SECTION – B		
18.	For a live T.V. interview of a famous politician either or both	46, 188	1+1
	structured or unstructured, type of interview can be used. Students to support their choice of answer.		1+1=2
19.	<ul> <li>Stress management technique</li> <li>Subjective experience</li> <li>Uses imagery and imagination</li> <li>Setting realistic goal</li> </ul>	63	
	<ul> <li>Listening/Explanation of the above</li> <li>OR</li> </ul>		1⁄2+1⁄2+1⁄2+1⁄2
	<ul> <li>Burnout is the state of physical, emotional and psychological exhaustion</li> <li>Due to prolonged /chronic stress. Or Any one relevant cause</li> </ul>	59	1
20	<ul> <li>Valence (positivity or negativity)</li> <li>Extremeness</li> <li>Simplicity or complexity (multiplexity)</li> <li>Centrality (Role of particular attitude in the attitude system)</li> </ul>	109 - 110	$     \begin{array}{r}       1+1=2 \\       \frac{1}{2} \\     $
21	Social unit consisting of two or more individuals Common motives and goals Interdependent Satisfy a need through joint association Interact directly/ indirectly Set of roles and norms Has a leader who holds responsibility for the group.	130 -131	1+1
	(Any two)		1+1=2

Q.No		NCERT Book Page No Reference	Distribution of Marks
	ORPrimary groupSecondary group• Pre-existing• Individual joins by choice• Family, Caste, Religion• Political Party, School Friends• Close physical proximity• Impersonal	135	1+1
	<ul> <li>Boundaries are less permeable</li> <li>Indirect less frequent interaction</li> <li>Easy to leave and join another group</li> <li>(Any two of the above points)</li> </ul>		1+1=2
	SECTION – C		
22	<ul> <li>The four D's are</li> <li>Deviance (different, extreme, unusual even bizarre)</li> <li>Distressing (unpleasant and upsetting to the person</li> </ul>	70 - 71	1/2
	<ul> <li>and to others)</li> <li>Dysfunctional (interfering with the person's ability to carry out daily activities in a constructive way)</li> </ul>		1/2 1/2
	<ul> <li>Dangerous (to the person or to others)</li> <li>For either choice marks to be awarded as follows:</li> </ul>		1/2
	<ul> <li>If the answer is that behaviour is normal/not abnormal</li> <li>OR</li> </ul>		1
	<ul> <li>If the answer is that the behaviour is abnormal.</li> <li>(Explanation should be given with reference to the four D's).</li> </ul>		( <sup>1</sup> / <sub>2</sub> + <sup>1</sup> / <sub>2</sub> + <sup>1</sup> / <sub>2</sub> + <sup>1</sup> / <sub>2</sub> + 1=3)

Q.No		NCERT Book Page No Reference	Distribution of Marks
23	If student has mentioned features of NPC marks should be awarded proportionately	11	3
24	• Explanation of observational skill and types.	181-182,	1
	• It allows behaviour to be seen and studied in its natural setting	46	
	• People from outside or those already working in a setting, can be trained to use it.		
	• Events being observed are subject to bias due to the feelings of the people involved as well as of the observer.		
	• Generally day to day activities in a given setting are fairly routine which can go unnoticed by the observer.		
	• The actual behaviour and responses of others may get influenced by presence of the observer.		
	• Professional training is required for collection of data. This method is demanding and time consuming.		
	Any three points from the above.		1+1+1=3
	OR		
	1. Opening of the interview	188, 189	
	Rapport		
	Goals to be established		
	2. Body of the interview		
	Sequence of questions called Schedule		
	<ul> <li>Domains/categories of questions</li> </ul>		
	3. Closing the interview with discussion of next step to		
	be taken and offering liberty to interviewee to ask questions.		1+1+1=3

Q.No		NCERT Book Page No Reference	Distribution of Marks
	SECTION – D	1	1
25	Choosing a relevant international conflict	148 - 149	1
	Conflict Resolution strategies		
	Super ordinate goals		
	Altering perceptions		
	Increasing intergroup contacts		
	Redrawing group boundaries		
	Negotiations		3
	Respect for other group's norms		
	<ul> <li>Structural solutions (May not be appropriate for international conflict)</li> </ul>		1+3=4
	• Application of any three strategies in relevance to the chosen conflict.		
26	To minimize the devastating consequences of a natural disaster through various modes. An action plan should	163-164	1
	include the following:		
	• Warnings		2
	Safety measures		
	Treatment of psychological disorder		
	- Providing material relief		
	- Counseling at individual or group level		
	- Psychiatric help		
	- Rehabilitation		1+1+2=4
	(Explanation of the above)		···· <b>∠</b> - <del>·</del>

Q.No		NCERT	Distribution of
		Book Page No Reference	Marks
27	Attitude is a set of views or thoughts, regarding some topic	108	1
	which have an evaluative feature.		
	Or any suitable definition.		
	Components		3
	A – Affective		
	B – Behavioural		
	C – Cognitive		
	(Explanation of all three)		1+3=4
28	Life skills are abilities for adaptive and positive behaviour	64-65	4
	that enable individuals to deal effectively with the demands		
	and challenges of every day life.		
	Assertiveness		
	Time Management		
	Rational Thinking		
	Improving Relationships		1+1+1+1=4
	Self Care		
	Overcoming unhelpful Habits		
	(Explanation of any four of the above)		
	OR		
	Relaxation Techniques		
	Meditation procedures		
	Biofeedback	62, 63	
	Creative Visualisation	,	
	Cognitive Behavioural Techniques		
	• Exercise		
	(Explanation of any four of the above points)		1+1+1+1=4

Q.No			NCERT Book Page No Reference	Distribution of Marks
29	•	Generalised anxiety disorder		
		<ul> <li>prolonged, vague, unexplained and intense fears that are not attached to any particular object or event.</li> </ul>	76, 77	
		accompanied by hyper vigilance		
		<ul> <li>worry and apprehensive feelings</li> </ul>		
		motor tension-unable to relax		
	•	Panic Disorder		
		Recurrent anxiety attacks		
		Frequent anxiety attacks characterized by feelings of intense terror, palpitations, trembling, dizziness and a sense of losing control or dying, choking, nausea, chest pain, fear of going crazy		
	•	Separation Anxiety Disorder – Extreme distress while expecting or going through separation from home or other significant people to whom the individual is immensely attached clinging, shadow their parents.		
	•	Fuss, Scream, throw temper tantrums, make suicidal gestures.		
	•	Phobia disorder		
		(a) Specific phobia		
		(b) Social phobia		
		(c) Agoraphobia		
	(Exp	lanation of any two of these disorders)		2 + 2=4

Q.No		NCERT Book Page No Reference	Distribution c Marks
	OR Special interest to young people		
	• Anorexia Nervosa: Distorted body image, often refusing to eat, exercising compulsively, refusing to eat in front of others. They may lose large amounts of weight and may starve to death.	84	1½
	• Bulimia Nervosa : May eat excessive amount of food and then purge. Feel guilty or disgusted when s/he eats excessive amount of food.		1½
	• Binge Eating: Frequent episodes of out of control eating, tends to eat at a higher speed.		1
	(Explanation of the above)		1½+1½+1=
	SECTION - E		
30	<ul> <li>Emotional intelligence refers to the ability to process emotional information accurately and efficiently.</li> <li>Perceive and be sensitive to your feelings and emotions.</li> </ul>	17	4
	• Perceive and be sensitive to various types of emotions in others by noting their body language, voice and tone and facial expressions.		
	• Control and regulate your emotions and their expressions while dealing with self and others to achieve harmony and peace.		
	As Angad is lacking in the above characteristics, has problems in interpersonal relationships.		
	Emotional intelligence has beneficial effects on their academic achievement. It encourages co-operative behaviour. It prepares students to face challenges of life		
	outside classroom.		

Q.No			NCERT Book Page No Reference	Distribution of Marks
31	•	Personality refers to –	4, 28, 29,	2
	•	Our characteristic ways of responding to individuals and situations.	30,31,32, 33, 34,	
		OR	35, 36,	
	•	unique and relatively enduring characteristics of a person that make her/him distinct from others	37, 38, 39 & 40	
		(Any other relevant definition)		2+2=4
	•	Туре		
	•	Trait		
	•	Psychodynamic		
	•	Behavioural		
	•	Cultural		
	•	Humanistic		
	(Expl	anation of any one of the above)		2+4=6
		OR		
	•	Projective techniques were developed to assess unconscious motives and feelings.	43, 44, 45, 46,	
	•	These techniques are based on the assumption that a less structured or unstructured stimulus or situation will allow the individual to project his/her feelings, desires and needs on to that situation. These projections are interpreted by experts.	47, 48	
	•	The person being assessed is usually not told about the purpose of assessment and method of scoring and interpretation.		
		Contd		

Q.No			NCERT Book Page No Reference	Distribution of Marks
	<ul> <li>Person is informed t incorrect responses.</li> </ul>	hat there are no correct or	44	
	• Each response is con aspect of personality.	sidered to reveal a significant		<sup>1</sup> / <sub>2</sub> + <sup>1</sup> / <sub>2</sub> + <sup>1</sup> / <sub>2</sub> +
	(Any four features)			1⁄2 = 2
	Rorschach Inkblot	test		
	Thematic Apperce	eption Test		
	<ul> <li>Rosenzweig's pie Study)</li> </ul>	cture frustration study (P-F		2+2
	Sentence complet	ion test		
	• Draw a person tes	st.		
	(Explanation of any two of the	above)		2+2+2=6
32	<ul> <li>A range of technique behaviour.</li> </ul>	es is available for changing		
	• The principles of these arousal level of the clie	e techniques are to reduce the ent.		
	operant conditioning v	ugh classical conditioning or with different contingencies of Il as to use vicarious learning	96, 97, 98	
	<ul><li>Behavioural Techniques</li><li>Negative reinforcement</li></ul>	t/ Aversive conditioning		
	Positive reinforcement	/ Token economy		
	<ul> <li>Systematic desensitiz inhibition</li> </ul>	zation/Principle of reciprocal		
	Modelling			1x6=6
	(Name and explanation of any	of the above six points)		

10		NCERT Book Page No Reference	Distribution of Marks
	OR		
•	Cognitive therapies locate the cause of psychological distress in irrational thoughts and beliefs.	99	3
•	Albert Ellis formulated the Rational Emotive Therapy Antecedent, belief, consequence (ABC) analysis		
	Distorted perception of the antecedent event due to the irrational belief leads to the consequence i.e. negative emotions and behaviours. In the process of Rational Emotive Therapy, the irrational beliefs are refuted by the therapist through non-directive questioning; nature of questioning is gentle, without probing or being directive.		
•	Aaron Beck – Psychological distress characterized by anxiety or depression, states that childhood experiences provided by the family and society develop core schemas.		3
•	Negative thoughts are persistent i.e. I am ugly, I am stupid, I will not succeed. These patterns of thoughts are called dysfunctional cognitive structures.		
ge	ognitive distortions are the ways of thinking which are eneral in nature which distort the reality in a negative anner		
	Explanation of the above with example should be awarded arks).		3+3=6