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६. मनोविज्ञान (Psychology) [Psy.120]

Test Specification Chart
Class 12

Subject: Psychology

S. N.	Unit/Area	WH	Marks	Remember/ Knowledge			Understand/ Comprehension			Apply/ Application			Higher ability			No. of questions			Marks			Total
				VS	S	L	VS	S	L	VS	S	L	VS	S	L	VS	S	L	VS	S	L	
1	Humanistic psychology	8	5	1	1	-	1	-	1	-	1	-	-	1	-	2	2	1	2	10	8	20
2	Mental health	12	8																			
3	Status of mental health in Nepal	12	7																			
4	Psychological issues	18	11	2	1	-	2	1	-	1	1	-	1	-	1	6	3	1	6	15	8	29
5	Psychological counseling	14	9																			
6	Verbal and non-verbal communication	14	9																			
7	Psychosocial care and support	18	11	2	-	-	1	1	-	-	1	1	-	1	-	3	3	1	3	15	8	26
8	Psychological first aid (PFA)	12	7																			
9	Intervention pyramid for MHPSS in emergency	12	8																			
	Total	120	75	5	2	-	4	2	1	1	3	1	1	2	1	11	8	3	11	40	24	75

Question and Mark Distribution

SN	Types of questions	Number of questions	Marks per question	Full Marks	Time in minutes
1	Very Short Questions	11	1	11	26
2	Short Questions	8	5	40	96
3	Long Questions	3	8	24	58
4	Total	22		75	180 minutes (3 hrs)

Remarks:

- Item format in composite should be met as per the specification grid.
- Weightage in the combined cell should be met, but ± 3 marks variation will be allowed within the combined cells. But cannot be nil.
- In case of 5 or 8 marks items, these should ensure that 1 mark will be assigned per element expected as correct response. However, cognitive behaviour intended might not be single behaviour within the item. But in total cognitive distribution should met. ± 3 marks variation will be allowed within the cognitive levels.
- SQ and LQ may be structured (have two or more sub-items). SQ and LQ can be distributed to two or more cognitive behaviours. In such case these will be added to their respective cognitive behaviour. In sum the distribution of cognitive behaviour should be approximately to the required distribution.
- The distribution of questions based on cognitive domain will be nearby 20% knowledge/remembering, 30% understanding, 25% applying and 25% higher ability level.
- In case of short question there will be 2 "OR" questions and in case of long question there will be 1 "OR" question.

मनोविज्ञान (Psychology) [Psy.120]

कक्षा (Grade): XII

समय (Time): 3 Hrs.

पूर्णाङ्क (Full Marks): 75

परीक्षार्थीले सकेसम्म आफ्नै शब्दमा मौलिक उत्तर दिनुपर्ने छ । किनारामा दिइएका अङ्कले पूर्णाङ्कलाई जनाउँछ ।
(The candidates are required to give their answers in their own words as far as practicable. The figures in the margin indicate full marks.)

समूह क (Group A)

अति सङ्क्षिप्त उत्तरात्मक प्रश्नहरू (Very Short Answer Questions)

सबै प्रश्न हल गर्नुहोस् (Attempt All Questions) (11 x 1 = 11.)

1. मानसिक स्वास्थ्यलाई परिभाषित गर्नुहोस् । (Define Mental Health.)
2. मानवतावादी मनोविज्ञानका कुनै दुई सबल पक्ष लेख्नुहोस् । (Write any two strengths of humanistic psychology?)
3. मानिसहरूले मनोसामाजिक समस्या कसरी व्यक्त गर्छन् ? (How do people express psychosocial problems?)
4. मनोसामाजिक समस्याका कुनै दुई कारण पहिचान गर्नुहोस् । (Identify any two causes of psychosocial problems.)
5. SOLER को पूरा रूप के हो ? (What is the full form of SOLER?)
6. आत्म प्रकटीकरणलाई परिभाषित गर्नुहोस् । (Define self-disclosure.)
7. मनोसामाजिक परामर्श मनोचिकित्सा भन्दा कसरी फरक छ ? (How does psychosocial counselling differs from psychotherapy?)
8. परम्परागत उपचार पद्धतिले कसरी मानसिक स्वास्थ्य प्रवर्द्धनमा मद्दत गर्छ ? (How can traditional healing practices help in promotion of mental health?)
9. मनोसामाजिक हेरचाहलाई परिभाषित गर्नुहोस् । (Define psychosocial care.)
10. मनोसामाजिक हेरचाहको कुनै एक महत्व लेख्नुहोस् । (Write one importance of psychosocial care and support?)
11. मनोसामाजिक परामर्शमा कुनै हानी नगर्ने सिद्धान्त किन महत्वपूर्ण छ ? (Why the principle of do no harm is important in psychosocial counselling.)

समूह ख (Group B)

सङ्क्षिप्त उत्तरात्मक प्रश्नहरू (Short Answer Questions)

सबै प्रश्नहरू हल गर्नुहोस् । (Attempt All Questions.) (8 x 5 = 40)

12. नेपालमा मानसिक स्वास्थ्य सेवाको इतिहास उल्लेख गर्नुहोस् । (Mention the history of mental health services in Nepal.)

13. नेपालमा मनोसामाजिक सल्लाहकारमा रोजेरियन दृष्टिकोण किन लोकप्रिय छ ? स्पष्ट पार्नुहोस् । (Why Rogerian approach is popular among Nepalese psychosocial counsellors? Clarify.)
14. मनोसामाजिक समस्याका सामान्य विशेषता वर्णन गर्नुहोस् ।(Describe the common characteristics of psychosocial problems.)
15. नेपालको सन्दर्भमा मनोसामाजिक परामर्शको क्षेत्र पहिचान गर्नुहोस् ।(Identify the scope of psychosocial counselling in the Nepalese context.)
16. तनावलाई कसरी व्यवस्थापन गर्न सकिन्छ ? व्याख्या गर्नुहोस् ।(How stress can be managed? Explain.)
17. आपत्कालीन अवस्थाका बहुस्तरीय सहयोगका मुख्य तत्त्व वर्णन गर्नुहोस् ।(Describe the key components of multi-layered supports in an emergency.)

अथवा(Or),

- घटना वा मामला व्यवस्थापन विधिको वर्णन गर्नुहोस् ।(Describe the process of case management.)
18. PFA कार्य सिद्धान्त आपतकालीन अवस्थामा कसरी प्रयोग गर्न सकिन्छ ? व्याख्या गर्नुहोस् ।(How can the action principles of PFA be used in emergency setting? Explain.)
 19. आपतकालीन अवस्थाको MHPSS को हस्तक्षेप पिरामिड प्रस्तुत गर्नुहोस् । (Illustrate the Intervention pyramid for MHPSS in an emergency.)

अथवा(Or),

मानसिक स्वास्थ्य हेरचाहका लागि IASC पिरामिड प्रस्तुत गर्नुहोस् । (Illustrate the IASC pyramid for mental health care.)

समूह ग (Group C)

लामो उत्तरात्मक प्रश्नहरू (Long Answer Questions)

सबै प्रश्न हल गर्नुहोस् । (Attempt All Questions.) (3 X 8 = 24)

20. मनोसामाजिक समस्याको मनोसामाजिक कल्याणसँगको भिन्नता देखाउनुहोस् । (Differentiate psychosocial wellbeing from the psychosocial problem.)
21. "सञ्चार कौशलता मनोसामाजिक परामर्श पेसाको मेरुदण्ड हो ।" उपयुक्त उदाहरणसहित प्रमाणित गर्नुहोस् ।
("Communication skill is the backbone of the psychosocial counselling profession."
Justify with appropriate example.)
22. मनोसामाजिक हेरचाह र सहयोगको सिद्धान्त महामारीको अवस्थामा कसरी प्रयोग गरिन्छ ? (How the principle of psychosocial care and support is used in a pandemic situation.)

अथवा(Or),

मनोवैज्ञानिक प्राथमिक उपचार (PFA) लाई आपत्कालीन अवस्थामा कसरी प्रयोग गर्न सकिन्छ ?(How psychological first aid (PFA) can be used in an emergency?)

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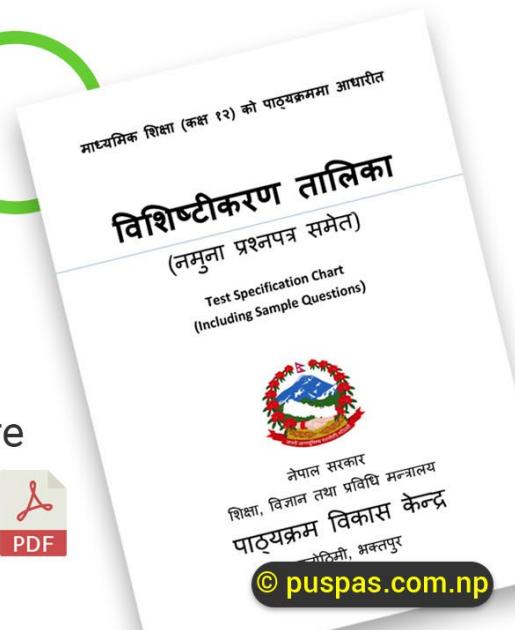
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