

ANSWER KEY & MARKING SCHEME · CBSE CLASS 11**What is Psychology?**

Psychology · Chapter 1 · Use this with the Board Paper · Companion to Quick Drill

HOW TO USE

Attempt the Board Paper first (closed-book, full time). Then come here. For 2-mark+ questions, compare your answer to the model. For 3-4 mark questions, also consult the **Topper Templates** below — these show the exact step-by-step structure that scores full marks per CBSE marking-scheme conventions.

MODEL ANSWERS · BOARD PAPER**Section A — Very Short Answer (1 mark each, 4 Qs)**

Q1. Who is regarded as the father of modern (experimental) psychology, and in which year did he set up the first laboratory? [1 mark]

Ans: Wilhelm Wundt, who established the first psychology laboratory at Leipzig in 1879.

Q2. Define covert behaviour with one example. [1 mark]

Ans: Covert behaviour is an internal, not directly observable response — for example, thinking or an increased heartbeat.

Q3. Name the school of thought founded by Sigmund Freud. [1 mark]

Ans: Psychoanalysis.

Q4. Expand the S-O-R model used to understand behaviour. [1 mark]

Ans: Stimulus - Organism - Response.

Section B — Short Answer I (2 marks each, 3 Qs)

Q5. Differentiate between behaviourism and psychoanalysis. [2 marks]

Ans: Behaviourism (Watson, Skinner) studies only observable stimulus-response behaviour and rejects the study of the mind/consciousness. Psychoanalysis (Freud) studies the hidden, unconscious mind, dreams and conflicts using methods like free association. In short, behaviourism = observable behaviour; psychoanalysis = the unconscious.

Q6. How is scientific psychology different from folk (common-sense) psychology? Give two points. [2 marks]

Ans: (i) Scientific psychology is systematic and uses controlled methods (experiments, tests, surveys) to gather evidence, whereas folk psychology is unsystematic and based on hearsay or proverbs. (ii) Scientific claims are testable and can be proved wrong by data, whereas folk beliefs are often self-contradictory (e.g. 'opposites attract' vs 'birds of a feather flock together') and untested.

Q7. State any two branches of psychology and write one line on what each studies. [2 marks]

Ans: Any two, for example: (i) Cognitive psychology — studies mental processes such as memory, attention, thinking and language. (ii) Social psychology — studies how individuals think, feel and behave under the influence of others (attitudes, conformity, group behaviour). (Other acceptable: biological, developmental, clinical, I/O.)

Section C — Short Answer II (3 marks each, 3 Qs)

Q8. Define psychology and explain its three pillars. [3 marks]

Ans: Psychology is the science that studies mental processes, experiences and behaviour, using systematic, evidence-based methods. The three pillars are: (i) MENTAL PROCESSES — internal activities such as thinking, remembering and perceiving; (ii) EXPERIENCE — subjective inner states such as feelings and dreams; (iii) BEHAVIOUR — responses of the organism, both overt (observable, e.g. talking) and covert (internal, e.g. heartbeat). The word 'science' stresses that the study is systematic and objective, not common sense.

Q9. Briefly describe structuralism, functionalism and Gestalt psychology, naming their key figures. [3 marks]

Ans: Structuralism (Wundt, Titchener) tried to break consciousness into its basic elements using introspection. Functionalism (William James) studied the FUNCTION or purpose of mental processes in helping the organism adapt. Gestalt psychology argued that 'the whole is more than the sum of its parts', focusing on how we perceive organised wholes rather than separate sensations. (1 mark each for correct school + figure + idea.)

Q10. Explain how psychology is related to any three of the following disciplines: philosophy, medicine, economics, computer science, law. [3 marks]

Ans: Any three, e.g.: (i) PHILOSOPHY — psychology grew out of philosophy and still shares deep questions about mind and consciousness. (ii) COMPUTER SCIENCE — gave cognitive psychology the metaphor of the mind as an information-processing system and links to artificial intelligence. (iii) LAW — forensic/legal psychology studies eyewitness reliability, criminal behaviour and jury decisions. (Other valid: medicine via biological/clinical psychology; economics via behavioural economics / decision-making.) 1 mark per well-explained link.

Section D — Case Study / Long Answer (5 and 6 marks, 2 Qs)

Q11. Trace the evolution of psychology from a branch of philosophy to a modern science. In your answer, mention the founding milestone and at least four schools of thought with their leading figures, and end with the cognitive revolution. [5 marks]

Ans: Psychology began as part of PHILOSOPHY, where thinkers speculated about mind and soul without testing their ideas. The decisive break came in 1879, when WILHELM WUNDT set up the FIRST psychology laboratory at Leipzig, Germany, separating psychology from philosophy and making it experimental. Several schools then developed: STRUCTURALISM (Wundt/Titchener) analysed consciousness into basic elements via introspection; FUNCTIONALISM (William James) studied the purpose of mental processes in adaptation; BEHAVIOURISM (Watson, Skinner) focused only on observable behaviour and rejected the mind; PSYCHOANALYSIS (Freud) explored the unconscious through dreams and free association; HUMANISTIC psychology (Rogers, Maslow) — the 'third force' — stressed free will and self-actualisation. Finally, the mid-20th-century COGNITIVE REVOLUTION, aided by computer science and linguistics, brought mental processes (memory, attention, thinking) back to the centre of scientific psychology. (Marks: 1 for philosophy + 1879 Wundt milestone; up to 3 for four schools with figures; 1 for the cognitive revolution.)

Q12. Read the passage and answer the parts that follow. Aarav, a Class 11 student, has been forgetting things easily and finds it hard to concentrate while studying. His school counsellor suggests he is under exam stress and helps him plan his time and manage worry. Aarav's elder sister works in a company, where a psychologist was recently hired to improve employee motivation and select new staff. (a) Name the branch of psychology concerned with Aarav's forgetting and poor concentration, and justify your choice. (b) Which type of psychologist (clinical or counselling) is helping Aarav with exam stress and adjustment, and why? (c) Name the branch of psychology that the company psychologist belongs to. (d) State the difference between a psychologist and a psychiatrist. (e) Mention any one skill that a good psychologist needs. [6 marks]

Ans: (a) COGNITIVE psychology, because forgetting and concentration are problems of memory and attention, which are mental processes studied by cognitive psychology. (b) A COUNSELLING psychologist, because exam stress and day-to-day adjustment of a normally well-functioning student are the focus of counselling psychology (clinical psychology deals more with serious disorders). (c) INDUSTRIAL-ORGANISATIONAL (I/O) psychology, which deals with employee selection, motivation and productivity at the workplace. (d) A psychiatrist holds a medical (MBBS + MD) degree and can prescribe medicines to treat mental illness, whereas a psychologist holds a psychology degree and uses therapy, counselling, testing and research, usually without prescribing drugs. (e) Any one: careful observation / good communication and empathy / analytical and reasoning ability / knowledge of research methods / ethical sensitivity. (Marks: 1 + 1 + 1 + 2 + 1.)

★ **TOPPER TEMPLATE — 3-4 mark question: 'Define psychology' / 'Explain psychology as the scientific study of mental processes, experiences and behaviour.'**

Almost every annual and SQP

Step 1 [1 mark]	State the formal definition verbatim	Open with the textbook definition: 'Psychology is the science that studies mental processes, experiences and behaviour in different contexts, using methods drawn from both the biological and the social sciences to gather and analyse data systematically.' Quoting the definition cleanly earns the anchor mark.
Step 2 [2 marks]	Unpack the THREE pillars	Explain each term: (i) MENTAL PROCESSES — internal activities like thinking, remembering, perceiving, reasoning; (ii) EXPERIENCE — subjective, personal, internal events such as feelings, dreams, awareness; (iii) BEHAVIOUR — the responses of an organism, BOTH overt (observable: walking, talking) and covert (internal: heartbeat, thoughts). Give one example each — the examples convert recall into understanding marks.
Step 3 [1 mark]	Stress the word SCIENCE	Close by underlining that the key word is SCIENCE: the study is systematic, objective, evidence-based and uses controlled methods — distinguishing it from common-sense or folk psychology. This sentence is what lifts a 'definition' answer to full marks.

COMMON LOSS OF MARKS:

- Defining psychology as 'the study of the mind' only — drops the behaviour + experience pillars.
- Forgetting to mention that behaviour includes BOTH overt and covert responses.
- Omitting the word 'scientific/systematic' — the examiner reads this as folk psychology.

★ **TOPPER TEMPLATE — 5-mark question: 'Trace the evolution of psychology as a discipline' / 'Describe the major schools of thought in psychology.'**

Annual + Pre-Board

Step 1 [1 mark]	Philosophical roots + the 1879 milestone	Begin with origin: psychology grew out of philosophy (questions about mind and soul go back to the Greeks). The decisive break came in 1879 when Wilhelm Wundt set up the FIRST psychology laboratory at the University of Leipzig, Germany — separating psychology from philosophy and making it an experimental science. State the year and place explicitly; both carry marks.
Step 2 [3 marks]	Name and contrast the schools	March through the schools in order, one line each: STRUCTURALISM (Wundt/Titchener — analyse consciousness into its basic elements via introspection); FUNCTIONALISM (William James — study the FUNCTION/purpose of mental processes in adaptation); GESTALT (the whole is more than the sum of its parts — perception); BEHAVIOURISM (Watson, Skinner — study only observable stimulus-response behaviour, reject the mind); PSYCHOANALYSIS (Freud — the unconscious, dreams, free association); HUMANISTIC (Rogers, Maslow — free will, growth, self-actualisation, the 'third force').
Step 3 [1 mark]	End with the cognitive revolution	Conclude that the mid-20th-century COGNITIVE REVOLUTION brought the mind back into scientific focus — studying attention, memory, language and thinking, aided by linguistics, neuroscience and the computer analogy. This shows the discipline's full arc and earns the closing mark.

COMMON LOSS OF MARKS:

- Crediting Freud (instead of Wundt) as the founder of modern psychology — instant -1.
- Confusing behaviourism (observable behaviour) with psychoanalysis (the unconscious).
- Listing schools with no contrast — examiner wants WHAT each studied and WHO led it.

★ TOPPER TEMPLATE — 4-6 mark case-study: a situation is described and the student must NAME the relevant branch of psychology and justify it (and/or describe branches).

SQP case-study + Annual

Step 1 Identify the correct branch
[1 mark]

Read the stem for the keyword. 'Memory/attention/thinking' → COGNITIVE; 'brain/hormones/nervous system' → BIOLOGICAL; 'child growth/ageing/life-span' → DEVELOPMENTAL; 'group/attitudes/conformity' → SOCIAL; 'disorder/therapy/treatment' → CLINICAL; 'workplace/employee/productivity' → INDUSTRIAL-ORGANISATIONAL. Name the branch first and clearly.

Step 2 Define the branch + justify with the stem
[2 marks]

Give the one-line definition of that branch, then quote the cue from the passage: 'Because the passage describes Riya forgetting where she kept her keys, this is a problem of MEMORY, which is the subject matter of COGNITIVE psychology.' Tying the definition back to the evidence is where the application marks live.

Step 3 Add one real-world application
[1 mark]

Finish with a use: 'A cognitive psychologist could design memory-training strategies or study why forgetting occurs.' Showing the branch's practical value secures the final mark and demonstrates higher-order understanding.

COMMON LOSS OF MARKS:

- Naming a branch but not justifying it with the cue from the passage.
- Confusing clinical with counselling, or social with developmental.
- Writing a generic definition without linking it to the specific situation given.

MARKING SCHEME — GENERAL NOTES

- Definition of psychology must include all three pillars (mental processes, experience, behaviour) AND the word science/systematic for full marks; a missing pillar caps the answer.
- For history questions, the year 1879, the place Leipzig, and the name Wundt are each independently creditable — do not lump them.
- When a school of thought is asked, the leading figure's name carries marks; school without figure caps at half.
- Case-study branch-identification needs the branch NAME plus a justification drawn from the passage — name alone gets half marks.
- Do not award marks for confusing behaviourism with psychoanalysis, or psychologist with psychiatrist — these are the flagged danger pairs.