

# **NCERT SOLUTIONS**

**CLASS - 12th**



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Class : 12th

Subject : Psychology

Chapter : 4

Chapter Name : Psychological Disorders

Q1 Identify the symptoms associated with depression and mania.

Answer. Depression is a mood disorder and covers a variety of negative modes.

Symptoms of depression:

- Sadness
- unhappiness
- irritability
- frustration
- loss of energy
- isolation
- not active
- low concentration
- loss of interest in activities
- disturbance in sleep
- fatigue
- anxiety

Mania is also known as a manic syndrome.

Symptoms of mania:

- Extremely irritable
- unusually high
- unrealistic
- talking so rapidly that others can't keep up
- racing thoughts
- jumping from one idea to other

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Q2 Describe the characteristics of children with hyperactivity.

Answer. Hyperactivity disorder/Attention-deficit is a brain disorder in which a person has ongoing patterns of inattention that disturb his functioning or development.

Characteristics of children with hyperactivity are:

- Control to those children who our suffered from hyperactivity seems unable to control
- Their reactions are so immediate

- They are so impatient
- Delayed gratification
- In constant motion
- sitting still is impossible

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Q3 What are the consequences of alcohol substance addiction?

Answer. Consequences of alcohol substance addiction are:

- It interferes with social behaviour
- Reduced ability to think
- Not able to walk properly
- Experience withdrawal responses when stop drinking
- Destroy social relationships
- Bad effects in career

Issues related to psychological problems:

Excessive drinking can cause-

- Depression
- Anxiety
- Phobia
- Substance-related disorder

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Q4 Can a distorted body image lead to eating disorders? Classify the various forms of it.

Answer. Yes, a distorted body image leads to eating disorders. This includes anorexia nervosa, bulimia nervosa and binge eating.

- In anorexia nervosa, the individual has a distorted body image that leads him to be overweight.
- In bulimia nervosa, the individual may eat excessive amounts of food then purge his body of food by using medicines.
- In binge-eating there are frequent episodes of out-of-control eating that tends to eat at a higher speed the normal and continuous eating still feel uncomfortably full.

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Q5 "Physicians make diagnosis looking at a person's physical symptoms". How are psychology disorders diagnosed?

Answer. Physicians with diagnosis looking at a person's physical symptoms because when a person is suffering from any disorder or disease, first he tries to find out what problem is thereby seeing his physical symptoms.

Psychological disorders are diagnosed on the basis of two classifications, that is, DSM IV and ICD X.

Here DSM-IV is referred to the diagnostic and statistical manual of mental disorders.

ICD-10 refers to the International classification of diseases and its 10th revision is being used.

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Q6 Distinguish between obsessions and compulsions.

Answer.

- Obsessive behaviour is the inability to stop thinking about a particular idea or topic.
- Compulsive behaviour is the need to perform certain behaviours over and over again.
- When a person is very much likely to be obsessed with something and try to be with that always is obsessive behaviour.
- When a person is dealing with counting, ordering, checking, etc. That will come under compulsion.

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Q7 Can a long-standing pattern of different behaviour be considered abnormal? Elaborate.

Answer. Yes, the long-standing pattern of different behaviour is considered abnormal because of a long-standing pattern of attention-seeking behaviour is extremely emotional. It comes under the Histrionic Personality Disorder.

Histrionic personality disorder symptoms are:

- Constantly seeking attention
- Shallow
- Rapidly changing emotion
- Excessive concern with physical appearance
- Easily influenced by others
- Excessive  
Emotional,  
Dramatic,  
Sexually provocative,  
to gain attention
- Speak dramatically with strong opinions but few factor details to back them up.
- Things relationships with others are closer than they really are.

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Q8 While speaking in public the patient changes topics frequently, is this a positive or negative symptom of schizophrenia? Describe the symptoms of schizophrenia.

Answer. Schizophrenia is a group of psychotic disorders in which personal social and occupational functioning as a result of disturbed thought processes, strange perceptions, unusual emotional state and motor abnormalities.

While speaking in public the patient changes topics frequently, this is a positive symptom of schizophrenia.

There are many possible symptoms. They are often classified into positive and negative.

Positive symptoms are those that show abnormal mental functions.

Positive schizophrenia symptoms include:

- Delusions  
a person is in love with them,  
people are plotting to kill them.
- Hallucinations  
This means hearing, seeing, feeling that are not real.
- Disordered thoughts  
Thought echo  
Knight's move thinking
- Disorders of thought possession  
Thought insertion  
Thought withdrawal  
Thought broadcasting  
Thought to block

Negatives symptoms of schizophrenia include:

- Lack of motivation
- change feelings
- The facial expression does not change much
- few spontaneous movements

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Q9 What do you understand by the term 'dissociation'? Discuss its various forms.

Answer. Dissociation is experienced from mild attachment from immediate surroundings detachment from physical or emotional experiences.

According to Janet, dissociation was not a psychological defence. He claimed the dissociation occurred only in persons who had a constitutional weakness of mental functioning that led to hysteria when they were stressed.

Different forms of dissociation are Dissociative Amnesia, Dissociative Identity Disorder, and Depersonalization/ Derealization Disorder.

- Dissociative amnesia is a selective memory loss that has no known organic cause
- dissociative identity disorder is also called multiple personalities in which the person is most dramatic of the dissociative disorder.
- Depersonalization/derealization disorder includes a dreamlike state in which a person has a sense of being separated from the self and from reality.

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Q10 What are phobias? If someone had an intense fear of snakes, could this simple phobia be a result of faulty learning? Analyse how this phobia could have developed?

Answer. Phobia is when we are afraid of something and not able to cope with that. Like if someone who was afraid to travel in a lift, climbed to the 12th floor of a building or refused to enter a room if he saw a lizard that means that will come under phobias.

Phobias can be grouped into three main types:

- Specific phobias
- Social phobias
- Agoraphobia

If someone had an intense fear of snakes, this could be categorised into specific phobia because if a person has an intense fear of a certain type of animal then that will come under this type of phobia.

This specific phobia seems to be developed by inheritance; specific phobias run in the family. Some specific phobia causes could be environmental,i.e., parenting and life events.

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Q11 Anxiety has been called the "butterflies in the stomach feeling". At what stage does anxiety become a disorder? Discuss its types.

Answer. Anxiety is usually defined as a very unpleasant feeling of fear and apprehension. When an individual shows the symptoms the combination with anxiety on that stage, anxiety becomes a disorder.

Symptoms like rapid heart rate, shortness of breath, diarrhoea, dizziness, fainting, sweating, sleeplessness, loss appetite, etc. show with anxiety that will lead to becoming a disorder.

There are many types of anxiety disorders and that include; generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, separation anxiety disorder, social anxiety, phobia.

1. Generalized anxiety disorder is described when you feel constantly worried, stressed about something and it's disrupting your life, you may have a generalized anxiety disorder.
2. Panic disorder is deliberately anxiety disorder. It's not about "panicking". It's about when you experienced save your feelings of doom that cause both mental and physical symptoms.
3. Obsessive-compulsive disorder till when a person is obsessed to do one thing again and again and so that because of such behaviour and fear that person might be confusing as well.
4. Separation anxiety disorder is when people are fearful and anxious about separation from attachment figures to an extent that is developmentally not appropriate.
5. Social anxiety is when shyness is intense, and the idea of socializing or speaking with public strangers.
6. Phobia is when we have fear of something, particularly with anxiety.

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