



National
Qualifications
2025

X863/76/11

Psychology

FRIDAY, 25 APRIL

1:30 PM – 3:30 PM

Total marks — 60

SECTION 1 — INDIVIDUAL BEHAVIOUR — 20 marks

Attempt Question 1.

SECTION 2 — SOCIAL BEHAVIOUR — 20 marks

Attempt Question 2.

SECTION 3 — ADDITIONAL TOPICS — 20 marks

Attempt **ONE** Question.

Write your answers clearly in the answer booklet provided. In the answer booklet you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give your answer booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



* X 8 6 3 7 6 1 1 *

SECTION 1 — INDIVIDUAL BEHAVIOUR — 20 marks

Attempt Question 1

Question 1

Individual behaviour — sleep and dreams

- | | |
|--|----|
| (a) Explain why using a smartphone before going to bed is not a good idea. | 6 |
| (b) Analyse Oswald's (1966) Restoration theory of sleep. | 14 |

SECTION 2 — SOCIAL BEHAVIOUR — 20 marks

Attempt Question 2

Question 2

Social behaviour — conformity and obedience

- (a) Explain situational factors affecting obedience. You may refer to Milgram in your answer. 6
- (b) Evaluate Mori and Arai's (2010) study into conformity. 4
- (c)

Natasha has recently moved to a new secondary school. At her old school, she played rugby. Football is the main sport played at her new school, but she has never played it before.

- (i) Using your knowledge of normative social influence, explain the likelihood of Natasha conforming by joining the football team. 4
- (ii) Using your knowledge of individual factors, explain the likelihood of Natasha conforming by joining the football team. 6

[Turn over

SECTION 3 — ADDITIONAL TOPICS — 20 marks

Attempt EITHER

Question 3 — depression

OR

Question 4 — memory

OR

Question 5 — stress

OR

Question 6 — prejudice

OR

Question 7 — social relationships

OR

Question 8 — aggression

Question 3

Individual behaviour — depression

- | | |
|--|----|
| (a) Describe the role of diathesis-stress in depression. | 4 |
| (b) Explain Beck's cognitive triad. | 6 |
| (c) Analyse one study into the biology of depression. | 10 |

Question 4

Individual behaviour — memory

- | | |
|--|----|
| (a) Describe the features of long-term memory. | 4 |
| (b) Explain the trace decay explanation of forgetting. | 6 |
| (c) Analyse one study relating to the working memory model. | 10 |

Question 5

Individual behaviour — stress

- | | |
|--|----|
| (a) Describe the sympathetic medullary system in relation to stress. | 4 |
| (b) Explain the effects of workload and control on workplace stress. | 6 |
| (c) Analyse one study into individual differences in the stress response. | 10 |

[Turn over

Question 6**Social behaviour — prejudice**

- | | |
|---|----|
| (a) Describe indirect discrimination. | 4 |
| (b) Explain the stereotyping explanation of prejudice. | 6 |
| (c) Analyse one study into ways of reducing prejudice. | 10 |

Question 7**Social behaviour — social relationships**

- | | |
|--|----|
| (a) Describe the filter theory of romantic relationships. | 4 |
| (b) Explain levels of parasocial relationships. | 6 |
| (c) Analyse one study into virtual relationships in social media. | 10 |

Question 8

Social behaviour — aggression

- | | |
|---|----|
| (a) Describe ethological influences on aggression. | 4 |
| (b) Explain Sykes' deprivation model of aggression. | 6 |
| (c) Analyse one study into media influences on aggression. | 10 |

[END OF QUESTION PAPER]

[BLANK PAGE]

DO NOT WRITE ON THIS PAGE