



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.



SECTION 1 — INDIVIDUAL BEHAVIOUR — 20 marks**Attempt Question 1****Question 1****Individual behaviour — sleep and dreams**

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|--|-----------|
| (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

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|------|--|---|
| (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) | <p>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.</p> | |
| (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**

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|--|----|
| (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**

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|--|----|
| (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**

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|---|----|
| (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**

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|--|----|
| (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

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|---|----|
| (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 |

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