

## 24. PSYCHOLOGY (Code No. 037)

Psychology is introduced as an elective subject at the higher secondary stage of school education. As a discipline, psychology specializes in the study of experiences, behaviours, and mental processes of human beings within a socio-cultural historical context. This course purports to introduce the learners to the basic ideas, principles, and methods in Psychology. The emphasis is to create interest and exposure needed by learners to develop their own knowledge base and understanding.

The course deals with psychological knowledge and practices which are contextually rooted. It emphasizes the complexity of behavioural processes and discourages simplistic cause-effect thinking. This is pursued by encouraging critical reasoning, allowing students to appreciate the role of cultural factors in behaviour, and illustrating how biology and experiences shape behaviour.

It is suggested that the teaching - learning processes should involve students in evolving their own understanding, therefore, teaching of Psychology should be based on the use of case studies, narratives, experiential exercises, analysis of common everyday experiences, etc.

### Objectives:

- To develop appreciation about human mind and behaviour in the context of learners' immediate society and environment.
- To develop in learners an appreciation of the nature of psychological knowledge and its application to various aspects of life.
- To enable learners to become perceptive, socially aware and self-reflective.
- To facilitate students' quest for personal growth and effectiveness, and to enable them to become responsive and responsible citizens.

### CLASS-XI (2016-17) (THEORY)

One Theory Paper

3 Hours

Foundations of Psychology

Marks: 70

Units	Topics	Periods	Weightage in Marks	
I	What is Psychology?	16	7	Term -I (July-September)
II	Methods of Enquiry in Psychology	20	10	
III	The Bases of Human Behaviour	20	8	
IV	Human Development	16	6	
V	Sensory, Attentional and Perceptual Processes	20	8	Term -II (October - March)
VI	Learning	22	9	
VII	Human Memory	20	8	
VIII	Thinking	18	7	
IX	Motivation and Emotion	18	7	
	<b>Total</b>	<b>170</b>	<b>70</b>	

## **Term-I: Foundations of Psychology**

**170 Periods**

### **Unit I: What is psychology?**

**16 Periods**

1. Introduction
2. What is Psychology?
  - a) Psychology as a Discipline
  - b) Psychology as a Natural Science
  - c) Psychology as a Social Science
3. Understanding Mind and Behaviour
4. Popular Notions about the Discipline of Psychology
5. Evolution of Psychology
6. Development of Psychology in India
7. Branches of Psychology
8. Themes of Research and Applications
9. Psychology and Other Disciplines
10. Psychologists at Work
11. Psychology in Everyday Life

### **Unit II: Methods of Enquiry in Psychology**

**20 Periods**

The topics in this unit are:

1. Introduction
2. Goals of Psychological Enquiry
  - a) Steps in Conducting Scientific Research
  - b) Alternative Paradigms of Research
3. Nature of Psychological Data
4. Some Important Methods in Psychology
  - a) Observational Method
  - b) Experimental Method
  - c) Correlational Research
  - d) Survey Research
  - e) Psychological Testing
  - f) Case Study
5. Analysis of Data
  - a. Quantitative Method
  - b. Qualitative Method
6. Limitations of Psychological Enquiry
7. Ethical Issues

### **Unit III: The Bases of Human Behaviour**

**20 Periods**

The topics in this unit are:

1. Introduction
2. Evolutionary Perspective
3. Biological and Cultural Roots
4. Biological Basis of Behaviour
  - a) Neurons
5. Structure and Functions of Nervous System and Endocrine System and their Relationship with Behaviour and Experience
  - a) The Nervous System
  - b) The Endocrine System
6. Heredity: Genes and Behaviour
7. Cultural Basis : Socio-Cultural Shaping of Behaviour
  - a) Concept of Culture
8. Enculturation
9. Socialisation
10. Acculturation

### **Unit IV: Human Development**

**16 Periods**

The topics in this unit are:

1. Introduction
2. Meaning of Development
  - a) Life-Span Perspective on Development
3. Factors Influencing Development
4. Context of Development
5. Overview of Developmental Stages
  - a) Prenatal Stage
6. Infancy
7. Childhood
8. Challenges of Adolescence
9. Adulthood and Old Age

### **Term-II**

### **Unit-V: Sensory, Attentional, and Perceptual Processes**

**20 periods**

The topics in this unit are:

1. Introduction
2. Knowing the world
3. Nature and Varieties of Stimulus

4. **Sense Modalities**
  - a) Visual Sensation
  - b) Auditory Sensation
5. **Attentional Processes**
  - a) Selective Attention
  - b) Sustained Attention
6. **Perceptual Processes**
  - a) Processing Approaches in Perception
7. **The Perceiver**
8. **Principles of Perceptual Organisation**
9. **Perception of Space, Depth, and Distance**
  - a) Monocular Cues and Binocular Cues
10. **Perceptual Constancies**
11. **Illusions**
12. **Socio-Cultural Influences on Perception**

## **Unit-VI: Learning**

**20 periods**

The topics in this unit are:

1. **Introduction**
2. **Nature of Learning**
3. **Paradigms of Learning**
4. **Classical Conditioning**
  - a) Determinants of Classical Conditioning
5. **Operant/Instrumental Conditioning**
  - a) Determinants of Operant Conditioning
  - b) Key Learning Processes
6. **Observational Learning**
7. **Cognitive Learning**
8. **Verbal Learning**
9. **Concept Learning**
10. **Skill Learning**
11. **Transfer of Learning**
12. **Factors Facilitating Learning**
13. **The Learner : Learning Styles**
14. **Learning Disabilities**
15. **Applications of Learning Principles**

## **Unit-VII: Human Memory**

**20 periods**

The topics in this unit are:

1. Introduction
2. Nature of memory
3. Information processing Approach : The Stage Model
4. Memory Systems : Sensory, Short-term and Long-term Memories
5. Levels of Processing
6. Types of Long-term Memory
  - a) Declarative and Procedural; Episodic and Semantic
7. Knowledge Representation and Organisation in Memory
8. Memory as a Constructive Process
9. Nature and Causes of Forgetting
  - a) Forgetting due to Trace Decay, Interference and Retrieval Failure
10. Enhancing Memory
  - a) Mnemonics using Images and Organisation

## **Unit-VIII: 'Thinking**

**20 periods**

The topics in this unit are:

1. Introduction
2. Nature of Thinking
  - a) Building Blocks of Thought
3. The Processes of Thinking
4. Problem Solving
5. Reasoning
6. Decision-making
7. Nature and Process of Creative Thinking
  - a) Nature of Creative Thinking
  - b) Process of Creative Thinking
8. Developing Creative Thinking
  - a) Barriers to Creative Thinking
  - b) Strategies for Creative Thinking
9. Thought and Language
10. Development of Language and Language Use

## **Unit-IX: Motivation and Emotion**

**18 periods**

The topics in this unit are:

- 1. Introduction**
- 2. Nature of Motivation**
- 3. Types of Motives**
  - a) Biological Motives
  - b) Psychosocial Motives
- 4. Maslow's Hierarchy of Needs**
- 5. Nature of Emotions**
- 6. Physiological Bases of Emotions**
- 7. Cognitive Bases of Emotions**
- 8. Cultural Bases of Emotions**
- 9. Expression of Emotions**
  - a) Culture and Emotional Expression
  - b) Culture and Emotional Labelling
- 10. Managing Negative Emotions**
- 11. Enhancing Positive Emotions**

**Practicals (Projects, experiments, small studies, etc.)****60 Periods**

The students shall be required to undertake one project and conduct two experiments. The project would involve the use of different methods of enquiry and related skills. Practicals would involve conducting experiments and undertaking small studies, exercises, related to the topics covered in the course (e.g. Human development, Learning, Memory, Motivation, Perception, Attention and Thinking).

**Practical Examination**

(i) Practical (Experiments) file	05 Marks
(ii) Project file	05 Marks
(iii) Viva Voce (Project and experiments)	05 Marks
(iv) One experiment: (05 for conduct and 10 for reporting)	15 Marks

QUESTION PAPER DESIGN 2016-17									
PSYCHOLOGY		Code No. 037				CLASS-XI			
TIME: 3 Hours					Max. Marks: 70				
S. No	Typology of Questions	Learning outcomes and Testing Competencies	Learning checks (LC) (1 Mark)	Very Short Answer (VSA) (2 Marks)	Short Answer -I (SA-I) (3 Marks)	Short Answer -II (SA-II) (4 Marks)	Long Answer (LA) (6 Marks)	Total Marks	% Weightage
1	<b>Remembering-</b> (Knowledge based Simple recall questions, to know specific facts, terms, concepts, principles, or theories, Identify, define, or recite, information)	<ul style="list-style-type: none"><li>Reasoning</li><li>Analytical Skills</li><li>Critical Thinking Skills etc.</li></ul>	3	2	-	2	1	21	30%
2	<b>Understanding-</b> (Comprehension -to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase, or interpret information)		-	4	1	1	1	21	30%
3	<b>Application</b> - (Use abstract information in concrete situation, to apply knowledge to new situations, Use given content to interpret a situation, provide an example, or solve a problem)		3	-	1	2	-	14	20%
4	<b>High Order Thinking Skills</b> (Analysis & Synthesis- Classify, compare, contrast, or differentiate between different pieces of information, Organize and/or integrate unique pieces of information from a variety of sources)		4	-	1	-	-	07	10%
5	<b>Evaluation</b> - (Appraise, judge, and/or justify the value or worth of a decision or outcome, or to predict outcomes based on values)		-	-	1	1	-	07	10%
	<b>TOTAL</b>		10x1= 10	6x2=12	4x3=12	6x4=24	2x6=12	70(28)	100%

\*In view of the nature of the discipline there is a possibility of greater attention to values.



**PSYCHOLOGY (Code No. 037)**  
**CLASS-XII (THEORY) (2016-17)**

One Theory Paper

Marks 70

Psychology, Self and Society

Units		Period	Weightage in Marks	
I	Variations in Psychological Attributes	20	9	Term -I (July- September)
II	Self and Personality	24	10	
III	Meeting Life Challenges	14	7	
IV	Psychological Disorders	24	10	
V	Therapeutic Approaches	20	7	
VI	Attitude and Social Cognition	20	8	Term -II (October - March)
VII	Social Influence and Group Processes	22	7	
VIII	Psychology and Life	13	6	
IX	Developing Psychological Skills	13	6	
	<b>Total</b>	<b>170</b>	<b>70</b>	

**TERM - I**

**Unit-I: Variations in Psychological Attributes**

**20 periods**

The topics in this unit are:

1. **Introduction**
2. **Individual Differences in Human Functioning**
3. **Assessment of Psychological Attributes**
4. **Intelligence**
5. **Theories of Intelligence**
  - a) Theory of Multiple Intelligences
  - b) Triarchic Theory of Intelligence
  - c) Planning, Attention-arousal, and Simultaneous-successive Model of Intelligence
6. **Individual Differences in Intelligence**
  - a. Variations of Intelligence
7. **Culture and Intelligence**
8. **Emotional Intelligence**
9. **Special Abilities**
  - a) Aptitude: Nature and Measurement
10. **Creativity**

## **Unit-II Self and Personality**

**24 periods**

The topics in this unit are:

1. **Introduction**
2. **Self and Personality**
3. **Concept of Self**
4. **Cognitive and Behavioural Aspects of Self**
  - a) Self-esteem, Self-efficacy and Self-regulation
5. **Culture and Self**
6. **Concept of Personality**
7. **Major Approaches to the Study of Personality**
  - a) Type Approaches
  - b) Trait Approaches
  - c) Psychodynamic Approach
  - d) Behavioural Approach
  - e) Cultural Approach
  - f) Humanistic Approach
8. **Assessment of Personality**
  - a) Self-report Measures
  - b) Projective Techniques
  - c) Behavioural Analysis

## **Unit-III: Meeting Life Challenges**

**14 periods**

The topics in this unit are:

1. **Introduction**
2. **Nature, Types and Sources of Stress**
3. **Effects of Stress on Psychological Functioning and Health**
  - a) Stress and Health
  - b) General Adaptation Syndrome
  - c) Stress and Immune System
  - d) Lifestyle
4. **Coping with Stress**
  - a) Stress Management Techniques
5. **Promoting Positive Health and Well-being**
  - a) Life Skills

#### **Unit-IV: Psychological Disorders**

**24 periods**

The topics in this unit are:

1. **Introduction**
2. **Concepts of abnormality and psychological Disorders**
3. **Classification of Psychological Disorders**
4. **Factors Underlying Abnormal Behaviour**
5. **Major Psychological Disorders**
  - a) Anxiety Disorders
  - b) Somatoform Disorders
  - c) Dissociative Disorders
  - d) Mood Disorders
  - e) Schizophrenic Disorders
  - f) Behavioural and Developmental Disorders
  - g) Substance-use Disorders

#### **Unit-V: Therapeutic Approaches**

**20 periods**

The topics in this unit are:

1. Nature and process of psychotherapy
  - a) Therapeutic relationship
2. Types of therapies
  - a) Psychodynamic Therapy
  - b) Behaviour Therapy
  - c) Cognitive Therapy
  - d) Humanistic-existential Therapy
  - e) Biomedical Therapy
  - f) Alternative Therapies
3. **Rehabilitation of the Mentally Ill**

#### **TERM - II**

#### **Unit-VI: Attitude And Social Cognition**

**20 periods**

The topics in this unit are:

1. **Introduction**
2. **Explaining Social Behaviour**
3. **Nature and Components of Attitudes**
4. **Attitude Formation and Change**
  - a) Attitude Formation
  - b) Attitude Change
  - c) Attitude-Behaviour Relationship

5. **Prejudice and Discrimination**
6. **Strategies for Handling Prejudice**
7. **Social Cognition**
8. **Schemas and Stereotypes**
9. **Impression Formation and Explaining**
10. **Behaviour of Others through Attributions**
  - a) Impression Formation
  - b) Attribution of Causality
11. **Behaviour in the Presence of Others**
12. **Pro-social Behaviour**
  - a) Factors Affecting Pro-social Behaviour

### **Unit-VII: Social Influence And Group Processes**

**22 periods**

The topics in this unit are:

1. **Introduction**
2. **Nature and Formation of Groups**
3. **Type of Groups**
4. **Influence of Group on Individual Behaviour**
  - a) Social Loafing
  - b) Group Polarisation
5. **Conformity, Compliance, and Obedience**
6. **Cooperation and Competition**
  - a) Determinants of Cooperation and Competition
7. **Social Identity**
8. **Intergroup Conflict: Nature and Causes**
9. **Conflict Resolution Strategies**

### **Unit-VIII: Psychology and Life**

**13 periods**

The topics in this unit are:

1. **Introduction**
2. **Human-Environment Relationship**
  - a) Different Views of the Human-Environment Relationship
3. **Environmental Effects on Human Behaviour**
  - a) Human Influence on the Environment
  - b) Noise
  - c) Pollution
  - d) Crowding
  - e) Natural Disasters

4. **Promoting Pro-environmental Behaviour**
5. **Psychology and Social Concerns**
  - a) Poverty and Discrimination
  - b) Aggression, Violence, and Peace
  - c) Mahatma Gandhi on Non-violence :
  - d) Health
  - e) Impact of Television on Behaviour

### **Unit-IX: Developing Psychological Skills**

**13 periods**

The topics in this unit are:

1. **Introduction**
2. **Developing as an effective Psychologist**
3. **General Skills**
4. **Observational Skills**
5. **Specific Skills**
  - a) Communication Skills
  - b) Psychological Testing Skills
6. **Interviewing Skills**
7. **Counselling Skills**

### **Practicals**

**30 Marks**

**60 Periods**

- A. Development of case profile:  
Using appropriate methods like, interview, observation and psychological tests.
- B. Test administration:  
Students are required to administer and interpret five tests.
- C. In Practical examination, the student will be required to administer and interpret two psychological tests.

### **Distribution of Marks:**

- |   |          |
|---|----------|
| (i) Practical File  | 10 Marks |
| (ii) Viva Voce (Case profile and practical)                   | 05 Marks |
| (iii) Two practicals (5 for conduction and 10 for reporting). | 15 Marks |

**Prescribed Books:**

1. Psychology, Class XI, Published by NCERT
2. Psychology, Class XII, Published by NCERT

**Note:** The above textbooks are also available in Hindi medium.

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02	<b>Understanding-</b> (Comprehension -to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase, or interpret information)		-	4	1	1	1	21	30%
03	<b>Application</b> (Use abstract information in concrete situation, to apply knowledge to new situations, Use given content to interpret a situation, provide an example, or solve a problem)		3	-	1	2	-	14	20%
04	<b>High Order Thinking Skills</b> (Analysis& Synthesis- Classify, compare, contrast, or differentiate between different pieces of information, Organize and/or integrate unique pieces of information from a variety of sources)		4	-	1	-	-	07	10%
05	<b>Evaluation-</b> (Appraise, judge, and/or justify the value or worth of a decision or outcomes)		-	-	1	1	-	07	10%
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