

Psychology (Class XI – XII)

Introduction

Psychology is a new discipline which is introduced as an elective subject at Secondary level in schools. It specializes in the study of mental processes, experiences and behaviour of human beings within a Socio-Cultural Context. This emphasizes on creating interest and exposure needed by learners to develop their own knowledge base and understanding. This course purports to introduce the learners to the basic needs, methods, ideas and principles of Psychology, so as to understand self and their society more better.

The contents of the course in classes XI and XII aim at providing knowledge and understanding of concepts and processes of Basic Psychology. The teaching-learning process suggests the involvement of the learner for better understanding. Therefore teaching of psychology should be based on the use of case-studies, experimental exercises, analysis of common life experiences.

A special segment on Adolescence education: has been included. This deals with issues like Adolescent sexuality, Peer Group Pressure, Gender Sensitization and serious problems like Drug Abuse and AIDS. This unit has been planned because adolescent issues are directly related to the target group.

As Himachal Pradesh Board of School Education has adopted NCERT syllabus and books at this stage so there is not much scope for change. However, it was absorbed that some superfluous and complex content need be deleted. In some chapters tables are proposed to be inducted to facilitate understanding.

Objectives

1. To develop appreciation about human behaviour and human mind in the context of learner's immediate society and environment.

2. To facilitate learner's quest for personal growth and effectiveness.
3. To develop an appreciation of multi-disciplinary nature of Psychological knowledge and its applications among learners in various aspects of life.
4. To enable the learners to become perceptive, socially aware and self-reflective.
5. To help them to become responsible citizens and develop ability to adjust and contribute towards betterment of society.

Expected Outcomes

Class - XI

1. Better understanding of human behaviour.
2. Inquisitiveness.
3. Inculcation of holistic perspective.
4. Understanding behaviour in a biological framework.
5. Refinement of Sensory – Perceptual processes of the target group.
6. Enhancement of attentional skills.
7. Enrichment of learning process.
8. Improvement of memorization process.
9. Understanding of mental processes like thinking, motivation and emotion.

Expected Outcomes

Class - XII

1. Understanding of psychological attributes such as intelligence, aptitude, creativity, resulting in their enhancement.
2. Awareness of self and related concepts such as self-concept, self-esteem, self-acceptance etc.
3. Understanding dynamics of personality resulting in subsequent enrichment.
4. Preparation of the Target group to meet life challenges by focusing on stress and coping strategies.
5. Knowledge of various psychological disorders with a brief reference to psychotherapy.
6. Development of favourable social attitudes and social dynamics.
7. Formation of better inter-personal relation and communication.
8. Inculcation of pro-social behaviour.
9. Improvement of human environment relationship.
10. Development of effective psychological skills such as observation and counseling.
10. Quantification of behavioural data.

PSYCHOLOGY - XI
(THEORY)

One Theory Paper

Time : 3 Hours

M.Marks : 70

UNIT WISE WEIGHTAGE

Units		Marks	Periods
1.	Introduction to Psychology	05	18
2.	Methods in Psychology	06	18
3.	Biological Bases of Behaviour	06	18
4.	Socio-Cultural Bases of Behaviour	05	12
5.	Life-Span Development	08	20
6.	Some Major Adolescent Concerns	04	10
7.	Sensory Perceptual Processes	05	16
8.	Learning	08	20
9.	Memory Processes	08	20
10.	Cognitive Processes	06	14
11.	Communication	04	16
12.	Motivation & Emotion	05	18
13.	Facts of Development (Not for Evaluation)	--	--
		70	200

Practicals

30 Marks

75 Periods

Note: As in pervious syllabus

Unit – 1 Introduction to Psychology (18 periods)

Introduction, Milestones in the history of Psychology (Box), Psychology and Life, Approaches to study Psychology, and Life – Biological, Behaviouristic, Gestalt, Cognitive, Psychodynamic, Humanistic and cultural, Fields of Psychology, Psychology in relation to other Disciplines (New Frontiers of Psychology) (Box).

Unit – 2 Methods of Psychology (18 periods)

Introduction, Goals of Psychological Enquiry – Observational, Experimental, Co-relational (Box), [Simulation (Box)] Cross –Sectional and Longitudinal Studies [Qualitative Methods (Box)], Case study, Psychological tools – Tests, Interviews, Questionnaires, Ethical Issues involved in Psychological Studies.

Unit – 3 Biological Bases of Behaviour (18 periods)

Introduction, Evolutionary Perspective and Genetics, [Natural Selection and Socio-Biology (Box)], Brain and Nervous System, [Reflexes (Box)], Functional Organisation of Brain [Communication in the Nervous System (Box)], mental Chronometry (Box) Endocrine System.

Unit – 4 Socio-Cultural Bases of Behaviour (12 periods)

Introduction, What is Culture?, Relationship between Culture and Human-Behaviour, Socialization and Acculturation, Cultural Organisation of Social Life [Modernisation, Westernisation, Sanskritisation (Box)].

Unit – 5 Life- Span Development (20 periods)

Introduction, What is Development? [Growth, Maturation, Development, Evolution (Box)], Factors influencing Development, Critical Periods of Development, Ecology of Human Development, Genetic Bases of Development, Stages of Development, [Indian concept of Stages of Development (Box)], Infancy and childhood – Developmental task and characteristics, [Childhood in India (Box)], Adolescence – Developmental Aspect, Adulthood stage and challenges, old Age-coping with problems of the Aged, Critical Life-events [Career Planning, Marriage, Unemployment, Divorce, Single Parenting, Retirement, Death and Dying], [Family and Human Development (Box)].

Unit – 6 Some Major Adolescent Concerns (10 periods)

Introduction, What is Adolescence?, Problems of Adolescence; Issues Related to Adolescent – Sexuality, Peer – Pressure, Delinquency, Sexual-Abuse, Substance – Abuse, Stress Related to Vocational choices, AIDS.

Unit – 7 Sensory and Perceptual Process (16 periods)

Introduction, Psychophysics (Box), Classical and Modern Methods, Sense Organs [Eye and Ear (Box)], Attentional Processes, Study of Attention, Perceptual Organisation, (Illusion) [Perceptual Constancy (Box)], Shape, Perception, Perceptual Learning, Factors affecting Perception, Person and Social Perception, Perception and State of Consciousness.

Unit – 8 Learning (20 periods)

Introduction, What is Learning? How do we learn?, Social Learning Concept, Learning, (Processes of Learning, Reinforcement, Discrimination, Generalisation, Extinction), Verbal Learning, Transfer of Learning, General and Specific factors influencing Learning, Practical, Applications of Learning Principles, [Learning Styles (Box)], Learning Disability (Distance Learning through Information Technology and Mass Media).

Unit – 9 Memory Process (20 periods)

Introduction, (Encoding, Storage, Retrieval), [Memory Research in Historical Perspective – Landmarks (Box)], Multiple Memory System, [Sensory Short –Term/Working memory (Box)]. Long Term Memory Measurement of Memory – Explicit and Implicit memory measures for getting Encoding failure, Storage failure and Retrieval Failure, Armesia, Improving Memory [Emotion and Memory (Box)].

Unit – 10 Cognitive Processes : (14 periods)

Introduction, What is thinking? Concepts; Reasoning, Problem solving, Judgment and Decision Making (Meta Cognition) [Artificial Intelligence (Box)], Creative thinking, [Fostering Creativity (Box)], [Assessing Creativity (Box)], (Imaging and Cognition) (Human Brain), Information processing model, Measuring mental processes.

Unit – 11 Communication (16 periods)

Communication Process – Verbal and Non-verbal Communication, Communication Skills, and Barriers to communication (Persuasion, Persuasive Communication).

Unit – 12 Motivation and Emotion (18 periods)

Introduction, What is Motivation? Human needs (Maslow), [Physiological Mechanisms (Hypothalamus and (Box) Biological Needs; Major Psychological Motives – Achievements, Affiliation and Power, Emerging Concepts Intrinsic and Extrinsic Motivation, Attribution, Competence, Frustration, Conflict and Anxiety [Yerkes Dodson Laws (Box)], [Enhancing Motivation (box)], Nature of Emotions, Expressing Emotions, Physiological and Cognitive basis of emotions. Relationship between Emotion and Motivation. Emotional Competence, Culture and Emotion, Positive and Negative Emotions.

Unit – 13 Facets of Development

(Not for evaluation)

Introduction ; Cognitive development -1, Theories of Piaget and Vygotsky; Socio-emotional development-Concept of attachment; Stages of Psycho-social development (Erikson); Moral development (Kohlberg) ; Development of values; Holistic development of child; [SPIRITUAL DEVELOPMENT (BOX)].

**PSYCHOLOGY - XII
(THEORY)**

One Theory Paper

Time : 3 Hours

M.Marks : 70

UNIT WISE WEIGHTAGE

Units		Marks	Periods
1.	Intelligence	08	20
2.	Self and Personality	08	20
3.	Social Influence and Group Processes	07	20
4.	Attitude and Social Cognition	06	20
5.	Coping with Life Challenges	06	15
6.	Psychological Disorders & Some Therapeutic Approaches	14	30
7.	Environment and Behaviour	05	15
8.	Psychology and Social Problems	05	20
9.	Skill Needed for and effective Psychologist	03	15
10.	Statistics in Psychology.	08	25
		70	200

Practical

30 Marks

75 Periods

Unit – 1 Intelligence (20 Periods) :

Introduction, What is Intelligence, Culture and Intelligence, Assessment of Intelligence, Intelligence Deficiency, Giftedness, Special Aptitudes, Nature

and Measurement, (New Directions – Emotional, Practical and Spiritual Intelligence (Box).

Unit – 2 Self and Personality (20 Periods)

Introduction, Concepts of Self and Personality, Self-Concept and Self-regulation, [Culture and Self (Box)], The Indian Concept of Self, Approaches to Study Psychology – Typological, Psychodynamic, Humanistic, Concept of 'Gunas', Assessment of Personality – Projective Measures, Self-Report Measures, Behaviour Analysis.

Unit – 3 Social Influence and Group Processes (20 Periods)

Introduction, Nature and Formation of Group, Types of Group, Factors Influencing Group- Formation, Functions of Group, Conformity, Compliance and Obedience, Influence of Group on Individual Behaviour, Social Facilitation, Risk Taking, Group Think (Box), Minority Influences (Box), Leadership, Nature and Functions, Leadership Styles.

Unit – 4 Attitude and Social Cognition (20 Periods)

Introduction, Nature and Components of Attitude, Attitude and Behaviour, Attitude Measurement, Attitude Formation and Change, Stereotype – to be dealt with under-prejudice and discrimination including Stereotypes, Inter-group, Conflicts Strategies for handling Prejudices, Making Attributions. Pro-social – Behaviour – Nature and Determinants [(Box) – Stander Behaviour, Altruism, Empathy], (Aggression and Violence) – Nature, Determinants & Management (Box).

Unit – 5 Coping with Life Challenges (15 Periods)

Introduction, What is Adjustment Including Spheres, Nature and Sources of Stress, Coping with Stress [Stressful Life Events (Box)], Healthy life Style [Learned Resourcefulness and Learned Helplessness (Box)],

[Optimism and Thriving (Box)], Factors Facilitating Positive Health and Well-Being.

**Unit – 6 Psychological Disorders and
Some Therapeutic Approaches (30 Periods)**

Introduction, What is Abnormal Behaviour? Classification of Psychological Disorders (DSM) System, Perspective on Understanding Abnormal Behaviour (Box), Causal Factors Underlying Abnormal Behaviour, Major Disorders – Anxiety Disorder [Epidemiology of Mental Illness (Box)], [Post-Traumatic Stress Disorders (Box)], Mood Disorders – Schizophrenic Disorders, Personality Disorders, Substance Related Disorders, Behaviour Disorder (HIV, AIDS) (Box).

Introduction, Nature and Process of Therapy, Types of Therapies, Behavioural, Cognitive and Indigenous Therapies – Yoga, Meditation [Limitations of Therapy (Box)], (Rehabilitation of Mentally Ill) (Regulations pertaining to Mental Health).

Unit – 7 Environment and Behaviour (15 Periods)

Introduction, Man and Environment Relationship [Personal Space, Territoriality (Box)], Environmental Stress and Their Effects – Noise, Pollution, Crowd, Natural Disaster, Promoting Pro-Environmental Behaviour, (Recycling and Energy Conservation) (Box), [Green House and Nuclear Threat (Box)], [Tragedy of Commons (Box)].

Unit – 8 Psychology and Social Problems (20 Periods)

Introduction, What is Social Problem? Social Problems in India, Poverty and Social Disadvantages, Concept of Poverty (Box) Interventions for Alleviation of Poverty (Box) Challenges for National Integration, Why does Non-violence works (Box) Gender Discrimination against the Girl Child (Box), Population Explosion, Crowding and its consequences, Impact of Media and Communication, Revolution Urbanization.

Unit – 9 Skills Needed for an Effective Psychologist (15 Periods)

Introduction, Developing as a Psychologist – Counselling Skills (Case Study), Communication Skills (Organising Rehabilitation Services for Physically, Mentally and Socially Challenged) [Empathy, Self-Discipline (Box)].

Unit – 10 Statistics In Psychology (25 Periods)

Introduction, What is Statistics? [Uses of Statistics (Box)], Types of Statistics – Descriptive, Inferential, Levels of Measurement, Graphical, Representation of Data – Bar, Polygon, Histogram, Pie, Computation of Measures of Central Tendency, Measures, Concept of Variability Range and Standard Deviation, Concept of Co-relation, Concept of Normal Distribution Curve.

Psychology

Class – XII

Practical

30 Marks

75 Periods

The students shall be required to conduct five practical and case profile related to the following topics covered in the course. They will involve use of psychological assessment devices in different domains and conducting small studies, exercises, experiments etc.

1. Intelligence
2. Personality
3. Aptitude
4. Adjustment
5. Attitude
6. Self Concept
7. Anxiety.

Marks

Viva	5
Reporting file including case profile.	5
Accurate Conduct	10
Writing of Report	10

Standardised tests should be used. The listed practicals should be demonstrated by the teacher. Every student is required to conduct five practicals related to full topics and one case study.