

**PSYCHOLOGY**  
**CLASS XI**  
**(THEORY)**

*One Paper*

*Time: 3 Hours*

*70 Marks*

*180 Periods*

Unit	Unitwise Weightage	Marks
I	What is Psychology?	6
I	Methods of Enquiry in Psychology	6
III	The Bases of Human Behaviour	6
IV	Human Development	8
V	Sensory, Attentional and Perceptual Processes	9
VI	Learning	8
VII	Human Memory	9
VIII	Thinking	9
IX	Motivation and Emotion	9

**Unit I: What is Psychology?**

(10 Periods)

Objectives:- The Unit seeks to develop understanding and appreciation of psychology as a discipline, its evolution, its applications and its relationships with other sciences through appropriate and interesting examples and analysis of everyday experience.

What is psychology? Popular notions about discipline of psychology; Understanding mind and behaviour; Evolution of psychology; Branches of psychology; Psychology and other discipline; Psychology in everyday life; Development of Psychology in India.

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

(18 Periods)

Objectives :- It is to discuss methods of enquiry for collecting psychological data.

Goals of psychological enquiry; Nature of psychological data. Methods of psychology - Observational, Experimental, Survey, Casestudy, interview, analysis of data, Limitations of psychological enquiry.

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

(20 Periods)

Objectives :- It will focus on the role of biological and socio-cultural factors in the shaping of human behaviour.

Evolutionary perspective; Biological basis; Biological and cultural roots; Biology of behaviour; Structure and functions of nervous system and endocrine system; Relationship of nervous system and endocrine system with behaviour; Brain and behaviour; Heredity, Genes and behaviour; Cultural basis; Socio-cultural shaping of behaviour (e.g. family, Community, faith, gender, caste, disability); Socialisation; enculturation; acculturation.

**Unit IV: Human Development** (20 Periods)

Objectives : To deal with Variations in development and the developmental tasks during the life span.

Meaning of development; Factors influencing development; Overview of developmental stages Infancy; Childhood, Adolescence, adulthood.

**Unit V: Sensory, Attentional and Perceptual Processes** (22 Periods)

Objectives : To aim at understanding how various sensory stimuli are received, attended to and given meaning.

Knowing the World; Nature and varieties of stimulus; Sense modalities; Adaptation; Attentional processes; Selective and sustained attention; Perceptual processes; The Perceiver; Principles of perceptual organisation; After images; Perception of space, depth and distance; Perceptual constancies; Illusions; Socio-cultural influences on perception.

**Unit VI: Learning** (24 Periods)

Objectives : This unit focuses on how one acquires new behaviour and how changes in behaviours take place.

Nature and concept of learning; Learning curve; Learning and Maturation; Trial and Error; Insight; Classical and operant conditioning; concept learning; Skill learning; Verbal learning; Factors facilitating learning; Transfer of learning; Learning styles; Learning disabilities; Feedback, Applications of learning principles.

**Unit VII: Human Memory** (20 Periods)

Objectives : This unit deals with how information is received, stored, retrieved and lost. It will also discuss how memory can be improved.

Nature of Memory; Information processing approach; Levels of processing; Memory system-Sensory memory; short term memory, long term memory; Knowledge representation and organization in memory; Memory as a constructive process; nature and causes of forgetting; Enhancing memory.

**Unit VIII: Thinking** (22 Periods)

Objectives : This Unit deals with thinking and related processes like reasoning, problem-solving, decision making and creative thinking. The relationship between thought and language will also be discussed.

Concept and nature of thinking; Thought and language; Problem Solving; Decision making; Reasoning; Nature and Process of creative thinking; Development creative thinking.

**Unit IX: Motivation and Emotion** (24 Periods)

Objectives : This Unit focuses on why human beings behave as they do. It also deals with how people experience positive and negative events and respond to them.

Nature of motivation; Biological motives; Social and psychological motives - Achievement, Affiliation, Power; Maslow's hierarchy of needs; Nature of emotions; Physiological, Cognitive and Cultural bases of emotions; Expression of emotions; Enhancing positive emotions; e.g.Happiness, Optimism etc; Managing negative emotions e.g. anger, fear, etc.

**PRACTICAL  
CLASS XI**

**One Paper** **3 Hours** **30 Marks**  
**(Projects, Experiments, Small Studies, etc.)** **60 Periods**

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

**PRESCRIBED TEXTBOOK:**

Introduction to Psychology Part I  
(A Textbook for Class XI)  
Published by: NCERT, New Delhi.

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**DESIGN**  
**QUESTION PAPER/UNIT TEST**

**Subject : PSYCHOLOGY**  
**Unit/Paper : Theory**  
**Class : XI**  
**Time : 3 Hours**  
**Marks : 70**

I	Weightage to objectives:					
	Objectives	K	U	A	S	Total
	Percentage of Marks	35	35	15	15	100
	Marks	25	25	10	10	70
I	Weightage to Form of Questions:					
	Forms of Question	E	SA	VSA	O	Total
	No. of Questions	04	14	10	8	36
	Marks of Allotted	24	28	10	8	70
III.	Estimated Time (in Minutes)	80 min.	70 min.	20 min.	10 min.	180 min.
IV.	Weightage to Content:					
	Units/Sub-units					Marks
	Unit-I	What is Psychology?				6
	Unit-II	Methods of Enquiry in Psychology				6
	Unit-III	The Bases of Human Behaviour				6
	Unit-IV	Human Development				8
	Unit-V	Sensory, Attentional and Perceptual Processes				9
	Unit-VI	Learning				8
	Unit-VII	Human Memory				9
	Unit-VIII	Thinking				9
	Unit-IX	Motivation and Emotion				9
Total					70	
V.	Scheme of Sections: Nil					
VI.	Scheme of Options: Internal Option may be given in E/LA type of questions only					
VII.	Difficulty Level:					
	Difficult : 15% Marks					
	Average : 50% Marks					
Easy : 35% Marks						

**Abbreviations:** K( Knowledge), U (Understanding), A (Application), S (Skill), E (Essay Type), SA(Short Answer Type), VSA (Very Short Answer Type), O(Objective Type).

**PSYCHOLOGY**  
**CLASS XII**  
**(THEORY)**

*One Paper*

*Time: 3 Hours*

*70 Marks*

*180 Periods*

Unit	Unitwise Weightage	Marks
I	Variations in Psychological Attributes	8
I	Self and Personality	8
III	Meeting Life Challenges	6
IV	Psychological Disorders	6
V	Therapeutic Approaches	6
VI	Attitude and Social Cognition	10
VII	Social Influence and Group Processes	10
VIII	Psychology and Life	8
IX	Developing Psychological Skills	8

**Unit I: Variations in Psychological Attributes**

(22 Periods)

Objectives:- The unit aims at studying how people differ with respect to their various psychological attributes.

Individual differences in human functioning; Assessment of psychological attributes; Intelligence: Individual differences in intelligence; Theories of intelligence; Culture and intelligence; Special abilities; Aptitude - nature and measurement; Creativity; Emotional intelligence.

**Unit II: Self and Personality**

(20 Periods)

Objectives :- This unit focuses on the study of self and personality in the context of different approaches in an effort to appraise the person. The assessment of personality will also be discussed.

Concepts of self, self-esteem, self-efficacy, and self-regulation; Culture and self; Concept of personality; Major approaches - Type and Trait, Psychodynamic, Humanistic, Behavioural, Cultural, Assessment of personality; Self-report measures, behavioural analysis, and projective measures.

**Unit III: Meeting Life Challenges**

(20 Periods)

Objectives :- This unit deals with the nature of stress and how responses to stress depend on an individual's appraisal of stressors. Strategies to cope with stress will also be dealt with.

Concept of personal, Social and occupational adjustment; Defense mechanisms-rationalization, projection, reaction formation. Nature, types and sources of stress; Effects on psychological functioning and health; Coping with stress; Promoting positive health and well-being.

**Unit IV: Psychological Disorders** (16 Periods)

Objectives :- This unit discusses the concepts of normality and abnormality and the major psychological disorders.

Concepts of abnormality and psychological disorders; Classification of disorders; Factors underlying abnormal behaviour; Major psychological disorders - Anxiety, Somatic, Dissociative, Mood, Schizophrenic, Developmental and Behavioural-Substance use related.

**Unit V: Therapeutic Approaches** (16 Periods)

Objectives :- The unit discusses the goals, techniques, and effectiveness of different approaches to treat psychological disorders.

Nature and process of therapy; Therapeutic relationship; Types of therapies; Psychodynamic, Humanistic, Cognitive, Behaviour and Bio-medical; Alternative therapies - Yoga, Meditation; Rehabilitation of mentally ill.

**Unit VI: Attitude and Social Cognition** (22 Periods)

Objectives :- This unit focuses on formation and change of attitudes, cultural influences on attributional tendencies and conditions influencing pro-social behaviour.

Explaining social behaviour: Impression formation and explaining behaviour of others through attributions; Social cognition; Schemas and stereotypes; Nature and components of attitudes; Attitude formation and change; Behaviour in the presence of others; Pro-social behaviour; Prejudice and discrimination; Strategies for handling prejudice.

**Unit VII: Social Influence and Group Processes** (22 Periods)

Objectives :- The unit deals with the concept of group, its functions and the dynamics of social influence on conformity, obedience and compliance. Different conflict resolution strategies will also be discussed.

Conformity, Obedience, and Compliance; Cooperation and Competition; Nature and formation of groups; Types of groups; Social identity; Influence of group on individual behaviour; Inter-group conflicts; Conflict resolution strategies.

**Unit VIII: Psychology and Life** (20 Periods)

Objectives :- The unit focuses on the application of psychological understanding to some important social issues.

Human-environment relationship; Environmental effects on human behaviour; Noise, pollution, crowding, natural disasters; Promoting pro-environmental behaviour; Psychology and social concerns; Aggression, Violence and Peace, Discrimination and Poverty, health, impact of television on behaviour.

**Unit IX: Developing Psychological Skills** (22 Periods)

Objectives :- The unit deals with some effective psychological and interpersonal skills for facilitating personal-social development.

Effective psychological skills; Observational skills, Interviewing skills, Testing skills; Counselling skills - empathy, authenticity, positive regard and Communication skill - listening.

**PRACTICAL PAPER  
CLASS XII**

<b>One Paper</b>	<b>3 Hours</b>	<b>30 Marks</b>
<b>(Projects, Psychological Testing, Case Studies, etc.)</b>		<b>60 Periods</b>

The students shall be required to prepare one case profile and conduct five practicals related to the topics covered in the course. The case profile will include developmental History of the subject, using both qualitative (observation, interview, rating etc.) and quantitative approaches. Practical would involve using standardised psychological assessment devices in different domains (intelligence, personality, aptitude, adjustment, attitude, self-concept, and anxiety).

**PRESCRIBED TEXTBOOK:**

Introduction to Psychology Part II  
(A Textbook for Class XII)  
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**Class : XII**  
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