

PSYCHOLOGY

Class - XII



**Board of Secondary Education Rajasthan
Ajmer**

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Psychology

Class - XII

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Psychology

Class - XII

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ACKNOWLEDGEMENT

As per the directive of State Government, new syllabus has been prepared by Board of Secondary Education, Rajasthan on the basis of major social, historical and cultural events at National and State Level, for the students with a view to provide them a platform for an overall personality development and establishing a meaningful relationship between their roots and academics.

Under the programme, in the first phase, text books have been prepared for the session 2016-17 for the students of IX and XI, session 2017-18 for the students of X and XII standard, who are pursuing education in the schools affiliated to the Board of Secondary Education, Rajasthan

Along with an insight into the social, cultural and historical benchmarks, factual information, project-based task and activity-based exercises have also been effectively dealt with in the prescribed books. The books will promote creativity, original thinking, contemplation and expression among the students. The modern techniques and teaching aids will make the learning more effective, interesting and result oriented.

I, therefore, on my behalf and on behalf of the Board of Secondary Education, Rajasthan extend my deep gratitude to the writers and Rajasthan State Text book Board for their kind co-operation in our endeavour to undertake the important work of text book writing and hope to get the same co-operation in future also.

Prof. B.L. Choudhary
Chairman
Board of Secondary Education, Rajasthan, Ajmer

Preface

After reading this book the students of Class XII will be able to understand the practical knowledge of psychology. The knowledge upto Class XI provide ability to understand normal psychological process.

In this Chapter efforts have been made to study Intelligence and Aptitude that provide Cognitive aspect of Human Behaviour. If the students is not able to internalize the Self and Personality, they will not be able to present energetic Behaviour. Therefore the study of meaningful understanding of Personality has been presented to students by this Chapter.

In this competitive life style, tensions, Human potentially and well being are objectionable concepts for each other, but in this chapter efforts have been made to explain these concepts in a exhaustive way. The need of the hour is to stimulate students as per their capacities to reduce tensions and proceed further for Well-Being Holistically, in the fast running life of human being psychological disorders are prevalent either by environment or heredity, efforts have been made to describe these elaboratively .

When the individual effected by Psychological Disorders the need is to utilize therapeutic interventions and counseling skills. For this, writers have explained descriptively.

Human Being is social being. For this social cognition and attitude formation and change has to be understand fl Social Behaviour.

Efforts have been made to explain group process and interpersonal social relations and effects to solve group mentality and conflict in the Chapter. Psychology is a spinal cord to understand human behaviour. For this effect of human environment relations, pollution, crowd and social issues has been collected in this Chapter.

Till the principals of Psychology are not used practically, it is not possible for an individual to understand psychological skills. Therefore with the help of different units the fields of Psychology has been significantly explained with specialization.

By reading this book the student will utilize self concept to understand principals of Psychology to use in practical life.

I give my blessings to all my fellow writers for their writings and motivate them to keep on writing thoughtfully to make subject of Psychology clear and interesting and show their significance. I acknowledge sincerely to all those writers of books whose contents have been used.

Lastly, I sincerely acknowledge to Rajasthan Board of Secondary education, Ajmer for creation of this book, editing and financial support to spread the knowledge of Psychology among the students who has aptitude for reading Psychology.

Prof. (Dr.) Vijay Laxmi Chauhan

SYLLABUS

Psychology **Class-XII**

Subject Code -29

In this subject there will be two examinations. One theoretical and Practical. Students have to pass both the exams separately the examination plan of subject given here under:-

Examination	Time (Hrs)	Marks for Question paper		Total marks 100
		Exam	Practical	
Theory	3:15	56	14	70
Practical	4:00	30	-	30

PSYCHOLOGY THEORY

S.No.	Reading Content	Weightage
1.	Intelligence and Aptitude	06
2.	Self and Personality	06
3.	Stress, Human Capabilities and Wellbeing	06
4.	Psychological Disorders	06
5.	Therapeutic Approach and Counseling	06
6.	Attitude and Social Cognition s	06
7.	Group Pressures and Social Influence	05
8.	Psychology and Life	05
9.	Applied Psychology	05
10.	Developing Psychological skill	05

PSYCHOLOGY

Psychological tests and case profile **30**

Unit-1 Intelligence and Aptitude 06

Intelligence – Definitions and Nature, Theories of Intelligence- Spearman, Guilford, Cattle and Gardner, Assessment of Intelligence .

Emotional Intelligence – Meaning

Aptitude - Meaning Nature and Measurement

Unit-2 Self and Personality 06

Meaning of self and aspects – Self esteem, Self regulation.

Personality – Meaning, types and determinants.

Assessment – Self respect measures, Projective Techniques and Behavioral Analysis.

Unit-3 Stress Human Capabilities and Wellbeing 06

Stress- Meaning and types, Effect of stress on Psychological functioning and health.
Human capabilities – Meaning and types , cognitive, emotional and behavioral. Health and Wellbeing Introduction .

Unit-4 Psychological Disorders- 06

Concept and meaning of Abnormality, causes of Abnormal behavior. Major Psychological Disorders – Anxiety, Disorder Contents somatoform Disorders Mood Disorders, Schizophrenia, Behavioral and Developmental disorder, substance use disorders, Alcohol

Unit-5 Therapeutic Approaches and Counseling 06

Psychotherapy – Nature, process, Types of Psychotherapy – Psychodynamic, Behavioral Cognitive, Humanistic, Alternative Therapies, Yoga, Meditation and Counseling.

Unit-6 Attitude and Social Cognition 06

Attitude, Nature and components, Attitude formation and change, Prejudice, Stereotype Discrimination, Social Cognition meaning, Impression Formation, Pre social behavior .

Unit-7 Group Processes and Social Influence L- 05

Group: Meaning, group formation, Types of group, Social Influence, Conformity, compliance obedience, Group conflict, Conflict resolution strategies.

Unit-8 Psychology and Life:- 05

Man- Environment relationship; Effect of Environment on human behavior: Noise, Pollution, crowd, Natural calamity, promotion of Environment friendly behavior Social Issues: Poverty, Discrimination, Aggression, Violence and Peace, Effect of Mass-communication on behavior.

Unit- 9 Applied Psychology:- 05

Meaning, Application, Education: Communication, types, process, organizational Psychology, Games & sports.

Unit-10 Developing Psychological skills:- 05

Introduction Developing as an effective Psychologist, General Skills Intellectual and Personal, Observational skills, sensitization towards individual differences, specific skills: communication skills, Psychological Testing skills, Interviewing skill and counseling skills.

PSYCHOLOGY: PRACTICALS

1. Experimental work	15 Marks
2. Verbal work (Viva)	05 Marks
3. Internal Assessment	05 Marks
4. Practical File	05 Marks
Total	30 Marks

The students have to conduct 5 practical's and one project/case profile from the given syllabus. In the session student have conduct five (5) practical from the following list. Students have to prepare a complete practical Record. This will be evaluated at the final examination by the external and Internal Examiner. In the final examination only one experiment/ test has to be conducted by the examinee.

1. Intelligent Test
2. Personality Test
3. Stress/ wellbeing measurement
4. Anxiety/ Psychological Disorder Measurement.
5. Treatment by any Psychotherapy
6. Measurement of attitude/Prejudice
7. Conflict
8. Aggression/Mass communication
9. Communication – One way/ Two way
10. Counseling to adolescent /Elderly

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