

Psychology

CLASS-XII (THEORY) (2018-19)

One Theory Paper

Marks 70

Units		Period	Weightage in Marks
I	Variations in Psychological Attributes	20	9
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
VII	Social Influence and Group Processes	22	7
VIII	Psychology and Life	13	6
IX	Developing Psychological Skills	13	6
	Total	170	70

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. Obsessive-Compulsive and Related Disorders
 - c. Trauma-and Stressor-Related Disorders
 - d. Somatic Symptom and Related Disorders
 - e. Dissociative Disorders
 - f. Depressive Disorder
 - g. Bipolar and Related Disorders
 - h. Schizophrenia Spectrum and Other Psychotic Disorders
 - i. Neurodevelopmental Disorders
 - j. Disruptive, Impulse-Control and Conduct Disorders
 - k. Feeding and Eating Disorders
 - l. Substance Related and Addictive 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

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 conduct 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.

QUESTION PAPER DESIGN 2018-19									
PSYCHOLOGY		Code No. 037				CLASS-XII			
Time: 3 Hours					Max. Marks: 70				
S. No	Typology of Questions	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	% Weight age
01	Remembering- (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">ReasoningAnalytical SkillsCritical Thinking Skills etc.	3	2	-	2	1	21	30%
02	Understanding- (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	Application (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	High Order Thinking Skills (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	Evaluation- (Appraise, judge, and/or justify the value or worth of a decision or outcomes)		-	-	1	1	-	07	10%
	TOTAL		10x1= 10	6x2=12	4x3=12	6x4=24	2x6=12	70(28)	100%