

PSYCHOLOGY
CLASS - XII (2019-20)
(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, behaviors 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 behavioral processes and discourages simplistic cause-effect thinking. This is pursued by encouraging critical reasoning, allowing students to appreciate the role of cultural factors in behavior and illustrating how biology and experiences shape behavior.

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 behavior 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.

**COURSE STRUCTURE
CLASS XII (2019-20)**

One Theory Paper

**3 Hours
Marks: 70**

Units	Topics	No. of periods	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

COURSE CONTENT

Unit I	<p>Variations in Psychological Attributes</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory, Theory of Multiple Intelligences, 	20 Periods
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	<p>Triarchic Theory of Intelligence, Planning, Attention-arousal and Simultaneous successive Model of Intelligence</p> <ol style="list-style-type: none"> 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity 	
Unit II	<p>Self and Personality</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural Aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> • Type Approaches • Trait Approaches • Psychodynamic Approach • Behavioural Approach • Cultural Approach • Humanistic Approach 8. Assessment of Personality <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis 	24 Periods
Unit III	<p>Meeting Life Challenges</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 	14 periods

	<ol style="list-style-type: none"> 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Life Skills 	
Unit IV	<p>Psychological Disorders</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma-and Stressor-Related Disorders • Somatic Symptom and Related Disorders • Dissociative Disorders • Depressive Disorder • Bipolar and Related Disorders • Schizophrenia Spectrum and Other Psychotic Disorders • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders 	24 Periods
Unit V	<p>Therapeutic Approaches</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Nature and Process of psychotherapy <ul style="list-style-type: none"> • Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> • Psychodynamic Therapy • Behaviour Therapy • Cognitive Therapy • Humanistic-existential Therapy • Biomedical Therapy 	20 Periods

	<ul style="list-style-type: none"> • Alternative Therapies <p>3. Rehabilitation of the Mentally Ill</p>	
Unit VI	<p>Attitude and Social Cognition</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation • Attitude Change • 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 <ul style="list-style-type: none"> • Impression Formation • Attribution of Causality 11. Behaviour in the Presence of Others 12. Pro-social Behaviour <ul style="list-style-type: none"> • Factors Affecting Pro-social Behaviour 	20 Periods
Unit VII	<p>Social Influence and Group Processes</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> • Social Loafing • Group Polarisation 5. Conformity, Compliance and Obedience 6. Cooperation and Competition <ul style="list-style-type: none"> • Determinants of Cooperation and Competition 7. Social Identity 8. Intergroup Conflict: Nature and Causes 9. Conflict Resolution Strategies 	22 Periods

Unit VIII	<p>Psychology and Life</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Human-Environment Relationship <ul style="list-style-type: none"> • Different Views of the Human-Environment Relationship 3. Environmental Effects on Human Behaviour <ul style="list-style-type: none"> • Human Influence on the Environment • Noise • Pollution • Crowding • Natural Disasters 4. Promoting Pro-environmental Behaviour 5. Psychology and Social Concerns <ul style="list-style-type: none"> • Poverty and Discrimination • Aggression, Violence and Peace • Mahatma Gandhi on Non-violence • Health • Impact of Television on Behaviour 	13 Periods
Unit IX	<p>Developing Psychological Skills</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Developing as an effective Psychologist 3. General Skills 4. Observational Skills 5. Specific Skills <ul style="list-style-type: none"> • Communication Skills • Psychological Testing Skills 6. Interviewing Skills 7. Counselling Skills 	13 Periods
<p>Practical</p> <p>A. Development of case profile: Using appropriate methods like interview, observation and psychological tests.</p> <p>B. Test administration: Students are required to administer and interpret five</p>		<p>30 Marks</p> <p>60 Periods</p>

psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.

C. In Practical examination, the student will be required to administer and interpret two psychological tests.

Distribution of Marks:

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| • Practical File and Case profile | 10 Marks |
| • Viva Voce (Case profile and practical) | 05 Marks |
| • Two practicals (5 for conduct and 10 for reporting) | 15 Marks |

PSYCHOLOGY (Code No. 037)
QUESTION PAPER DESIGN
CLASS – XII (2019-20)

I. Board Examination: Theory

Time 3 Hours							Max. Marks: 70	
S. No.	Typology of Questions	Objective Type (1 Mark)	Very Short Answer (VSA) (2 Marks)	Short Answer (SA) – I (3 Marks)	Short Answer (SA) – II (4 Marks)	Long Answer (LA) (6 Marks)	Total Marks	% Weightage
1	Remembering: Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers.	5	1	-	2	1	21	30%
2	Understanding: Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	4	2	1	1	1	21	30%
3	Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	5	1	1	1	-	14	20%
4	Analysing and Evaluating: Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria.	3	-	-	1	-	07	10%
5	Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	-	-	1	1	-	07	10%
Total		1×17 = 17	2×4 = 8	3×3 = 9	4×6 = 24	6×2 = 12	70 (32)	100%

II. Practical: 30 Marks

QUESTION WISE BREAK UP

Type of Question	Marks per question	Total No. of Questions	Total Marks
Objective Type	1	17	17
Very Short Answer (VSA)	2	4	8
Short Answer (SA)- I	3	3	9
Short Answer (SA) - II	4	6	24
Long Answer (LA)	6	2	12
Total		32	70