

Psychology

Class XI



Board of Secondary Education Ajmer, Rajasthan

Text Book Writing Committee

Psychology

Class XI

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Foreword

For students, textbook is the basis of sequential studies, confirmation, review and future studies. The level of school text book becomes very important from the content and teaching - method's perspective. Text books should not be made insentient or to glorify things. Even today text-books are an important instrument of teaching-learning process, which cannot be ignored.

For the last few years the syllabus of Board of Secondary Education, Rajasthan was felt to be lacking in representation of linguistic and cultural events of Rajasthan. Keeping this in view the state government decided to implement its syllabus through Board of Secondary Education, Rajasthan, for the students of class 9-12. In accordance to this, Board, has got assembled the text books for classes 9 to 11 from the session 2016-17 based on the set syllabus. Hope these text books will be instrumental in providing the students with originality of thought process, contemplation and expression.

Prof. B.L. Choudhary
Chairman
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PREFACE

This book belongs to that subject of Bio-Social Science in which study of organism behaviour is done. Psychology is the branch of that knowledge where organism behaviour is studied in environmental conditions. Human behaviour is a art of living and also its study is a aspect of teaching learning. In this book of Psychology efforts have been done by different chapters to analyse wholestically human behaviour as per the level of students.

In the Chapter Nature and scope of Psychology efforts have been made to explain objectives of Psychology its history and development of Psychology in Indian Perspective and also the relationships with other subjects.

To evaluate human behaviour different methods of Psychology by which data collection can be quantitatively analysed and also with different statically methods and graphical Presentation has been explained. The Chapters Shows different aspects of the basis of human behaviour unit biological factors and various system has been explained. The human development is a description of that process and factors by which different theories has been formulated.

The cognitive aspect of human behaviour in terms of sensations, Perception and attention has also been explained to students by which How organism takes in the outer stimulus to the brain and vibrates and sensitize human behaviour.

The Change and modification in the behaviour is basic needs which is called learning. How individual learns? Why learns? and what learns? These hypothesis has been explained by different theories and figures. We ourself never tries to understand behaviour orientation but the goal directed behaviour always forwarded as a continues behaviour.

To survive our life memorization and forgetting is essential. In this book chapters on nature and causes of memory, types of memory and forgetting is also included which enhances the knowledge of students to stimulate memory. The memorization is essential likewise forgetting is also important. Its a higher level mental activity in which either memory skills are traced permanently or temporary.

The higher level unit of cognitions is thinking and language which helps us to solve the problem which comes across like logics, mental images, decisions. These all helps the students for understanding performance in life. For this language and its use for deliberation has been used in this book. This all explains the theories of Pignet and other viewpoints.

In behaviour connotation aspect or performance aspect plays important role in motivation which forwards the behaviour, stimulate it and also conditioned. For this innate, goal directed behaviour, Reward and Punishment alongwith motivation has been explained at length to the students in the book.

How, smartness, Steadyness and cleverness can be acquired? It depends on emotional strategies. Emotional arousal, positive - negative emotions are presented which indicates that how emotions manage the behaviour. It helps to understand. "Adjustment is life and life is adjustment" notion of the life process.

Overall the conclusion is, Psychology is the subject which originated to understand the wholestic

behaviour in life by life philosophy and socio-cultural perspective. It helps us to reach miles to achieve goals. Although in this stimulus-response processes many more has to be included which will be discussed in the curriculum of next class. If the student will read wholeheartedly and deeply they will feel life full of energy which will help them for self management and it will go long ways. I would like to acknowledge the service rendered by the writers of different chapter who has meaningfully expressed their views in simple words to reach at the level of students. I give them blessings and good wishes for their creative writings.

I have full faith that they will always motivate and attract the students toward subject of Psychology. I would like to express my sense of gratitude to all those book writers whose content has been included in this book. Special thanks to Raj Board of secondary education Ajmer Raj., Who has provided help to all of us for creation, editing and financial management of this book of Psychology. It will reach to those students who have aptitude for reading Psychology.

Prof. (Dr.) Vijaya Laxmi Chouhan

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