

PSYCHOLOGY

Course Structure

Units	Topics	Marks
Unit 1	Variations in Psychological Attributes	9
Unit 2	Self and Personality	10
Unit 3	Meeting Life Challenges	7
Unit 4	Psychological Disorders	10
Unit 5	Therapeutic Approaches	7
Unit 6	Attitude and Social Cognition	8
Unit 7	Social Influence and Group Processes	7
Unit 8	Psychology and Life	6
Unit 9	Developing Psychological Skills	6
Total		70

Course Syllabus

Unit I: Variations in Psychological Attributes

- Introduction
- Individual Differences in Human Functioning
- Assessment of Psychological Attributes
- Intelligence
- Theories of Intelligence
- Theory of Multiple Intelligences:
 - Triarchic Theory of Intelligence
 - Planning, Attention-arousal, and Simultaneous successive
 - Model of Intelligence
- Individual Differences in Intelligence
- Variations of Intelligence

- Culture and Intelligence
- Emotional Intelligence
- Special Abilities
 - Aptitude: Nature and Measurement
- Creativity

Unit II: Self and Personality

- Introduction
- Self and Personality
- Concept of Self
- Cognitive and Behavioural Aspects of Self
 - Self-esteem, Self-efficacy and Self-regulation
- Culture and Self
- Concept of Personality
- Major Approaches to the Study of Personality:
 - Type Approaches
 - Trait Approaches
 - Psychodynamic Approach
 - Behavioural Approach
 - Cultural Approach
 - Humanistic Approach
- Assessment of Personality
 - Self-report Measures
 - Projective Techniques
 - Behavioural Analysis

Unit III: Meeting Life Challenges

- Introduction
- Nature, Types and Sources of Stress

- Effects of Stress on Psychological Functioning and Health
 - Stress and Health
 - General Adaptation Syndrome
 - Stress and Immune System
 - Lifestyle
- Coping with Stress
 - Adaptation and Adjustments (From the CBSE Supplementary Reading Material)
 - Stress Management Techniques
- Promoting Positive Health and Well-being
 - Life Skills
 - Human Strengths and Virtues from the CBSE Supplementary Reading Material)

Unit IV: Psychological Disorders

- Introduction
- Concepts of abnormality and psychological Disorders
- Classification of Psychological Disorders
- Factors Underlying Abnormal Behaviour
- Major Psychological Disorders
 - Anxiety Disorders
 - Somatoform Disorders
 - Dissociative Disorders
 - Mood Disorders
 - Schizophrenic Disorders
 - Behavioural and Developmental Disorders
 - Substance-use Disorders

Unit V: Therapeutic Approaches

- Nature and process of psychotherapy
 - Therapeutic relationship
- Types of therapies
 - Psychodynamic Therapy
 - Behaviour Therapy
 - Cognitive Therapy
 - Humanistic-existential Therapy
 - Biomedical Therapy
 - Alternative Therapies
 - Zen (From the CBSE Supplementary Reading Material)
 - Counselling (From the CBSE Supplementary Reading Material)
- Rehabilitation of the Mentally III

Unit-VI: Attitude and Social Cognition

- Introduction
- Explaining Social Behaviour
- Nature and Components of Attitudes
- Attitude Formation and Change
 - Attitude Formation
 - Attitude Change
 - Attitude-Behaviour Relationship
- Prejudice and Discrimination
- Strategies for Handling Prejudice
- Social Cognition
- Schemas and Stereotypes
- Impression Formation and Explaining
- Behaviour of Others through Attributions
 - Impression Formation
 - Attribution of Causality

- Behaviour in the Presence of Others
- Pro-social Behaviour
 - Factors Affecting Pro-social Behaviour

Unit-VII: Social Influence and Group Processes

- Introduction
- Nature and Formation of Groups
- Type of Groups
- Influence of Group on Individual Behaviour
 - Social Loafing
 - Group Polarisation
- Conformity, Compliance, and Obedience
- Cooperation and Competition
 - Determinants of Cooperation and Competition
- Social Identity
- Intergroup Conflict: Nature and Causes
- Conflict Resolution Strategies

Unit-VIII: Psychology and Life

- Introduction
- Human-Environment Relationship
 - Different Views of the Human-Environment Relationship
- Environmental Effects on Human Behaviour
 - Human Influence on the Environment
 - Noise
 - Pollution
 - Crowding
 - Natural Disasters
- Promoting Pro-environmental Behaviour

- Psychology and Social Concerns
 - Poverty and Discrimination
 - Aggression, Violence, and Peace
 - Mahatma Gandhi on Non-violence
 - Health
 - Impact of Television on Behaviour
 - Media and Human Values (From the CBSE Supplementary Reading Material)
 - Human Rights (From the CBSE Supplementary Reading Material)
 - Citizenship (From the CBSE Supplementary Reading Material)
 - Promotion of Peace (From the CBSE Supplementary Reading Material)

Unit-IX: Developing Psychological Skills

- Introduction
- Developing as an effective Psychologist
- General Skills
 - Intellectual and Personal Skills; Sensitivity to Diversity
- Observational Skills
- Specific Skills
 - Communication Skills
 - Psychological Testing Skills
- Interviewing Skills
- Counselling Skills

Practical Work

- Development of case profile:
 - Using appropriate methods like, interview, observation and psychological tests
- Test administration:

- Students are required to administer and interpret five tests.
- In Practical examination, the student will be required to administer and interpret two psychological tests.