

PSYCHOLOGY

SYLLABUS FOR HIGHER SECONDARY FINAL YEAR COURSE

Rationale:

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.

PSYCHOLOGY

SYLLABUS FOR HIGHER SECONDARY FINAL YEAR COURSE 2023-2024

One Paper

Time: Three hours

Theory Marks: 70

Practical Marks: 30

Unit wise Distribution of Marks & Periods:

Units	Topics	No. of periods	Marks
I	Variations in Psychological Attributes	20	10
II	Self and Personality	20	10
III	Meeting Life Challenges	20	10
IV	Psychological Disorders	20	10
V	Therapeutic Approaches	20	10
VI	Attitude and Social Cognition	20	10
VII	Social Influence and Group Processes	20	10
	Total	140	70

Unit wise Distribution of Course Contents

Unit I	Variations in Psychological Attributes <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Individual Differences in Human Functioning2. Assessment of Psychological Attributes3. Intelligence4. Theories of Intelligence5. Information Processing approach of intelligence6. Individual Differences in Intelligence7. Culture and Intelligence8. Emotional Intelligence9. Special Abilities: Aptitude: Nature and Measurement10. Creativity	20 Periods
Unit II	Self and Personality <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Concept of Self2. Cognitive and Behavioural aspects of Self	20 Periods

	<ol style="list-style-type: none"> 3. Culture and Self 4. Concept of Personality 5. Major Approaches to the Study of Personality <ul style="list-style-type: none"> • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach 6. Assessment of Personality <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis 	
Unit III	<p>Meeting Life Challenges</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Nature, Types and Sources of Stress 2. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome 3. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 4. Promoting Positive Health and Well-being 	20 periods
Unit IV	<p>Psychological Disorders</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 2. Classification of Psychological Disorders 3. Factors Underlying Abnormal Behaviour 4. Major Psychological Disorders 	20 Periods

	<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 	
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"> • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill 	20 Periods
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. Explaining Social Behaviour 2. Nature and Components of Attitudes 3. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation • Attitude Change • Attitude-Behaviour Relationship 4. Prejudice and Discrimination 5. Strategies for Handling Prejudice 	20 Periods

Unit VII	Social Influence and Group Processes <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Nature and Formation of Groups 2. Type of Groups 3. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> • Social Loafing • Group Polarisation 	20 Periods								
Practical <u>30 Marks</u>		50 Periods								
<p>A. Test administration: Students are required to administer and interpret five psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.</p> <p>B. In the Practical examination, the student will be required to administer and interpret one psychological test.</p> <p>Distribution of Marks:</p> <table border="1" data-bbox="193 1108 1241 1460"> <tr> <td data-bbox="193 1108 970 1189">• Practical File</td> <td data-bbox="970 1108 1241 1189">10 Marks</td> </tr> <tr> <td data-bbox="193 1189 970 1270">• Viva Voce</td> <td data-bbox="970 1189 1241 1270">05 Marks</td> </tr> <tr> <td data-bbox="193 1270 970 1391">• One Practical (5 marks for conduct of practical and 10 marks for reporting)</td> <td data-bbox="970 1270 1241 1391">15 Marks</td> </tr> <tr> <td data-bbox="193 1391 970 1460" style="text-align: center;">Total</td> <td data-bbox="970 1391 1241 1460">30 Marks</td> </tr> </table>			• Practical File	10 Marks	• Viva Voce	05 Marks	• One Practical (5 marks for conduct of practical and 10 marks for reporting)	15 Marks	Total	30 Marks
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Total	30 Marks									

Prescribed Textbook:

1. Manobigyan, HS 2nd Year, Published by AHSEC.
2. Psychology, Class XII, Published by NCERT.