

PSYCHOLOGY
CLASS XI-XII (2020-2021)
(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 XI (2020-2021)**

One Theory Paper

**3 Hours
Marks: 70**

Units	Topics	No. of periods	Marks
I	What is Psychology?	16	7
II	Methods of Enquiry in Psychology	20	10
III	The Bases of Human Behavior	20	8
IV	Human Development	16	6
V	Sensory, Attentional and Perceptual Processes	20	8
VI	Learning	22	9
VII	Human Memory	20	8
VIII	Thinking	18	7
IX	Motivation and Emotion	18	7
	Total	170	70

COURSE STRUCTURE

Unit I	<p>What is Psychology?</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. What is Psychology? <ul style="list-style-type: none"> • Psychology as a Discipline • Psychology as a Natural Science • Psychology as a Social Science 3. Understanding Mind and Behaviour 4. Popular Notions about the Discipline of Psychology 5. Evolution of Psychology 6. Development of Psychology in India 7. Branches of Psychology 8. Themes of Research and Applications 9. Psychology and Other Disciplines 10. Psychologists at Work 11. Psychology in Everyday Life 	16 Periods
Unit II	Methods of Enquiry in Psychology	20 Periods

	<p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Goals of Psychological Enquiry <ul style="list-style-type: none"> • Steps in Conducting Scientific Research • Alternative Paradigms of Research 3. Nature of Psychological Data 4. Some Important Methods in Psychology <ul style="list-style-type: none"> • Observational Method • Experimental Method • Correlational Research • Survey Research • Psychological Testing • Case Study 5. Analysis of Data <ul style="list-style-type: none"> • Quantitative Method • Qualitative Method 6. Limitations of Psychological Enquiry 7. Ethical Issues 	
<p>Unit III</p>	<p>The Bases of Human Behaviour</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Evolutionary Perspective 3. Biological and Cultural Roots 4. Biological Basis of Behaviour <ul style="list-style-type: none"> • Neurons 5. Structure and Functions of Nervous System and Endocrine System and their Relationship with Behaviour and Experience <ul style="list-style-type: none"> • The Nervous System • The Endocrine System 6. Heredity: Genes and Behaviour 7. Cultural Basis : Socio-Cultural Shaping of Behaviour <ul style="list-style-type: none"> • Concept of Culture 8. Enculturation 9. Socialization 10. Acculturation 	<p>20 Periods</p>

Unit IV	Human Development <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Meaning of Development <ul style="list-style-type: none"> • Life-Span Perspective on Development 3. Factors Influencing Development 4. Context of Development 5. Overview of Developmental Stages <ul style="list-style-type: none"> • Prenatal Stage • Infancy • Childhood • Challenges of Adolescence • Adulthood and Old Age 	16 Periods
Unit V	Sensory, Attentional and Perceptual Processes <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Knowing the world 3. Nature and varieties of Stimulus 4. Sense Modalities <ul style="list-style-type: none"> • Visual Sensation • Auditory Sensation 5. Attentional Processes <ul style="list-style-type: none"> • Selective Attention • Sustained Attention 6. Perceptual Processes <ul style="list-style-type: none"> • Processing Approaches in Perception 7. The Perceiver 8. Principles of Perceptual Organisation 9. Perception of Space, Depth and Distance <ul style="list-style-type: none"> • Monocular Cues and Binocular Cues 10. Perceptual Constancies 11. Illusions 12. Socio-Cultural Influences on Perception 	20 Periods
Unit VI	Learning <i>The topics in this unit are:</i>	22 Periods

	<ol style="list-style-type: none"> 1. Introduction 2. Nature of Learning 3. Paradigms of Learning 4. Classical Conditioning <ul style="list-style-type: none"> • Determinants of Classical Conditioning 5. Operant/Instrumental Conditioning <ul style="list-style-type: none"> • Determinants of Operant Conditioning 6. Key Learning Processes 7. Observational Learning 8. Cognitive Learning 9. Verbal Learning 10. Concept Learning 11. Skill Learning 12. Transfer of Learning 13. Factors Facilitating Learning 14. The Learner : Learning Styles 15. Learning Disabilities 16. Applications of Learning Principles 	
<p>Unit VII</p>	<p>Human Memory</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Nature of Memory 3. Information Processing Approach : The Stage Model 4. Memory Systems : Sensory, Short-term and Long-term Memories 5. Levels of Processing 6. Types of Long-term Memory <ul style="list-style-type: none"> • Declarative and Procedural; Episodic and Semantic 7. Knowledge Representation and Organisation in Memory 8. Memory as a Constructive Process 9. Nature and Causes of Forgetting <ul style="list-style-type: none"> • Forgetting due to Trace Decay, Interference and Retrieval Failure 10. Enhancing Memory <ul style="list-style-type: none"> • Mnemonics using Images and Organisation 	<p>20 Periods</p>

Unit VIII	Thinking <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Nature of Thinking <ul style="list-style-type: none"> • Building Blocks of Thought 3. The Processes of Thinking 4. Problem Solving 5. Reasoning 6. Decision-making 7. Nature and Process of Creative Thinking <ul style="list-style-type: none"> • Nature of Creative Thinking • Process of Creative Thinking 8. Developing Creative Thinking <ul style="list-style-type: none"> • Barriers to Creative Thinking • Strategies for Creative Thinking 9. Thought and Language 10. Development of Language and Language Use 	18 Periods	
Unit IX	Motivation and Emotion <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Nature of Motivation 3. Types of Motives <ul style="list-style-type: none"> • Biological Motives • Psychosocial Motives 4. Maslow's Hierarchy of Needs 5. Nature of Emotions 6. Physiological Bases of Emotions 7. Cognitive Bases of Emotions 8. Cultural Bases of Emotions 9. Expression of Emotions <ul style="list-style-type: none"> • Culture and Emotional Expression • Culture and Emotional Labelling 10. Managing Negative Emotions 11. Enhancing Positive Emotions 	18 Periods	
Practical (Projects, experiments, small studies, etc.)		30 marks	60 Periods

The students shall be required to undertake **one project and conduct two experiments**. The project would involve the use of different methods of enquiry and related skills. Practical would involve conducting experiments and undertaking small studies, exercises, related to the topics covered in the course (e.g. Human development, Learning, Memory, Motivation, Perception, Attention and Thinking).

Practical Examination

- | | |
|---------------------------------------|-----------|
| • Practical (Experiments) file | 05 Marks |
| • Project file | 05 Marks |
| • Viva Voce (Project and experiments) | 05 Marks |
| • One experiment | 15 Marks* |

* (05 Marks for conduct of practical and 10 Marks for report writing)

PSYCHOLOGY (Code No. 037)
QUESTION PAPER DESIGN
CLASS – XI (2020 - 2021)

I. Theory

Time: 3 Hours		Maximum Marks: 70	
S. No.	Competencies	Total Marks	% Weightage
1	Remembering and Understanding: Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas	25	35%
2	Applying: Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	31	45%
3	Formulating, Analysing, Evaluating and Creating: Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions.	14	20%
	Total	70	100%

II. Practical: 30 Marks

**COURSE STRUCTURE
CLASS XII (2020 - 2021)**

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. Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity 	20 Periods
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 	24 Periods

	<ol style="list-style-type: none"> 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 Approach • Trait Approach • 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 	
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 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"> • Stress Resistant Personality • Life Skills • Positive Health 	14 periods
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 	24 Periods

	<ul style="list-style-type: none"> • Historical Background <ol style="list-style-type: none"> 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 	
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 • Alternative Therapies 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. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation 	20 Periods

	<ul style="list-style-type: none"> • Attitude Change • Attitude-Behaviour Relationship <ol style="list-style-type: none"> 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice 7. Social Cognition 8. Schemas and Stereotypes 9. Impression Formation and Explaining <ul style="list-style-type: none"> • Behaviour of Others through Attributions • Impression Formation • Attribution of Causality 10. Behaviour in the Presence of Others 11. Pro-social Behaviour <ul style="list-style-type: none"> • Factors Affecting Pro-social Behaviour 	
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 	13 Periods

	<ul style="list-style-type: none"> • Crowding • Natural Disasters <ol style="list-style-type: none"> 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 	
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
Practical		30 Marks
<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 psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.</p> <p>C. In Practical examination, the student will be required to administer and interpret two psychological tests.</p> <p>Distribution of Marks:</p> <ul style="list-style-type: none"> • Practical File and Case Profile 10 Marks • Viva Voce (Case Profile and practical) 05 Marks • Two practicals 15 Marks* <p>*(5 Marks for conduct of practical and 10 Marks for report writing)</p>		
		60 Periods

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QUESTION PAPER DESIGN
CLASS – XII (2020 - 2021)

I. Board Examination: Theory

Time: 3 Hours		Maximum Marks: 70	
S. No.	Competencies	Total Marks	% Weightage
1	Remembering and Understanding: Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas	25	35%
2	Applying: Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	31	45%
3	Formulating, Analysing, Evaluating and Creating: Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions.	14	20%
	Total	70	100%

II. Practical: 30 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.