

**PSYCHOLOGY
CLASS XI-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 XI (2019-20)**

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	What is Psychology? <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. What is Psychology?<ul style="list-style-type: none">• Psychology as a Discipline• Psychology as a Natural Science• Psychology as a Social Science3. Understanding Mind and Behaviour4. Popular Notions about the Discipline of Psychology5. Evolution of Psychology6. Development of Psychology in India7. Branches of Psychology8. Themes of Research and Applications9. Psychology and Other Disciplines10. Psychologists at Work11. 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. Introduction2. Goals of Psychological Enquiry<ul style="list-style-type: none">• Steps in Conducting Scientific Research• Alternative Paradigms of Research3. Nature of Psychological Data4. Some Important Methods in Psychology<ul style="list-style-type: none">• Observational Method• Experimental Method• Correlational Research• Survey Research• Psychological Testing• Case Study5. Analysis of Data<ul style="list-style-type: none">• Quantitative Method• Qualitative Method6. Limitations of Psychological Enquiry7. Ethical Issues	
Unit III	<p>The Bases of Human Behaviour</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none">1. Introduction2. Evolutionary Perspective3. Biological and Cultural Roots4. Biological Basis of Behaviour<ul style="list-style-type: none">• Neurons5. 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 System6. Heredity: Genes and Behaviour7. Cultural Basis : Socio-Cultural Shaping of Behaviour<ul style="list-style-type: none">• Concept of Culture8. Enculturation9. Socialization10. Acculturation	20 Periods

Unit IV	Human Development <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Meaning of Development<ul style="list-style-type: none">• Life-Span Perspective on Development3. Factors Influencing Development4. Context of Development5. 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. Introduction2. Knowing the world3. Nature and varieties of Stimulus4. Sense Modalities<ul style="list-style-type: none">• Visual Sensation• Auditory Sensation5. Attentional Processes<ul style="list-style-type: none">• Selective Attention• Sustained Attention6. Perceptual Processes<ul style="list-style-type: none">• Processing Approaches in Perception7. The Perceiver8. Principles of Perceptual Organisation9. Perception of Space, Depth and Distance<ul style="list-style-type: none">• Monocular Cues and Binocular Cues10. Perceptual Constancies11. Illusions12. 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. Introduction2. Nature of Learning3. Paradigms of Learning4. Classical Conditioning<ul style="list-style-type: none">• Determinants of Classical Conditioning5. Operant/Instrumental Conditioning<ul style="list-style-type: none">• Determinants of Operant Conditioning• Key Learning Processes6. Observational Learning7. Cognitive Learning8. Verbal Learning9. Concept Learning10. Skill Learning11. Transfer of Learning12. Factors Facilitating Learning13. The Learner : Learning Styles14. Learning Disabilities15. Applications of Learning Principles	
Unit VII	<p>Human Memory</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none">1. Introduction2. Nature of memory3. Information Processing Approach : The Stage Model4. Memory Systems : Sensory, Short-term and Long-term Memories5. Levels of Processing6. Types of Long-term Memory<ul style="list-style-type: none">• Declarative and Procedural; Episodic and Semantic7. Knowledge Representation and Organisation in Memory8. Memory as a Constructive Process9. Nature and Causes of Forgetting<ul style="list-style-type: none">• Forgetting due to Trace Decay, Interference and Retrieval Failure10. Enhancing Memory<ul style="list-style-type: none">• Mnemonics using Images and Organisation	20 Periods

Unit VIII	Thinking <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Nature of Thinking<ul style="list-style-type: none">• Building Blocks of Thought3. The Processes of Thinking4. Problem Solving5. Reasoning6. Decision-making7. Nature and Process of Creative Thinking<ul style="list-style-type: none">• Nature of Creative Thinking• Process of Creative Thinking8. Developing Creative Thinking<ul style="list-style-type: none">• Barriers to Creative Thinking• Strategies for Creative Thinking9. Thought and Language10. 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. Introduction2. Nature of Motivation3. Types of Motives<ul style="list-style-type: none">• Biological Motives• Psychosocial Motives4. Maslow's Hierarchy of Needs5. Nature of Emotions6. Physiological Bases of Emotions7. Cognitive Bases of Emotions8. Cultural Bases of Emotions9. Expression of Emotions<ul style="list-style-type: none">• Culture and Emotional Expression• Culture and Emotional Labelling10. Managing Negative Emotions11. Enhancing Positive Emotions	18 Periods
Practical (Projects, experiments, small studies, etc.) 30 marks The students shall be required to undertake <i>one project and conduct</i>		60 Periods

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

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|---|----------|
| • Practical (Experiments) file | 05 Marks |
| • Project file | 05 Marks |
| • Viva Voce (Project and experiments) | 05 Marks |
| • One experiment: (05 for conduct and 10 for reporting) | 15 Marks |



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

I. 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

**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	Variations in Psychological Attributes <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Individual Differences in Human Functioning3. Assessment of Psychological Attributes4. Intelligence5. 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 Intelligence7. Culture and Intelligence8. Emotional Intelligence9. Special Abilities: Aptitude: Nature and Measurement10. 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. Introduction2. Self and Personality3. Concept of Self4. Cognitive and Behavioural Aspects of Self5. Culture and Self6. Concept of Personality7. Major Approaches to the Study of Personality<ul style="list-style-type: none">• Type Approaches• Trait Approaches• Psychodynamic Approach• Behavioural Approach• Cultural Approach• Humanistic Approach8. 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. Introduction2. Nature, Types and Sources of Stress3. 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 Techniques5. 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. Introduction2. Concepts of Abnormality and Psychological Disorders<ul style="list-style-type: none">• Historical Background3. Classification of Psychological Disorders4. Factors Underlying Abnormal Behaviour5. 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 relationship2. 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. Introduction2. Explaining Social Behaviour3. Nature and Components of Attitudes4. Attitude Formation and Change<ul style="list-style-type: none">• Attitude Formation• Attitude Change• Attitude-Behaviour Relationship5. Prejudice and Discrimination6. Strategies for Handling Prejudice7. Social Cognition8. Schemas and Stereotypes9. Impression Formation and Explaining10. Behaviour of Others through Attributions<ul style="list-style-type: none">• Impression Formation• Attribution of Causality11. Behaviour in the Presence of Others12. 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. Introduction2. Nature and Formation of Groups3. Type of Groups4. Influence of Group on Individual Behaviour<ul style="list-style-type: none">• Social Loafing• Group Polarisation5. Conformity, Compliance and Obedience6. Cooperation and Competition<ul style="list-style-type: none">• Determinants of Cooperation and Competition7. Social Identity8. Intergroup Conflict: Nature and Causes9. Conflict Resolution Strategies	22 Periods

Unit VIII	Psychology and Life <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Human-Environment Relationship<ul style="list-style-type: none">• Different Views of the Human-Environment Relationship3. Environmental Effects on Human Behaviour<ul style="list-style-type: none">• Human Influence on the Environment• Noise• Pollution• Crowding• Natural Disasters4. Promoting Pro-environmental Behaviour5. 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	Developing Psychological Skills <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Developing as an effective Psychologist3. General Skills4. Observational Skills5. Specific Skills<ul style="list-style-type: none">• Communication Skills• Psychological Testing Skills6. Interviewing Skills7. Counselling Skills	13 Periods
Practical A. Development of case profile: Using appropriate methods like interview, observation and psychological tests. B. Test administration: Students are required to administer and interpret five		30 Marks 60 Periods

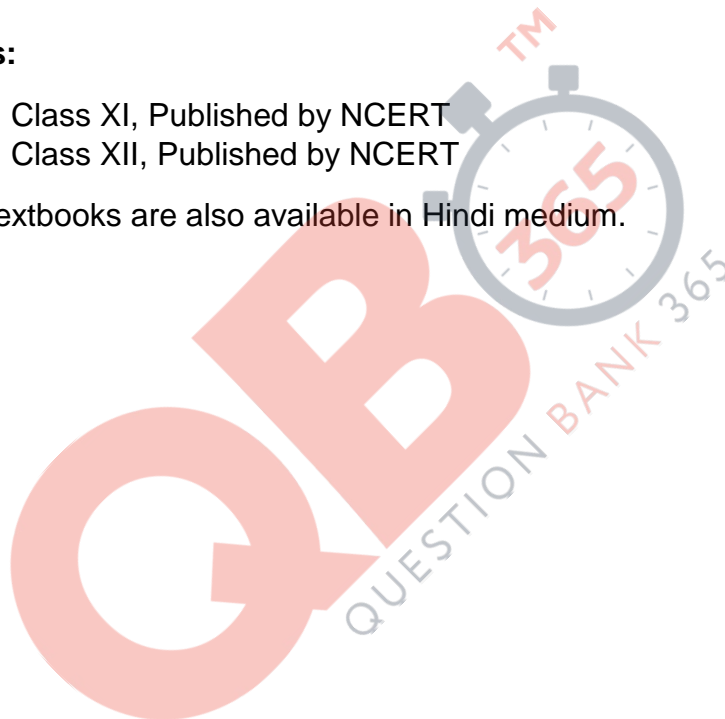
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<p>psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.</p> <p>C. In Practical examination, the student will be required to administer and interpret two psychological tests.</p> <p>Distribution 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 (5 for conduct and 10 for reporting) 15 Marks	
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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.



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