

2022-23
PSYCHOLOGY (122)
Class XI
(Theory)

One Theory Paper

3 Hours

Unitwise weightage

Marks : 70

Units	Marks
Foundations of Psychology	
I. Introduction to Psychology	08
II. Methods of Psychology	09
III. The Bases of Human Behaviour	08
IV. Human Development	07
V. Sensory and Perceptual Processes	08
VI. Learning	08
VII. Human Memory	08
VIII. Language and thought	07
IX. Motivation and Emotion	07
Practicals (Projects, experiments, small studies)	30

Foundations of Psychology

Unit I: Introduction to Psychology

08 Marks

The unit seeks to help understanding and appreciating psychology as a discipline, its applications and relationships with other sciences through appropriate and interesting examples and analysis of everyday experiences.

Nature of psychology; Basic concepts: Person, Consciousness, Behaviour and Experience; Similarities and variations in psychological attributes; Evolution of the discipline of psychology; Developments in psychology in India; Psychology and other disciplines; Linkages across psychological processes.

Unit II: Methods of Psychology

09 Marks

The objective of this unit is to familiarize with the methods of studying and understanding psychological questions and issues.

Goals of psychological enquiry; Some important methods: Observation, Naturalistic, Experimental; Correlational study; Interview, Case study; Psychological tools: Tests, Questionnaires and gadgets; Analysis of data: Concepts and computation of the Measures of Central Tendency: Graphical Presentation of Data: Bar, Histogram, Polygon; Ethical issues in the study of psychological processes.

Unit III: The Bases of Human Behaviour

08 Marks

This unit focuses as on the role of biological and socio-cultural factors in the shaping of human behaviour and experience.

Evolutionary perspective on human behaviour; Biological and cultural roots; Nervous system and endocrine system: Structure and relationship of with behaviour and experience; Brain and behaviour, Role of Neurotransmitters in behaviour. Sleep and weakfulness. Genetic bases of behaviour; Culture and human behaviour: Socialization, Enculturation and Acculturation; Globalization; Diversity and pluralism in the Indian context.

Unit IV: Human Development

07 Marks

This unit deals with variations in development and the developmental tasks across the life span.

Meaning of development; Factors influencing development; Contexts of development; Overview of developmental stages: Prenatal development, Infancy, Childhood, Adolescence (particularly issues of identity, health, social participation), Adulthood and Old age.

Unit V: Sensory and Perceptual Processes

08 Marks

This unit aims at understanding how various sensory stimuli are received, attended to and given meaning.

Knowing the world; Nature of stimuli; Nature and functioning of sense modalities; Sensory Adaptation; Attention : Nature and determinants; Selective and sustained attention; Principles of perceptual organization; Role of perceiver , characteristics in perception; Pattern recognition; erceptual phenomena : After images; Space Perception, Perceptual constancy, Illusions, Person perception; Socio-cultural influences on perception.

Unit VI : Learning

08 Marks

This unit focuses on how human beings acquire new behaviour and how changes in behaviour take place.

Nature of learning and learning curve: Paradigms of learnings: Classical and Operant Conditioning, Observational Learning, Cognitive learning, Verbal learning, Concept learning, skill-learning; Factors facilitating learning; Transfer of learning: Types and Applications, Learning styles: Learning disabilities; Some Applications of learning principles.

Unit VII : Human Memory

08 Marks

This unit deals with how information is received, stored, retrieved and lost. It will also discuss how memory can be improved.

Nature of memory; Information Processing Approach; Levels of processing; Memory systems - Sensory memory, Short-term memory, Long -term memory; Knowledge representation and organisation in memory; Memory as a constructive process; Nature and causes of forgetting; Enhancing memory; Pathologies related to memory.

Unit VIII : Language and Thought

07 Marks

This unit deals with thinking and related processes like reasoning, problem-solving, decision making and creative thinking and relationship between thought and language.

Thought and language: Nature and interrelationship; Stages of cognitive development: Introduction to the ideas of Piaget, Vygotsky, and Information Processing Approach; Development of language and language use; Reasoning: Problem-solving; Decision making; Creative thinking: Nature, process and development.

Unit IX: Motivation and Emotion

07 Marks

This unit focuses on why human beings behave as they do. It also deals with how people experience positive and negative events and respond to them.

Human existence and nature of motivation; Biological needs; Social and psychological motives: Achievement, Affiliation and Power, Maslow's hierarchy of needs; Emerging concepts: Competence, Self efficacy and Intrinsic Motivation: Nature of emotions; Physiological, cognitive and cultural bases of emotions; Expression of emotions; Positive emotions; Happiness, Optimism, Empathy and Gratitude; Development of positive emotions; Managing negative emotions such as anger and fear.

Practicals (Projects, experiments, small studies, etc.)

30 Marks

The students shall be required to undertake one project and conduct three practicals. The project would involve the use of different methods of enquiry and related skills. Practicals 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).

Topics	Marks
• Practical(Experiments) file	04
• Project File	04
• Viva Vioce(Project and experiments)	05
• One experiment (04marks for conduct of experiment and 08 marks for reporting)	12
• Continuous Assessment	05
Total	30

2022-23
PSYCHOLOGY(122)
CLASS XII
Time : 3 Hours

One Theory Paper

Marks : 70

Units	Marks
Psychology, Self and Society	
I. Intelligence and Aptitude	09
II. Self and Personality	10
III. Human Strengths and meeting the Life Challenges	07
IV. Psychological Disorders	10
V. Therapeutic Approaches	07
VI. Attitude and Social Cognition	08
VII. Social Influence and Group Processes	07
VIII. Environmental and Social concerns	06
IX. Professional Skills for Psychologists	06
Practicals (Psychological testing, Case Profile etc.)	30

Psychology, Self and Society

Unit I : Intelligence and Aptitude

09 Marks

The unit aims at studying how people differ with respect to intelligence and aptitude.

Individual differences in intelligence: Theories of Intelligence; Culture and Intelligence; Emotional intelligence; Aptitude: Nature and types: Assessment of psychological attributes.

Unit II : Self and Personality

10 Marks

This unit focuses on the study of self and personality in the context of different approaches in an effort to appraise the person. The assessment of personality will also be discussed.

Aspects of self: self concept: Self-esteem and Self-regulation; Culture and self; Personality: Concept; Approaches to Personality: Type and Trait, Psychodynamic, Humanistic, Behavioural and Cultural; Assessment of Personality: Self-report Measures, Behavioural Analysis, and Projective Measures.

Unit III : Human Strengths and Meeting Life Challenges

07 Marks

This unit deals with the nature of stress and how responses to stress depend on an individual's appraisal of stressors. Strategies to cope with stress will also be dealt with.

Life challenge and adjustment; Concept of adaptation; Human strengths and virtues: Nature, types and effects on psychological functioning; Coping with stress; Concepts of health and well-being; Life style, health and well-being.

Unit IV: Psychological Disorders

10 Marks

This unit discusses the concepts of normality and abnormality and the major psychological disorders.

Concepts of abnormality and psychological disorder, Causal factors associated with abnormal behaviour, Classification of disorder, Major psychological disorders: Anxiety, Somato-form Dissociative, Mood, Schizophrenic, Developmental and Behavioural Substance Related.

Unit V : Therapeutic Approaches

07 Marks

This unit discusses the goals, techniques and effectiveness of different approaches to treat psychological disorders.

Nature and process of therapy; Nature of therapeutic relationship; Types of therapies: Psychodynamic, Humanistic, Cognitive, Behaviour; Alternative therapies: Yoga, Meditation; Zen; Rehabilitation of mentally ill people.

Unit VI : Attitude and Social Cognition

08 Marks

This unit focuses on the formation and change of attitudes, cultural influences on attributional tendencies and conditions influencing pro-social behaviour.

Explaining behaviour through attributions; Social cognition; Schemas and stereotypes; Impression formation; Nature and components of attitudes; Attitude formation and change; Behaviour in the presence of others: Pro-social Behaviour; Prejudice and discrimination; Strategies for handling prejudice.

Unit VII : Social Influence and Group Processes

07 Marks

The unit deals with the concept of group, its functions and the dynamics of social influence process like conformity, obedience and compliance. Different conflict resolution strategies will also be discussed.

Influence Processes: Nature of Conformity, Obedience, and Compliance: Cooperation and Competition; Groups: Nature, formation and types; Influence of group on individual behaviour; Social identity; Inter-Group Conflict; Conflict Resolution Strategies.

Unit VIII: Environmental and Social Concerns

06 Marks

This unit focuses on the application of psychological understanding to some important social issues. Human- environment relationship; Environmental effects on human behaviour. Noise, pollution, crowding, natural disasters, social issue: Aggression and Violence; Social Inequality and Poverty; Media and human values; Promoting pro-environmental behaviour, Human rights and citizenship; Peace.

Unit IX: Professional Skills for a Psychologist

06 Marks

This unit deals with some effective psychological and interpersonal skills for facilitating personal-social development.

Psychological skills: Observation, Interviewing, Testing, Counseling and Communication.

Practical		30 Marks
<p>A. Development of case profile: Using appropriate methods like interview, observation & 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 the Practical examination, the student will be required to administer and interpret two psychological tests.</p>		
Distribution of Marks:		
Topics	Internal Examiner	External Examiner
Practical File and Case Profile	10	
Continuous Assessment	05	
Viva Voice(Case Profile & Two Practical)		03
Two Practical(4 marks for conduct of practical and 8 marks for reporting)		12
Total	15	15

