

**Class – XI**  
**REVISED SYLLABUS**  
**(For the Session of 2020-21 Only)**  
**Psychology**  
**(THEORY)**

**Foundations of Psychology**

**Unit I : Introduction to Psychology**

*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**

*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**

*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**

*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**

*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; perceptual phenomena : After images; Space Perception, Perceptual constancy, Illusions, Person perception; Socio-cultural influences on perception.

## **Unit VI : Learning**

*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, skill-learning; Factors facilitating learning; Types and Applications, Learning disabilities.

## **Unit VII : Human Memory**

*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; Memory as a constructive process; Nature and causes of forgetting; Enhancing memory; Pathologies related to memory.

## **Unit VIII : Language and Thought**

*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**

*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.

