

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

Psychology, Self and Society

Unit I : Intelligence and Aptitude

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

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

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

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

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

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

Unit VI : Attitude and Social Cognition

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; 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

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: Groups: Nature, formation and types; Influence of group on individual behaviour.

