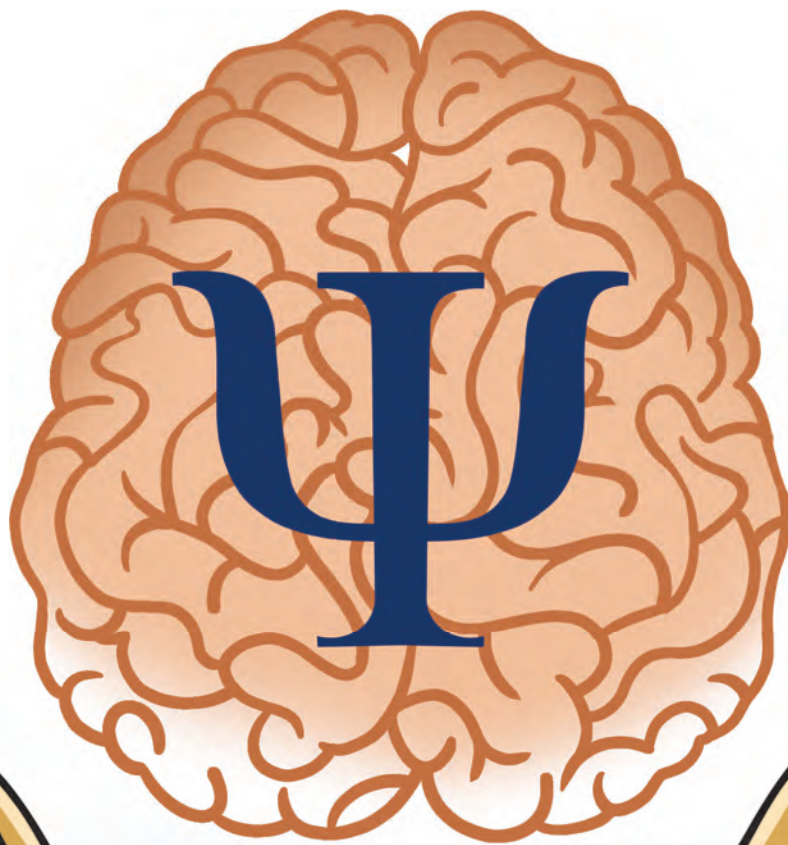




PSYCHOLOGY

STANDARD TWELVE



The Coordination Committee formed by GR No. Abhyas - 2116/(Pra.Kra.43/16) SD - 4
Dated 25.4.2016 has given approval to prescribe this textbook in its meeting held on 30.1.2020 and it has been
decided to implement it from academic year 2020-21.

Psychology

STANDARD TWELVE



Download DIKSHA App on your smartphone. If you scan the Q.R. Code on this page of your textbook, you will be able to access full text and the audio-visual study material relevant to each lesson provided as teaching and learning aids.



2020

**Maharashtra State Bureau of Textbook Production and
Curriculum Research, Pune.**

**First Edition :
2020**

© Maharashtra State Bureau of Textbook Production and Curriculum Research, Pune - 411 004.

The Maharashtra State Bureau of Textbook Production and Curriculum Research reserves all rights relating to the book. No part of this book should be reproduced without the written permission of the Director, Maharashtra State Bureau of Textbook Production and Curriculum Research, 'Balbharati', Senapati Bapat Marg, Pune 411004.

Psychology Subject Committee

Dr. Shirisha Sathe, (Chairman)
Dr. Jitendra Pralhad Badgujar
Smt. Kiran Ravikiran Jadhav
Smt. Paraginee Killawala
Dr. Anita Patil
Dr. Manisha Ramesh Naik
Shri. Pritamkumar Chandrakant Bedarkar
Dr. Sujeet Dhananjay Kumavat
Smt. Ashwini Subhash Bapat
Shri R. J. Jadhav, Member Secretary

Illustrations : Smt. Madhura Pendse

Cover : Smt. Madhura Pendse

Translation Coordination :

Shri Ravikiran Jadhav

Special Officer (Geography)

Typesetting : DTP Section, Textbook
Bureau, Pune

Paper : 70 GSM Creamwove

Print Order :

Printer :

Psychology Study Group

Shri. Shishir Liladhar Lele
Smt. Pooja Prakash Prabhavalkar
Smt. Shilpa Suhas Wagh
Smt. Geeta Kale
Smt. Anita Ramakant Dabholkar
Shri. Anil Yashwant Punwatkar
Shri. Shantinath Neminath Mallade
Shri. Ramprasad Sukadev Shimpi
Shri. Anandrao Shashikant Deshmukh
Smt. Shaikh Nafeesa Begum Ghulam Jilani
Shri. Suresh Brijlal Pardeshi
Smt. Sneha Santosh Jadhav
Shri. Jeevan Dhondiram Joshi
Shri. Lalasaheb Mahadeo Abhang

Production

Shri Sachchitanand Aphale

Chief Production Officer

Shri Liladhar Atram

Production Officer

Publisher

**Shri Vivek Uttam Gosavi
Controller**

Maharashtra State Textbook
Bureau, Prabhadevi,
Mumbai - 400 025



The Constitution of India

Preamble

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens :

JUSTICE, social, economic and political;
LIBERTY of thought, expression, belief, faith and worship ;

EQUALITY of status and of opportunity;
and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation ;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

NATIONAL ANTHEM

Jana-gana-mana-adhināyaka jaya hē
Bhārata-bhāgya-vidhātā,

Panjāba-Sindhu-Gujarāta-Marāthā
Drāvida-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,
Jaya jaya jaya, jaya hē.

PLEDGE

India is my country. All Indians
are my brothers and sisters.

I love my country, and I am proud
of its rich and varied heritage. I shall
always strive to be worthy of it.

I shall give my parents, teachers
and all elders respect, and treat
everyone with courtesy.

To my country and my people,
I pledge my devotion. In their
well-being and prosperity alone lies
my happiness.

Preface

Dear Students,

Welcome to the twelfth standard. We are extremely glad to place this Psychology textbook in your hands as you take your steps towards higher secondary education.

Psychology is primarily a study of the human mind, brain and behaviour. Whenever a person engages in any act or thought, what exactly happens in his/her brain? In a given situation, why does one individual behave differently from another? How do emotions and thoughts affect human behaviour? What leads to the development of mental illness? What are some of the reasons and remedies behind mental illnesses? These are some of the questions that Psychology tries to answer. Every individual feels the need for guidance, advice at some stage in his/her life. Also the stressful lifestyle of our times creates many problems for us. In these times, a Psychologist or a counsellor or a guide can empower people to deal with these challenges. Currently, the field of Psychology has many different career opportunities.

Even if Psychology is classified under social sciences, it comes close to the basic Sciences in many ways. Case studies and surveys are emphasised in Psychology. The counselling process changes with every individual case and the issues concerned. The study of Psychology involves both - theory and practical. Conducting surveys, practical hands-on experience through internships, completing research projects is also a part of studying Psychology. Psychological tests, theories, mental illnesses and remedies, research methodologies are some of the topics to be studied.

Since you have been already introduced to this subject this textbook has been designed to provide more clarity about the scope of the field of Psychology. You will be required to complete different activities as part of the course. We urge you to complete these activities with sincerity. They will certainly help you to achieve a deeper understanding of the concepts.

The textbook also includes plenty of small tasks. These tasks are designed to stimulate your thought process. Carefully complete all the tasks. Seek help from your teachers, parents and peers whenever necessary. You are of course very well versed with the use of smartphones and computers. You can use QR Code given in the textbook and other resources available online to supplement the textbook.

Let us know your feedback about the textbook - especially the parts that you liked the most or the ones you found difficult to understand.

Wish you all the best for your future !



(Vivek Gosavi)

Director

Pune

Date: 21 February 2020

Bhartiya Saur : 2 Phalguna 1941

Maharashtra State Bureau of Textbook
Production and Curriculum Research, Pune

Statement of Learning objectives : Psychology

Sr. No	Units	Learning Objectives
1.	Psychology : A Scientific Discipline	<ul style="list-style-type: none"> To acquire knowledge on the history of psychology as a science. To know about the various research methods and their key features. To understand and explain the major challenges in establishing psychology as a science. To understand the term Rationality and characteristics of a rational person.
2.	Intelligence	<ul style="list-style-type: none"> To summarise and describe the perspectives on Intelligence and demonstrate an understanding of the History of Measurement of Intelligence. To categorize the different types of Intelligence tests. To develop an understanding on the usefulness of Intelligence testing and its application. To evaluate the New trends in intelligence eg Social, Emotional and Artificial intelligence and apply its importance in daily life.
3.	Personality	<ul style="list-style-type: none"> To illustrate an understanding of the concept of personality. To assess and describe the various factors affecting personality. To analyse and explain the various perspectives of studying personality. To evaluate and explain the various techniques of measuring personality.
4.	Cognitive Processes	<ul style="list-style-type: none"> To analyse the various aspects of attention and formulate own examples for better understanding. To illustrate an understanding of the phenomenon associated with perception. To analyse and explain the various stages in the process of problem solving and creative thinking. To summarise and elaborate the various processes of learning.
5.	Emotions	<ul style="list-style-type: none"> To understand the historical basis of the theories of emotions. To create an awareness of basic emotions with emphasis to the Plutchik's model. To highlight the physiological changes during emotions and the importance of emotional well-being. To acquaint students with the various techniques of managing their emotions with reference to anger management and apply the same to their life.
6.	Psychological Disorders	<ul style="list-style-type: none"> To understand and evaluate the nature of psychological disorders. To illustrate an indepth understanding of the term Mental Wellness and its various aspects. To classify the various Mental disorders and understand its symptoms as per DSM-5. To understand the various symptoms for identifying and treating psychological disorders.
7.	First Aid in Mental Health	<ul style="list-style-type: none"> To sensitize students to mental health issues. To make students aware of the signs and symptoms of various mental illnesses. To acquaint students with various first aid techniques for mental health issues To increase students awareness about the importance of mental health professional.
8.	Positive Psychology	<ul style="list-style-type: none"> To develop an understanding about positive psychology as an emerging branch of psychology. To relate and understand positive emotions and apply key elements in day to day life. To discuss the determinants of happiness and choose to adopt the same to enhance happiness. To develop an understanding and explain methods to promote empathy, mindfulness meditation and the 7 C's of Resilience and nurture it in day to day life functioning.

For Teachers

Dear Teachers,

- We have been given the opportunity to introduce the subject Psychology to the twelfth standard. This text book has been designed to fulfil the following objectives –

1. Students should understand why is Psychology classified as a branch of Science.
2. Students should understand how are matters concerning our daily life studied under this subject.
3. Students should understand the concept of 'self', how it applies to them personally and how could it be developed.
4. Students should be able to apply the techniques which they learn in this course in their day-to-day life, for instance mental health first aid techniques and key features of positive psychology-
5. Students should feel motivated to pursue higher education in the field of Psychology and make a career for themselves.

To enable us as teachers to achieve the above mentioned objectives, we must keep in mind few important points.

- We must ourselves go through and study the entire textbook.
- The main aim of the textbook for 11th and 12th standards, is introduction to Psychology. Therefore, the syllabus is divided into four core themes.
 1. History and scope of Psychology
 2. The concept of self
 3. Mental health
 4. The Nervous System: structure, function and relevance to everyday life experience.
- The book is so organised that the foundation of these themes is laid in eleventh standard whereas the themes are explored in greater details in twelfth standard. Aforementioned four themes would remain same in both the years.
- Concepts like Attention, Perception, Thinking and Learning have been introduced in this book. Upcoming concepts like Positive Psychology and Mental Health First Aid also have been included in standard 12th book. The Teacher will have to take extra effort and gather indepth knowledge to be able to teach those chapters effectively. The chapter on emotions emphasises more on application which is a vital aspect of learning Psychology but our students are going to appear for 12th board exams so teachers will also have to teach the theories of Emotions in detail.
- The level of difficulty of the text and the suggested activities has been decided after carefully considering the resources accessible to the students and teachers, variation in their experiences and ability to grasp different concepts as well as the resources available to the teachers. Even then, it is possible that some students may find the book too easy whereas others may find it too difficult. Here, the teacher has an important role to play. The teacher needs to facilitate the difficult concepts and provide higher challenges if they are found to be too easy and preliminary. This can be done by referring the students to appropriate resources or setting challenging activities for them to complete.
- There are suggestions of movies or activities or experiments that have been provided in the textbook. The teacher can use them at her discretion and choice. However, it should be ascertained that students have understood the concepts for which the material and method have been suggested in the first place. The teachers should use QR codes given in the textbook whenever possible. The teacher can of course use resources above and beyond those suggested in the textbook.

We are all aware of the wide scope of the subject of Psychology. No textbook, however well written can claim to be complete. We all know that a textbook is always just a medium or an instrument towards an end.

We hope that you enjoy the teaching-learning process of the subject and students will also find the subject challenging, meaningful and interesting. Best wishes!

Index

Sr. No.

Chapters

Page No.

1. Psychology : A Scientific Discipline *1*
2. Intelligence *12*
3. Personality *23*
4. Cognitive Processes *33*
5. Emotions *44*
6. Psychological Disorders *62*
7. First Aid in Mental Health *78*
8. Positive Psychology *95*

Glossary *109*

Reference *112*