

**PSYCHOLOGY**  
**CLASS - XII (2021-2022)**  
**(CODE NO. 037)**  
**(TERM WISE CURRICULUM)**

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 the 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**  
**(TERM WISE)**  
**CLASS XII (2021 - 2022)**

<b>Units</b>	<b>Topics</b>	<b>No. of periods</b>	<b>Marks</b>
<b>TERM 1</b>			
I	Variations in Psychological Attributes	20	12
II	Self and Personality	24	13
III	Meeting Life Challenges	14	10
	<b>Total</b>	<b>58</b>	<b>35</b>
<b>TERM 2</b>			
IV	Psychological Disorders	24	13
V	Therapeutic Approaches	16	7
VI	Attitude and Social Cognition	12	8
VII	Social Influence and Group Processes	8	7
	<b>Total</b>	<b>60</b>	<b>35</b>
	<b>Total</b>	<b>118</b>	<b>70</b>

**COURSE CONTENT**  
**TERM 1**

<b>Unit I</b>	<b>Variations in Psychological Attributes</b> <i>The topics in this unit are:</i> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Individual Differences in Human Functioning</li> <li>3. Assessment of Psychological Attributes</li> <li>4. Intelligence</li> </ol>	<b>20 Periods</b>	<b>12</b>
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	<ol style="list-style-type: none"> <li>5. Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence</li> <li>6. Individual Differences in Intelligence</li> <li>7. Culture and Intelligence</li> <li>8. Emotional Intelligence</li> <li>9. Special Abilities: Aptitude: Nature and Measurement</li> <li>10. Creativity</li> </ol>		
<b>Unit II</b>	<p><b>Self and Personality</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Self and Personality</li> <li>3. Concept of Self</li> <li>4. Cognitive and Behavioural Aspects of Self</li> <li>5. Culture and Self</li> <li>6. Concept of Personality</li> <li>7. Major Approaches to the Study of Personality               <ul style="list-style-type: none"> <li>● Type Approach</li> <li>● Trait Approach</li> <li>● Psychodynamic Approach</li> <li>● Behavioural Approach</li> <li>● Cultural Approach</li> <li>● Humanistic Approach</li> </ul> </li> <li>8. Assessment of Personality               <ul style="list-style-type: none"> <li>● Self-report Measures</li> <li>● Projective Techniques</li> <li>● Behavioural Analysis</li> </ul> </li> </ol>	<b>24 Periods</b>	<b>13</b>
<b>Unit III</b>	<p><b>Meeting Life Challenges</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature, Types and Sources of Stress</li> <li>3. Effects of Stress on Psychological Functioning and Health               <ul style="list-style-type: none"> <li>● Stress and Health</li> <li>● General Adaptation Syndrome</li> <li>● Stress and Immune System</li> </ul> </li> </ol>	<b>14 periods</b>	<b>10</b>

	<ul style="list-style-type: none"> <li>● Lifestyle</li> </ul> 4. Coping with Stress <ul style="list-style-type: none"> <li>● Stress Management Techniques</li> </ul> 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> <li>● Stress Resistant Personality</li> <li>● Life Skills</li> <li>● Positive Health</li> </ul>		
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## PRACTICAL

### Test administration:

Students are required to administer and interpret three psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, self-concept, adjustment, anxiety, interest etc.

The focus should be on helping the student develop an understanding of human behavior through the administration of the tests, interpretation of the scores and its application in various situations/conditions.

### PRACTICAL - TERM 1 (15 Marks)

- A. In term 1 the student is introduced to administration, scoring, interpretation, & report writing of any 2 psychological tests.
- B. In Practical examination of term 1, the student will be required to administer and interpret any one psychological test.

### Distribution of Marks (Term 1)

- Practical File – 5 Marks
- Viva Voce – 3 Marks
- Administration of one test & report writing – 7 Marks

## COURSE CONTENT

TERM 2			
<b>Unit IV</b>	<b>Psychological Disorders</b>  <i>The topics in this unit are:</i> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Concepts of Abnormality and Psychological Disorders</li> </ol>	<b>24 Periods</b>	<b>13</b>

	<ul style="list-style-type: none"> <li>• Historical Background</li> </ul> <ol style="list-style-type: none"> <li>3. Classification of Psychological Disorders</li> <li>4. Factors Underlying Abnormal Behaviour</li> <li>5. Major Psychological Disorders           <ul style="list-style-type: none"> <li>• Anxiety Disorders</li> <li>• Obsessive-Compulsive and Related Disorders</li> <li>• Trauma-and Stressor-Related Disorders</li> <li>• Somatic Symptom and Related Disorders</li> <li>• Dissociative Disorders</li> <li>• Depressive Disorder</li> <li>• Bipolar and Related Disorders</li> <li>• Schizophrenia Spectrum and Other Psychotic Disorders</li> <li>• Neurodevelopmental Disorders</li> <li>• Disruptive, Impulse-Control and Conduct Disorders</li> <li>• Feeding and Eating Disorders</li> <li>• Substance Related and Addictive Disorders</li> </ul> </li> </ol>		
<b>Unit V</b>	<b>Therapeutic Approaches</b> <i>The topics in this unit are:</i> <ol style="list-style-type: none"> <li>1. Nature and Process of Psychotherapy           <ul style="list-style-type: none"> <li>• Therapeutic relationship</li> </ul> </li> <li>2. Types of Therapies           <ul style="list-style-type: none"> <li>• Behaviour Therapy</li> <li>• Cognitive Therapy</li> <li>• Humanistic-Existential Therapy</li> <li>• Alternative Therapies</li> </ul> </li> <li>3. Rehabilitation of the Mentally Ill</li> </ol>	<b>16 Periods</b>	<b>7</b>
<b>Unit VI</b>	<b>Attitude and Social Cognition</b> <i>The topics in this unit are:</i> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Explaining Social Behaviour</li> <li>3. Nature and Components of Attitudes</li> <li>4. Attitude Formation and Change           <ul style="list-style-type: none"> <li>• Attitude Formation</li> <li>• Attitude Change</li> <li>• Attitude-Behaviour Relationship</li> </ul> </li> <li>5. Prejudice and Discrimination</li> </ol>	<b>12 Periods</b>	<b>8</b>

	6. Strategies for Handling Prejudice		
<b>Unit VII</b>	<b>Social Influence and Group Processes</b> <i>The topics in this unit are:</i> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature and Formation of Groups</li> <li>3. Type of Groups</li> <li>4. Influence of Group on Individual Behavior <ul style="list-style-type: none"> <li>• Social Loafing</li> <li>• Group Polarization</li> </ul> </li> </ol>	<b>08 Periods</b>	<b>7</b>

## **PRACTICAL**

### **Test administration:**

Students are required to administer and interpret three psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, self-concept, adjustment, anxiety, interest etc.

The focus should be on helping the student develop an understanding of human behavior through the administration of the tests, interpretation of the scores and its application in various situations/conditions.

### **PRACTICAL - TERM 2 (15 Marks)**

- C. In term 2 the student is introduced to administration, scoring, interpretation & report writing of any one psychological test.
- D. In Practical examination of term 2, the student will be required to administer and interpret one psychological test.

### **Distribution of Marks:**

- Practical File – 5 Marks
- Viva Voce – 3 Marks
- Administration of one test & report writing – 7 Marks

### **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.