

**PSYCHOLOGY**  
**CLASS XI (2021-2022)**  
**(CODE NO. 037)**

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 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**  
**CLASS XII (2021 - 2022)**

**One Theory Paper**

**3 Hours**  
**Marks: 70**

Units	Topics	No. of periods	Marks
I	Variations in Psychological Attributes	20	9
II	Self and Personality	24	10
III	Meeting Life Challenges	14	7
IV	Psychological Disorders	24	10
V	Therapeutic Approaches	20	7
VI	Attitude and Social Cognition	20	8
VII	Social Influence and Group Processes	22	7
VIII	Psychology and Life	13	6
IX	Developing Psychological Skills	13	6
	<b>Total</b>	<b>170</b>	<b>70</b>

**COURSE CONTENT**

<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> <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>20 Periods</b>
<b>Unit II</b>	<b>Self and Personality</b> <i>The topics in this unit are:</i> <ol style="list-style-type: none"> <li>1. Introduction</li> </ol>	<b>24 Periods</b>

	<ol style="list-style-type: none"> <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>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> <li>• Lifestyle</li> </ul> </li> <li>4. Coping with Stress <ul style="list-style-type: none"> <li>• Stress Management Techniques</li> </ul> </li> <li>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> </li> </ol>	<b>14 periods</b>
<b>Unit IV</b>	<p><b>Psychological Disorders</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Concepts of Abnormality and Psychological Disorders</li> </ol>	<b>24 Periods</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>• Psychodynamic Therapy</li> <li>• Behaviour Therapy</li> <li>• Cognitive Therapy</li> <li>• Humanistic-Existential Therapy</li> <li>• Biomedical Therapy</li> <li>• Alternative Therapies</li> </ul> </li> <li>3. Rehabilitation of the Mentally Ill</li> </ol>	<b>20 Periods</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> </ul> </li> </ol>	<b>20 Periods</b>

	<ul style="list-style-type: none"> <li>• Attitude Change</li> <li>• Attitude-Behaviour Relationship</li> </ul> 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice 7. Social Cognition 8. Schemas and Stereotypes 9. Impression Formation and Explaining <ul style="list-style-type: none"> <li>• Behaviour of Others through Attributions</li> <li>• Impression Formation</li> <li>• Attribution of Causality</li> </ul> 10. Behaviour in the Presence of Others 11. Pro-social Behaviour <ul style="list-style-type: none"> <li>• Factors Affecting Pro-social Behaviour</li> </ul>	
<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 Behaviour               <ul style="list-style-type: none"> <li>• Social Loafing</li> <li>• Group Polarisation</li> </ul> </li> <li>5. Conformity, Compliance and Obedience</li> <li>6. Cooperation and Competition               <ul style="list-style-type: none"> <li>• Determinants of Cooperation and Competition</li> </ul> </li> <li>7. Social Identity</li> <li>8. Intergroup Conflict: Nature and Causes</li> <li>9. Conflict Resolution Strategies</li> </ol>	<b>22 Periods</b>
<b>Unit VIII</b>	<b>Psychology and Life</b> <i>The topics in this unit are:</i> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Human-Environment Relationship               <ul style="list-style-type: none"> <li>• Different Views of the Human-Environment Relationship</li> </ul> </li> <li>3. Environmental Effects on Human Behaviour               <ul style="list-style-type: none"> <li>• Human Influence on the Environment</li> <li>• Noise</li> <li>• Pollution</li> </ul> </li> </ol>	<b>13 Periods</b>

	<ul style="list-style-type: none"> <li>• Crowding</li> <li>• Natural Disasters</li> </ul> 4. Promoting Pro-environmental Behaviour 5. Psychology and Social Concerns <ul style="list-style-type: none"> <li>• Poverty and Discrimination</li> <li>• Aggression, Violence and Peace</li> <li>• Mahatma Gandhi on Non-violence</li> <li>• Health</li> <li>• Impact of Television on Behaviour</li> </ul>	
<b>Unit IX</b>	<b>Developing Psychological Skills</b> <i>The topics in this unit are:</i> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Developing as an effective Psychologist</li> <li>3. General Skills</li> <li>4. Observational Skills</li> <li>5. Specific Skills <ul style="list-style-type: none"> <li>• Communication Skills</li> <li>• Psychological Testing Skills</li> </ul> </li> <li>6. Interviewing Skills</li> <li>7. Counselling Skills</li> </ol>	<b>13 Periods</b>
<b>Practical</b> <div style="text-align: right;"><b>30 Marks</b></div> <p>A. Development of Case Profile: Using appropriate methods like interview, observation and 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 Practical examination, the student will be required to administer and interpret two psychological tests.</p> <p><b>Distribution of Marks:</b></p> <ul style="list-style-type: none"> <li>• Practical File and Case Profile 10 Marks</li> <li>• Viva Voce (Case Profile and practical) 05 Marks</li> <li>• Two practicals 15 Marks*</li> </ul> <p>*(5 Marks for conduct of practical and 10 Marks for report writing)</p>		<b>60 Periods</b>

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**QUESTION PAPER DESIGN**  
**CLASS – XII (2021 - 2022)**

**I. Board Examination: Theory**

<b>Time: 3 Hours</b>		<b>Maximum Marks: 70</b>	
<b>S. No.</b>	<b>Competencies</b>	<b>Total Marks</b>	<b>% Weightage</b>
1	<b>Remembering and Understanding:</b> Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas	25	35%
2	<b>Applying:</b> Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	31	45%
3	<b>Formulating, Analysing, Evaluating and Creating:</b> Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions.	14	20%
	<b>Total</b>	<b>70</b>	<b>100%</b>

**II. Practical: 30 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.