

14. PSYCHOLOGY

Class XI (Theory)

One Theory Paper

3 Hours

Unitwise weightage

Marks : 70

Units	Marks
Foundations of Psychology	
I. Introduction to Psychology	08
II. Methods of Psychology	09
III. The Bases of Human Behaviour	08
IV. Human Development	07
V. Sensory and Perceptual Processes	08
VI. Learning	08
VII. Human Memory	08
VIII. Language and thought	07
IX. Motivation and Emotion	07
Practicals (Projects, experiments, small studies)	30

Foundations of Psychology

Unit I: Introduction to Psychology

08 Marks

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

09 Marks

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

08 Marks

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

07 Marks

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

08 Marks

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

Unit VI : Learning

08 Marks

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, Concept learning, skill-learning; Factors facilitating learning; Transfer of learning: Types and Applications, Learning styles: Learning disabilities; Some Applications of learning principles.

Unit VII : Human Memory

08 Marks

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; Knowledge representation and organisation in memory; Memory as a constructive process; Nature and causes of forgetting; Enhancing memory; Pathologies related to memory.

Unit VIII : Language and Thought

07 Marks

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

07 Marks

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.

Practicals (Projects, experiments, small studies, etc.)

30 Marks

The students shall be required to undertake one project and conduct three practicals. The project would involve the use of different methods of enquiry and related skills. Practicals would involve conducting experiments and undertaking small studies, exercises, related to the topics covered in the course (e.g. Human development, Learning, Memory, Motivation, Perception, Attention and Thinking).

- (i) Reporting file including Project work; 05 Marks
- (ii) Viva Voce : 05 Marks
- (iii) Two experiments : 10 marks each (05 for conduct and 05 for reporting)