

PSYCHOLOGY

CLASS XII

Time : 3 Hours

One Theory Paper

Marks : 70

Units	Marks
Psychology, Self and Society	
I. Intelligence and Aptitude	09
II. Self and Personality	10
III. Human Strengths and meeting the Life Challenges	07
IV. Psychological Disorders	10
V. Therapeutic Approaches	07
VI. Attitude and Social Cognition	08
VII. Social Influence and Group Processes	07
VIII. Environmental and Social concerns	06
IX. Professional Skills for Psychologists	06
Practicals (Psychological testing, Case Profile etc.)	30

Psychology, Self and Society

Unit I : Intelligence and Aptitude

09 Marks

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

10 Marks

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

07 Marks

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

10 Marks

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

07 Marks

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

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

Unit VI : Attitude and Social Cognition

08 Marks

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; Social cognition; Schemas and stereotypes; Impression formation; 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

07 Marks

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: Nature of Conformity, Obedience, and Compliance: Cooperation and Competition; Groups: Nature, formation and types; Influence of group on individual behaviour; Social identity; Inter-Group Conflict; Conflict Resolution Strategies.

Unit VIII: Environmental and Social Concerns

06 Marks

This unit focuses on the application of psychological understanding to some important social issues. Human- environment relationship; Environmental effects on human behaviour. Noise, pollution, crowding, natural disasters, social issue: Aggression and Violence; Social Inequality and Poverty; Media and human values; Promoting pro-environmental behaviour, Human rights and citizenship; Peace.

Unit IX: Professional Skills for a Psychologist

06 Marks

This unit deals with some effective psychological and interpersonal skills for facilitating personal-social development.

Psychological skills: Observation, Interviewing, Testing, Counseling and Communication.

Psychological testing Practicals

30 Marks

The students shall be required to prepare one case profile and conduct 5 practicals related to the topics covered in the course. The case profile will include developmental history of the subject, using both qualitative (observation, interview) and quantitative (Psychological testing) approaches. Practicals would involve using standardised psychological assessment devices in different domains (e.g. intelligence, personality, aptitude, adjustment, attitude, self-concept, and anxiety).

Distribution of Marks:

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| (i) | Reporting file including case profile: | 05 Marks |
| (ii) | Viva Voce : | 05 Marks |
| (iii) | Two practicals | 10 marks each |
- (5 for accurate conduct and 5 for reporting)