

## Psychology (48)

### Introduction

Psychology is introduced as an elective subject at the Higher Secondary stage of school education. As a discipline, psychology specialises in the study of experience, behaviours and mental processes of human beings within a socio-cultural and socio-historical context. This course purports to introduce the learners to the basic ideas, principles and methods in psychology so as to enable them to understand themselves and their social world better. The emphasis is put on creating 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 emphasises the complexity of behavioural processes and discourages simplistic cause-effect thinking. This is pursued by encouraging critical reasoning, allowing students to appreciate the role of cultural factors in behaviour and illustrating how biology and experience shape behaviour. The course while developing an appreciation of subjectivity, also focuses on multiplicity of worldviews.

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

1. To develop appreciation about human behaviour and human mind in the context

of learners' immediate society and environment.

2. To develop in learners an appreciation of multidisciplinary nature of psychological knowledge and its applications in various aspects of life.
3. To enable learners to become perceptive, socially aware and self-reflective.
4. To facilitate students' quest for personal growth and effectiveness and to enable them to become responsive and responsible citizens.

### Std. XI

#### Unit

#### Sub -Unit

#### 1 1.0 Introduction to Psychology

- 1.1 Definitions - Wundt, Watson, Morgan & King, Feldman
- 1.2 Branches of Psychology :  
Cognitive Psychology, Biological Psychology, Developmental Psychology, Social Psychology, Environmental Psychology, Health Psychology, Clinical and Counselling Psychology, Organisational Psychology, Educational Psychology
- 1.3 Recent Perspectives of Psychology:  
Behaviouristic perspective, Psychoanalytic perspective, Cognitive perspective, Biological perspective, Humanistic perspective
- 1.4 Psychology in Everyday Life
- 1.5 Psychologists at work :  
Clinical Psychologists, Counselling Psychologists, Community



- Psychologists, School Psychologists, Organisational psychologists.
- 2 2.0 Methods of Psychological Enquiry**
- 2.1 Objectives of Psychological enquiry: Description, Prediction, explanation, control and Application
- 2.2 Important Methods of data collection: Observational method, experimental method, correlational method, Survey method, Psychological testing, case study and project method.
- 3 3.0 Foundations of Human Behaviour**
- 3.1 Heredity : Genes and Chromosomes
- 3.2 Central Nervous System : Brain and Spinal chord
- 3.3 Endocrine System : Pituitary gland, thyroid gland, adrenal gland, gonads.
- 3.4 Socio – cultural Factors : Family, Community, faith, gender, caste and disability
- 3.5 Socialization : Acculturation and Enculturation
- 4 4.0 Human Development**
- 4.1 Meaning of Development : Life-span perspective on development, Growth, Development, Maturation and Evolution
- 4.2 Principles of Development
- 4.3 Factors Influencing Development : Heredity and environment
- 4.4 Stages of Development : Prenatal stage, infancy, childhood, adolescence, adulthood and oldage
- 4.5 Context of Development : Microsystem, mesosystem, exosystem, macrosystem Chronosystem
- 5 5.0 Attention and Perception**
- 5.1 Distinction between attention and perception
- 5.2 Attentional Processes : Selective attention, divided attention, span of attention, attention deficit hyperactivity disorder
- 5.3 Principles of perceptual organization : Principle of proximity, principle of similarity, principle of continuity, principle of smallness, principle of symmetry, principle of surroundedness, principle of closure.
- 5.4 Illusions : Geometric illusions and apparent movement illusions
- 5.5 Socio-cultural influences on perception : differential familiarity, salience of stimuli, habits of perceptual inference.
- 6 6.0 Learning**
- 6.1 Nature of learning : Definition and features of learning
- 6.2 Classical and Operant Conditioning: Pavlov’s experiment on classical conditioning, Skinner’s experiment on operant conditioning
- 6.3 Observational Learning : Imitation, social learning and modelling
- 6.4 Learning Styles : Relational style and analytical style
- 6.5 Learning Disabilities : Symptoms of learning disabilities.
- 7 7.0 Human Memory**
- 7.1 Nature of Memory : Definition, stages of memory
- 7.2 Memory Systems : Sensory, Short-term memory and long-term memory



7.3 Measurement of Memory : Recall, recognition, re-learning and reconstruction

7.4 Nature and Causes of Forgetting : Ebbinghaus's curve of forgetting, trace decay, interference, retrieval failure

7.5 Improving Memory : Keyword method, method of loci, chunking, first letter technique, minimising interference

7.6 Eyewitness Memory

## 8 8.0 Motivation and Emotion

8.1 Nature of motivation : Motivation cycle

8.2 Types of motives :  
Biological motives and Psychosocial motives

8.3 Maslow's hierarchy of needs

8.4 Nature of Emotion : Definition and Types of Emotions by Plutchik

8.5 Expression of Emotions : Culture and emotional expression, culture and emotional labelling

8.6 Enhancing Positive Emotions : Personality traits, positive meaning, quality connections, being engaged, faith and positive interpretations.

### Practicals

Practicals of Psychology is classified among three major aspects : Project, Experiments and Small Studies. There will be continuous evaluation of these practicals by the internal examiner who will essentially be the teacher supervising and monitoring the practical work. He will internally evaluate the student for 20 marks and submit it to the examining authority.

### The Nature of Practicals

#### A : Project

The student shall be required to undertake one project which will have impetus on understanding of human behaviour. The project would involve the use of different methods of enquiry and related skills.

#### B : Experiments :

The student shall undertake Five experiments which are identified as below:

1. Span of attention
2. Muller-tyer Illusion
3. Recall and Recognition
4. Substitution Learning
5. Memory Span for Digits

OR

#### C : Small Studies

The student shall undertake small studies in the form of case studies related to the topic covered in the course.

## Std.XII

### Unit

### Sub -Unit

#### 1 Intelligence

Definitions of intelligence  
History of intelligence testing  
Distribution of intelligence quotient in population  
Types of intelligence tests  
Aptitude  
Emotional intelligence

#### 2 Personality

Definitions of Personality  
Factors influencing personality  
Major approaches to the study of Personality  
Assessment of personality



**3 Stress Management**

Nature of Stress

Sources of Stress

Types of Stress

Stress management techniques

Promoting Positive health and well-being

**4 Psychological Disorders and Therapies**

Concept of abnormality

Classification of psychological disorders

Major Psychological disorders

Types of therapies

**5 Attitude**

Definition of attitude

Attitude formation

Change of attitude

Prejudice

**6 Social Influence**

Nature of Social influence

Dynamics of Social influence

Influence of group on individual behaviour

Intergroup conflicts

**7 Psychology and Life**

Human-environment relationship

Environmental effects on human behaviour

Promoting pro-environmental behaviour

Psychology and Social Concerns

**8 Developing Psychological Skills**

Nature

Effective Psychological Skills

Counselling Skills

Communication Skills

**Practicals : (Based on continuous Evaluation)**

Practicals of Psychology is classified among three major aspects : Project, Psychological Testing and Case Studies. There will be continuous evaluation of these practicals by the internal examiner who will essentially be the teacher supervising and monitoring the practical work. He will internally evaluate the student for 20 marks and submit it to the examining authority under his hand and signature.

**The Nature of Practical****A. Project**

The student shall be required to undertake one project which would involve the use of different methods of enquiry and related skills.

OR

**B. Psychological Testing**

The student shall be required to conduct five Psychological tests related to the topic covered in the course. Psychological testing would involve using standardised Psychological assessment devices in different domains i.e. intelligence, aptitude, personality, stress, anxiety, depression, attitude, prejudice etc.

OR

**C. Case Studies**

The Student shall be required to prepare one case profile. The case profile will include developmental history of the subject using both qualitative (observation, interview, rating etc.) and quantitative approaches.

