

**PSYCHOLOGY (Code No. 037)
CLASS-XII (THEORY) (2016-17)**

One Theory Paper

Marks 70

Psychology, Self and Society

Units		Period	Weightage in Marks	
I	Variations in Psychological Attributes	20	9	Term -I (July- September)
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	Term -II (October - March)
VII	Social Influence and Group Processes	22	7	
VIII	Psychology and Life	13	6	
IX	Developing Psychological Skills	13	6	
Total		170	70	

TERM - I

Unit-I: Variations in Psychological Attributes

20 periods

The topics in this unit are:

1. **Introduction**
2. **Individual Differences in Human Functioning**
3. **Assessment of Psychological Attributes**
4. **Intelligence**
5. **Theories of Intelligence**
 - a) Theory of Multiple Intelligences
 - b) Triarchic Theory of Intelligence
 - c) Planning, Attention-arousal, and Simultaneous-successive Model of Intelligence
6. **Individual Differences in Intelligence**
 - a. Variations of Intelligence
7. **Culture and Intelligence**
8. **Emotional Intelligence**
9. **Special Abilities**
 - a) Aptitude: Nature and Measurement
10. **Creativity**

Unit-II Self and Personality**24 periods**

The topics in this unit are:

1. **Introduction**
2. **Self and Personality**
3. **Concept of Self**
4. **Cognitive and Behavioural Aspects of Self**
 - a) Self-esteem, Self-efficacy and Self-regulation
5. **Culture and Self**
6. **Concept of Personality**
7. **Major Approaches to the Study of Personality**
 - a) Type Approaches
 - b) Trait Approaches
 - c) Psychodynamic Approach
 - d) Behavioural Approach
 - e) Cultural Approach
 - f) Humanistic Approach
8. **Assessment of Personality**
 - a) Self-report Measures
 - b) Projective Techniques
 - c) Behavioural Analysis

Unit-III: Meeting Life Challenges**14 periods**

The topics in this unit are:

1. **Introduction**
2. **Nature, Types and Sources of Stress**
3. **Effects of Stress on Psychological Functioning and Health**
 - a) Stress and Health
 - b) General Adaptation Syndrome
 - c) Stress and Immune System
 - d) Lifestyle
4. **Coping with Stress**
 - a) Stress Management Techniques
5. **Promoting Positive Health and Well-being**
 - a) Life Skills

Unit-IV: Psychological Disorders**24 periods**

The topics in this unit are:

1. **Introduction**
2. **Concepts of abnormality and psychological Disorders**
3. **Classification of Psychological Disorders**
4. **Factors Underlying Abnormal Behaviour**
5. **Major Psychological Disorders**
 - a) Anxiety Disorders
 - b) Somatoform Disorders
 - c) Dissociative Disorders
 - d) Mood Disorders
 - e) Schizophrenic Disorders
 - f) Behavioural and Developmental Disorders
 - g) Substance-use Disorders

Unit-V: Therapeutic Approaches**20 periods**

The topics in this unit are:

1. Nature and process of psychotherapy
 - a) Therapeutic relationship
2. Types of therapies
 - a) Psychodynamic Therapy
 - b) Behaviour Therapy
 - c) Cognitive Therapy
 - d) Humanistic-existential Therapy
 - e) Biomedical Therapy
 - f) Alternative Therapies
3. **Rehabilitation of the Mentally Ill**

TERM - II**Unit-VI: Attitude And Social Cognition****20 periods**

The topics in this unit are:

1. **Introduction**
2. **Explaining Social Behaviour**
3. **Nature and Components of Attitudes**
4. **Attitude Formation and Change**
 - a) Attitude Formation
 - b) Attitude Change
 - c) Attitude-Behaviour Relationship

5. **Prejudice and Discrimination**
6. **Strategies for Handling Prejudice**
7. **Social Cognition**
8. **Schemas and Stereotypes**
9. **Impression Formation and Explaining**
10. **Behaviour of Others through Attributions**
 - a) Impression Formation
 - b) Attribution of Causality
11. **Behaviour in the Presence of Others**
12. **Pro-social Behaviour**
 - a) Factors Affecting Pro-social Behaviour

Unit-VII: Social Influence And Group Processes

22 periods

The topics in this unit are:

1. **Introduction**
2. **Nature and Formation of Groups**
3. **Type of Groups**
4. **Influence of Group on Individual Behaviour**
 - a) Social Loafing
 - b) Group Polarisation
5. **Conformity, Compliance, and Obedience**
6. **Cooperation and Competition**
 - a) Determinants of Cooperation and Competition
7. **Social Identity**
8. **Intergroup Conflict: Nature and Causes**
9. **Conflict Resolution Strategies**

Unit-VIII: Psychology and Life

13 periods

The topics in this unit are:

1. **Introduction**
2. **Human-Environment Relationship**
 - a) Different Views of the Human-Environment Relationship
3. **Environmental Effects on Human Behaviour**
 - a) Human Influence on the Environment
 - b) Noise
 - c) Pollution
 - d) Crowding
 - e) Natural Disasters

4. **Promoting Pro-environmental Behaviour**
5. **Psychology and Social Concerns**
 - a) Poverty and Discrimination
 - b) Aggression, Violence, and Peace
 - c) Mahatma Gandhi on Non-violence :
 - d) Health
 - e) Impact of Television on Behaviour

Unit-IX: Developing Psychological Skills

13 periods

The topics in this unit are:

1. **Introduction**
2. **Developing as an effective Psychologist**
3. **General Skills**
4. **Observational Skills**
5. **Specific Skills**
 - a) Communication Skills
 - b) Psychological Testing Skills
6. **Interviewing Skills**
7. **Counselling Skills**

Practicals

30 Marks

60 Periods

- A. **Development of case profile:**
Using appropriate methods like, interview, observation and psychological tests.
- B. **Test administration:**
Students are required to administer and interpret five tests.
- C. **In Practical examination, the student will be required to administer and interpret two psychological tests.**

Distribution of Marks:

- | | |
|---|----------|
| (i) Practical File | 10 Marks |
| (ii) Viva Voce (Case profile and practical) | 05 Marks |
| (iii) Two practicals (5 for conduction and 10 for reporting). | 15 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.

QUESTION PAPER DESIGN 2016-17									
PSYCHOLOGY		Code No. 037				CLASS-XII			
Time: 3 Hours					Max. Marks: 70				
S. No	Typology of Questions	Learning outcomes and Testing Competencies	Learning checks (LC) (1 Mark)	Very Short Answer (VSA) (2 Marks)	Short Answer-I (SA-I) (3 Marks)	Short Answer-II (SA-II) (4 Marks)	Long Answer (LA) (6 Marks)	Total Marks	% Weight age
01	Remembering- (Knowledge based Simple recall questions, to know specific facts, terms, concepts, principles, or theories, Identify, define, or recite, information)	<ul style="list-style-type: none"> ● Reasoning ● Analytical Skills ● Critical Thinking Skills etc. 	3	2	-	2	1	21	30%
02	Understanding- (Comprehension -to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase, or interpret information)		-	4	1	1	1	21	30%
03	Application (Use abstract information in concrete situation, to apply knowledge to new situations, Use given content to interpret a situation, provide an example, or solve a problem)		3	-	1	2	-	14	20%
04	High Order Thinking Skills (Analysis& Synthesis- Classify, compare, contrast, or differentiate between different pieces of information, Organize and/or integrate unique pieces of information from a variety of sources)		4	-	1	-	-	07	10%
05	Evaluation- (Appraise, judge, and/or justify the value or worth of a decision or outcomes)		-	-	1	1	-	07	10%
TOTAL			10x1= 10	6x2=12	4x3=12	6x4=24	2x6=12	70(28)	100%

*In view of the nature of the discipline there is a possibility of greater attention to values.