

PSYCHOLOGY

SYLLABUS FOR HIGHER SECONDARY COURSE

Introduction :

Psychology is the one of the fast growing sciences. There is no human endeavour which is not effected by the knowledge of psychology. Thus psychology has made inroad into many new domain. Psychology is introduced as an elective subject at the higher secondary stage of education. As a discipline, psychology specialises as the study of experiences, behaviours and mental processes of human being within a socio-cultural context. This higher secondary course of psychology purports to introduce the learners to the basic ideas, principles and methods of psychology so as to enable them to understand themselves and their social world better. The specific objectives of Higher Secondary Second year course of Psychology are :

1. to develop an understanding about the psychological attributes on which people differ from each other.
2. to give a clear concept about self and personality.
3. to develop an awareness among students about life challenges and the ways to cope with these challenges.
4. to develop an understanding among students about the major psychological disorders.
5. to familiarise students with basic nature and process of psychotherapy.
6. to acquaint student with attitude and social cognition process.
7. to develop an understanding among students about social influence and group process.
8. to enable learners to apply psychology to common problems of life.
9. to acquaint students with psychological skill.

Total Marks : 70 (Theory)

Periods : 180

Unitwise Distribution of Marks and Periods (Theory) :

Unit No.	Title	Marks	Periods
Unit-1:	Variations in Psychological Attributes	10	20
Unit-2:	Self and Personality	10	22
Unit-3:	Meeting life challenges	6	16
Unit-4:	Psychological Disorders	6	16
Unit-5:	Therapeutic Approaches	6	18
Unit-6:	Attitude and Social cognition	8	24
Unit-7:	Social Influence and Group processess	8	24
Unit-8:	Psychology and life	8	20
Unit-9	Developing Psychological skills	8	20
Total		70	180

Unitwise Distribution of Course contents :**Unit-1 : Variations in Psychological Attributes**

- (i) Individual differences in human functioning
- (ii) Assessment of Psychological attributes
- (iii) Intelligence : Theories of Intelligence
 - * Theory of Multiple Intelligence
 - * Triarchic theory of Intelligence
 - * Planning, Attention arousal and simultaneous-Successive Model of Intelligence
- (iv) Individual difference in Intelligence
- (v) Culture and Intelligence
- (vi) Emotional Intelligence
- (vii) Special Abilities

Unit-2 : Self and personality

- (i) Concept of Self
- (ii) Cognitive behavioural aspects of Self–Self esteem, Self-efficacy and Self-regulation.
- (iii) Culture and Self
- (iv) Concept of personality
- (v) Major Approaches to the study of Personality-Type Approach, Trait Approach, Five factor Model of personality, Psychodynamic Approach, Behavioural Approach, Cultural Approach, Humanistic Approach, Healthy Personality
- (vi) Assessment of personality

Unit-3 : Meeting life Challenges

- (i) Nature, Types and Sources of Stress
- (ii) Effect of Stress on Psychological Functioning and health
- (iii) Coping with stress
- (iv) Promoting positive health and well-being

Unit-4 : Psychological Disorders

- (i) Concept of Abnormality and Psychological Disorders
- (ii) Classifications of Psychological Disorders
- (iii) Factors Underlying Abnormal Behaviour
- (iv) Major Psychological Disorders

Unit-5 : Therapeutic Approaches

- (i) Nature and process of Psychotherapy
- (ii) Types of Therapies
- (iii) Rehabilitation of the Mentally ill

Unit-6 : Attitude and Social Cognition

- (i) Explaining Social Behaviour
- (ii) Nature and Components of Attitudes
- (iii) Attitude formation and change
- (iv) Prejudice and Discrimination
- (v) Strategies for Handling Prejudice
- (vi) Social Cognition
- (vii) Schemas and Stereotypes

- (viii) Impression Formation and Explaining
- (ix) Behaviour of others through Attribution
- (x) Behaviour in presence of others
- (xi) Pro-social behaviour

Unit-7 : Social Influences and Group Process

- (i) Nature and promotion of Groups
- (ii) Types of Groups
- (iii) Influence of group on Individual behaviour
- (iv) Conformity, Compliance and Obedience
- (v) Co-operation and competition
- (vi) Social Identity
- (vii) Inter-group conflict : Nature and causes
- (viii) Conflict Resolution Strategies

Unit-8 : Psychology and Life

- (i) Human Environment Relationship
- (ii) Environmental Effects on Human Behaviour
Pollution, Crowding, Natural Disasters
- (iii) Promoting pro-environmental Behaviour
- (iv) Psychology and social concerns
 - * Poverty and discrimination
 - * Aggression, violence and peace
 - * Mahatma Gandhi on Non-violence
 - * Health
 - * Impact of Television on Behaviour

Unit-9 : Developing Psychological Skills

- (i) Developing an Effective Psychologist
- (ii) General Skills
- (iii) Observational Skills
- (iv) Specific Skills
- (v) Interview Skills
- (vi) Counselling Skills

PSYCHOLOGICAL PRACTICAL (H.S. 2nd Year)

Total Marks- 30

Periods-60

(Projects, Psychological Testing, Case Studies, etc.)

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