

**PSYCHOLOGY (CODE 037)
CLASS-XII (THEORY) (2014-15)**

One Theory Paper

Marks 70

Psychology, Self and Society

Units	Period	Marks
I. Intelligence and Aptitude	20	19
II. Self and Personality	24	
III. Human Strengths and Meeting Life Challenges	14	
IV. Psychological Disorders	24	24
V. Therapeutic Approaches and Counselling	20	
VI. Attitude and Social Cognition	20	15
VII. Social Influence and Group Processes	22	
VIII. Environmental and Social Concerns	13	12
IX. Developing Psychological Skills and their Application	13	
	170	70

TERM - I

Unit I: Intelligence and other Psychological Positions (20 Periods)

The unit aims at studying how people differ with respect to intelligence and aptitude.

Variations in individual behaviour: Theories of Intelligence; Culture and Intelligence; Emotional intelligence; Creativity, Interest, Values, Aptitude: Nature and types; Assessment of psychological attributes.

Unit II: Self and Personality (24 Periods)

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: Approaches to Study Personality: Type and Trait, Psychodynamic, Humanistic Existential, Behavioural and Cultural; Assessment of Personality: Self-report Measures, Behavioural Analysis, and Projective Measures.

Unit III: Human Strengths and Meeting Life Challenges (14 Periods)

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 challenges and adjustment; Concept of adaptation; Positive Psychology; Human strengths and virtues: Stress, nature, types and coping; Concepts of health and well-being; Life Skills.

Unit IV: Psychological Disorders (24 Periods)

This unit discusses the concepts of normality and abnormality and the major psychological disorders.

Concepts of abnormality and psychological disorders, Causal factors associated with abnormal behaviour, Classification of disorders, Major psychological disorders: Anxiety, Somato-form, Dissociative, Mood, Schizophrenic, Developmental and Behavioural, Substance Related, Internet-addiction.

Unit V: Therapeutic Approaches and Counselling

20 Periods

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: Psycho-dynamic, Humanistic, Cognitive, Behaviour; Alternative therapies: Yoga, Meditation, Zen; Rehabilitation of mentally ill people. Counselling, Prevention of mental disorders.

TERM - II

Unit VI: Social Cognition and Attitude

20 Periods

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; Pro-social Behaviour; Prejudice and discrimination; Strategies for handling prejudice.

Unit VII: Social Influence and Group Processes

(22 Periods)

The unit deals with the concept of group, its functions and the dynamics of social influence processes like conformity, obedience and compliance. Different conflict resolution strategies will also be discussed. Illustrations from Indian society context will be used.

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

Unit VIII: Environmental and Social Concerns

13 Periods

This unit focuses on the application of psychological understanding to some important social issues.

Human-environment relationship; Human impact on Environment. Noise, Pollution, Crowding; Natural disasters, Psychology and Social Concerns: Aggression and Violence, Social Inequality and Poverty; Impact of media; Promoting pro-environmental behaviour.

Unit IX: Developing Psychological Skills and their Application

13 Periods

(This unit introduces some of the important Psychological skills and their Application in their personal and social life)

Domains of psychological application: Psychological testing, Observational Skills, Interviewing Skills, Communication 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 or interpret five tests.
- C. In Practical examination, the student will be required to administer and interpret two psychological tests.

Distribution of Marks:

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

Prescribed Books:

1. Psychology, Class XI, Published by NCERT
2. Psychology, Class XII, Published by NCERT
3. Supplementary Reading Material in Psychology for Classes XI and XII (available on the CBSE website www.cbse.nic.in).

Note: The above textbooks and reading material are also available in Hindi medium.

QUESTION PAPER DESIGN 2014-15									
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	% Weightage
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 Skillsetc. 	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 and Multi-Disciplinary- (Appraise, judge, and/or justify the value or worth of a decision or outcome, or to predict outcomes based on values)		-	-	1	1	-	07	10%
	TOTAL		10×1=10	6×2=12	4×3=12	6×4=24	2×6=12	70 (28)	100%