

SYLLABUS 2019-2020

Class : XII

Subject : Psychology

Book : (a) Introduction to Psychology by S. K. Mangal

(b) Psychology by Baron

(c) Introduction to psychology by Morgan and King

Publisher : (a) Sterling Publishers Private Limited

(b) Pearson Education

(c) Tata McGraw-Hill Edition

Term 1

1. Intelligence & Ability

- Intelligence: What is meant by intelligence – theories regarding the nature of intelligence; how intelligence is measured – the concept of IQ, Intelligence tests – Individual Tests, Group Tests, Culture Fair Tests. Levels of intelligence & associated characteristics (from gifted through average to below average).
- Aptitude, Achievement & Interest: meaning of these terms. Reason for their assessment & means of assessment (different tools/tests) used.

2. Personality

- What is meant by Personality?
- Theories of Personality: Type Theories, Psychoanalytic Theory – Freud's structure of personality; psycho-sexual stages of development; Post Freudians (in brief); Humanistic – Rogers & Maslow; Traits – Allport, Cattell; Social/Behavioural Learning – Bandura & Rotter.
- How personality is assessed: reports, inventories (MMPI), projective techniques – Rorschach Inkblot Test & Thematic Apperception Test.

3. Lifespan Development

- Meaning of Development, growth & maturation.
- Infancy – motor, cognitive development, socio-emotional development.
- Childhood – motor, cognitive development, socio-emotional development.
- Adolescence – physical changes, cognitive development, socio-emotional development; some major concerns.

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4. Stress & Stress Management

- Meaning of stress – its basic nature.
- Common causes of stress.
- Effects of stress on health & performance.
- Stress Management- ineffective & effective strategies of handling stress.

Term 2

5. Psychological Disorders & Psychotherapy

- Meaning of “Abnormal behaviour” – biological, psychological & socio – cultural perspectives. Principles of classification of psychological disorders with reference to DSM IV.
- Characteristics of some psychological disorders: Anxiety – generalised, phobic, obsessive-compulsive; Mood – Bi-polar, depression; personality – anti-social, histrionic, avoidant, dependent, passive-aggressive.
- Schizophrenia – meaning; main types; characteristics.
- Psychotherapy – Psychoanalysis; Client- centred; Behavioural Rehabilitation.

6. Social Thought & Social Behaviour

- Social Perception – attribution or the process through which people try to understand the reasons for others’ behaviour.
- Social Influence – how people try to change others’ behaviour; social norms; conformity 7 obedience – factors affecting them.

Practical (Interpretation and Discussion)

Term 3

7. Attitudes

- Meaning of “Attitude”.
- The relationship between attitude, perception, belief & behaviour
- How attitudes are formed & changed.
- Meaning of “prejudice” & discrimination.
- The Origins of prejudice.
- How to combat prejudice.
- Prejudice in Indian context.

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Term 4

8. Applications of Psychology (with reference to)

- Clinical & Counselling Psychology
- Educational(School) Psychology
- Organisational Psychology
- Crime

Contact Us

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