

**Abnormal behaviour :** The behaviour that produces distress or disability and maladaptive, disruptive or harmful for the person or the society.

**Abnormal psychology :** A branch of psychology that studies unusual patterns of behaviour.

**Allocentrism :** An ability to see a situation from other people's perspective.

**Approach Approach conflict :** A conflict experienced when a person is attracted by two or more equally strong and incompatible positive motives at the same time.

**Approach avoidance conflict :** A conflict experienced when an individual is confronted with a goal that has equally strong positive as well as negative aspect in itself. This leads to a conflict whether to go for it or avoid it.

**Ashtang yoga :** A theory proposed Pantanjali which has 8 aspects like yama, niyam, aasan, pranayam, pratyahaar, dharana , dhayn, samadhi.

**Avoidance Avoidance conflict :** A conflict experienced when an individual encounters two or more situations having equally strong negative aspects but is compelled to choose one of them.

**Behaviour :** Responses of an organism to various stimuli either internal or external.

**Bullying :** A form of aggressive behaviour displayed by individuals to gain power and prestige.

**Central nervous system :** A part of nervous system consisting of the brain and spinal cord.

**Child psychology :** A branch of Psychology that studies biological, psychological and emotional changes occurring during childhood.

**Clinical psychology :** An applied branch of psychology that deals with diagnosis and treatment of mental illnesses.

**Cognitive psychology :** A branch of Psychology that studies higher order mental processes such

as thinking, reasoning, language development.

**Conflicts of motives :** A clash between two or more equally strong and incompatible motives occurring at the same time that compels an individual to make a choice.

**Conception :** The beginning of life , with fertilization of an ovum with sperm.

**Counselling psychology :** A branch of Psychology dealing with milder behavioural problems such as adjustment problems in workplace and family.

**Covert behaviour :** Includes responses which are not directly observable but can be inferred from behaviour like thinking, feeling etc.

**Criminal psychology :** A branch of Psychology dealing with identifying the causes of crime, suggesting preventing measures to control criminal behaviour and criminal rehabilitation.

**Daydreaming :** A defense mechanism that involves escaping unpleasant, boring and frustrating situation by imagining that he/she is doing something else that is interesting and pleasant.

**Defense mechanism :** A face saving device to protect Ego from shattering due to harsh reality, functions as a shock absorber and stop gap arrangement that provide time to the person to deal with the challenging situation.

**Development :** The progressive series of changes that occur in a predictable pattern as a result of maturation and learning.

**Developmental psychology :** A study of changes resulting from maturation and learning in behaviour from conception to death.

**Developmental task :** A set of social expectations about developmental changes at a particular developmental stage.

**Deviance :** The extent to which a said behaviour is away or deviated from established norms.

**Diffusion :** An identity status, according to James Marcia, of an adolescent who neither

explores nor commits to alternatives in reference to his self identity. There is a lack of commitment.

**Displacement** : A defense mechanism in which there is a redirection of an impulse onto some other object or person that is not a source of that impulse.

**Distress** : A negative type of stress accompanied by emergency response hormones such as adrenalin and cortisol.

**Educational psychology** : A branch of psychology that deals with teaching and learning process and aims at creating effective teaching learning methods.

**Elaborative rehearsal** : A process of making information meaningful and connecting the same with the information that already exists in the LTM.

**Egocentrism** : A tendency of a child to be self centered and the child's inability to see a situation from another person's point of view.

**Embryonic stage** : The prenatal stage that starts from the third week and continues till the ninth week after conception.

**Emotional intelligence** : A set of skills to process emotional information accurately.

**Endocrine glands** : The ductless glands which secrete hormones which are released directly into the blood.

**Episodic memory** : A memory of experiences and specific events associated with time and places.

**Eustress** : A positive form of stress having a beneficial effect on motivation, performance and emotional well being.

**Exocrine glands** : The duct glands secreting chemical substances and dispose them outside the membrane. Their secretions don't get mixed with the blood.

**Experimental psychology** : A branch of Psychology that deals with methods of conducting experiments to study the fundamental causes of human behaviour.

**Explicit memory** : The conscious memories of facts and events, also known as declarative memory.

**Fetal stage** : A prenatal stage that begins from the 28th week after conception till birth.

**Flashbulb memory** : A vivid memory of past experience which is mostly associated with a traumatic incident.

**Foreclosure** : An identity status typical of adolescent who accepts other's decision about himself and how others expect him to be.

**Gender identity** : A perception of one's own gender which may or may not correspond to their birth sex. Affected by gender role expectations from society.

**Germinal stage** : The prenatal stage that ranges from conception to two weeks.

**Hormones** : The chemical substances secreted by endocrine glands considered to be vital for growth, development and emotional adjustment.

**Hyperstress** : An intense physiological as well as psychological reaction to excessive demands of situation.

**Hypostress** : A type of stress experienced when an individual has no challenging activity to do.

**Identity crisis** : A stage of confusion about identity of self. A typical crisis experienced by adolescents.

**Identification** : A defense mechanism of trying to become like someone else to deal with anxiety.

**Ideal self** : A type of self as described by Carl Rogers that represents an ideal image developed by an individual as he would like to be.

**Implicit memory** : Also known as procedural memory, a type of memory that holds information of skills and procedures.

**Impression management** : A way of consciously monitoring one's own behaviour to lay the desired impression upon others in a situation.

**Industrial psychology** : An applied branch of psychology concerning with the factors affecting behaviour of people at workplace such as selection, placement, motivation, job satisfaction etc.

**Infancy** : The period from the second week after birth till two years.

**Interference** : A theory that explains forgetting the currently required information as a result of interference from previous or later learning.

**Kapha prakruti** : In Ayurveda, kapha is one of the three doshas. Those who are with kapha prakruti exhibits traits like calmness, flexibility, patience and care.

**Long term memory** : An organized system that retains information for more or less permanently.

**Maturation** : A natural unfolding of the genetic potentials at appropriate time in the course of development.

**Memory** : A process associated with storage, retention and retrieval of information about past experience.

**Method of loci** : A method to memorize or remember by creating imaginary route associated to actual places or locals.

**Moratorium** : An identity status of an adolescent who explores alternatives but does not make any commitment with reference to his self identity.

**Mnemonic devices** : A collective name for memory tools which helps to remember information and concepts.

**Neonatal stage** : It includes the period of two weeks after birth.

**Nervous system** : A system that constitutes all the nerves carrying nerve impulses.

**Neurons** : The special kind of cells composing the nervous system. They receive and transmit nerve impulses to and from the brain and the peripheral organs.

**Normal behaviour** : A common pattern of behaviour observed in majority of people in a

given society. A behaviour pattern adhering to societal norms to a fair degree.

**Openness** : A characteristic of people who are intellectually curious, appreciative of art and who can think in nonconforming way.

**Overt behaviour** : The behaviour that includes directly observable responses like walking, talking, dancing etc.

**Personal distress** : A subjective feeling of an individual in response to persons and events creating extreme discomfort.

**Peripheral nervous system** : A system that connects the sensory organs as well as other organs in the body to the brain and the spinal cord.

**Pitta** : In Ayurveda, pitta is one of the three doshas. Those who are with pitta prakruti exhibits traits like sharp and short tempered.

**Prenatal stage** : The gestation period from conception to birth

**Proactive interference** : A partial or complete forgetting of the newly learnt material due to previously learnt material.

**Projection** : A defense mechanism of placing one's own unacceptable thoughts on to others as if the thoughts belong to others and not to oneself.

**Psychoanalysis** : A theory proposed by Dr. Sigmund Freud emphasizing upon the unconscious aspects of self.

**Psychology** : A science of human behaviour and mental processes.

**Rationalization** : A defense mechanism of justifying an otherwise unacceptable situation with logically sound but false reasons. Also known as 'sour grapes attitude'.

**Real self** : The self that one is in reality.

**Realistic perception** : A perception that consists of expectations from self as well as others after considering reality in objective terms.

**Recall** : A method of measuring memory in which retrieval of information is with few or no cues.

**Recognition :** A method of measuring memory in which one has to recognize previously learnt material that is presented in a different context.

**Relearning :** A method of measuring memory in which retention is measured by comparing the original retention score and the score of retention after relearning the same material after an interval of time.

**Repression :** The basic defense mechanism in which an individual pushes down the unacceptable and painful memories into the unconscious with an impact that it appears to be forgotten altogether.

**Retroactive interference :** A partial or complete loss of information of the previously learnt material due to newly learnt material.

**Self :** The totality of perceptions each person has of themselves.

**Self actualization :** The term was originally introduced by the organismic theorist Kurt Goldstein for the motive to realize one's full potential.

**Self awareness :** It is the quality or trait that involves conscious awareness of one's thoughts, feelings, behaviours and traits.

**Self concept :** Self concept is defined as the totality of perceptions each person has of themselves or The totality of complex organized and dynamic system of learned beliefs, attitudes and opinions that each person holds to be true about his or her personal existence.

**Self efficacy :** Self efficacy is a person's belief in their ability to accomplish some specific goal or a task.

**Self esteem :** Self esteem is 'your overall evaluation of your worth as a person, high or low, based on all positive and negative self perceptions'.

**Self image :** A personal view or mental picture that one has of him/herself.

**Self regulation :** Is being able to control our thoughts, feelings and actions so to suit the social norms. Self regulation involves monitoring our

actions and reactions because we can predict or imagine it's consequence.

**Semantic memory :** A more structured record of facts, meanings, concepts and knowledge.

**Sensory memory :** A capacity of a sense organ to retain the sensory impression for a very short time even after the source stimulus is withdrawn.

**Short term memory :** A stage of memory when information is retained only for 15 to 30 seconds. It has limited capacity also known as working memory.

**Social psychology :** It deals with understanding how individuals are affected by others and vice versa.

**Stimulus :** Is anything that gives rise to a response. It can be internal or external.

**Stress :** A physical or psychological reaction to demanding situation that one is compelled to pool resources to fulfil the demands.

**Stress diathesis model :** According to this model, a particular disorder results from genetic factors as well as life experiences. The word diathesis refers to vulnerability of an individual towards a particular disorder.

**Sublimation :** It refers to giving a vent to unacceptable urges into socially acceptable behaviour.

**Trace decay :** Also known as leaky bucket hypothesis, it explains forgetting as a result of passage of time during which the information is not used.

**Trace distortion :** A theory of forgetting that proposes that there are changes in the memory traces and therefore forgetting takes place.

**Vaat prakruti :** In Ayurveda, vaat is one of the three doshas. Those who are with vaat prakruti exhibits traits like unpredictability, fluctuating mood, thoughts.

**Zygote :** A single fertilized egg cell as a result of fertilization.

## Suggestions for 20 marks

### Field visit

#### Suggestions :

visit to blind and physically handicapped schools, deaf and mute schools, schools for mentally challenged, Rehabilitation centers, jails, mental hospitals, families affected by suicides, national players, politicians, social workers, actors. Everything that will enhance personality of students.

Important points to be noticed during field visits.

- 1) Whom are you planning to visit? Or which place you are planning to visit?
- 2) Information related to the place, historical importance / current information. Detailed Information related to the person.
- 3) Why this place or a person became famous ?
- 4) Analyse the place or a person from your point of view.
- 5) Which points you noticed? What makes you motivated or inspired about the place or about a person.

#### GUIDELINES ABOUT FIELD VISITS

- 1) Place / person.
- 2) Aim / motivating factor behind visiting the place or a person.
- 3) Collect information about geographical / social / educational / psychological / economical factors.
- 4) Narrate the place / take interview of a person.
- 5) Collect the information and analyse.
- 6) How this information can be utilized by you for the society .
- 7) Name the drawbacks / weaknesses you have noticed.
- 8) Suggest remedial actions.
- 9) Your comment. (Positive / negative feedback)

Prepare a report considering all the above mentioned points.

#### Marks distribution - 20 marks

- |                        |   |          |
|------------------------|---|----------|
| 1) Field visit         | - | 5 marks. |
| 2) Narration/interview | - | 5 marks  |
| 3) Write up            | - | 5 marks  |
| 4) Presentations       | - | 5 marks. |

#### Important suggestion :

teacher should plan for field visit by taking into consideration factors like permission of the college and deputy director of education. Teacher should make plan by taking local rules and regulations into consideration.

## Suggestion for 20 marks

### Evaluation Suggestions :

#### Activity 1 : Seminar

Group of 4-5 students will be given a topic related to syllabus? Ask them to present it with help of PPT, oral presentation, poster etc.

#### Activity 2 : Film Review / Book review

Screening of films

Discussion

Write up

Example : Taare Zameen Par (Learning Disability), Devrai (Schizophrenia)

#### Activity 3 : Interview of a counsellor, Psychologist or therapist.

#### Activity 4 : Mental Health Awareness Campaign, Exhibition, Poster presentation, skits etc.

#### Activity 5 : Administration of standardized tests related to syllabus.

Example : Self esteem, Emotional Intelligence, Stress, Adjustment etc.

#### Activity 6 : Theme based model - making.

#### Activity 7 : Role plays to develop soft social skills.

#### Activity 8 : Case Study.