Psychology Class 12 Syllabus

Exam Structure

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| **Unit** | **Topic** | **Marks** |
| I | Variations in Psychological Attributes | 9 |
| II | Self and Personality | 10 |
| III | Meeting Life Challenges | 7 |
| IV | Psychological Disorders | 10 |
| V | Therapeutic Approaches | 7 |
| VI | Attitude and Social Cognition | 8 |
| VII | Social Influence and Group Processes | 7 |
| VIII | Psychology and Life | 6 |
| IX | Developing Psychological Skills | 6 |
|  | **Total** | **70** |

Unit-I: Variations in Psychological Attributes

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

Unit-II: Self and Personality

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

Unit-III: Meeting Life Challenges

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

Unit-IV: Psychological Disorders

1. Introduction
2. Concepts of abnormality and psychological Disorders
3. Classification of Psychological Disorders
4. Factors Underlying Abnormal Behaviour
5. Major Psychological Disorders
   1. Anxiety Disorders
   2. Somatoform Disorders
   3. Dissociative Disorders
   4. Mood Disorders
   5. Schizophrenic Disorders
   6. Behavioural and Developmental Disorders
   7. Substance-use Disorders

Unit-V: Therapeutic Approaches

1. Nature and process of psychotherapy
   1. Therapeutic relationship
2. Types of therapies
   1. Psychodynamic Therapy
   2. Behaviour Therapy
   3. Cognitive Therapy
   4. Humanistic-existential Therapy
   5. Biomedical Therapy
   6. Alternative Therapies
3. Rehabilitation of the Mentally III

Unit-VI: Attitude And Social Cognition

1. Introduction
2. Explaining Social Behaviour
3. Nature and Components of Attitudes
4. Attitude Formation and Change
   1. Attitude Formation
   2. Attitude Change
   3. 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
    1. Impression Formation
    2. Attribution of Causality
11. Behaviour in the Presence of Others
12. Pro-social Behaviour
    1. Factors Affecting Pro-social Behaviour

Unit-VII: Social Influence And Group Processes

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

Unit-VIII: Psychology and Life

1. Introduction
2. Human-Environment Relationship
   1. Different Views of the Human-Environment Relationship
3. Environmental Effects on Human Behaviour
   1. Human Influence on the Environment
   2. Noise
   3. Pollution
   4. Crowding
   5. Natural Disasters
4. Promoting Pro-environmental Behaviour
5. Psychology and Social Concerns
   1. Poverty and Discrimination
   2. Aggression, Violence, and Peace
   3. Mahatma Gandhi on Non-violence
   4. Health
   5. Impact of Television on Behaviour

Unit-IX: Developing Psychological Skills

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