

# Psychology Class 12 Syllabus

## Course Structure

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
	<b>Total</b>	<b>70</b>

## TERM - I

### 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
  - Theory of Multiple Intelligences
  - Triarchic Theory of Intelligence
  - Planning, Attention-arousal, and Simultaneous successive
  - Model of Intelligence
6. Individual Differences in Intelligence
  - Variations of Intelligence
7. Culture and Intelligence
8. Emotional Intelligence
9. Special Abilities
  - 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
  - Self-esteem, Self-efficacy and Self-regulation
5. Culture and Self
6. Concept of Personality
7. Major Approaches to the Study of Personality

- Type Approaches
  - Trait Approaches
  - Psychodynamic Approach
  - Behavioural Approach
  - Cultural Approach
  - Humanistic Approach
8. 8. Assessment of Personality
- Self-report Measures
  - Projective Techniques
  - 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
  - Stress and Health
  - General Adaptation Syndrome
  - Stress and Immune System
  - Lifestyle
4. Coping with Stress
  - Adaptation and Adjustments (From the CBSE Supplementary Reading Material)
  - Stress Management Techniques
5. Promoting Positive Health and Well-being
  - Life Skills
  - Human Strengths and Virtues From the CBSE Supplementary Reading Material)

### **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
  - Anxiety Disorders
  - Somatoform Disorders
  - Dissociative Disorders
  - Mood Disorders
  - Schizophrenic Disorders
  - Behavioural and Developmental Disorders
  - Substance-use Disorders

### **Unit-V: Therapeutic Approaches**

1. Nature and process of psychotherapy
  - Therapeutic relationship
2. Types of therapies
  - Psychodynamic Therapy

- Behaviour Therapy
  - Cognitive Therapy
  - Humanistic-existential Therapy
  - Biomedical Therapy
  - Alternative Therapies
  - Zen (From the CBSE Supplementary Reading Material)
  - Counselling (From the CBSE Supplementary Reading Material)
3. Rehabilitation of the Mentally III

## TERM - II

### Unit-VI: Attitude And Social Cognition

1. Introduction
2. Explaining Social Behaviour
3. Nature and Components of Attitudes
4. Attitude Formation and Change
  - Attitude Formation
  - Attitude Change
  - 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
  - Impression Formation
  - Attribution of Causality
11. Behaviour in the Presence of Others
12. Pro-social Behaviour
  - 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
  - Social Loafing
  - Group Polarisation
5. Conformity, Compliance, and Obedience
6. Cooperation and Competition
  - 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
  - Different Views of the Human-Environment Relationship
3. Environmental Effects on Human Behaviour
  - Human Influence on the Environment
  - Noise
  - Pollution
  - Crowding
  - Natural Disasters
4. Promoting Pro-environmental Behaviour
5. Psychology and Social Concerns
  - Poverty and Discrimination
  - Aggression, Violence, and Peace
  - Mahatma Gandhi on Non-violence
  - Health
  - Impact of Television on Behaviour
  - Media and Human Values (From the CBSE Supplementary Reading Material)
  - Human Rights (From the CBSE Supplementary Reading Material)
  - Citizenship (From the CBSE Supplementary Reading Material)
  - Promotion of Peace (From the CBSE Supplementary Reading Material)

### **Unit-IX: Developing Psychological Skills**

1. Introduction
2. Developing as an effective Psychologist
3. General Skills
  - Intellectual and Personal Skills; Sensitivity to Diversity
4. Observational Skills
5. Specific Skills
  - Communication Skills
  - Psychological Testing Skills
6. Interviewing Skills
7. Counselling Skills