

PSYCHOLOGY +2

Psychology is introduced as an elective subject at the higher secondary stage of school education. As a discipline, psychology specializes in the study of experiences, behaviors and mental processes of human beings within a socio-cultural and socio-historical context. This course purports to introduce the learners to the basic ideas, principles and methods in psychology so as to enable them to understand themselves and their social world better. The emphasis is put on creating interest and exposure needed by learners to develop their own knowledge base and understanding.

The courses deals with psychological knowledge and practices which are contextually rooted. It emphasizes the complexity of behavioral processes and discourages simplistic cause-effect thinking. This is pursued by encouraging critical reasoning, allowing students to appreciate the role of cultural factors in behavior, and illustrating how biology and experience shape behavior. The course while developing an appreciation of subjectivity, also focuses on multiplicity of worldviews.

It is suggested that the teaching-learning processes should involve students in evolving their own understanding. Therefore, Teaching of Psychology should be based on the use of case studies , narratives, experiential exercises, analysis of common everyday experiences, etc.

The present effort at reforming and updating the syllabus is based on the feedback received from the teachers and students as well as some new educational and curricular concerns such as, the curriculum load, interdisciplinary approach, issues related to gender parity, concerns of special and marginalised groups, peace and environmental concerns, and inculcating citizenship values.

OBJECTIVES

1. To develop appreciation about human behaviour and human mind in the context of learners' immediate society and environment.
2. To develop in learners an appreciation of multidisciplinary nature of psychological knowledge and its application in various aspects of life.
3. To enable learners to become perceptive, socially aware and self-reflective.
4. To facilitate students' quest for personal growth and effectiveness, and to enable them to become responsive and responsible citizens

UNIT-WISE WEIGHTAGE**UNITS****MARKS**

Psychology and self & Psychology and Society

I. Variations in Psychological Attributes

II. Self and Personality

III. Meeting Life Challenges

IV. Psychological Disorders

V. Therapeutic Approaches

VI. Attitude and Social Cognition

VII. Social Influence and Group Processes

Practicals (Psychological testing, Case Profile etc.)

PRACTICALS PSYCHOLOGICAL TESTING (PROFILE)**20 MARKS**

The students shall be required to prepare one case profile and conduct five practicals related to the topics covered in the course. The case profile will include development history of the subject, using both qualitative (observation, interview, rating scale etc.) and quantitative (Psychological testing) approaches. Practicals would involve using standardised psychological assessment devices in different domains (intelligence, personality, aptitude, adjustment, attitude, self-concept, and anxiety).

MARKS DISTRIBUTION

- (i) Reporting file including case profile :
- (ii) Viva Voice :
- (iii) Two practicals 6 marks each (3 for accurate conduct and 3 for reporting.)

BOOKS RECOMMENDED :

मनोविज्ञान

Psychology

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