

PSYCHOLOGY (PSYC)

Class - XI

Full Marks – 100

THEORETICAL: 70 Marks

[1] INTRODUCTION

- ✱ Subject Matter – what is Psychology? (Definition)
- ✱ Development of Psychology – from old concept to modern concept with Special Reference to Psychological schools.
- ✱ Modern Approaches to Psychology – (Behavioural, Psychodynamic / Analytic, Cognitive, Humanistic)
- ✱ Why is Psychology an Objective Science?
- ✱ Branches of Psychology – Pure and Applied
- ✱ Development of Psychology in India – Contribution of Girindra Shekhar Bose and N. N. Sengupta and others.

[2] METHODS OF PSYCHOLOGY

Goals of Psychological Enquiry with special emphasis on definition and utility of methods and tools.

- ✱ Methods -
 - a) Introspection - Brief outline
 - b) Experimental method – Merits & Demerits
 - c) Observation – Merits & Demerits
 - d) Cross sectional / Longitudinal method
 - e) Case study

SYLLABUS

- ✿ Psychological tools –
 - a) Tests – Definition, Characteristics and Types, any two examples
 - b) Interview – Definition, characteristics, Types, Merits and Demerits
 - c) Questionnaires – Definition, Characteristics and Types, Merits and Demerits, any two examples

[3] **BIOLOGICAL BASES OF BEHAVIOR**

- ✿ Introduction for relation between body and mind with special Reference to human behaviour
- ✿ Neuron – Structure, Types and Functions with diagrams, Concept of Synapse
- ✿ Nervous System –
 - a) Definition and Types of Nervous System(C.N.S., A.N.S., P.N.S.)
 - b) Brain – Structure, Parts and Area Localization of brain with special reference to Cerebral Cortex, Diagram of Brain
 - c) Spinal Cord – Structure of Spinal Cord (mention different segments), Functions (mention Reflex Action)
- ✿ Endocrine System – Role of Endocrine System in human behaviour, Hyper and Hypo Secretion of endocrine glands

[4] **DEVELOPMENT**

- ✿ What is development – Relation between Growth, Maturation, Development and Evolution
- ✿ Critical Periods of Development – Short discussion of different stages (Physical and mental changes), special reference to Adolescence Period
- ✿ Factors influencing development – Heredity and Environment

[5] **SENSORY PROCESSES**

- ✿ What is sensation? – Definition
- ✿ Human senses –
 - a) Special senses – Eye, Ear, Nose, Tongue

SYLLABUS

- b) Organic senses – Visceral / Motor
- c) Other – Kinaesthetic / Vestibular
- d) Attributes of sensation
- e) Relation between sensation and Perception

[6] **PERCEPTUAL PROCESS**

- ✱ What is Perception? – Definition
- ✱ Natural / Characteristics of Perception
- ✱ Form Perception – Laws of organization, Concept of Figure – Ground Relationship
- ✱ Depth and Distance Perception – Binocular cues and Monocular cues
- ✱ Movement Perception – Concept of Real and Apparent motion
- ✱ Illusion – What is illusion? – Definition, Types - with special notes on Mullerlyer illusion
- ✱ Attention – Definition, characteristics, types (voluntary, involuntary, non-voluntary), factors that determine attention or conditions of attention subjective and objective

[7] **LEARNING**

- ✱ Definition and characteristics of learning
- ✱ Theories-
 - a) Trial and Error (Thorndike) – Experiment, laws (Primary and Secondary), Importance of the theory and criticism.
 - b) Classical conditioning (Pavlov) – Experiment, principles, importance of the theory with criticism.
 - c) Operant conditioning (Skinner) - Experiment, principles, importance of the theory with criticism.
 - d) Insight (Kohler) - Experiment, Importance of the theory with criticism.
- ✱ Difference between classical and operant conditioning
- ✱ Concept of learning by Indian Philosopher – Swami Vivekananda and Rabindranath Tagore

[8] MEMORY PROCESSES

- ✱ Definition
- ✱ Factors involved in Memory – Learning, Retention, Recall and Recognition
- ✱ Process involved in memory – Encoding, Storage, Retrieval
- ✱ Interaction Processing theory (Atkinson and Shiffrin Model) - Sensory Memory, Short-term memory, long-term memory
- ✱ Concept of Immediate memory span and capacity of memorization.
- ✱ Forgetting – Definition, Causes, Improvement / Training of Memory

[9] MOTIVATION

- ✱ Definition
- ✱ Motivation cycle
- ✱ Human Needs – Definition, Types – Primary and Secondary
- ✱ Maslow's theory of Need Hierarchy
- ✱ Physiological mechanisms of motivation with special reference to Hypothalamus.

[10] EMOTION

- ✱ Definition and characteristics
- ✱ Relation between feeling, emotion and instinct
- ✱ Basic emotion – Fear, Anger, Love (Nature and Bodily Expressions)
- ✱ Theories of Emotion (Concept and criticism)
 - a) James and Sauge
 - b) Canaon and Bard
 - c) Schachter and Singer

EXPERIMENTAL AND PRACTICAL WORK

PRACTICAL 30 MARKS

Problem – 10 Marks
Lab. Notebook – 05 Marks
Viva voce – 05 Marks
Project – 10 Marks

[1] **SENSORY PROCESS (EXPERIMENT)**

- ✱ Negative After Image using Red and Blue colour stimulus

[2] **LEARNING AND MEMORY (EXPERIMENT)**

- Experiment on Immediate Memory span using digits as stimulus. Use both visual and auditory methods.
- Compare the rate of learning of two subjects and interpret the results (use non-sense syllabus by visual or auditory presentation)
- Determine the effect of meaning on memorizing capacity.

[3] **BIOLOGICAL BASES OF BEHAVIOUR (PROJECT)**

Fill work on brain or spinal cord (Structure, Functions and Diagram)