

PSYCHOLOGY (PSYC)

Class – XII

Full Marks – 100

THEORETICAL – 70 Marks

[1] INTELLIGENCE

- ✱ Definition and nature of intelligence
- ✱ Types of intelligence
 - a) E. L. Thorndike
 - b) R. Cattell
 - c) H. Gardner
- ✱ Theories of Intelligence
 - a) Spearman's two factor theory with criticisms
 - b) Thurstone's Primary Mental Ability Theory
- ✱ Measurement of Intelligence
 - a) Intelligence tests – Definition and types (with one example of each type)
 - ✱ Verbal
 - ✱ Non-verbal / performance (Alexander's pass along and Dearborn Form Board)
 - b) Concept of Mental Age and IQ (Intelligence Quotient)
- ✱ Gifted Children
 - a) Definition
 - b) I.Q. classification
 - c) Characteristics of Gifted child
 - d) Needs of gifted children
 - e) Measures to solve the problems of Gifted child
- ✱ Backward children
 - a) Definition
 - b) Characteristics
 - c) Causes
 - d) Measures to solve problems of backward children

[2] SOCIAL INFLUENCE AND GROUP PROCESSES

- ✱ Social Influence – Definition and forms (Imitation, Conformity, Compliance and Obedience)

SYLLABUS

- ✱ Definition and characteristics of group
- ✱ Classification of groups
- ✱ Characteristics of Primary Groups and role of Primary Group in Socialization
- ✱ Characteristics of Secondary Group and role of Secondary Group in Socialization
- ✱ Difference between Primary and Secondary group
- ✱ Individual and group behaviour
- ✱ Leadership
 - a) Definition of leader
 - b) Characteristics and functions of leader
 - c) What is leadership and how leadership develops
 - d) Types of leadership

[3] **ATTITUDE AND SOCIAL COGNITION**

- ✱ Definition of attitude
- ✱ Characteristics
- ✱ Components
- ✱ Formation of attitude
- ✱ Measurement of attitude – Likert's and Thurston's Scale
- ✱ Change of attitude – Persuasion and Cognitive dissonance with one example
- ✱ Social Cognition with special reference on Schemas
- ✱ Prejudice – Definition and foundation of prejudice
- ✱ Discrimination

[4] **PERSONALITY**

- ✱ Definition of Personality
- ✱ Characteristics
- ✱ Factors that influence personality (Heredity and Environment)
- ✱ Traits of personality
 - a) What are traits? characteristics
 - b) R. B. Cattle
 - c) G. W. Allport
- ✱ Personality types
 - a) C. Jung
 - b) Sigmund Freud
 - c) Kret Schrees

- d) Sheldon
- ✱ Measurement of Personality
 - a) Interview
 - b) Questionnaire
 - c) Projective Techniques – Rorschach, TAT and Word Association
 - d) Free Association

[5] ADJUSTMENT

- ✱ Definition & Concept of Adjustment (Self, Family, Society)
- ✱ Cause of Maladjustment (Conflict, Sense of insecurity, hostility & Guilt)
- ✱ Symptoms of Maladjustment / Defence mechanisms
 - a) Withdrawal or
 - b) Extreme Introversion
 - c) Day dream
 - d) Projection
 - e) Rationalization
 - f) Repression
 - g) Regression
- ✱ Forms of Maladjustment
 - a) Timidity
 - b) Truancy
 - c) Lying
 - d) Stealing
 - e) Aggressiveness
 - f) Negativism
 - g) Sex offences
- ✱ Counselling – Definition, utility of counselling among students and their family member

[6] HEALTH PSYCHOLOGY

- ✱ Concept of Health Psychology
- ✱ Definition of stress
- ✱ Causes of stress – Family, School, Vocational, Economic
- ✱ Effects of stress – Brief concept
- ✱ Stress management
 - a) Physical – Exercise, Yoga & Meditation etc.

- b) Mental – Positive self talk, Humour etc.
- c) External Help – Counselling, Guidance and suggestion

[7] PSYCHOLOGICAL DISORDERS

- ✱ Concept of Abnormality
- ✱ Criteria of Normality (Traditional vs. Modern Concept)
- ✱ Traditional – Neurosis, Psychosis, Difference between Neurosis and Psychosis Modern-Multiaxial System (DSM-IV R)
- ✱ Major Psychological disorders (Symptoms, types, causes and brief outline of management)
 - a) Schizophrenia
 - b) Mood disorders – (i) Unipolar – Depression
(ii) Bipolar
 - c) Anxiety Disorders – Phobia, OCD, GAD, Panic disorder, PTSD
 - d) Antisocial Disorders
 - e) Substance Abuse Disorders

[8] IDENTITY DEVELOPMENT

- ✱ Identity – Definition
- ✱ Erickson's stage of psycho-social development
- ✱ Adolescence – Why is it called a critical stage of development
- ✱ Identity Crisis; Mature identity – backed by James Marcia's Path to identity
- ✱ Factors influencing identity development (Personality, family, Peer-group, school, community and larger Society)
- ✱ Gender – Concept and definition of gender, gender role, gender stereotype, gender identity

[9] ENVIRONMENT AND BEHAVIOUR

- ✱ Environment – Definition, types and relation between man and environment
- ✱ Concept of Ecology and Ecosystem
- ✱ Environment Pollution – Types and of Pollutants
- ✱ Environment Education
 - a) Importance of environment education (Objectives)
 - b) Teacher's role in environment education
 - c) Students' Role in environment education

[10] STATISTICS IN PSYCHOLOGY

- ✿ What is Statistics?
- ✿ Types of Statistics (Descriptive & Inferential)
- ✿ Role of Statistics in Psychology
- ✿ Short idea of Ranking; Scene; Variable; Scale; Series
- ✿ Frequency Distribution – Tabulation from raw scores; and graphical representation of frequency Distribution – Frequency Polygon and Histogram.
- ✿ Utility of Frequency distribution
- ✿ Measures of Central Tendency – Concept, Computation and Utility
 - a) Mean (Short method)
 - b) Median
 - c) Mode
- ✿ Measures of Variability – Concept, Computation and Utility
 - a) Range
 - b) Standard Deviation (Short method)
- ✿ Neural Probability Curve –
 - a) Concept
 - b) Characteristics
 - c) Deviations - Skewness and Kurtosis
 - d) Application of NPC
- ✿ Correlation – Concept, Types (Positive and Negative), Utility