

Psychology Course Curriculum

Senior Secondary Level

(328)

RATIONALE

Psychology is a discipline which is relevant to all walks of life. Its applications to the various areas of personal, organizational and social functioning are well recognized. All of us use various psychological concepts without really knowing them. This course has been designed in such a way that the learners will know the basics of psychology in simple language. Attention has also been paid to the Indian context while dealing with the content. It also contributes to the development of scientific approach different from common sense or speculation. Further, practical applications of various psychological concepts with the help of case studies, examples and real life experiences have been provided.

COURSE OBJECTIVES

After completing this course, the learner will be able to:

- understand the basic concepts used in psychology;
- apply the methods of psychological enquiry in real setting;
- develop a holistic understanding of human development;
- develop an understanding of basic psychological processes;
- appreciate individual differences and diversity;
- understand social processes that influence human behaviour including pro social behaviour;
- adopt effective strategies for sound health and well being; and
- apply the principles of psychology in field work

COURSE STRUCTURE

S.N.	Modules	Study Hours	Marks
1.	Foundations of Psychology	40	15
2.	Basic Psychological Processes	70	25
3.	Human Development	40	15
4.	Individual Differences	30	15
5.	Social Processes and Behaviour	30	15
6.	Health and Well Being	30	15
Theory Examination (3 Hours)		240	100

COURSE DESCRIPTION

Module-1 Foundations of Psychology

Marks: 15

Hours: 40

Approach

The module aims at developing an understanding about the subject of psychology, its evolution, different branches, relationship with other disciplines and applications of psychology. It would also help the learners to understand the bases of human behaviour, different methods used in studying psychology and orientation towards basics of statistics.

Lesson 1 : Understanding Psychology

Topics

The lesson covers :

- Nature (definition, science and social science)
- Evolution of psychology as a discipline
- Psychology and other disciplines
- Applications of Psychology (Military, Sports, Clinical, Counselling , Environment, Forensic, Community, Organisational psychology)

Learning Outcomes

The learner:

- Demonstrates fundamental knowledge and comprehension of the major concepts, theoretical perspectives and historical trends in psychology;
- Identifies the various approaches, fields and subfields of psychology and other disciplines
- recognises the application of psychology and possible career paths;

Lesson 2 : Bases of human behaviour

Topics

The lesson covers :

- Structure of neuron,
- Central Nervous System and Peripheral Nervous System
- Endocrine glands
- Hereditary and environment
- Socio-cultural and ecological factors

Learning Outcomes

The learner:

- describes the basic structure of neuron
- discusses the role of nervous system and endocrine system on human behaviour
- Identifies the role of heredity and environment on human behaviour;
- explains the social, cultural and ecological factors influencing human behaviour.

Lesson 3 : Methods of Psychological Enquiry-I

Topics

The lesson covers :

- Experimental method
- Survey method
- Correlation method

Learning Outcomes

The learner:

- Understands different methods used in psychological research;

- makes use of different techniques of descriptive statistics including research design;

Lesson 4 : Methods of Psychological Enquiry-II

Topics

The lesson covers :

- Interview
- Observation
- Case study
- Ethical considerations

Learning Outcomes

The learner:

- Appreciates basic research skills in psychology
- Outlines the various ethical issues in psychology.

Lesson 5 : Basic Statistics

Topics

The lesson covers :

- Measures of central tendency: Mean, Median, Mode
- Graphical representation (Bar diagram, Histogram, Frequency Polygon, Pie Chart)

Learning Outcomes

The learner:

- Calculates the central tendencies: mean, median and mode
- Represents the data graphically

Module-2 Basic Psychological Processes

Marks: 25

Hours: 70

Approach

To make the learners aware about how information

Psychology

gathered through different sense modalities influences attention and perception, and the laws that govern these processes. The learners will also become aware of how learning and memorisation take place and the influences on these underlying processes. The learners will understand how and why forgetting takes place, along with techniques of enhancing memory. The students will become aware of motivation as extrinsic and intrinsic and how different needs and aspirations the process of achievement and effort. They will also understand how emotions facilitate our well being and will learn to manage emotions better. This module will introduce them to thinking processes and the role of language.

Lesson 6 : Attention and Perceptual Processes

Topics

The lesson covers :

- Different sense modalities (visual and auditory)
- Attention processes (selective attention, sustained and divided attention)
- Perception (what is perception, laws of perception, perceptual organisation, space and depth perception)
- Illusion

Learning Outcomes

The learner:

- Understands the nature and functioning of two sense modalities like, eye and ear.
- Explains the nature and processes underlying attention.
- Discusses the role of different stimuli in perceptual organisation.
- Appreciates the role of socio cultural factors on perception.

- Understands space and depth perception.
- illustrates different types of illusions.

Lesson 7 : Learning

Topics

The lesson covers :

- Nature of learning
- Classical conditioning,
- operant conditioning: Concept,
- Principles and applications
- Insight learning,
- Observational learning
- Skill learning,
- verbal learning
- Transfer of learning

Learning Outcomes

The learner:

- Explains the nature of learning
- Elaborates the different types of learning.
- Describes the ways in which learning gets transferred.

Lesson 8 : Human Memory

Topics

The lesson covers :

- Nature of memory
- Memory processes
- Model of memory (Atkinson and Shiffrin Model)
- Forgetting ,

- causes of forgetting
- Techniques of enhancing memory

Learning Outcomes

The learner:

- discusses the nature of memory.
- Explains the underlying processes of memory.
- Illustrates the nature and causes of forgetting.
- States the application of mnemonics in enhancing memory

Lesson 9 : Motivation

Topics

The lesson covers :

- Concept of motivation (meaning and nature of motivation)
- Intrinsic and extrinsic motivation)
- Maslow's theory of need Hierarchy
- Aspiration, achievement and human effort

Learning Outcomes

The learner:

- Defines the concept of motivation.
- Discusses intrinsic and extrinsic motivation.
- States Maslow's theory of needs.
- Outlines the role of aspiration in achievement and human effort.

Lesson 10 : Emotion

Topics

The lesson covers :

- Nature of emotion

- Types of emotions theories (James-Lange, Cannon-Bard, Lazarus)
- Emotions and wellbeing
- Managing emotions

Learning Outcomes

The learner:

- Explains the nature of emotions
- States the theories of emotions
- Discusses the need for managing negative emotions

Lesson 11 : Thinking and Problem Solving

Topics

The lesson covers :

- Nature of thinking
- Process of thinking (reasoning, problem solving, decision making)
- Nature and process of creative thinking
- Language and thought

Learning Outcomes

The learner:

- Explains the nature of thinking.
- Describes the processes underlying thinking.
- Elaborates upon the process of creative thinking.
- Analyses the relationship between language and thought

Module-3 : Human Development

Marks: 15

Hours: 40

Approach

The module aims at building an understanding of human development across the lifespan and deals with key features and challenges across different stages of development. This will help the learners reflect on their own course of development and related experiences.

Lesson 12 : Life Span Perspective on Development

Topics

The lesson covers :

- Understanding growth, development and maturation
- Principles of development
- Factors affecting development

Learning Outcomes

The learner:

- differentiates between growth, development and maturation;
- understands and enumerate the principles of development;
- describes factors affecting development across different stages; and
- develops an understanding of human development from lifespan perspective.

Lesson 13 : Infancy and Childhood

Topics

The lesson covers :

- Stages of infancy and childhood
- Key characteristics (physical, cognitive, socio-emotional)

- Issues and concerns (parenting issues, developmental delays, children at risk)

Learning Outcomes

The learner:

- identifies the stages of development during infancy and childhood;
- states the physical, cognitive and socio-emotional characteristics during infancy and childhood; and
- develops understanding of some issues and concerns specific to infancy and childhood stage such as presenting, developmental delay and children at risk.

Lesson 14 : Adolescence and Young Adulthood

Topics

The lesson covers :

- Stages of Adolescence and young adulthood
- Key characteristics (physical, cognitive, socio-emotional)
- Issues and concerns- relationships (family, peer group), media influence, substance use, bullying, body image

Learning Outcomes

The learner:

- identifies the stages of development during adolescence and young adulthood;
- states the key characteristics (physical, cognitive, socio-emotional) during adolescence and young adulthood; and
- develops understanding of how issues like relationship (family, peer) influence of media, substance use, effect of bullying and body image impact development.

Lesson 15 : Adulthood and Old age

Topics

The lesson covers :

- Stages of adulthood and old age
- Key characteristics (physical, cognitive, socio-emotional)
- Issues and concerns of adulthood (career transitions, family)
- Issues and concerns of old age (health concerns, emptiness, economic dependence)

Learning Outcomes

The learner:

- identifies the stages of development during adulthood and old age;
- states key characteristics -physical, cognitive, socio-emotional during adulthood and old ages;
- understands the concerns faced during adulthood such as career transition, family responsibilities and change; and
- recognizes the concerns of old age and act responsibly.

Module-4 : Individual Differences

Marks: 15

Hours: 30

Approach

Human beings not only respond to the external world but also attend to themselves. In other words self is also an object and all of us deal with it. In recent years, self has been given significant place in the analysis of cognition, motivation and emotion. The kind of self concept which people have is also influenced by our culture. Understanding of personality has also been detailed out

in this module. Various factors such as genetics, environmental and cultural influencing personality of an individual are also dealt with. Intelligence, key theories of intelligence and emotional intelligence and creativity has also been discussed.

Lesson 16 : Diversity and Individual Variations

Topics

The lesson covers :

- Understanding Diversity
- Differences in physical, physiological, psychological, social, economic contexts
- Special needs arising out of diversity

Learning Outcomes

The learner:

- Explains the meaning of diversity
- Illustrates factors causing diversity
- Appreciates Special needs arising out of diversity

Lesson 17 : Self and Personality

Topics

The lesson covers :

- Understanding self: Self concept, self efficacy, self esteem
- Concept of Personality
- Key theories (type and trait, psychoanalysis, humanistic)
- Assessment (Self report and projective technique- word association test, TAT)

Learning Outcomes

The learner:

- Defines Self, self concept, self efficacy and self esteem;
- Describes the meaning of personality;
- Discusses type and trait, psychoanalytic and humanistic theories of personality;
- Explains Self report measures and projective techniques (Word Association Test & TAT)

Lesson 18 : Intelligence

Topics

The lesson covers :

- Concept of intelligence (Assessment, IQ, Extremes of intelligence)
- Understanding intelligence (Spearman, Gardener, Sternberg)
- Emotional intelligence
- Creativity and intelligence

Learning Outcomes

The learner:

- Describes the meaning of intelligence
- discusses theories of intelligence;
- explains the meaning of emotional intelligence;
- examines relationship between creativity and intelligence.

Module-5 : Social Processes and Behaviour**Marks: 15****Hours: 30****Approach**

This module introduces the learners to the various social processes that influence human behaviour and social functioning. The learners will understand different group processes and their influence on individuals and groups. Further the learners will also understand the concept of leadership, attitude and pro-social behaviour.

Lesson 19 : Group Processes**Topics**

The lesson covers :

- Characteristics of groups
- Group formation
- Types of groups
- Influence of group on performance and decision making (social loafing and facilitation, group think and polarisation)
- Leadership

Learning Outcomes

The learner:

- states the meaning, characteristics and types of groups;
- explains the formation of groups;
- discusses how groups affect individual, group performance and decision making;
- explains the concept of leadership;
- lists the characteristics of effective leaders.

Lesson 20 : Attitude**Topics**

The lesson covers :

- Attitude: Concept, process of formation and change
- Prejudice and discrimination
- Inter group conflicts and resolution

Learning Outcomes

The learner:

- describes the concept of attitude and its components;
- explains the process of attitude formation and change;
- discusses the nature of prejudice and discrimination
- identifies the factors causing prejudice and discrimination;
- explains inter-group conflicts and their resolution

Lesson 21 : Pro Social Behaviour**Topics**

The lesson covers :

- Forms of pro social behaviour: sharing, cooperation, helping and giving, volunteerism
- Developing pro social behaviour
- Promoting pro environmental behaviour
- Benefits for individual and society

Learning Outcomes

The learner:

- describes the various forms of pro-social behaviour;
- states how to develop pro-social behaviour;
- enumerates the strategies for promoting pro-environmental behaviour; and

- appreciates the benefits of pro-social and pro-environmental behaviour for individual and society.

Module-6 : Health and Well Being

Marks: 15

Hours: 30

Approach

This module aims at developing and understanding about the concepts of health and well being. It explains the barriers in the achievement of positive mental health and well being leading to holistic development. It also explains the concepts of stress, how to cope with it, mental health problems and concerns and positive interventions for health and well being.

Lesson 22 : Coping with Stress

Topics

The lesson covers :

- Nature of stress
- Sources of stress
- Coping strategies

Learning Outcomes

The learner:

- Describes the meaning and nature of stress.
- Recognizes the physical, mental, emotional and behavioural signs and symptoms of stress.
- Identifies the various factors leading to stress.
- Explains the effects of stress on physical and mental health.
- describes the ways and strategies to cope with stress.

Lesson 23 : Mental Health Problems

Topics

The lesson covers :

- Mental health and related challenges
- Anxiety
- Depression
- Obsessive Compulsive Behaviour
- Disruptive Behaviour

Learning Outcomes

The learner:

- explains the meaning of mental health.
- States the signs of poor mental health.
- Identifies the various factors that can lead to poor mental health.
- Recognizes various ways and strategies to maintain good mental health
- enumerates the symptoms, causes and ways of dealing with anxiety, depression, obsessive compulsive behaviour and disruptive behaviour

Lesson 24 : Psychology for Holistic Development

Topics

The lesson covers :

- Meaning of Holistic development
- Health and positive emotions (happiness, life satisfaction, resilience
- Interventions for health and well being (Diet & life style, exercise, yoga & meditation, developing positive emotions)

Learning Outcomes

The learner:

- states the meaning of holistic development.
- Interpret the relationship between the positive emotions and health.
- Appraises the importance of happiness, life satisfaction and resilience for health and well being.
- Appreciates various ways of promoting positive emotions, happiness, life satisfaction and resilience
- discusses the importance of diet, lifestyle, exercise, yoga and meditation to facilitate good health and well being.

SCHEME OF EVALUATION

Examination	Marks	Duration	Paper
Public Examination	100	3 Hour	1
Tutor Marked Assignment	20	Self-paced	1

Feed back on Lesson 1-24

Lesson No.	Lesson Name	Was the content				Was the language		Were the Illustrations		What you have learnt is		
		Easy	Difficult	Interesting	Confusing	Simple	Complex	Useful	Not Useful	Very helpful	Somewhat helpful	Not helpful
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