

CURRICULUM

PSYCHOLOGY

Secondary Level Course (222)

RATIONALE

The study of psychology deals with important aspects of human behaviour and mental processes. The study of psychology is significant to one's personal growth and development and for facilitating the process of social development. The way we think, feel and behave with the people and world around us influence our adjustment. A course in psychology at the Secondary level will help the learners understand themselves and their place in society and realize their potentials.

OBJECTIVES

The course is designed to enable the learner:

- Understand the basic concepts of psychology and their application.
- Relate oneself positively to family, neighborhood and society.
- Behave responsibly and in a value based manner.
- Learn to live a purposeful life of health and happiness.

MODULES

Module I	Foundations of Psychology	15
Module II	Basic Psychological Processes	15
Module III	Human Development	15
Module IV	Social Psychological Processes	15
Module V	Health and Well Being	15
Module VI	Work Life and Environmental Concerns	15
Module VII	Yoga : A Way of life	10
	Maximum Marks	100

Module I: Foundations of Psychology**Marks: 15****Approach**

This module helps students understand the nature of psychology and the range of behaviours and mental processes which constitute its subject matter. It would also help them to understand the methods and some important fields of psychological applications.

Contents**Lesson 1 – An Introduction to Psychology**

- The nature of psychology and its definitions
- Scope of psychology
- Basic psychological processes
- Fields of psychology

Lesson 2 – Methods of Psychology

- Approaches to the study of psychological processes
- Methods to understand psychological processes
- Psychological Tools

Lesson 3 – Individual Differences

- Nature of individual differences
- Assessing individual differences
- Nature of Intelligence and its assessment
- Aptitudes and interests, and their assessment
- Nature of personality
- Techniques of personality assessment

Module II: Basic Psychological Processes**Marks: 15****Approach**

This module familiarises the learners with the concepts and processes involved in knowing the world. It helps to understand the basic ideas involved in acquiring knowledge and retaining it for further use. This module will also describe the processes of perception and the way we become aware of the world and think. It also tries to provide an understanding of the ways we feel and appreciate our inner world

Contents**Lesson 4 – Learning**

- Learning
- Reinforcement and observational learning
- Some other types of learning
- Transfer of training

Lesson 5 – Sensory Processes: Attention and Perception

- Sensation
- Perception
- Perceptual organisation
- Attention
- Extra sensory perception
- Applications of perception in everyday life

Lesson 6 – Memory

- Memory and Forgetting
- Stages of Memory
- Types of memory

- Forgetting
- Strategies for enhancing memory
- Repression: Forgetting painful events

Lesson 7 – Thinking and Problem Solving

- The nature of thinking
- Problem solving
- Creating and its role in life
- Decision making

Lesson 8 – Motivation and Emotion

- Nature of motivation
- Nature of emotion
- Role of emotion and motivation in human behaviour

Module III: Human Development

Marks: 15

Approach

This module aims at describing the processes, characteristics and stages of human development and explaining the influence of biological factors and socio-cultural context on human development.

Contents

Lesson 9 – Nature Determinants of Development

- Nature of development
- Domains of development
- Stages of development
- Influence on development

Lesson 10 – Childhood

- Physical and motor development in Childhood

- Cognitive development
- Socio-emotional and personality development
- Socialisation

Lesson 11 – Adolescence and its Challenges

- Concept of Adolescence
- The adolescent transition period
- Adolescence: Biological or social?
- Factors determining the pattern of transition
- Development tasks
- Physical development
- Gender roles

Lesson 12 – Adulthood and Aging

- The adulthood stage
- Adulthood or middle age
- Physical and cognitive changes during adulthood and old ages
- Coping with the problems during old ages
- Importance of the aged people in the society

Module IV: Social Psychological Processes

Marks : 15

Approach

This module aims at describing the influence of social institutions. It helps to understand how people behave in groups and also explains the formation of human beliefs, attitudes and values. The module will also explain the process of communication and familiarise the learners with some major social problems.

Contents

Lesson 13 – Groups and Leadership

- Importance of groups in our life
- Characteristics of group
- Group dynamics
- Difference between ‘Us’ and ‘Them’
- Formal and informal groups
- Group development
- Leadership
- Qualities of leader
- Theories of a leadership

Lesson 14 – Communication

- Understanding the meaning of communication
- Elements of communication
- Types of communication
- Effective communication
- Features of effective communication
- Non-verbal communication in Indian context
- Role and impact of media

Lesson 15 – Attitudes, Beliefs and Social Cognition

- Nature of attitude
- Formation and change of attitudes
- Relationship between attitudes and behaviour
- Beliefs and behaviour
- Social cognition

Lesson 16 – Social and Educational Problems

- Poverty
- Some other social problems
- School dropouts, stagnation and wastage

Module V: Health and Well Being

Marks: 15

Approach

This module aims at developing an understanding about the concepts of happiness and well being. It describes the obstacles in the pursuit of happiness and psychological processes to overcome them. It also explains the concepts of health, hygiene and describe practices for positive mental health.

Contents

Lesson 17 – Happiness and Wellbeing

- Concepts of happiness and well being
- Self actualization and mature personality
- Recognizing strengths of self Actualized individuals
- Developing positive emotions
- Self efficacy and compassion

Lesson 18 – Mental Disorders and their Treatment

- Stress as a source of disturbed mental health
- Types of conflicts and frustrations
- Types of mental disorders
- Psychotherapeutic process
- Process of coping with stress

Lesson 19 – Mental Health and Hygiene

- Concept of mental health and hygiene

- Mental health, mental ill-health and mental illness
- Indicators/signs of poor mental health
- Behaviours which sustain good health
- Strategies for time management

Module VI: Work Life and Environmental Concerns

Marks : 15

Approach

This module aims at developing an appreciation of the concerns for vocational life and understanding of the challenges of world of work. It also explains the relevance of individual differences for job requirements, notions of work motivation. The relationship between human being and environment, causes and remedies of environmental stress are also described.

Contents

Lesson 20 – Aptitude, Interest and Job Requirements

- Aptitude
- Interest
- Ability
- Mental age and I.Q.
- Importance and relationship among aptitude, interest and ability
- Analysing and communicating job requirements

Lesson 21 – Preparation for the Vocational Role

- Meaning of vocational role

- Need for preparation for right vocation
- Special training
- Concepts of career, vocations and occupation
- General requirements for a vocation
- Vocational choice emerging perspective

Lesson 22 – The World of Organization

- Organization as a system
- Organizational climate
- Interpersonal relationship at work
- Productivity and excellence at work
- Strategies for developing productivity at work

Lesson 23 – Environmental Stress

- Environmental stress
- Pollution issues
- Sustainable development

Module VII: Yoga: A Way of Living

Marks: 10

Approach

This module tries to develop an appreciation among the learners about Yoga as a way of life being practised from ancient times. The module also explains the relevance of Yoga in the various stages of our life. It would also provide guidelines to the learners for facing various stresses and tensions in life and for self development.

Contents

Lesson 24 – Healthy Mind in Healthy Body

- What is Yoga

Curriculum

- Different types of yoga
- Yoga to keep fit
- Pranayam
- Meditation

Lesson 25 – Self-development and Yoga

- Self-development through Yoga
- Applications of Yoga in different walks of life
- How Yoga shapes our attitudes, thinking and behaviour?
- Yoga for motivation and excellence: (Competence) in action
- Patanjali on 'Mind': Its nature, functions and states
- The eight-fold path of Yoga

Lesson 26 – Nurturing the Whole Being: An Indian perspective

- Wholistic Personality: An ideal view
- Theory of Trigunas
- Theory of panch koshas (Five Sheaths of existence)
- Development of Koshas
- Sri Aurobindo on levels of consciousness

Lesson 27 – Controlling and Disciplining the Mind

- Importance of controlling and regulating the mind
- Jeevan Vigyan
- Preksha Dhyana
- Art of Living
- Transcendental meditation
- Vipassana