

**TRIPURA BOARD OF SECONDARY EDUCATION**

**SYLLABUS**

**(effective from 2015)**

**SUBJECT : PSYCHOLOGY**

**(Class – XII)**

**PSYCHOLOGY**  
**COURSE STRUCTURE**  
**CLASS XII (Theory)**

**One Paper**

**Time : 3 Hours**

**Marks : 70 Marks**

<b>Unit</b>	<b>Title</b>	<b>Marks</b>
I.	Intelligence	07
II.	Social Influence on Individual Group Processes and Leadership	08
III.	Attitude and Social Cognition	06
IV.	Personality	09
V.	Adjustment	06
VI.	Health Psychology	06
VII.	Psychological Disorders	08
VIII.	Identity Development	06
IX.	Environment and Behaviour	06
X.	Statistics in Psychology	08
	<b>Total</b>	<b>70</b>

## **Unit I: Intelligence**

- Definition and Nature of Intelligence
- Theories and Types of Intelligence
- Intelligence Tests : Definition and Classification
  - Verbal Test with concept of Mental age and I.Q. (Intelligence Quotient)
  - Non-verbal Test with example
- Gifted Children
  - Definition
  - Classification based on I.Q.
  - Characteristics of Gifted Child
- Backward Children
  - Definition
  - Characteristics and Types
  - Causes
  - Measures to Solve Problems of Backward Children

## **Unit II: Social Influence on Individual Group Processes and Leadership**

- Social Influence: Definition and Forms (Imitation, Conformity, Compliance and Obedience)
- Definition and Characteristics of a Group
- Classification of Groups
- Characteristics of Primary Group 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 :
  - Definition of Leader
  - Characteristics and Functions of Leader
  - What is Leadership and How Leadership Develops
  - Types of Leadership

## **Unit III: Attitude and Social Cognition**

- Definition of Attitude
- Characteristics

- Components
- Formation of Attitude
- Measurement of Attitude : Thurstone and Likert Scale
- Change of Attitude: Persuasion and Cognitive Dissonance with example
- Social Cognition with special reference to Schemas
- Prejudice : Definition and Foundation of Prejudice (Social Learning Theory and Social Identity Theory)
- Discrimination
- Difference between Prejudice and Discrimination

#### **Unit IV: Personality**

- Definition and Characteristics of Personality
- Factors Influencing Personality (Heredity, Environment)
- Traits of Personality:
  - What are traits? Characteristics of Traits
  - Lists of Traits and Trait Theory (Allport and Cattell)
- Personality Types
  - C. Jung
  - Sigmund Freud
  - Kretschmer
  - Sheldon
- Measurement of Personality: Methods:-
  - Interview
  - Questionnaires
  - Projective Techniques : Rorschach, TAT and Word Association
  - Free Association

#### **Unit V: Adjustment**

- Definition and Concept of Adjustment (Self , Family, Society)
- Causes of Maladjustment (Conflict, Sense of Insecurity, Hostility and Guilt)
- Symptoms of Maladjustment / Defence Mechanisms:
  - Withdrawal or Retreat
  - Extreme Introversion
  - Day Dream
  - Projection

- Rationalisation
- Repression
- Regression
- Sublimation
- Forms of Maladjustment:
  - Timidity
  - Truancy
  - Lying
  - Stealing
  - Aggressiveness
  - Negativism
  - Sex offenses
- Counselling: Definition, Utility of Counselling among Students and their Family Members.

## **Unit VI: Health Psychology**

- Concept of Health Psychology
- Definition of Stress
- Causes of Stress: Family, School, Vocational and Economical.
- Conflict and its Types
- Effects of Stress
- Stress Management:
  - Physical: Exercise, Yoga and Meditation etc.
  - Mental: Positive Self Talk, Humour etc.
  - External Help: Counselling, Guidance and Suggestion.

## **Unit VII: Psychological Disorders**

- Concept of Abnormality
- Criteria of Normality (Traditional vs. Modern Concept)
- Traditional : Neurosis, Psychosis, Difference between Neurosis and Psychosis Modern Multi-axial System (DSM- IV R)
- Major Psychological Disorders (Symptoms, Types, Causes and Brief Outline of Management)
  - Schizophrenia

- Mood Disorders:
  - Unipolar- Depression
  - Bipolar
- Anxiety Disorders: Phobia, OCD, GAD, Panic Disorder, PTSD
- Antisocial Disorders
- Substance Abuse Disorders

### **Unit VIII: Identity Development**

- Identity: Definition
- Erickson's Stages of Psycho-social Development
- Adolescence: Why is it called a Critical Stage of Development?
- Identity Crisis; Mature Identity- supported 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.

### **Unit IX: Environment and Behaviour**

- Environment: Definition, Types and Relation Between Man and Environment
- Concept of Ecology and Ecosystem
- Environmental Pollution: Types and Pollutants
- Environmental Education
  - Objectives of Environmental Education
  - Measures Adopted in National and International level
  - Role of Teachers in Environmental Education
  - Role of Students in Environmental Education

### **Unit X: Statistics in Psychology**

- What is Statistics?
- Types of Statistics (Descriptive and Inferential)
- Role of Statistics in Psychology
- Brief Idea of Ranking: Score; Variable; 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
  - Mean
  - Median
  - Mode
- Measures of Central Tendency: Concept , Computation and Utility
  - Range
  - Standard Deviation (Short Method)
- Normal Probability Curve
  - Concept
  - Characteristics
  - Deviations: Skewness and Kurtosis
  - Application
- Correlation: Concept, Types (Positive and Negative), Utility

## PRACTICAL

**Time : 3 Hours**

**Marks : 30**

**60 Periods**

**Mental Tests:**

*20 Marks*

- **Intelligence Test:** Concrete Intelligence is to be tested using Dearborn Form Board Test and Alexander Pass Along Test
- **Personality Test:** Personality is to be assessed using KNPI or KIEI
- **Adjustment:** The index of Adjustment is to be assessed using Bell Adjustment Inventory.

**Project (Any one):**

*10 marks*

- Determining the Leadership Potentiality of a group of students (at least 10 students) using any Sociometric Method.
- Comparative study on two groups of students on the basis of their Academic Achievement Scores using Statistical Methods.

### Scheme of Examination

- |                                 |                 |
|---------------------------------|-----------------|
| 1. Experimental Studies:        | Total: 20 Marks |
| a) Experiment:                  | 15 Marks        |
| • Preliminaries- 1              |                 |
| • Materials Required- 1         |                 |
| • Basic Concept- 2              |                 |
| • Instruction to the Subject- 1 |                 |
| • Procedure- 3                  |                 |
| • Data and Result- 4            |                 |
| • Precaution- 1                 |                 |
| • Conclusion-2                  |                 |
| b) Viva voce:                   | 3 Marks         |
| c) Laboratory Notebook:         | 2 Marks         |
| 2. Project Work:                | Total: 10 Marks |
| a) Report on Project:           | 8 Marks         |
| b) Viva voce:                   | 2 Marks         |



**UNIT WISE QUESTION TYPES WITH MARKS DISTRIBUTION**

Unit	MCQ/ Objectives 1 Mark	VSA 2 Mark	SA 3 Mark	LA 5 Mark	Total
I	2	1	1	-	7
II	1	1	-	1	8
III	1	1	1	-	6
IV	1	1	2	-	9
V	1	1	1	-	6
VI	1	1	1	-	6
VII	1	1	-	1	8
VIII	1	1	1	-	6
IX	1	1	1	-	6
X	1	1	-	1	8
No of Questions	3+8=11	10	8	3	
Total Marks					70

N.B.: - 1) Internal choice: There is no overall choice in the paper. However, there is an internal choice of three (03) question of 3 marks weightage and in all the questions of 5 marks weightage.

2) In LA types, total allotted marks in each may be sub-divided, if necessary.

3) Questions should be set covering each unit.