

PSYCHOLOGY

1. RATIONALE

Psychology is relevant to all walks of life. Everyone learns some psychology, if not in school, through one's own experience and uses it without realizing it consciously. Prominent applications in psychology include areas of human development and adjustment, human interaction and social processes, development of skills, communication, education, social change, stress etc. As mentioned earlier, psychology extends to all areas of human existence.

While imparting knowledge of the above to a student of Senior Secondary, it is our endeavour to acquaint him/her with his/her own life concerns and bring home on how psychology has bearing on such issues. It will also be important that while discussing modern psychological thought and research, the indigenous ideas are integrated into a collective perspective.

2. OBJECTIVES

- to make students understand the major areas of life concerns (e.g. development, education, work, health, society etc.).
- to make students understand the relationship between the life concerns and and psychology.
- to make students analyse the individual life concerns in the psychological perspective.
- to make students apply the knowledge of psychology in the solution of

problems related to individual life concerns.

- to make students apply the knowledge of psychology for personal and social development.

3. DISTRIBUTION OF MARKS

Module	Marks
Foundations of behaviour—I	18
Foundations of behaviour—II	18
Human Development	18
Personality	18
Group Processes	18
Work] 10
Stress	
Total	100

4. COURSE DESCRIPTION :

4.1 FOUNDATIONS OF BEHAVIOUR—I

- (1) Psychology : an introduction
- (2) Methods in Psychology
- (3) Biological Bases of behaviour
- (4) Sensory Processes
- (5) Perception and attention

4.2 FOUNDATIONS OF BEHAVIOUR—II

- (1) Learning
- (2) Memory and Forgetting

- (3) Thinking
- (4) Individual differences
- (5) Motivation
- (6) Emotion

4.3 HUMAN DEVELOPMENT

- (1) Nature of Development
- (2) Stages of Development
- (3) Factors in Development
- (4) Adolescence
- (5) Adulthood and Aging

4.4 PERSONALITY

- (1) Nature of Personality
- (2) Approaches to Personality
- (3) Adjustment
- (4) Self-control and Moral Development
- (5) Strategies for Personality Development

4.5 GROUP PROCESSES

- (1) Group : its nature
- (2) Social influence
- (3) Leadership
- (4) Intergroup Conflicts

OPTIONAL MODULE :

4.6A WORK

- (1) Education and Work
- (2) Vocational Choice
- (3) Career Development
- (4) Work in Organisations
- (5) Vocational Adjustment

4.6B STRESS

- (1) Stress Processes
- (2) Stress and Health Problems
- (3) Stress Management
- (4) Promoting Well being

4.6B STRESS

- (1) Development Patterns in Early Childhood
- (2) Play Centre - Organization
- (3) Play Centre-Structural Details
- (4) Planning and Conducting Programmes
- (3) Involvement of Parents and Community