



# DRAVID OPEN SECONDARY AND HIGHER SECONDARY EDUCATION COUNCIL

Head Office:-RD number 1, mohalla Badh Adilabad, Telangana 504001

Verification Address: - 3008b/12 Church Road Dashmesh Nagar Nayagaon Mohali Punjab-160103

## SYLLABUS PSYCHOLOGY

### **CLASS 12 PSYCHOLOGY SYLLABUS**

#### Chapters / Units

#### 1. Variations in Psychological Attributes

- Individual differences in human functioning
- Assessment of psychological attributes
- Intelligence, Aptitude, Creativity, Emotional Intelligence

#### 2. Self and Personality

- Self concept, Self-esteem, Self-regulation
- Theories of Personality (Type and Trait; Psycho-dynamic, Humanistic, Behavioural, Cultural)
- Assessment of Personality

#### 3. Meeting Life Challenges

- Nature and types of stress
- Coping strategies
- Stress management techniques

#### 4. Psychological Disorders

- Concept of abnormality
- Classification of disorders (Anxiety, Somatoform, Dissociative, Mood, Schizophrenia, Substance-use)
- Causes and treatment approaches

#### 5. Therapeutic Approaches

- Psychodynamic therapy, Behaviour therapy, Cognitive therapy, Humanistic therapy
- Biomedical therapy
- Rehabilitation of mentally ill

#### 6. Attitude and Social Cognition

- Nature and components of attitudes
- Attitude formation and change
- Prejudice and discrimination
- Social cognition, Schemas, Impression formation

- Attribution of causality, Social influence

#### 7. Social Influence and Group Processes

- Conformity, Compliance, Obedience
- Cooperation and Competition
- Group dynamics: Group structure, Roles, Norms, Status
- Leadership styles, Decision making in groups

#### 8. Psychology and Life

- Human-environment relationship
- Environmental effects on behavior (noise, pollution, crowding)
- Promoting pro-environmental behaviour
- Psychology in the context of social concerns: Poverty, Violence, Discrimination, Health, Gender

#### 9. Developing Psychological Skills

- Observation, Interviewing, Psychological Testing
- Case study method, Experimental method
- Counselling skills (listening, questioning, paraphrasing, feedback, etc.)
- Communication skills

