Psychology
Code No. 222

Introduction

The study of psychology deals with important aspects of human behavior 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. Actually psychology is the scientific study of human behaviour. Therefore, a course in psychology will provide an opportunity to learners to learn, understand, think and apply in their real world.

Rationale

A course in psychology at the Secondary level will help the learners to understand themselves and their place in society and realise their potentials. The course offers an opportunity for learners to analyse the nature of psychology and the range of behaviours and mental processes. The course highlights on basic psychological processes, human development and social psychological process. The learners will also be able to learn about health and wellbeing, work life and environmental concerns and roles of psychology to improve work atmosphere. The course will also help to develop an appreciation among the learners about Yoga as a way of life being practised from ancient times. This course will help learners to understand themselves and their place in society to become a good citizen and human being.

Objectives

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

- explain the basic concepts of psychology and their application;
- relate oneself positively to family, neighbourhood and society;
- behave responsibly and in a value based manner;
- learn to live a purposeful life of health and happiness.

Scope and job opportunity

Psychology has a vast opportunity for career development. This course will give a direction for higher education to learners, where they can select psychology as a subject. There are various fields which can be selected as a career after achieving requisite qualification in psychology. These are counsellors, clinical psychologists, teachers, researchers etc. It is also helpful in business management.

Eligibility conditions

Age: 14 years

Qualification: Ability to read and write

Medium of instruction: Hindi, English, Urdu, Marathi, Telugu, Gujarati, Malayalam, Tamil and Odia medium

Duration of the course: 1 Year

Weightage

Theory: 100 Marks

Tutor Marked Assignments (TMA): 20% Marks of theory

Scheme of studies: Theory (240 hours), TMA (self paced)

Scheme of evaluation: Theory paper 100 marks (3 hours); internal assessment (TMA) (20% of theory marks)

Pass criteria: 33% Marks in theory

Course content

S. No.	Module/Topics	Duration (in hours)	Module Approach/Description	Weightage (marks)
1.	**Module-I** **Foundations of Psychology** 1. An Introduction to Psychology 2. Methods of Psychology 3. Individual Differences	35	This module helps students to recognise the nature of psychology and the range of behaviours and mental processes which constitute its subject matter. It would also help them to comprehend the methods and some important fields of psychological applications**.**	15
2.	**Module-II** **Basic Psychological Processes** 4. Learning 5. Sensory Processes: Attention and Perception 6. Memory 7. Thinking and Problem Solving 8. Motivation and Emotion	35	This module familiarises the learners with the concepts and processes involved in knowing the world. It helps to analyse 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.	15

3.	**Module-III** **Human Development** 9. Nature Determinants of Development 10. Childhood 11. Adolescence and its Challenges 12. Adulthood and Aging	35	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.	15
4.	**Module-IV** **Social Psychological Processes** 13. Groups and Leadership 14. Communication 15. Attitudes, Beliefs and Social Cognition 16. Social and Educational Problems	35	This module describes the influence of social institutions. It helps to recognise 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.	15
5.	**Module-V** **Health and Well Being** 17. Happiness and Wellbeing 18. Mental Disorders and their Treatment 19. Mental Health and Hygiene	35	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 describes practices for positive mental health.	15
6.	**Module-VI** **Work Life and Environmental Concerns** 20. Aptitude, Interest and Job Requirements 21. Preparation for the Vocational Role 22. The World of Organization	35	This module tries to develop 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	15

| 7. | **Module-VII**
Yoga : A Way of life
24. Healthy Mind in Healthy Body
25. Self-development and Yoga
26. Nurturing the Whole Being: An Indian perspective
27. Controlling and Disciplining the Mind | 30 | This module aims at developing 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. | 10 |

(continued from previous)

| | 23. Environmental Stress | | environmental stress are also described. | |