

Psychology

Code No. 328

Introduction

Psychology is the scientific study of the mind and behavior. Psychology is a multifaceted discipline and includes many sub-fields of study such as human development, sports, health, clinical, social behavior and cognitive processes.

Psychology is really a very new science, with most advances happening over the past 150 years or so. However, its origins can be traced back to ancient Greece, 400 – 500 years BC. The emphasis was a philosophical one, with great thinkers such as Socrates influencing Plato, who in turn influenced Aristotle.

Rationale

Psychology is a discipline which is relevant to all walks of life. Its applications to the various areas of personal, organizational and social functioning are well recognized. All of us use various psychological concepts without knowing them. This course at the Senior Secondary level has been designed in such a way that the learners will know the basics of psychology in simple language. Attention has also been paid to the Indian context.

The course at the Senior Secondary level is also introducing project work for the first time. Understanding psychological concepts and their application requires study of textual material as well as practical work. Project work will help the learners to apply the key concepts of psychology as well as help them to get hands – on – experience of the various methods used by psychologists. It also contributes to the development of scientific approach different from common sense or speculation. Attention has also been paid to give the practical applications of various psychological concepts with the help of case studies, examples and real life experiences.

Objectives

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

- explain the basic concepts used in psychology;
- enumerate skills for personal growth and development;
- select basic research methods in psychology;
- apply the principles of psychology in field work;
- recall and relate psychology to personal and social life; and
- lead a purposeful life by using the principles of psychology in personal, professional and social life.

Scope and job opportunity

This field has a large number of opportunities for employment, some of these are:

- **Clinical psychologists:** Clinical psychologists aim to reduce the distress and improve the psychological wellbeing of their clients. They use psychological methods and research to make positive changes to their clients' lives and offer various forms of treatment.
- **Counsellor:** As a counselling psychologist one uses psychological theory and research in therapeutic work to help clients with a variety of problems. These problems can include difficult life issues and mental health conditions.
- **Educational psychologists:** Educational psychologists help children or young people who are experiencing problems that hinder their successful learning and participation in school and other activities. These problems can include a range of emotional and social problems or learning difficulties.
- **Health psychologists:** Health psychology examines how biological, social and psychological factors influence health and illness. Health psychologists use psychological science to promote health, prevent illness and improve health care system.
- **Occupational psychologists:** Occupational psychologists apply expert knowledge to all levels of working and may work on organisational issues, such as culture and change, as well as issues at an individual or team level.
- **Primary care graduate mental health workers:** Primary care graduate mental health workers provide a range of treatments, support and advice to people suffering from common mental health issues, such as anxiety and panic attacks.
- **Sport and exercise psychologists:** Sport and exercise psychologists are concerned with the behaviours, mental processes and well-being of individuals, teams and organizations involved in sport and exercise. They typically specialize in either sport or exercise, although some work across both fields.

Eligibility conditions

Age: 15 Years

Qualification: 10th pass

Medium of instruction: Hindi, English, Urdu, Bengali, Gujarati and Odia.

Duration of the course: 1 Year

Weightage

Theory: 100 Marks

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

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

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

Pass criteria: 33% marks

Course content

S. No.	Module/Topics	Duration (in hours)	Module Approach/Description	Weightage (marks)
1.	Module-I Foundations of Psychology <ol style="list-style-type: none"> 1. Psychology: Understanding Self and Others 2. How Psychologists Study? 3. Biological and Cultural Shaping of Mind and Behaviour 4. Becoming Aware of the World Around Us 5. Attention and Perception 	40	This module would help the learners to understand the basic processes and applications of psychology, methods used in studying psychology, the psychological functioning of the human and its effects.	14
2.	Module-II Key Psychological Processes <ol style="list-style-type: none"> 6. Learning Process and Acquiring Skills 7. Remembering and Forgetting 8. Going Beyond the Reality: Thinking and Reasoning 9. Motivation 10. Emotions 	40	This module is primarily concerned with those psychological processes which constitute the dynamics of human functioning. Thus they are not only theoretically important but have practical relevance. In particular, this module deals with learning, memory, thinking, motivation and emotion. In this way it covers the entire range of psychological process involved in interacting with environment and developing competence in areas central to success in life.	17
3.	Module- III Developmental Processes	40	This module aims at describing the various stages of human development and their characteristics. It also focuses on	17

	11. Development: Its Nature 12. Domains of Development 13. Adolescence 14. Adulthood and Aging 15. Understanding Individual Differences: The case of Intelligence		adolescence, adulthood and aging which are the important phases of human life. The nature, range and assessment of individual differences will also be dealt with in this module.	
4.	Module- IV Self and Personality 16. What is Self? 17. Self and Psychological Processes 18. Personality Theories 19. Personality Assessment 20. Psychological Disorder	40	Human beings not only respond to the external world but also attend to themselves. In other words self is also an object and all of us deal with it. We have awareness of self and we like to evaluate ourselves positively. We make positive self presentation. In recent years self has been given significant place in the analysis of cognition, motivation and emotion. The kind of self concept which people have is also influenced by our culture. Assessment of personality has also occupied the attention of researchers and various methods have been developed. Finally due to various causal factors such as genetics, environmental and cultural, people develop different kinds of psychological disorders. This module attends to all these important aspects of self and personality. It will contribute to the well being of learners and adjusting with the demands of environment.	17
5.	Module- V Social and Applied Psychology	40	Social psychology is an important branch of psychology. It deals with the social functioning and processes. This module has been redesigned to	20

	<ul style="list-style-type: none"> 21. Group Processes 22. Person Perception and Interpersonal Attraction 23. Man Environment Interaction 24. Psychotherapy 25. Health Psychology 		<p>facilitate the learners in understanding various social factors and processes. It intends to help the learners in adopting interventions for leading a healthy lifestyle.</p>	
6.	<p>Module- VI A* World of Work</p> <ul style="list-style-type: none"> 26. Education and work 27. Career Development 28. Vocational Choice and Vocational Adjustment 29. Stress and Your Health 30. Stress management and Well-Being 	40	<p>This module familiarizes the learners with the application of Psychology in the work situation. It would help the learners in understanding the psychological processes involved in career choice, vocational adjustment and managing stress and promoting well-being.</p>	15
	<p>Module- VI B* Facilitating Early Childhood Education</p> <ul style="list-style-type: none"> 31. Developmental Patterns in Early Childhood 32. Play Centre: Objectives 33. Play Centre: Structural Details 34. Planning and Conducting Programmes 35. Involvement of Parents and Community in a Play Centre 	40	<p>This module would develop an understanding of the importance of early childhood education. It will also help the learners to understand the usefulness of play centers and the role of parents and community in the play centers.</p>	

***Note: Learner has to choose one Module from VI A or VI B**