

SYLLABUS 2026-2027

Class : XII

Subject : PSYCHOLOGY

Book : Psychology by Baron ; NCERT Psychology for Class XII

Publisher : Sterling Publishers Private Limited ; NCERT

Term 1

Unit-1 Intelligence and Ability

Intelligence: what is meant by intelligence - theories regarding the nature of intelligence; how intelligence is measured - the concept of IQ, intelligence tests – Individual Tests, Group Tests. Levels of intelligence and associated characteristics. Emotional Intelligence and Emotional Quotient (EQ).

Aptitude, Achievement and Interest: meaning of these terms. Reason for their assessment and means of assessment (different tools/ tests) used.

Unit-2 Personality

What is meant by Personality. Definition of personality – Gordon Allport. Personality related terms: Temperament, Habit, Values, Concept of self (definitions only).

Theories of Personality

How personality is assessed: reports, inventories (MMPI), projective techniques - Rorschach Inkblot Test and Thematic Apperception Test, Behavioural Analysis.

Unit-4 Stress and Stress Management

Meaning of stress - its basic nature.

Common causes of stress.

Effects of stress on health and performance.

Stress management - ineffective and effective strategies of handling stress.

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Practical (Interpretation and Discussion)

Practical 1 : Attitudes : To study attitudinal differences regarding Marriage.

Practical 2 : Stress:- To study the causes and effects of stress among school student (Group: Class X or Class XI students)

Term 2

Unit-3 Lifespan Development

Meaning of Development, growth and maturation.

Infancy- motor, cognitive development, socioemotional development.

Childhood - motor, cognitive development, socio-emotional development.

Adolescence - physical changes, cognitive development ,socio-emotional development.

Unit- 5 Psychological Disorders and Psychotherapy

Meaning of “Abnormal behaviour” - biological, psychological and socio-cultural, behavioural, cognitive perspectives.

Principles of classification of psychological disorders with reference to DSM IV.

Characteristics of some psychological, behavioural and developmental disorders:

Anxiety - generalized, anxiety disorder, phobia, obsessive-compulsive;

Mood - bipolar - (mania and depression), severe, depression;

Personality disorders - anti-social, avoidant, dependent (causes and symptoms of all).

Schizophrenia - meaning; main types; characteristics.

Psychotherapy - Psychoanalysis; Client-centred; Behavioural, Social Rehabilitation,

Cognitive Behaviour Therapy.

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Unit-6 Social Thought and Social Behaviour

Social Perception - attribution or the process through which people try to understand the reasons for others' behaviour.

Social Influence- how people try to change others' behaviour; social norms; conformity and obedience - factors affecting them.

Term 3

Unit-7 Attitudes

Meaning of "Attitude" - how attitudes are formed and changed.

Prejudice – meaning of "prejudice" and discrimination; the origins of prejudice; how prejudice can be resisted.

Unit-8 Psychology in relation to the Environment and Social concerns

Meaning and nature of counselling; characteristics of a good counsellor, communication skills; Environmental effect on human behaviour; Promoting Pro-environmental behaviour; Adverse effects of poverty and deprivation. Measures to reduce poverty.

Term 4

Chapter wise revision

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