

**Nagaland Board of School Education
Kohima**

NOTIFICATION NO. 20 /2022

Dated Kohima, the 22st February, 2022

No. NBE-1/Ad-CS (12)/2020-21 :: In pursuance to the Notification No. 28/2021 dated Kohima, the 6th April 2021, it is hereby notified for the information of all the Higher Secondary Schools and Colleges registered with the Board offering Psychology subject, that the Class XII syllabus of Psychology has been revised. The revised/ new syllabus will be introduced with effect from academic session 2022.

The revised syllabus is enclosed as Annexure.

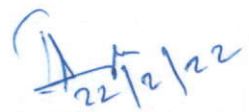
Sd/-

(Asano Sekhose)
Chairman

NO.NBE-1/Ad-CS (12)/2020-21/ 326 Dated Kohima, the 22st February, 2022

A. Copy for information and necessary action:

1. The Heads of all Registered Schools offering Psychology subject.
2. Office copy.


(Iluheing Nsarangbe)
Sr. A.O

**CLASS-XII
PSYCHOLOGY**

Chapter-Wise weightage

Part- A: External

Time: 3 hrs

Marks: 80

Units	Marks
I. Variations in psychological attributes	} 29
II. Self and Personality	
III. Meeting life challenges	
IV. Psychological Disorders	} 24
V. Therapeutic Approaches	
VI. Attitude and Social Cognition	} 27
VII. Social Influence and Group Processes	
VIII. Psychology and Life	
IX. Developing Psychological Skills	
Total	80
Part-B: Internal- Project Work	20
Grand Total	100

Part- A: External

Chapter I: Variations in psychological attributes

8 Marks/16 periods

Introduction, Individual Differences in Human Functioning, Assessment of Psychological Attributes, Intelligence, Theories of Intelligence: Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Individual Differences in Intelligence: Variations of Intelligence, Some Misuses of Intelligence Tests(Box 1.1), Culture and Intelligence, Emotional Intelligence: Characteristics of Emotionally Intelligent Persons(Box 1.2), Special Abilities: Aptitude: Nature and Measurement, Creativity.

Chapter II: Self and Personality

10 Marks/24 periods

Introduction, Self and Personality, Concept of self, Cognitive and Behavioural Aspects of Self: Self-esteem, Self-efficacy and Self-regulation, Culture and Self, Concept of Personality: Personality-related Terms(Box 2.1), Major Approaches to the Study of Personality: Type Approaches, Trait Approaches, Five-Factor Model of Personality(Box 2.2), Psychodynamic Approach, Behavioural Approach, Cultural Approach, Humanistic Approach, Who is a Healthy Person?(Box 2.3), Assessment of Personality: Self-report Measures, Projective Techniques, Behavioural Analysis.

Chapter III: Meeting life challenges

8 Marks/20 periods

Introduction, Nature, Types and Sources of Stress: A measure of Stressful Life Events(Box 3.1), Effects of Stress on Psychological Functioning and Health: Examination Anxiety (Box 3.2), Stress and Health, General Adaptation Syndrome, Stress and Immune System, Lifestyle, Coping with Stress: Stress Management Techniques, Promoting Positive Health and Well-being: Life Skills, Resilience and Health (Box 3.3)

Chapter IV: Psychological Disorders**10 Marks/24 periods**

Introduction, Concepts of Abnormality and Psychological Disorders, Classification of Psychological Disorders, Factors Underlying Abnormal Behaviour, Major Psychological Disorders: Anxiety Disorders, Somatoform Disorders, Dissociative Disorders, Salient features of Somatoform and Dissociative Disorders (Box 4.1), Mood Disorders, Schizophrenic Disorders, Sub-types of Schizophrenia (Box 4.2), Behavioural and Developmental Disorders, Substance-use Disorders, Effects of Alcohol: Some Facts(Box 4.3), Commonly Abused (Box4.4).

Chapter V: Therapeutic Approaches**8 Marks/16 periods**

Nature and Process of Psychotherapy: Therapeutic Relationship, Type of Therapies: Steps in the Formulation of a Client's Problem (Box 5.1), Psychodynamic Therapy, Behaviour Therapy, Relaxation Procedures (Box 5.2), Cognitive therapy, Humanistic-existential Therapy, Biomedical Therapy, Alternative Therapies, Rehabilitation of the Mentally Ill

Chapter VI: Attitude and Social Cognition**8 Marks/16 periods**

Introduction, Explaining Social Behaviour: 'A green Environment': The A-B-C Components of an Attitude (Box6.1), Attitude Formation and Change: Attitude Formation, Attitude Change, Telling a lie for Twenty Dollars (Box6.2), Prejudice and Discrimination, Strategies for Handling Prejudice, Social Cognition, Schemas and Stereotypes, Impression Formation and Explaining, Behaviour of others through Attributions: Impression Formation, Attribution of casualty, Behaviour in the Presence of others, Pro-social Behaviour: Factors Affecting Pro-Social Behaviour

Chapter VII: Social Influence and Group Processes**10 Marks/24 periods**

Introduction, Nature and Formation of Groups: Groupthink (Box 7.1), Types of Groups: The Minimal Group Paradigm Experiments (Box 7.2), Influence of Group on Individual Behaviour: Social Loafing, Group Polarisation, Conformity, Compliance, and Obedience: The Autokinetic Effect (Box7.3), Group Pressure and Conformity: The Asch Experiment (Box7.4), Cooperation and Competition: Sherif's Summer Camp Experiments (Box 7.5), Determinants of Cooperation and Competition, Social Identity, Intergroup Conflict: Nature and causes, Conflict Resolution Strategies.

Chapter VIII: Psychology and Life**8 Marks/16 periods**

Human-Environment Relationship: Different Views of the Human-Environment Relationship, The Bishnois and the Chipko Movement (Box 8.1), Environment Effects on Behaviour, Psychology and Social Concerns: Poverty and Discrimination, Aggression, Violence, and Peace, Mahatma Gandhi on Non-Violence: Why Does, Non-Violence Work (Box 8.2), Health, Impact of Television on Behaviour.

Chapter IX: Developing Psychological Skills

10 Marks/24 periods

Introduction, Developing as an Effective Psychologist, General Skills: Intellectual and Personal Skills; Sensitivity to Diversity: Individual and Cultural Differences (Box 9.1), Observational Skills, Specific Skills: Communication Skills, Characteristics of Communication (Box 9.2), Some Tips to Improve Your Listening Skills (Box 9.3), Psychological Testing Skills, Essentials of Psychological Assessment Skills (Box 9.4), Interviewing Skills: Types of Interview Questions (Box 9.5), Counselling Skills.

Part-B: Internal- Project

A. Projects, experiments, small studies etc.

The student shall be required to undertake minimum of four projects. The projects would involve the use of different methods of inquiry and related skills, related to the topics covered in the course.

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| a) Reporting file including project work | 7 marks |
| b) Viva- voce | 3 marks |
| B. Formal test | 4 marks |
| C. Assignment | 4 marks |
| D. Student's Internal Assessment Portfolio | 2 marks |

Note: The project work is compulsory and a minimum of four project works has to be done by all students.

The minimum pass criteria for the project work shall be 6(three) marks out of 20 marks.

Recomended textbooks:

- 1. Psychology for class XII**

- **NCERT**