National Institute of Open Schooling

Psychology

Senior Secondary Level

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 really knowing them. This course 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 while dealing with the content. It also contributes to the development of scientific approach different from common sense or speculation. Further, practical applications of various psychological concepts with the help of case studies, examples and real life experiences have been provided.

Course Objectives

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

● understand the basic concepts used in psychology;

● apply the methods of psychological enquiry in real setting;

● develop a holistic understanding of human development;

● develop an understanding of basic psychological processes;

● appreciate individual differences and diversity;

● understand social processes that influence human behaviour including pro social behaviour;

● adopt effective strategies for sound health and well being; and

● apply the principles of psychology in field work

Course Structure

S.N.	Modules	Study Hours	Marks
1.	Foundations of Psychology	40	15
2.	Basic Psychological Processes	70	25
3.	Human Development	40	15

4.	Individual Differences	30	15
5.	Social Processes and Behaviour	30	15
6.	Health and Well Being	30	15
	Theory Examination (3 Hours)	240	100

Course Description

Module-1 Foundations of Psychology

Marks: 15   **Hours: 40**

Approach

The module aims at developing an understanding about the subject of psychology, its evolution, different branches, relationship with other disciplines and applications of psychology. It would also help the learners to understand the bases of human behaviour, different methods used in studying psychology and orientation towards basics of statistics.

Lessons	Learning Objectives	Learning Outcomes
1. Understanding Psychology Nature (definition, science and social science)Evolution of psychology as a discipline Psychology and other disciplinesApplications of Psychology (Military, Sports, Clinical, Counselling , Environment, Forensic, Community, Organisational psychology)	This lesson would develop understanding of:· ● the nature of psychology;· ● the evolution of psychology as a discipline; ● the relationship of psychology with other disciplines; and ● different fields of psychology and its applications	After studying this lesson the learner will be able to: ● Demonstrate fundamental knowledge and comprehension of the major concepts, theoretical perspectives and historical trends in psychology; ● Identify the various approaches, fields and subfields of disciplines· ● recognise the application of psychology and possible career paths;
2. Bases of human behaviour Structure of neuron, CNS, PNS, Endocrine glands Hereditary and environment Socio-cultural and ecological factors	This lesson would develop understanding of:· ● the structure and function of neuron and nervous system; ● the role of hereditary and environment on human behaviour; and	After studying this lesson the learner will be able to: ● describe the basic structure of neuron· ● discuss the role of nervous system and endocrine system on human behaviour·

	● the socio-cultural and ecological factors underlying human behaviour.	● Identify the role of heredity and environment on human behaviour;·
		● explain the social, cultural and ecological factors influencing human behaviour.
3. Methods of Psychological Enquiry-I Experimental methodSurvey Correlation	This lesson would develop understanding of:· ● the use of statistical methods in psychological research;· ● research methods: experimental, survey and correlation	After studying this lesson the learner will be able to: ● Understand different methods used in psychological research; ● make use of different techniques of descriptive statistics including research design;
4. Methods of Psychological Enquiry-II Interview Observation Case study Ethical considerations	This lesson would develop understanding of: ● methods of psychological research and its limitations: interview, observation and case study ● ethical considerations in conducting psychological enquiry.	After studying this lesson the learner will be able to: ● appreciate basic research skills in psychology· ● Outline the various ethical issues in psychology
5. Basic Statistics Measures of central tendency: Mean, Median, Mode Graphical representation (Bar diagram, Histogram, Frequency Polygon, Pie Chart)	This lesson would develop understanding of: ● measures of central tendency : mean, median and mode; ● graphical representation of data	After studying this lesson the learner will be able to: ● Calculate the central tendencies: mean, median and mode ● Represent the data graphically

Course Description

Module-2 Basic Psychological Processes

Marks: 25   **Hours: 70**

Approach

To make the learners aware about how information gathered through different sense modalities influences attention and perception, and the laws that govern these processes. The learners will also become aware of how learning and memorisation take place and the influences on these underlying processes. The learners will understand how

and why forgetting takes place, along with techniques of enhancing memory. The students will become aware of motivation as extrinsic and intrinsic and how different needs and aspirations the process of achievement and effort. They will also understand how emotions facilitate our well being and will learn to mange emotions better. This module will introduce them to thinking processes and the role of language.

Lessons	Learning Objectives	Learning Outcomes
6. Attention and Perceptual Processes Different sense modalities (visual and auditory)Attentional processes (selective attention, sustained and divided attention) Perception (what is perception, laws of perception, perceptual organisation, space and depth perception) Illusion	This lesson will develop understanding of: ● different sense modalities; ● the nature and processes of attention; ● different types of attention; ● the nature and processes of perception; ● factors effecting perceptual organization including socio-cultural factors; ● space and depth perception ● different types of illusions.	After studying this lesson, the learner will be able to: ● Understand the nature and functioning of two sense modalities like, eye and ear; ● Explain the nature and processes underlying attention. ● Discuss the role of different stimuli in perceptual organisation. ● Appreciate the role of socio cultural factors on perception.· ● Understand space and depth perception.· ● lllustrate different types of illusions.
7. Learning Nature of learningClassical conditioning, operant conditioning: Concept, Principles and applications Insight learning, Observational learningSkill learning, verbal learningTransfer of learning	This lesson will develop understanding of: ● the nature of learning; difference between classical and instrumental conditioning; ● different types of learning; ● ways in which transfer of learning takes place.	After studying this lesson, the learner will be able to: ● Explain the nature of learning· ● Elaborate the different types of learning. ● Describe the ways in which learning gets transferred.
8. Human Memory Nature of memoryMemory processesModel of memory (Atkinson and Shiffrin Model) Forgetting , causes of forgetting Techniques of enhancing memory	This lesson will develop understanding of: ● the nature of memory; ● stages of memory; ● different processes underlying memory; ● the processes & factors influencing	After studying this lesson, the learner will be able to: ● discuss the nature of memory. ● Explain the underlying processes of memory. ● Illustrate the nature and causes of forgetting.

	• forgetting; • different techniques of enhancing memory.	• State the application of mnemonics in enhancing memory
9. Motivation Concept of motivation (meaning and nature of motivation) Intrinsic and extrinsic motivation) Maslow's theory of need hierarchyAspiration, achievement and human effort	This lesson will develop understanding of: • the concept of motivation; intrinsic and extrinsic motivation; • Maslow's theory of needs; • Relationship between aspiration, achievement & human efforts	After studying this lesson, the learner will be able to:· • Define the concept of motivation.· • Discuss intrinsic and extrinsic motivation.· • State Maslow's theory of needs. • Outline the role of aspiration in achievement and human effort.
10. Emotion Nature of emotionTypes of emotionsTheories (James-Lange, Cannon-Bard, Lazarus) Emotions and wellbeingManaging emotions	This lesson will develop understanding of: • nature of emotions; • basic emotions· • theories explaining emotions;· • management of emotions	After studying this lesson, the learner will be able to: • Explain the nature of emotions· • State the theories of emotions· • Discuss the need for managing negative emotions
11. Thinking and Problem Solving Nature of thinkingProcess of thinking (reasoning, problem solving, decision making) Nature and process of creative thinkingLanguage and thought	This lesson will develop understanding of: • nature of thinking; • thinking processes: reasoning, problem solving, decision making· • nature and process of creative thinking; • the relationship between language & thought	After studying this lesson, the learner will be able to: • Explain the nature of thinking. • Describe the processes underlying thinking. • Elaborate upon the process of creative thinking. • analyse the relationship between language and thought

Module-3 Human Development

Marks: 15   **Hours: 40**

Approach

The module aims at building an understanding of human development across the lifespan and deals with key features and challenges across different stages of development. This will help the learners reflect on their own course of development and related experiences.

Lessons	Learning Objectives	Learning Outcomes
12. Life Span Perspective on Development Understanding growth, development and maturation Principles of development Factors affecting development	After studying this lesson, you will be able to: ● differentiate between growth, development and maturation; ● understand and enumerate the principles of development;· ● describe factors affecting development across different stages; and ● develop an understanding of human development from lifespan perspective.	
13. Infancy and Childhood Stages of infancy and childhood Key characteristics (physical, cognitive, socio-emotional) Issues and concerns (parenting issues, developmental delays, children at risk)	After studying this lesson, you will be able to: ● identify the stages of development during infancy and childhood; ● state the physical, cognitive and socio-emotional characteristics during infancy and childhood; and ● develop understanding of some issues and concerns specific to infancy and childhood stage such as presenting , developmental delay and children at risk.	
14. Adolescence and Young Adulthood Stages of Adolescence and young adulthood Key characteristics (physical, cognitive, socio-emotional) Issues and concerns- relationships (family, peer group), media influence, substance use, bullying, body image	After studying this lesson, you will be able to: ● identify the stages of development during adolescence and young adulthood; ● state the key characteristics (physical, cognitive, socio-emotional) during adolescence and young adulthood; and· ● develop understanding of how issues like relationship (family, peer)	

	influence of media, substance use, effect of bullying and body image impact development.
15. Adulthood and Old age Stages of adulthood and old age Key characteristics (physical, cognitive, socio-emotional) Issues and concerns of adulthood (career transitions, family) Issues and concerns of old age (health concerns, emptiness, economic dependence)	After studying this lesson, you will be able to: • identify the stages of development during adulthood and old age; • state key characteristics –physical, cognitive, socio-emotional during adulthood and old ages; • understand the concerns faced during adulthood such as career transition, family responsibilities and change; and· • recognize the concerns of old age and act responsibly.

Module 4 : Individual Differences

Marks: 15   **Hours: 30**

Approach

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. 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. Understanding of personality has also been detailed out in this module. Various factors such as genetics, environmental and cultural influencing personality of an individual are also dealt with. Intelligence, key theories of intelligence and emotional intelligence and creativity has also been discussed.

Lessons	Learning Objectives	Learning Outcomes
16 Diversity and Individual Variations Understanding Diversity Differences in physical, physiological, psychological, social, economic contexts Special needs arising out of diversity	This lesson would develop understanding of: • diversity; • the factors causing differences among individuals; and • Special needs arising out of diversity	After studying this lesson, the learner will be able to: • Explain the meaning of diversity • Illustrate factors causing diversity· • Appreciate Special needs arising out of diversity

17 Self and Personality Understanding self: Self concept, self efficacy, self esteem Concept of Personality Key theories (type and trait, psychoanalysis,humanistic) Assessment (Self report and projective technique-word association test, TAT)	This lesson would develop understanding of: ● Self, self concept, self efficacy and self esteem;· ● the concept of personality; ● type and trait, psychoanalytic and , humanistic theories of personality; ● the self report and projective techniques of personality assessment.	After studying this lesson, the learner will be able to: ● Define Self, self concept, self efficacy and self esteem;· ● Describe the meaning of personality;· ● Discuss type and trait, psychoanalytic and humanistic theories of personality; ● Explain Self report measures and projective techniques (Word Association Test & TAT)
18. Intelligence Concept of intelligence (Assessment, IQ, Extremes of intelligence) Understanding intelligence (Spearman, Gardener, Sternberg) Emotional intelligence Creativity and intelligence	This lesson would develop understanding of: ● the concept of intelligence; ● theories of intelligence; ● emotional intelligence; ● relationship between creativity and intelligence.	After studying this lesson, the learner will be able to: ● Describe the meaning of intelligence· ● discuss theories of intelligence; explain the meaning of emotional intelligence;· ● examine relationship between creativity and intelligence.

Module 5 : Social Processes and Behaviour

Marks: 15   **Hours: 30**

Approach

This module introduces the learners to the various social processes that influence human behaviour and social functioning. The learners will understand different group processes and their influence on individuals and groups. Further the learners will also understand the concept of leadership, attitude and pro-social behaviour.

Lessons	**Learning Objectives**	**Learning Outcomes**
19. Group Processes Characteristics of groups Group formation Types of groupsInfluence of group on performance and decision making (social loafing and	This lesson would develop understanding of: ● characteristic of groups and their types· ● groups formation and influence of group on performance and	After studying this lesson, the learner will be able to: ● state the meaning, characteristics and types of groups; ● explain the formation of groups; ● discuss how groups affect

facilitation, group think and polarisation) Leadership	decision making· ● the concept of leadership and characteristics of effective leaders	individual, group performance and decision making; ● explain the concept of leadership; · ● list the characteristics of effective leaders.
20. Attitude Attitude: Concept, process of formation and change Prejudice and discrimination Inter group conflicts and resolution	This lesson would develop understanding of: ● the concept of attitude, its formation and change. ● prejudice and discrimination ● factors causing prejudice and discrimination. ● inter group conflict and its resolution	After studying this lesson, the learner will be able to: ● describe the concept of attitude and its components; ● explain the process of attitude formation and change; ● discuss the nature of prejudice and discrimination· ● identify the factors causing prejudice and discrimination; ● explain inter-group conflicts and their resolution
21. Pro Social Behaviour Forms of pro social behaviour: sharing, cooperation, helping and giving, volunteerism Developing pro social behaviour Promoting pro environmental behaviour Benefits for individual and society	This lesson would develop understanding of: ● various forms of pro-social behavior ● development of these behaviors. ● Promotion of pro environmental behavior and its benefit for individual and society.	After studying this lesson, the learner will be able to: ● describe the various forms of pro-social behaviour; ● state how to develop pro-social behaviour; ● enumerate the strategies for promoting pro-environmental behaviour; and appreciate the benefits of pro-social and pro-environmental behaviour for individual and society.

Module 6 : Health and Well Being

Marks: 15   **Hours: 30**

Approach

This module aims at developing and understanding about the concepts of health and well being. It explains the barriers in the achievement of positive mental health and well being leading to holistic development. It also explains

the concepts of stress, how to cope with it, mental health problems and concerns and positive interventions for health and well being.

Lessons	Learning Objectives	Learning Outcomes
22. Coping with Stress Nature of stress Sources of stress Coping strategies	This lesson would develop understanding of: ● the nature of stress; ● positive and negative stress; ● factors causing stress· ● coping with stress.	After studying this lesson, the learner will be able to:· ● Describe the meaning and nature of stress. ● Recognize the physical, mental, emotional and behavioural signs and symptoms of stress. ● Identify the various factors leading to stress. ● Explain the effects of stress on physical and mental health.· ● describe the ways and strategies to cope with stress.
23. Mental Health Problems Mental health and related challenges Anxiety Depression Obsessive Compulsive BehaviourDisruptive Behaviour	This lesson would develop understanding of: ● the meaning of mental health in the light of recent WHO definition ● challenges to mental health such as conflicts, frustrations, peer pressure, parental expectations and other different life situations · ● the symptoms, cause and management of anxiety, depression, obsessive compulsive behaviour and disruptive behaviour.	After studying this lesson, the learner will be able to: ● explain the meaning of mental health.· ● State the signs of poor mental health.· ● Identify the various factors that can lead to poor mental health.· ● Recognize various ways and strategies to maintain good mental health · ● enumerate the symptoms, causes and ways of dealing with anxiety, depression, obsessive compulsive behaviour and disruptive behaviour

24. Psychology for Holistic Development
Meaning of Holistic development

- Health and positive emotions (happiness, life satisfaction, resilience
- Interventions for health and well being (Diet &life style, exercise, yoga & meditation, developing positive emotions)

This lesson would develop understanding of:·
- the concept of holistic development; ·
- happiness and life satisfaction;
- the concept of resilience and its development
- interventions for facilitation of health and well being.

After studying this lesson, the learner will be able to:
- state the meaning of holistic development.·
- Interpret the relationship between the positive emotions and health.·
- Appraise the importance of happiness, life satisfaction and resilience for health and well being.·
- Appreciate various ways of promoting positive emotions, happiness, life satisfaction and resilience·
- discuss the importance of diet, lifestyle, exercise, yoga and meditation to facilitate good health and well being.

Scheme of Evaluation

Examination	Marks	Duration	Paper
Public Examination	100	3 Hour	1
Tutor Marked Assignment	20	Self-paced	1

Lessons for Tutor Marked Assignment (TMA)-05

Module-2 Basic Psychological Processes

Lesson4 : Motivation

Module 3 Human Development

Lesson 4: Adulthood and Old Age

Module 4 Individual Differences

Lesson 1: Diversity and Individual Variations

Module 5: Social Processes and Behaviour

Lesson 3: Pro Social Behaviour

Module 6: Health and Well Being

Lesson 3 Psychology for Holistic Development