

328

**Senior Secondary Course**

# Psychology

**Part - 1**



**NATIONAL INSTITUTE OF OPEN SCHOOLING**

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## GRAPHIC DESIGNING and DTP

**M/s Multigraphics,**  
Karol Bagh, New Delhi

## A Word with You

Welcome to the Senior Secondary course in Psychology. What is Psychology? It is nothing but the study of the way we, the human beings think, behave and react with the people and world around us. You must have noticed how your own family members behave and react to the same situation in different ways. Some of them will face the same situation in a calm and quiet way whereas the other panic. We here at National Institute of Open Schooling aim to give you a better understanding to these different aspects of human behaviours through the course in Psychology at Senior Secondary level.

The Psychology curriculum is comprises of two books having three modules each. In the first module you are going to study about the biological and psychological aspects of behaviour as well as about psychological enquiry. Second module consists of learning, memory, emotions and motivation. The third module brings to you all about the lifespan development from childhood to old age. The fourth module focuses on individuality, self and personality whereas the fifth module focuses on social psychology of interaction and behaviour. The last that is the sixth module in the second book is consisting of mental health and well-being and how to cope up from that.

For your practice, a sample question paper along with the question paper design and marking scheme is provided at the end of the book.

I am sure that you will find the lessons and their approach interesting and would be able to apply your knowledge in the real-life situations. So read all the lessons of this course carefully and be prepared for the examination with confidence. If you face any difficulty in your studies, please feel free to write me. Your suggestions are valuable for us.

Good luck and happy learning

**Sarika Singh**

Course Coordinator

## How to use the Learning Material

Congratulations! You have accepted the challenge to be a self-learner. It means, you have to organize your study, learn regularly, keep up your motivation and achieve your goal. Here it is solely you, who is responsible for your learning. NIOS is with you at every step. NIOS has developed the material in Psychology keeping only you in mind. A format supporting independent learning has been followed. You can take the best out of this material if you follow the instructions given below.



**Title:** The title of the lesson will give a clear indication of the contents within. Do read it.

**Introduction:** This will introduce you to the lesson and also link it to the previous one.

**Objectives:** These are statements of outcomes of learning expected from you after studying the lesson. You are expected to achieve them. Do read them and check if you have achieved the same.

**Content:** Total content has been divided into sections and sub-sections. A section leads you from one content element to another and a sub-section helps you in comprehension of the concepts in the content element. The text in bold, Italics or boxes is important and must be given attention.

**Intext Questions:** Objective types self-check questions are asked after every section, the answers to which are given at the end of the lesson. These will help you to check your progress. Do solve them. Successful completion will allow you to decide whether to proceed further or go back and learn the unit again.

**Notes:** Each page carries empty space on the outer margins for you to write important points or make notes.

**What You Have Learnt:** It is the summary of the main points of the lesson. It will help in recapitulation and revision. You are welcome to add your own points to it also.

**Terminal Questions:** These are questions answered that provide you an opportunity to practice for better understanding of the whole topic.

**Answers to Intext Questions:** These will help you to know how correctly you have answered the Intext questions.

**Activity:** Activities, if done by you, will help you to understand the concept clearly.

**Key Terms:** The important terms used in the lesson are highlighted in this section. Do remember these terms.

**Do and Learn:** In this section certain activities have been suggested for better understanding of the concept.

**Role Play:** To make your learning interesting an imaginary situation is given based on any concept covered in the lesson. You are required to enact the imaginary situation through realistic behavior. You are free to choose any other concept/topic of your choice to play the role.

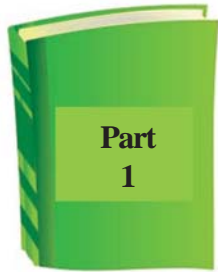
**QR Code:** A quick response (QR) code is given in every lesson which is a type of barcode that stores information and can be read by a digital device, such as a cell phone.

**Audio:** For understanding difficult or abstract concepts, audio programmes are available on certain content areas. You may listen to these on Mukta Vidya Vani, Community Radio FM-91.2 or on YouTube channel "niosradiovahini".

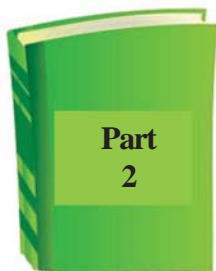
**Video:** Video programmes on certain elements related to your subject have been made to clarify certain concepts. You may watch these at NIOS live YouTube channel and also see live programs on PM e-vidya.



## COURSE OVERVIEW



MODULE	LESSON
1. Foundations of Psychology	1. Understanding Psychology
	2. Bases of Human Behaviour
	3. Methods of Psychological Enquiry-I
	4. Methods of Psychological Enquiry-II
	5. Basic Statistics
2. Basic Psychological Processes	6. Attention and Perceptual Processes
	7. Learning
	8. Human Memory
	9. Motivation
	10. Emotions
	11. Thinking and Problem
3. Human Development	12. Life Span Perspective on Development
	13. Infancy and Childhood
	14. Adolescence and Young Adulthood
	15. Adulthood and Old Age



MODULE	LESSON
4. Individual Differences	16. Diversity and Individual variations
	17. Self and Personality
	18. Intelligence
5. Social Processes and Behavior	19. Group Processes
	20. Attitude
	21. Pro Social Behavior
6. Health and Well-being	22. Coping with Stress
	23. Mental Health Problems
	24. Psychology for holistic development

# Psychology

## Bifurcation of Syllabus

Psychology- 328

Total no. of Lessons=24

<b>MODULE (No. &amp; name)</b>	<b>TMA (40%) (No. of lessons -10)</b>	<b>Public Examination (60%) (No. of lessons -14)</b>
1. Foundations of Psychology (5 Lessons)	L-2: Bases of Human Behaviour L-4 : Methods of Psychological Enquiry-II	L-1: Understanding L-3: Methods of Psychological Enquiry-I L-5: Basic Statistics Psychology
2. Basic Psychological Processes (6 Lessons)	L-9 : Motivation L-7: Learning	L -6: Attention and Perceptual Processes L-8: Human Memory L-10: Emotions L-11: Thinking and Problem
3. Human Development (4 Lessons)	L-12:Life Span Perspective on Development L-15 : Adulthood and Old Age	L-13: Infancy and Childhood L-14: Adolescence and Young Adulthood
4. Individual Differences (3 Lessons)	L-16 : Diversity and Individual variations	L-17: Self and Personality L-18: Intelligence
5. Social Processes and Behavior (3 Lessons)	L -21 : Pro Social Behavior	L-19 : Group Processes L-20: Attitude
6. Health and Well-being (3 Lessons)	L -22 : Coping with Stress L -24 : Psychology for holistic development	L-23 : Mental Health Problems



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**Note:** The syllabus has been bifurcated into two sections -

(i) Lessons for the Tutor Marked Assignment (TMA) 

(ii) Lessons for public examination question paper 

The details of the different sections are on the next page.

## MODULE -1

### **Foundations of Psychology**

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.

1. Understanding Psychology
2. Bases of Human Behaviour
3. Methods of Psychological Enquiry-I
4. Methods of Psychological Enquiry-II
5. Basic Statistics