

SYLLABUS (2025-2026)

CLASS: XII
SUBJECT: PSYCHOLOGY

TEXTBOOKS:

1. PSYCHOLOGY, Textbook for Class XII, NCERT

EXAMINATION	UNIT/ CHAPTER / TOPIC	SUBTOPICS	WEIGHTAGE
HALF YEARLY	Chapter 1: Variations in psychological attributes	<ol style="list-style-type: none"> 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity 	20 marks
	Chapter 2 Self and personality	<ol style="list-style-type: none"> 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> • Type Approaches 	18 marks

		<ul style="list-style-type: none"> • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach <p>8. Assessment of Personality</p> <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis 	
	Chapter 3 Meeting Life Challenges	<ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Life Skills • Positive Health 	14 marks
	Chapter 4 Psychological Disorders	<ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma-and Stressor-Related Disorders • Somatic Symptom and Related Disorders • Dissociative Disorders • Depressive Disorder • Bipolar and Related Disorders • Schizophrenia Spectrum and Other Psychotic Disorders 	18 marks

		<ul style="list-style-type: none"> • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders 	
TOTAL MARKS			70

EXAMINATION	UNIT/ CHAPTER / TOPIC	SUBTOPICS	WEIGHTAGE
ANNUAL EXAM	Chapter 1 variations in psychological attributes	1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity	13 marks
	Chapter 2 Self and personality	1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> • Type Approaches 	13 marks

		<ul style="list-style-type: none"> • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach <p>8. Assessment of Personality</p> <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis 	
	Chapter 3 Meeting Life Challenges	<ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Life Skills • Positive Health 	09 marks
	Chapter 4 Psychological Disorders	<ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma-and Stressor-Related Disorders • Somatic Symptom and Related Disorders • Dissociative Disorders • Depressive Disorder • Bipolar and Related Disorders • Schizophrenia Spectrum and Other Psychotic Disorders • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct 	12 marks

		Disorders <ul style="list-style-type: none"> Feeding and Eating Disorders Substance Related and Addictive Disorders 	
	Chapter 5 Therapeutic Approaches	1. Nature and Process of psychotherapy <ul style="list-style-type: none"> Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> Behaviour Therapy Cognitive Therapy Humanistic-Existential Therapy Alternative Therapies Factors contributing to healing in Psychotherapy Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill	09 marks
	Chapter 6 Attitude and Social Cognition	1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> Attitude Formation Attitude Change Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice	08 marks
	Chapter 7 Social Influence and Group Processes	1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> Social Loafing Group Polarisation 	06 marks
TOTAL MARKS			70

NOTE: The above syllabus is for assessment purpose and remaining chapters/topics may be taught as subject-learning enrichment.