

PSYCHOLOGY

Marks: 85	CLASS-XI (PART –I)	Time: 3:00 Hours
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CHAPTER-I INTRODUCTION TO PSYCHOLOGY

Concepts	Contents
1. Introduction of Psychology	1. Introduction Meaning and Definition of psychology as science of Behavior and mental processes
2. Science of Behavior	2. Goals of psychology
3. Areas of Modern Psychology	3. Clinical psychology
	4. Experimental psychology
	5. Educational psychology
	6. Environmental psychology
	7. Criminal psychology
	8. Business psychology

CHAPTER-II METHODS OF RESEARCH

Concepts	Contents
1. Research	1. Meaning and significance of research
2. Methods of Research	2. Types of Research:
	i. Observation Method ii. Experimental Method
	iii. Survey Methods iv. Case-study Method

CHAPTER- III NERVOUS SYSTEM AND BEHAVIOUR

Concepts	Contents
1. Nervous system and Behaviour	1. Meaning & relationship with behavior
2. The Nervous System	2. Neuron spinal cord
	3. Structure and Function of main parts of Brain

CHAPTER- IV SENSATION AND PERCEPTION

Concepts	Contents
1. Sensation and perception	1. Brief introduction of sensation
2. Basic Concept and Function of Eye malfunctioning of Eye and Ear	2. Anatomy of the Eye, what we see and how we see
	i. Factors deforming the sensation & perception, defects of Eye and Ear
	ii. Definition. Factors of Attention Fluctuation and Distraction of Attention. Gestalt laws of perceptual organization
3. Attention	1. Depth & Distance
4. Perceptual organization	2. Movement. Monocular cues for depth perception
i. Types of perception	Binocular Cues for depth perception. Definition.
ii. Consistency of visual Perception	Kinds of Illusion. Effects on the human life
iii. Illusion	

CHAPTER-V LEARNING AND REMEMBERING

Concepts	Contents
1. Learning and Remembering	1. Definition of learning
2. Learning and unadorned Behavior	2. Basic Principles of learning
3. Ways of learning	3. Learning by observing
4. Memory Processes	- Conditioning - Classical. - Operant.
	4. Definition of Memory: Sensory, Memory, Short-term Memory, Long-term Memory
5. Three stages Memory Model	5. Measuring Memory
	Recognitions Method, Recall Method, Saving Method, Method of Rearrangement
6. Measurement of Memory	6. Forgetting

CHAPTER-VI MOTIVATIONAL BEHAVIOUR

Concepts	Contents
1. Motivational Behaviour	1. Definition

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| 2. Characteristics of motivation
Instinct, Needs/Drives,
Incentive, Balance or
Equilibrium
(Homeostasis)
3. Types of Motives | 2. How they direct our Behaviour
3. Primary motives (unlearned/ Physiological)
4. Hunger, thirst, temperature, sex
5. Maternal secondary motives
(learned/psychological)
6. Achievement Motive
7. Power Motive
8. Affiliation Motive
9. Aggression
10. How to cope with stress, and emotive
11. Elements affecting Motivation |
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CHAPTER- VII PERSONALITY

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| Concepts
1. Personality
2. Definition of Personality
3. Types & traits of personality
4. Personality Theories
5. Personality Assessment | Contents
1. Definition Ectomaphic, Endomorphic
Geomorphic types
i. Introvert, Extrovert & Amber
ii. Freudian theory
iii. Millar & Dollard's Behaviour theory
2. Introduction (contribution of Pakistani
psychologist)
3. Objective techniques: Questionnaire, Interview,
MMPI, Projective techniques, TAT, Ross checks
Inkblot
4. How to groom |
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CHAPTER- VIII EMOTIONAL BEHAVIOUR

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| Concepts
1. Emotional Behaviour
2. Introduction
3. Theories of Emotion
4. Environmental and cultural
aspects of Emotion | Contents
1. Meaning and definition
2. Pysiology of Emotion
3. James Lange Theory (Feelings are physical)
4. Cannon Bord theory
5. Role of learning and Environment in Emotion |
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CHAPTER-IX HIGHER COGNITIVE PROCESS

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| Concepts
1. Higher Cognitive processes
2. Cognition
3. Cognitive Components
Intelligence
4. Different Models of Intelligence
5. Measurement of Intelligence
6. Language and Problem solving
7. Problem solving strategies
8. What is language?
9. Describe the structure in
Language
10. Language Acquisition | Contents
1. Meaning & definition of cognition
2. Intelligence, General or specific Abilities
3. Spearman Model Guilford Model
4. Stanford-Binate Intelligence Scale, WAIS, WISE
Army Alpha and Beta Intelligence
5. Definition & significances
6. Cognitive operations in problem solving
Understanding & Organizing
i. Discussion ii. Cooperative Learning
7. Meaning of Language
8. Basic tools of communication Elements of
Language
9. Language Development Process
10. Ride & contribution |
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LIST OF PRACTICALS FOR CLASS XI (Part –I)

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| 1. Blind Spot
3. Effect of Suggestion on Perception
5. Retroactive Inhibition
7. Measurement of Memory | 2. Muller-type-Illusion
4. After Image
6. Problem solving
8. T.A.T. (Practical Journal & Viva Voce) |
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Marks: 85	CLASS-XII (PART –II)	Time: 3:00 Hours
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CHAPTER-X DEVELOPMENTAL PSYCHOLOGY

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| <ol style="list-style-type: none"> 1. Development of Psychology a. Cognitive Development b. Psychosocial Development c. Moral Development d. Developmental psychology in the light of Quraan and Hadith | <ol style="list-style-type: none"> 1. Definition of Growth, Development and Maturation Difference between above mentioned terms Comparison Cognitive, physical and Social Development a. Piaget's theory of cognitive development (Brief introduction) b. Eriksson's psychosocial theory-of-development (Brief introduction) Physical development i. Kahlberg's theory of moral development (Brief introduction) ii. Sensory and perceptual development (Brief introduction) c. Quraan verse & Hadiths |
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CHAPTER-XI PSYCHOLOGY OF HEALTH

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| <ol style="list-style-type: none"> 1. Psychology of Health and Adjustment 2. Concept of Mental Health 3. Muslim concept of Mental Health 4. Abnormal Behavior 5. Stress and its role 6. Behavioral Disorders 7. Eating Disorders 8. Schizophrenia | <ol style="list-style-type: none"> 1. Definition of Health and adjustment <ol style="list-style-type: none"> i. Requirement of Good health ii. Impact of good health 2. Different viewpoints of Mental Health 3. Muslim point of views of Mental health, Imam Ghazali, Maulana Ashraf Ali Thanvi 4. Difference between Normal and Abnormal Behavior 5. Sources of stress, conflict, life Events, and Pressure & Environmental conditions <ol style="list-style-type: none"> a. Anxiety Disorders b. Eating Disorders 6. Eating as a disorder, suggestions for improving Eating Habits <ol style="list-style-type: none"> i. Right Eating ii. Exercising iii. Advises by the Doctors for Eating 7. Definition, Causes, General Symptoms. <p>Kinds:</p> <ul style="list-style-type: none"> -Disorganized -Catatonic -Paranoid |
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CHAPTER-XII SOCIAL PSYCHOLOGY

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| <ol style="list-style-type: none"> 1. Social Psychology concept of socialization 2. Social Problems. How to resolve? 3. Attitude 4. Public Opinion 5. Leadership | <ol style="list-style-type: none"> 1. Meaning & definition 2. Elements of Socialization 3. Socialization Family influence on Socialization <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">i. Antisocial Behaviour</td> <td style="width: 50%;">ii. Smoking</td> </tr> <tr> <td>iii. Drug Addiction</td> <td>iv. Violence</td> </tr> </table> v. Prejudice vi. Sexual Harassment 4. Definition, Attitude formation 5. Attitude change, Measurement of Attitude 6. Definition, Formation, opinion change types/ styles and Qualities | i. Antisocial Behaviour | ii. Smoking | iii. Drug Addiction | iv. Violence |
| i. Antisocial Behaviour | ii. Smoking | | | | |
| iii. Drug Addiction | iv. Violence | | | | |

CHAPTER- XIII GUIDANCE AND COUNCELING

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| 1. Guidance and counseling | 1. Meaning and difference of Guidance and counseling |
| 2. Importance of guidance & counseling in Islam | 2. Principles of Guidance |
| 3. Different Techniques of Counseling | 3. Necessity of Guide up to Higher Secondary level. Qurranic verses & Hadiths, Psychoanalysis, P.C.T. (Person Centered Techniques). R.E.B.T. (Rational Emotive Behaviour Techniques) |

LIST OF PRACTICALS FOR CLASS XII (Part –II)

1. STATISTICS.
 - a. Tabulation of Data
 - b. Graphic Presentation of Data: Frequency Histogram, Frequency Polygon, Frequency Curve
 - c. Measures of Central Tendency of groups X, U-Grouped Data: Arithmetic Mean, Median, Mode
2. FIELD WORK
 - a. Measurement of Attitude/ Opinion
 - b. Data Collection
 - c. Report writing
3. PRACTICAL JOURNAL & VIVA VOCE.

Recommended Book: Psychology (Part-I)

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| Authors: | 1) Fakhi-ud-Din Hyder. | 2) Shahida Razvi |
| | 3) Touqeer Saleem Khan | 4) Asmat Ulah Cheema |
| Publisher: | Star Pblishers, Lahore. | |

Recommended Book: Psychology (Part-II)

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|------------|------------------------------|----------------------------|
| Authors: | 1) Prof. Fakhi-ud-Din Hyder. | 2) Prof. Zarin Bukhari |
| | 3) Touqeer Saleem Khan | 4) Prof. Asmat Ulah Cheema |
| | 5) Fareeda Sadaq | |
| Publisher: | Star Pblishers, Lahore. | |

