



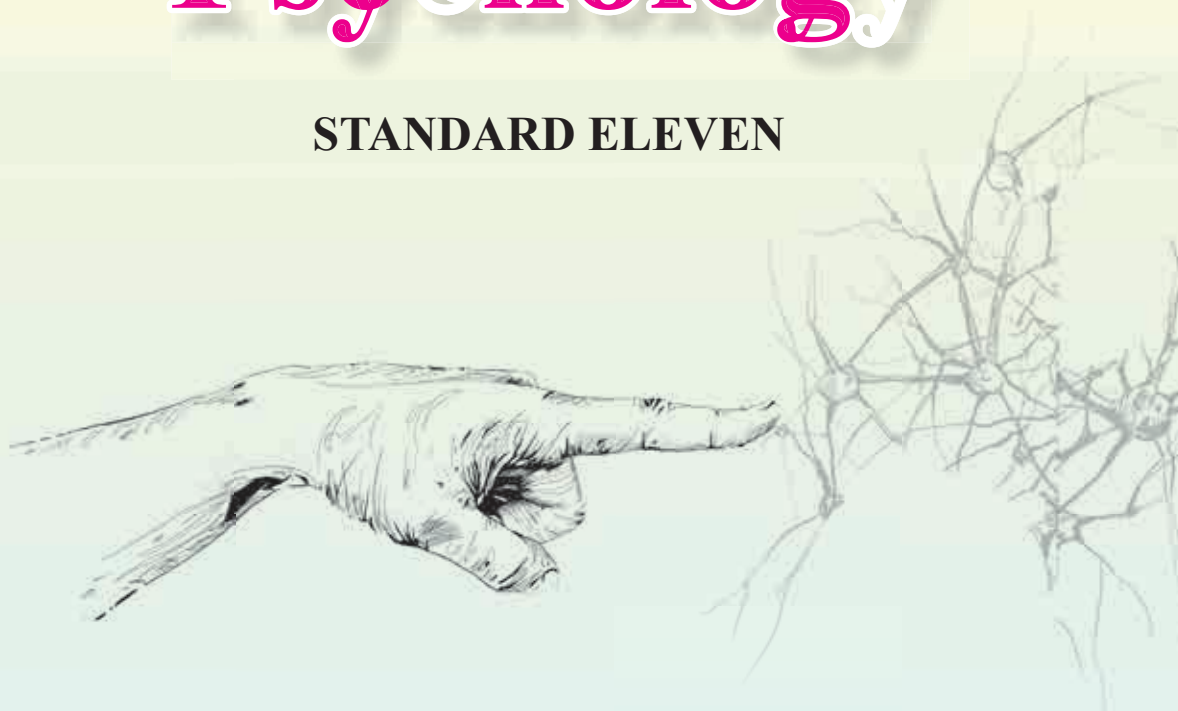
Psychology

Standard 11th

The Coordination Committee formed by GR No. Abhyas - 2116/(Pra.Kra.43/16) SD - 4
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Psychology

STANDARD ELEVEN



T1H1L1

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2019

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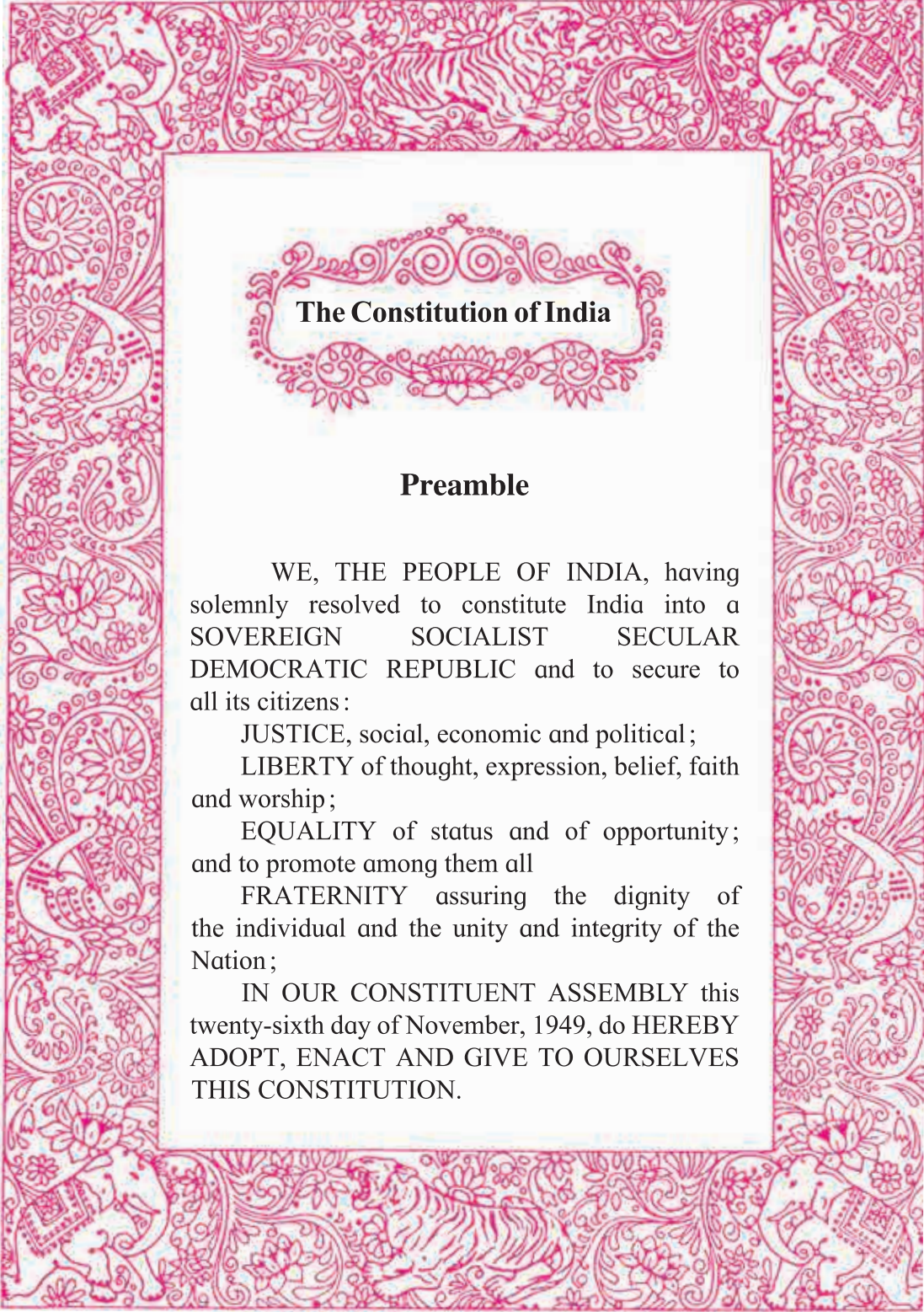
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The Constitution of India

Preamble

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens :

JUSTICE, social, economic and political ;

LIBERTY of thought, expression, belief, faith and worship ;

EQUALITY of status and of opportunity ; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation ;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

NATIONAL ANTHEM

Jana-gana-mana-adhināyaka jaya hē
Bhārata-bhāgya-vidhātā,

Panjāba-Sindhu-Gujarāta-Marāthā
Drāvida-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,
Jaya jaya jaya, jaya hē.

PLEDGE

India is my country. All Indians
are my brothers and sisters.

I love my country, and I am proud
of its rich and varied heritage. I shall
always strive to be worthy of it.

I shall give my parents, teachers
and all elders respect, and treat
everyone with courtesy.

To my country and my people,
I pledge my devotion. In their
well-being and prosperity alone lies
my happiness.

Preface

Dear students,

Welcome to eleventh standard. Congratulations on successfully completing your secondary school education. We are extremely glad to place this Psychology textbook in your hands as you take your first steps towards higher secondary education.

Psychology is primarily a study of the human mind, brain and behaviour. Whenever a person engages in any act or thought, what exactly happens in his / her brain? In a given situation, why does one individual behave differently from another? How do emotions and thoughts affect human behaviour? What leads to the development of mental illnesses? What are some of the reasons and remedies behind mental illnesses? These are some of the questions that Psychology tries to answer. Every individual feels the need for guidance, advice at some stage in his/her life. Also the stressful lifestyle of our times creates many problems for us. In these times, a Psychologist or a counsellor or a guide can empower people to deal with these challenges. Currently, the field of Psychology has many different career opportunities.

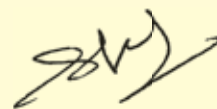
Even if Psychology is classified under social sciences, it comes close to the basic Sciences in many ways. Case studies and surveys are emphasised in Psychology. The counselling process changes with every individual case and the issues concerned. This is a field where a lot of responsibility rests on the shoulders of the counsellor since any intervention directly affects human well being. The study of Psychology involves both - theory and practical. Conducting surveys, practical hands-on experience through internships, completing research projects is also a part of studying Psychology. Psychological tests, theories, mental illnesses and remedies, research methodologies are some of the topics to be studied.

Since you are being formally introduced to this subject for the first time, the textbook has been designed to provide you more clarity about the scope of the field of Psychology. You will be required to complete different activities as part of the course. We urge you to complete these activities in all seriousness. They will certainly help you to achieve a deeper understanding of the concepts.

The textbook also includes plenty of small tasks. These tasks are designed to stimulate your thought process. Carefully complete all the tasks. Seek help from your teachers, parents and peers whenever necessary. You are of course very well versed with the use of smartphones and computers. You can also refer to the resources available online to supplement the textbook.

Let us know your feedback about the textbook - especially the parts that you liked the most or the ones you found difficult to understand.

Wish you all the best for your future educational journey !



(Dr. Shakuntala Kale)

Director

Maharashtra State Bureau of Textbook
Production and Curriculum Research, Pune

Pune

Date : 20 June 2019

Bharatiya Saur : 30 Jyeshtha 1941

Statement of Learning objectives : Psychology

This chapter aims at facilitating students to

SrNo.	Units	Learning objectives
1	Story of Psychology	1. know how Psychology has evolved as an important subject to understand human behaviour. 2. understand the basic concepts related to human behaviour. 3. understand the goals of Psychology.
2	Branches of Psychology	1. know about and understand difference between theoretical and applied branches of psychology. 2. acquire knowledge about applications of various branches of psychology in real life.
3	Self	1. develop an understanding about the concept of Self. 2. understand how does the concept of one's self develop. 3. know the significance of self awareness, self image, self efficacy and self esteem. 4. identify the ways of self regulation. 5. understand Rogers theory of self.
4	Human Development	1. know what is human development. 2. understand human development and other parallel concepts. 3. understand the stages of human development with specific characteristics, problems and developmental tasks at each of them. 4. relate the principles of development in day to day life.
5	Healthy Mind - Normal Mind	1. develop an understanding about Normal and Abnormal Behaviour. 2. understand the criteria of normal and abnormal behaviour. 3. develop an understanding of Emotional Intelligence. 4. identify the problems faced by adolescents in general.
6	Stress	1. develop understanding of stress. 2. know the different types of stress. 3. know the sources and effects of stress. 4. identify the sources of stress from day to day life. 5. understand the different coping strategies.
7	Nervous System	1. understand the human Nervous System. 2. understand the structure and functions of the neuron. 3. understand the important parts of the brain and the spinal cord. 4. understand the functions of the endocrine glands. 5. understand the behavioural implications of the endocrine functioning.
8	Memory	1. understand the process and nature of memory. 2. understand the various methods of measuring memory. 3. understand the various causes of forgetting. 4. understand the strategies of improving memory and relate the same to day to day experiences.

For Teachers

Dear Teachers,

We have been given the opportunity to introduce the subject Psychology to the students of eleventh standard. This text book has been designed to fulfil the following objectives in eleventh and twelfth standard-

1. Students should understand why is Psychology classified as a branch of Science.
2. Students should understand how are matters concerning our daily life studied under this subject.
3. Students should understand the concept of 'self', how it applies to them personally and how could it be developed.
4. Students should be able to apply the techniques which they learn in this course in their day-to-day life; for instance, techniques to remember what is read.
5. Students should feel motivated to pursue higher education in the field of Psychology and make a career for themselves in it.

To enable us as teachers to achieve the above mentioned objectives, we must keep in mind a few important points.

- We must ourselves go through and study the entire textbook.
- The main aim of the textbook for 11th and 12th standards, is introduction to Psychology. Therefore, the syllabus is divided into four core themes.

1. History and scope of Psychology
2. The concept of self
3. Mental health
4. The nervous system: structure, function and relevance to everyday life experience

The book is so organised that the foundation of these themes is laid in eleventh standard whereas the themes are explored in greater details in twelfth standard. Therefore mentioned four themes would remain same in both the years.

Though the concepts of 'perception' and 'attention' have been introduced to the students in lower classes, the topic of memory is very appealing to both - the students and adults alike. Thus it has been included in the text of eleventh standard.

The level of difficulty of the text and the suggested activities has been decided after carefully considering the resources accessible to the students and teachers, variation in their experiences and ability to grasp different concepts as well as the resources available to the teachers. Even then, it is possible that some students may find the book too easy whereas others may find it too difficult. Here, the teacher has an important role to play. The teacher needs to facilitate the difficult concepts and provide higher challenges if they are found to be too easy and preliminary. This can be done by referring the students to appropriate resources or setting challenging activities for them to complete.

Plenty of examples of poems or suggestions of movies or activities or experiments have been provided in the textbook. The teacher can use them at her discretion and choice. However, it should be ascertained that students have understood the concepts for which the material and method have been suggested in the first place. The teachers should use QR codes given in the textbook whenever possible. The teacher can of course use resources above and beyond those suggested in the textbook.

We are all aware of the wide scope of the subject of Psychology. No textbook, however well written can claim to be complete. We all know that a textbook is always just a medium or an instrument towards an end.

We hope that you enjoy learning as well as teaching the subject and that the students find the subject challenging, meaningful and interesting too.

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