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FOR MANIPUR CLASS 12 PREPARATION

Manipur Board Class 12 Syllabus 2027 Psychology

EXAM	YEAR	TYPE	SUBJECT
Manipur Class 12	2027	Syllabus	Psychology

PSYCHOLOGY
CLASS XII
(THEORY)

One Paper *Time: 3 Hours* *70 Marks*

170 Periods

Unit	Unitwise Weightage	Marks
I	Variations in Psychological Attributes	13
II	Self and Personality	13
III	Meeting Life Challenges	9
IV	Psychological Disorders	12
V	Therapeutic Approaches	9
VI	Attitude and Social Cognition	8
VII	Social Influence and Group Processes	6

Unit I: Variations in Psychological Attributes(30 Periods)

Objectives:- The unit aims at studying how people differ with respect to their various psychological attributes.

Individual differences in Human Functioning; Assessment of Psychological Attributes; Intelligence; Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention- Arousal and Simultaneous Successive Model of Intelligence, Triarchic Theory of Intelligence, Theory of Multiple Intelligences; Individual differences in intelligence; Culture and Intelligence; Emotional Intelligence; Special Abilities :- Aptitude – Nature and Measurement; Creativity.

Unit II: Self and Personality (32 Periods)

Objectives :- This unit focuses on the study of self and personality in the context of different approaches in an effort to appraise the person. The assessment of personality will also be discussed.

Self and Personality; Concepts of Self, Cognitive and Behavioural Aspects of Self; Culture and Self; Concept of Personality; Major approaches – Type and Trait, Psychodynamic and Post Freudian Approaches, Behavioural Approach, Cultural Approach, Humanistic Approach; Assessment of Personality - Self-report Measures, Behavioural, and Projective Techniques, Behavioural Analysis.

Unit III: Meeting Life Challenges (23 Periods)

Objectives :- This unit deals with the nature of stress and how responses to stress depend on an individual's appraisal of stressors. Strategies to cope with stress will also be dealt with.

Nature, Types and Sources of Stress; Effects on Psychological Functioning and Health - Stress and Health, General Adaptive Syndrome, Stress and Immune System, Life Style; Coping with Stress - Stress Management Techniques; Promoting Positive Health and Well-Being - Life Skills, Positive Health.

Unit IV: Psychological Disorders (30 Periods)

Objectives :- This unit discusses the concepts of normality and abnormality and the major psychological disorders.

Concepts of Abnormality and Psychological Disorders - Historical Background; Classification of Psychological Disorders; Factors Underlying Abnormal Behaviour; Major Psychological Disorders – Anxiety, Obsessive- Compulsive and Related Disorder, Trauma and Stressor Related Disorders, Somatic Symptom and Related Disorder, Dissociative Disorder, Depressive Disorder, Bipolar and Related Disorders, Schizophrenia Spectrum and other Psychotic Disorders, Neuro developmental Disorders, Disruptive, Impulse- Control and Conduct Disorders, Feeding and Eating Disorder, Substance related and Addictive Disorders.

Unit V: Therapeutic Approaches (25 Periods)

Objectives :- The unit discusses the goals, techniques, and effectiveness of different approaches to treat psychological disorders.

Nature and process of Psychotherapy - Therapeutic relationship; Types of therapies - Behaviour Therapy, Cognitive Therapy, Humanistic - Existential Therapy, Alternative therapies; Factors contributing to healing in Psychotherapy, Ethics in Psychotherapy; Rehabilitation of mentally ill.

Unit VI: Attitude and Social Cognition (16 Periods)

Objectives :- This unit focuses on formation and change of attitudes,cultural influences on attributional tendencies and conditions influencing pro-social behaviour.

Explaining Social Behaviour; Nature and Components of Attitudes; Attitude Formation and Change - Attitude Formation, Attitude Change, Attitude - Behaviour Relationship; Prejudice and Discrimination; Strategies for Handling Prejudice.

Unit VII: Social Influence and Group Processes (14 Periods)

Objectives :- The unit deals with the concept of group and its functions. Different conflict resolution strategies will also be discussed.

Nature and Formation of Groups; Types of Groups; Influence of Group on Individual Behaviour - Social Loafing, Group Polarisation.

PRACTICAL PAPER
CLASS XII

One Paper ***3 Hours*** ***30 Marks***

(Projects, Psychological Testing, Case Studies, etc.) ***60 Periods***

The students shall be required to prepare one case profile and conduct five practicals related to the topics covered in the course. The case profile will include developmental History of the subject, using both qualitative (observation, interview, rating etc.) and quantitative approaches. Practicals would involve using standardised psychological assessment devices in different domains (intelligence, personality, aptitude, adjustment, attitude, self-concept, and anxiety).

PRESCRIBED TEXTBOOK:

Introduction to Psychology Part II
(A Textbook for Class XII)
Published by: NCERT, New Delhi.

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FROM THE ACADEMIC SESSION 2025-26

DESIGN OF QUESTION PAPER

Subject : PSYCHOLOGY
Paper : Theory
Class : XII
Full Mark : 70
Time : 3 hours

I — WEIGHTAGE TO OBJECTIVES

Objectives	Marks	Percentage
Knowledge (K)	10	15
Understanding (U)	35	50
Application (A)	21	30
Skill (S)	4	5
Total :	**70**	**100**

II — WEIGHTAGE TO FORMS OF QUESTIONS:

Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
Essay/Long Answer(E/LA)	3	60	15	21
Short Answer(SA-I)	6	36	18	26
Short Answer(SA-II)	10	40	20	29
Very Short Answer(VSA)	7	21	7	10
MCQ	10	20	10	14
Total:	**36**	**180**	**70**	**100**

III — WEIGHTAGE TO CONTENT:

	UNIT/CONTENTS :	Marks
I	Variations in Psychological Attributes	13
II	Self and Personality	13
III	Meeting Life Challenges	9
IV	Psychological Disorders	12
V	Therapeutic Approaches	9
VI	Attitude and Social Cognition	8
VII	Social Influence and Group Processes	6
	Total :	**70**

IV — SCHEME OF SECTIONS : Nil

V — SCHEME OF OPTIONS : **Internal option will be given in Essay Type Question & SA-I.**

VI — DIFFICULTY LEVEL :

Difficult : 30% of the total marks
Average : 50% of the total marks
Easy : 20% of the total marks

Special Instruction:
1) Two questions of MCQ will be assertion-reason type question.
2) One question of SA-I will be source based question

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)