

Psychology

TEXTBOOK FOR CLASS XII



12123



राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्
NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

ISBN 81-7450-660-8

First Edition

January 2007 Magha 1928

Reprinted

October 2007 Kartika 1929

January 2009 Pausa 1930

December 2009 Agrahayana 1931

December 2010 Kartika 1932

January 2012 Magha 1933

November 2013 Kartika 1935

December 2015 Pausa 1937

February 2017 Magha 1938

December 2017 Pausa 1939

December 2018 Agrahayana 1940

August 2019 Bhadrapada 1941

PD 70T BS

© **National Council of Educational
Research and Training, 2007**

₹ ??.00

Printed on 80 GSM paper with NCERT
watermark

Published at the Publication Division by
the Secretary, National Council of
Educational Research and Training, Sri
Aurobindo Marg, New Delhi 110 016 and
printed at

ALL RIGHTS RESERVED

- ❑ No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of the publisher.
- ❑ This book is sold subject to the condition that it shall not, by way of trade, be lent, re-sold, hired out or otherwise disposed of without the publisher's consent, in any form of binding or cover other than that in which it is published.
- ❑ The correct price of this publication is the price printed on this page. Any revised price indicated by a rubber stamp or by a sticker or by any other means is incorrect and should be unacceptable.

**OFFICES OF THE PUBLICATION
DIVISION, NCERT**

NCERT Campus
Sri Aurobindo Marg
New Delhi 110 016 Phone : 011-26562708

108, 100 Feet Road
Hosdakere Halli Extension
Banashankari III Stage
Bengaluru 560 085 Phone : 080-26725740

Navjivan Trust Building
P.O. Navjivan
Ahmedabad 380 014 Phone : 079-27541446

CWC Campus
Opp. Dhankal Bus Stop
Panihati
Kolkata 700 114 Phone : 033-25530454

CWC Complex
Maligaon
Guwahati 781 021 Phone : 0361-2674869

Publication Team

Head, Publication Division : *M. Siraj Anwar*

Chief Editor : *Shveta Uppal*

Chief Production Officer : *Arun Chitkara*

Chief Business Manager : *Bibash Kumar Das*

Editor : *Bijnan Sutar*

Production Assistant : *Sunil Kumar*

Cover and Illustrations

Nidhi Wadhwa

FOREWORD

The National Curriculum Framework, 2005, recommends that children's life at school must be linked to their life outside the school. This principle marks a departure from the legacy of bookish learning which continues to shape our system and causes a gap between the school, home and community. The syllabi and textbooks developed on the basis of NCF signify an attempt to implement this basic idea. They also attempt to discourage rote learning and the maintenance of sharp boundaries between different subject areas. We hope these measures will take us significantly further in the direction of a child-centred system of education outlined in the National Policy on Education (1986).

The success of this effort depends on the steps that school principals and teachers will take to encourage children to reflect on their own learning and to pursue imaginative activities and questions. We must recognise that given space, time and freedom, children generate new knowledge by engaging with the information passed on to them by adults. Treating the prescribed textbook as the sole basis of examination is one of the key reasons why other resources and sites of learning are ignored. Inculcating creativity and initiative is possible if we perceive and treat children as participants in learning, not as receivers of a fixed body of knowledge.

These aims imply considerable change in school routines and mode of functioning. Flexibility in the daily time-table is as necessary as rigour in implementing the annual calendar so that the required number of teaching days are actually devoted to teaching. The methods used for teaching and evaluation will also determine how effective this textbook proves for making children's life at school a happy experience, rather than a source of stress or boredom. Syllabus designers have tried to address the problem of curricular burden by restructuring and reorienting knowledge at different stages with greater consideration for child psychology and the time available for teaching. The textbook attempts to enhance this endeavour by giving higher priority and space to opportunities for contemplation and wondering, discussion in small groups, and activities requiring hands-on experience.

NCERT appreciates the hard work done by the textbook development committee responsible for this book. We wish to thank the Chairperson of the advisory group of Social Sciences, Professor Hari Vasudevan (Department of History, Calcutta University, Kolkata) and the Chief Advisor for this textbook, Professor R.C. Tripathi (Director, G.B. Pant Social Science Institute, Allahabad) for guiding the work of this committee. Several teachers contributed to the development of this textbook; we are grateful to their principals for making this possible. We are indebted to the institutions and organisations which have generously permitted us to draw upon their resources, material and personnel. We are especially grateful to the members of the National Monitoring Committee, appointed by the Department of Secondary and Higher Education, Ministry of Human Resource Development under the

Chairpersonship of Professor Mrinal Miri and Professor G.P. Deshpande, for their valuable time and contribution. As an organisation committed to the systemic reform and continuous improvement in the quality of its products, NCERT welcomes comments and suggestions which will enable us to undertake further revision and refinement.

New Delhi
20 November 2006

Director
National Council of Educational
Research and Training

© NCERT
not to be republished

PREFACE

Psychology is one of the youngest sciences but one of the fastest growing. There are many who believe that the 21st century is going to be the century of biological sciences along with psychological sciences. Development in the fields of neurosciences, as well as physical sciences have opened new doors to solve the mysteries of mind and human behaviour. There is no human endeavour which is going to remain unaffected by this new knowledge which is getting created. One only hopes that it will enable people to live their lives more meaningfully and to organise human systems better. In fact, as a consequence, a large number of new job opportunities have surfaced. Psychology already has made inroads into many new domains.

The writing of this textbook has been truly a collective effort. It has benefitted from the inputs received from various subject experts in various forms, from college and school teachers, and also students. In writing this textbook, we have tried to address some of the concerns raised by the evaluators of the previous edition of this textbook, while also making use of some portions of it. The textbook follows the National Curriculum Framework-2005. In keeping with the general guidelines, we have tried to reduce the load and attempted to make it more comprehensible for the students. In doing so, we have tried to relate psychological concepts with everyday human behaviour and also with various life experiences. How far one has succeeded in this, is left for the teachers and students to judge. One major challenge which teachers of psychology face is to make their students analyse human behaviour in a scientific manner and to use explanations which are not commonsensical. More than any other scientific discipline, psychology runs the risk of trivialisation. It is our hope that students who go through this course will develop a proper scientific attitude for analysing others and their own behaviour and use it for personal growth.

We take great pleasure in placing this textbook in the hands of students and teachers and also express our gratitude to all who have provided their unstinted support in its writing and production.

THE LITTLE FISH

“Excuse me,” said an ocean fish,
“You are older than I so can
you tell me where to find this
thing they call the Ocean?”

“The Ocean,” said the older fish,
“is the thing you are in now.”

“Oh, this? But this is water.
What I’m seeking is the Ocean,”
said the disappointed fish
as he swam away to search elsewhere.

Source : “The Song of the Bird” Anthony de Mello, S.J.
(Anand: Gujarat Sahitya Prakash) 1987

TEXTBOOK DEVELOPMENT COMMITTEE

CHIEF ADVISOR

R.C. Tripathi, *Professor and Director*, G.B. Pant Social Science Institute, Jhusi, Allahabad

TEAM MEMBERS

Anand Prakash, *Professor*, Department of Psychology, University of Delhi, Delhi

Anuradha Bhandari, *Professor*, Department of Psychology, Panjab University, Chandigarh

Damodar Suar, *Professor*, Department of Humanities & Social Sciences, IIT, Kharagpur

Komila Thapa, *Professor*, Department of Psychology, University of Allahabad, Allahabad

Lilavati Krishnan, *Professor*, Department of Humanities & Social Sciences, IIT, Kanpur

Neelam Srivastava, *former PGT*, Vasant Valley School, Vasant Kunj, New Delhi

Poornima Singh, *Professor*, Department of Humanities & Social Sciences, IIT, New Delhi

R.C. Mishra, *Professor*, Department of Psychology, Banaras Hindu University, Varanasi

Shobini L. Rao, *Professor*, National Brain Research Centre, Gurgaon

Sunita Arora, *Senior Counsellor*, Govt. Girls Sr. Sec. School No.1, Roop Nagar, Delhi

Sushma Gulati, *Professor*, DEPF, NCERT, New Delhi

U.N. Dash, *Professor*, Department of Psychology, Utkal University, Bhubaneswar

MEMBER-COORDINATORS

Anjum Sibia, *Reader*, DEPF, NCERT, New Delhi

Prabhat K. Mishra, *Lecturer*, DEPF, NCERT, New Delhi

ACKNOWLEDGEMENTS

National Council of Educational Research and Training, New Delhi thanks Professor Sushma Gulati, *Head*, Department of Educational Psychology and Foundations of Education for her support during the various stages of textbook development. Acknowledgements are due to Dr. Shakuntla S. Jaiman, *Principal*, CSKM School, Satbari, Chattarpur, New Delhi; Rimjhim Jairath, Vasant Valley School, Vasant Kunj, New Delhi; Alka Kumar, Ryan International School, Vasant Kunj, New Delhi; Anuradha Narayan, DAV Public School, Pitampura, Delhi; Cimran Kher, Modern School, Barakhamba Road, New Delhi; Lovika Jain, DPS, Mathura Road, New Delhi; and Usha Anand, St. Thomas Girls Sr. Sec. School, Mandir Marg, New Delhi for their contributions during workshops at different stages of textbook development. The suggestions given by Dr. Prachi Ghildyal, *Lecturer*, NERIE, Shillong in finalising two chapters of this textbook are also acknowledged.

Acknowledgements are also due to Professor C.B. Dwivedi (Retired), Department of Psychology, Banaras Hindu University, Varanasi for content editing the chapters and to Professor Sagar Sharma (Retired), H.P. University, Shimla for his valuable feedback and suggestions in finalising the textbook.

Special thanks are due to Vandana Singh, *Consultant Editor*, for going through the manuscript and suggesting relevant changes.

The Council also gratefully acknowledges the contributions of Pavnesh Verma and Neelam Walecha, *DTP Operators*; Rakesh Kumar, *Proof Reader*; Sumant Thapliyal, *Incharge*, Computer Station; and Purnendu Kumar Barik, *Copy Editor*, in shaping this textbook.

Last but not the least, the efforts of the Publication Department, NCERT are also duly acknowledged.

NOTE FOR THE TEACHERS

As a teacher, one is always concerned about students' learning and enhancing their understanding over and above what is in the textbook. The existing classroom practices largely focus on imparting knowledge and information. It is, however, important for us to reflect on what it means to teach, how we teach, and the carryover value of our teaching. Research shows that pedagogical practices are influenced by the nature and contents of the subject or discipline. The subject of psychology, which deals with human mind, behaviour and human relationship, can most appropriately lend itself to teaching with humanistic perspective. Such a perspective aims at enriching students' knowledge as well as inspiring and awakening their curiosity, positive feelings, desire to learn, openness, exploration of self and others, etc. Such an approach is also conducive to their personal development and inculcation of positive attitude and love for the subject.

This textbook has been so designed as to provide ample scope to build on the previous knowledge and experiences of the students. Meaningful contexts have been provided to relate the subject matter with day-to-day life. We suggest you to use interactive approach to engage the students, and to sustain their interest and enthusiasm in order to make the teaching-learning process joyful. Strategies like stories, discussions, examples, questioning, analogies, problem-solving situations, role play, etc. are in-built part of the text. It will be good if students bring in their own stories and examples. Special effort has been made to reduce the density of information to provide time and space to help students to relate knowledge gained in the classroom to their individual experiences as well as to their physical, social, political and economic environments. The transaction of the subject matter, therefore, should facilitate reflection among students to explore the applicability of knowledge to their own contexts. We suggest that you may encourage your students to maintain a record of interesting events/episodes in which they may have been involved personally or which they may have observed. They may try to make sense of these episodes using their learning from this textbook. This may be called a LEARNING DIARY.

It would be important to dwell on the potential of the subject for Class XII students, its value in daily life and various career possibilities. Students, it is expected, will be made aware of the empirical nature of the discipline and the importance of adopting scientific approach in studying human behaviour.

This textbook consists of nine chapters on topics considered essential for an introductory course in psychology. Each chapter begins with learning objectives. An outline of the major contents to be covered give an overall view of the chapter. The introduction at the beginning of each chapter provides an informative and challenging start to build on the students' previous knowledge. The main content in each chapter is interspersed with examples, illustrations, tables, activities and boxes to facilitate better understanding of the concepts. These are integral part of the textbook and should be used. The summary at the end of each chapter helps to reinforce and consolidate what has been read or taught. Before you begin a particular chapter you should encourage the students to read the summary of the chapter.

The chapter-end review questions cater to the areas of understanding, application and skill, intended to promote higher order thinking. The project ideas given at the end of each chapter are aimed at engaging students in fieldwork and gaining hands-on experience. This also brings them to understand abstract concepts more meaningfully by relating these to their everyday life happenings. We hope that these will be appropriately used by you to create new learning opportunities.

Although the contents of the textbook have been organised under different headings, like variations in psychological attributes, personality, attitude, psychological disorders, group processes etc., efforts have been made to provide linkages across and within the chapters to maintain continuity and holistic perspective. The activities given in the textbook have been carefully chosen to maximise students' participation in the class. Most activities suggested are easy to carry out and require no special material. These can be conducted in the classroom situation or given as part of home assignments. While some of the activities are group-oriented, some of these are individual in nature. Group activities are important for team building, to experience the joy of sharing and to develop respect for each others' viewpoint. While conducting activity sessions, particular care should be taken in building a classroom climate that is conducive to mutual respect, confidence and cooperation. Since every class is different and every teacher is different, these activities can be adapted according to the varied requirements and the contexts. The two new features of this textbook are the pedagogical hints and weblinks. Pedagogical hints are given at the end of each chapter with the aim to help teachers transact the contents in a manner to evoke students' interest and curiosity, and provide scope for better interaction in the class. Weblinks related to each chapter would facilitate further exploration on the topics to know about the latest developments made in the area of psychology.

It is critical that in teaching this course, we must strive to maintain balance between scientific and experiential approaches.

NOTE FOR THE STUDENTS

This textbook has been prepared to introduce you to the fundamentals of psychology. Besides providing basic disciplinary knowledge, it focuses on enhancing your curiosity and understanding of people's behaviour and that of your own. The interactive nature of the textbook will help you understand psychology as a discipline as well as the practical applications of psychology in day-to-day life. For this it is required that you participate in the classroom activities fully and also reflect on them.

To begin with, you must get familiar with the subject contents which will give you an idea of the topics to be covered and the sequence of chapters. Each chapter has objectives and the content outline. The objectives inform you what all you should be able to know after you have gone through the chapter. The chapters begin with an introduction which will give you a brief overview of what lies ahead. The contents also include boxes and activities. These boxes contain information relating to the latest theories and experiments that have been conducted and its applications to everyday situations. They are integral to the book and you are required to read them to widen your horizon and to develop a quest for knowledge. Examples given in the textbook relate to real-life events and experiences. To consolidate all that has been taught and understood, you will find a summary after each chapter. This is then followed by review questions. These questions are likely to generate critical thinking and develop in you the power to question and reason. We encourage you to attempt these questions. Your responses to these questions will indicate both the degree of your mastery of the concepts taught and the depth of your knowledge.

It is important that you learn the key terms given at the end of each chapter and their definitions. The glossary at the end of the textbook will prove to be an excellent aid to clarify and brush-up the fundamentals of the subject.

Now let us focus on the activities and project ideas mentioned in each chapter. These are intended to promote experiential learning. Your experience while taking up these activities will help you to know more about yourself and others. These will also help you to relate taught concepts in the class to real-life situations. Try to involve in as many activities as you can as this will facilitate your understanding of psychological concepts better. The project ideas also emphasise learning by doing. You may have to move out of your classroom to interview people or to gather information. It may not be possible for you to carry out all the projects but choose the ones you find interesting. Weblinks provided at the end of each chapter would help you to find out additional information on the related concepts covered in this textbook.

You are going to embark on a journey towards exploring different realms of the subject. As you go along, the text will help you to explore your 'self' and the world of which you are a part. The doorway to psychology is open, make the best of it.

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a ¹**[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 ²[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.**

1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

CONTENTS

<i>Foreword</i>	<i>iii</i>
<i>Preface</i>	<i>v</i>
Chapter 1	
Variations in Psychological Attributes	1
Chapter 2	
Self and Personality	23
Chapter 3	
Meeting Life Challenges	50
Chapter 4	
Psychological Disorders	69
Chapter 5	
Therapeutic Approaches	89
Chapter 6	
Attitude and Social Cognition	106
Chapter 7	
Social Influence and Group Processes	129
Chapter 8	
Psychology and Life	152
Chapter 9	
Developing Psychological Skills	177
<i>Guidelines for Practicals in Psychology</i>	196
<i>Glossary</i>	200
<i>Suggested Readings</i>	209

CONSTITUTION OF INDIA

Part III (Articles 12 – 35)

(Subject to certain conditions, some exceptions
and reasonable restrictions)

guarantees these

Fundamental Rights

Right to Equality

- before law and equal protection of laws;
- irrespective of religion, race, caste, sex or place of birth;
- of opportunity in public employment;
- by abolition of untouchability and titles.

Right to Freedom

- of expression, assembly, association, movement, residence and profession;
- of certain protections in respect of conviction for offences;
- of protection of life and personal liberty;
- of free and compulsory education for children between the age of six and fourteen years;
- of protection against arrest and detention in certain cases.

Right against Exploitation

- for prohibition of traffic in human beings and forced labour;
- for prohibition of employment of children in hazardous jobs.

Right to Freedom of Religion

- freedom of conscience and free profession, practice and propagation of religion;
- freedom to manage religious affairs;
- freedom as to payment of taxes for promotion of any particular religion;
- freedom as to attendance at religious instruction or religious worship in educational institutions wholly maintained by the State.

Cultural and Educational Rights

- for protection of interests of minorities to conserve their language, script and culture;
- for minorities to establish and administer educational institutions of their choice.

Right to Constitutional Remedies

- by issuance of directions or orders or writs by the Supreme Court and High Courts for enforcement of these Fundamental Rights.