

Psychology

Original practice in 10 topic units, with explanations, worked examples and answer guidance. Use alongside the prescribed texts and syllabus.



10 practice units

60 tasks with answer guidance

Name / नाम: _____

Original selected-topic practice. Use alongside school lessons and the prescribed textbook. The contents define this book's scope.

CBSE course 037 · 2026–27 · Selected practice, not a complete syllabus or official examination paper.

UNIT 01 / 10 · LEARN & TRY

Psychological enquiry: questions, variables and ethics

Name: _____ Date: _____

Goal: Identify variables, select methods and evaluate ethics and causal claims.

Learn

Psychology investigates behaviour and mental processes through systematic questions and evidence. A method is chosen to fit the question: observation can describe behaviour in context, while an experiment manipulates an independent variable and measures a dependent variable under controlled conditions. A correlation describes an association but does not by itself establish causation. Sampling affects whose experience is represented, and measurement affects what a result actually means. Ethical enquiry includes informed consent, privacy and protection from unnecessary harm. A classroom exercise should not gather sensitive personal information or pressure participants. A persuasive research conclusion states what the evidence supports and identifies limits, rather than claiming that one small study explains all people. Define the psychological concept and identify the evidence that supports its application. Avoid diagnosing a person from a brief classroom vignette. Consider an alternative explanation, ethical safeguards and the limits of the method before making a conclusion about behaviour.

Worked example

Worked design: To test whether background noise changes recall in a fictional consent-based task, vary noise while keeping word list, study time and instructions constant. Noise condition is independent; number correctly recalled is dependent. Different performance could still reflect uncontrolled differences if participants are not assigned appropriately.

1. Original fictional design: A task varies background noise and counts correct recall. Identify the independent and dependent variables. [2 marks]

UNIT 01 · PRACTISE · 2–6

Psychological enquiry: questions, variables and ethics

2. Original fictional survey: More study hours are associated with higher scores. Why is this not proof of causation? [2 marks]

3. Why might a convenience sample of one club limit generalisation? [3 marks]

4. Original fictional classroom design: A researcher publishes names beside individual scores. Identify the ethical issue and a safeguard. [3 marks]

5. Original fictional experiment: The noisy group studies for two minutes and the quiet group for five. Explain the confound and improve the design. [4 marks]

6. Original fictional result: Ten participants recalled more words in silence on one task. Revise the claim silence improves every person's memory. [4 marks]

Explain one answer. Choose a question to revisit after a few days.

UNIT 01 · ANSWER GUIDANCE

Psychological enquiry: questions, variables and ethics

1. Independent variable: noise condition. Dependent variable: number of words correctly recalled.
2. Prior ability, motivation or other factors may affect both; direction and control are not established by association alone.
3. Club members may differ from other students in interests, experience or other characteristics. The sample may not represent the broader population the conclusion describes.
4. It risks privacy and unnecessary embarrassment. Use appropriate consent and anonymised reporting with limited access; participants should not be pressured into disclosure.
5. Study time differs alongside noise, so recall differences cannot be attributed to noise alone. Keep time and materials constant and use suitable assignment and instructions to limit other differences.
6. The result supports better recall in silence for this sample and task under these conditions. Larger, varied samples and replication are needed to generalise; other memory tasks or contexts may differ.

Teaching note

Keep classroom enquiry voluntary, non-sensitive and focused on learning a method.

Curriculum reference: https://cbseacademic.nic.in/web_material/CurriculumMain27/SecPart2/Psychology_SecP2_2026-27.pdf

Selected practice; outcomes are publisher-defined. School practicals, projects and prescribed readings require separate preparation.