

**FUTURE TOPPER**  
*Empowering CUET Aspirants*

# CUET 2027

## Syllabus

### Psychology

Subject Code: 324

*Based on the Latest Official CUET (UG) 2026 Syllabus released by NTA*

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### Unit 1: Variations in Psychological Attributes

- Introduction
- Individual Differences in Human Functioning
- Assessment of Psychological Attributes
- Intelligence
- Theories of Intelligence
- Individual Differences in Intelligence
- Culture and Intelligence
- Emotional Intelligence
- Special Abilities – Aptitude: Nature and Measurement
- Creativity

### Unit 2: Self and Personality

- Self and Personality; Concept of Self
- Cognitive and Behavioural Aspects of Self
  - Self-esteem
  - Self-efficacy
  - Self-regulation
- Culture and Self
- Concept of Personality
- Major Approaches to the Study of Personality
  - Type Approaches
  - Trait Approaches
  - Psychodynamic Approach
  - Behavioural Approach
  - Cultural Approach
  - Humanistic Approach
- Assessment of Personality
  - Self-report Measures
  - Projective Techniques
  - Behavioural Analysis

### Unit 3: Meeting Life Challenges

- Nature, Types and Sources of Stress
- Effects of Stress on Psychological Functioning and Health
  - Stress and Health
  - General Adaptation Syndrome
  - Stress and Immune System
  - Lifestyle
- Coping with Stress – Stress Management Techniques
- Promoting Positive Health and Well-being – Life Skills

### Unit 4: Psychological Disorders

- Concepts of Abnormality and Psychological Disorders
- Classification of Psychological Disorders
- Factors Underlying Abnormal Behaviour
- Major Psychological Disorders
  - Anxiety Disorders

- Obsessive-Compulsive and Related Disorders
- Trauma- and Stressor-Related Disorders
- Somatic Symptom and Related Disorders
- Dissociative Disorders
- Depressive Disorders
- Bipolar and Related Disorders
- Schizophrenia Spectrum and Other Psychotic Disorders
- Neurodevelopmental Disorders
- Disruptive, Impulse-Control and Conduct Disorders
- Feeding and Eating Disorders
- Substance-Related and Addictive Disorders

### Unit 5: Therapeutic Approaches

- Nature and Process of Psychotherapy; Therapeutic Relationship
- Types of Therapies
  - Behaviour Therapy
  - Cognitive Therapy
  - Humanistic-Existential Therapy
  - Factors Contributing to Healing in Psychotherapy
  - Ethics in Psychotherapy
  - Alternative Therapies
- Rehabilitation of the Mentally Ill

### Unit 6: Attitude and Social Cognition

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

### Unit 7: Social Influence and Group Processes

- Nature and Formation of Groups; Types of Groups
- Influence of Group on Individual Behaviour
  - Social Loafing
  - Group Polarization

## Important Notes

- This syllabus is based on the official CUET (UG) 2026 syllabus released by NTA.
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