

| **University of Kerala** | | |
| --- | --- | --- |
| Discipline: Psychology |  | Time: 1 Hour 30 Minutes (90 Mins.) |
| Course Code: UK1DSCPSY107 |  | Total Marks: 42 |
| Course Title: ADOLESCENT PSYCHOLOGY |  |  |
| Type of Course: DSC |  |  |
| Semester: 1 |  |  |
| Academic Level: 100-199 |  |  |
| Total Credit: 4, Theory: 3 Credit |  |  |

Part A. 6 Marks. Time: 6 Minutes Objective Type. 1 Mark Each. Answer All Questions

(Cognitive Level: Remember/Understand)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 1. | The theory of cognitive development with stages was proposed by:  a) Erik Erikson  b) Jean Piaget  c) Sigmund Freud  d) Lev Vygotsky | Remember | CO2 |
| 2. | A common eating disorder among teenagersis **……….**   1. Anorexia nervosa 2. Depression 3. Hypertension 4. Asthma | Remember | CO4 |
| 3. | The function of hormones during adolescence is ..  a) Regulating digestion  b) Promoting reproductive maturity and growth  c) Controlling blood sugar levels  d) Stimulating muscle repair | Understand | CO2 |
| 4. | The term "puberty" refers to ..  a) The end of childhood  b) The stage where individuals develop intellectually  c) The process of physical and sexual maturation  d) The onset of emotional stability | Understand | CO1 |
| 5. | Androgyny is defined as ..  a) A medical condition  b) The blending of masculine and feminine characteristics in an individual  c) A type of hormone produced in the body  d) A stage of adolescence | Understand | CO3 |
| 6. | The "fight or flight" reaction to stress involves:  a) Relaxation of muscles and calm thinking  b) A biological response that prepares the body to either face danger or flee from it  c) Decreased physical response  d) Slower heart rate and decreased adrenaline production | Understand | CO4 |

Part B. 8 Marks. Time: 24 Minutes

Short Answer. 2 Marks Each. Answer All Questions (Cognitive Level: Understand/Apply)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 7. | Describe the biological, social, and cognitive influences on gender development during adolescence. | Understand | CO3 |
| 8. | Identify two types of eating disorders common in adolescence and explain the psychological factors that contribute to their development. | Understand | CO4 |
| 9. | Illustrate Vygotsky's concept of the zone of proximal development using a real-life example. | Apply | CO2 |
| 10. | Construct a list of common emotions experienced by adolescents, providing examples of situations that might trigger these emotions. | Apply | CO2 |

Part C. 28 Marks. Time: 60 Minutes

Long Answer. 7 marks each. Answer all 4 Questions, choosing among options within each question.

(Cognitive Level: Apply/Analyse/Evaluate/Create)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 11 | a.) Compare Piaget's and Vygotsky's theories of cognitive development.  or | Apply | CO2 |
|  | b.) Discuss the factors influencing moral development, such as parenting styles, peer relationships, cultural values, and personal experiences. |  |  |
| 12 | a.) Examine the factors that can contribute to risk-taking behavior among adolescents.  or | Analyze | CO3 |
|  | b.) Classify gender roles and explain how they can affect adolescent identity development and well-being. |  |  |
| 13. | a.)‘Puberty is the same and predictable for everyone, considering individual differences and cultural influences’. Justify the statement.  or | Evaluate | CO1 |
|  | b.) Examine how family dynamics affect adolescent mental health and emotional well-being. |  |  |
| 14 | a.) Judge the effects of drug abuse on adolescent development.  or | Evaluate | CO4 |
|  | b.) Compare the differences among anorexia nervosa, bulimia nervosa, and binge eating disorder, along with their impact. |  |  |



| **Cognitive**  **Level** | **Marks** | **Percentage** |
| --- | --- | --- |
| Remember | 2 | 4.8 |
| Understand | 8 | 19.0 |
| Apply | 11 | 26.2 |
| Analyse | 7 | 16.7 |
| Evaluate | 14 | 33.4 |
| **TOTAL** | **42** | **100** |

| **Course**  **Outcomes** | **Marks** | **Percentage** |
| --- | --- | --- |
| CO1 | 8 | 19.04 |
| CO2 | 13 | 30.95 |
| CO3 | 10 | 23.80 |
| CO4 | 10 | 23.80 |
| **TOTAL** | **42** | **100** |