



Reg. No.: .....

Name: .....

## University of Kerala

First Semester FYUGP Degree Examination, December 2025

Discipline Specific Core Course

### PSYCHOLOGY

#### UK1DSCPSY107 - ADOLESCENT PSYCHOLOGY

Academic Level: 100-199

2024-Admission onwards

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark  
Each.Answer all questions

Qn No.	Question	CL	CO
1	The Zone of Proximal Development (ZPD), a concept developed by Lev Vygotsky, refers to .....  Options : A)The difference between what a learner can do without help and what they can do with guidance B)The area of the brain responsible for developing motor skills C)The period in which a learner develops language skills. D)The range of activities a learner can perform independently	RE	2
2	A growth spurt is a period of rapid physical growth in a child's height and weight.  Options : A)True B)False C)Cannot say D)Partially true	RE	1
3	Gender differences are solely determined by  Options : A)Social Factors B)Biological Factors C)Cultural Factors D)Psychological Factors	UN	2
4	According to Piaget's theory of cognitive development, adolescents are in the formal operational stage.  Options : A)True B)False C)Cannot say D)Partially true	UN	2
5	Secondary sexual characteristics are responsible for which of the following?  Options : A)Direct reproductive function B) Non-reproductive physical traits related to sex C)Brain development D)Cognitive development	UN	1

Qn No.	Question	CL	CO
6	Resilience in adolescents is best defined as the ability to _____.  Options : A)avoid risk B)recover from stress and adversity C) control emotions perfectly D) lack emotional reactions	UN	4

**Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions**

Qn No.	Question	CL	CO
7	Differentiate between masculinity and femininity in gender role classification.	UN	2
8	Identify two types of eating disorders common in adolescence and explain the psychological factors that contribute to their development	UN	4
9	Illustrate Vygotsky's concept of the zone of proximal development using a real-life example	AP	2
10	Analyze two common risk-taking behaviors among adolescents and suggest strategies to address them in a school setting.	AP	3

**Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options \* within each question**

Qn No.	Question	CL	CO
11	A)  Explain the challenges faced by adolescents in developing a sexual identity, exploring issues of sexual literacy, sex education, and common sexual problems during this stage.  OR B)  How can Vygotsky's socio-cultural theory of cognitive development be applied to enhance collaborative learning in a classroom?	AP	3, 3
12	A)  Examine the factors that cause eating disorders in adolescents. How do societal pressures contribute to this problem?  OR B)  Critically analyze the sexual problems faced by adolescents and evaluate the role of sexual literacy and sex education in addressing these issues.	AN	4, 3
13	A)	EV	4, 4

Qn No.	Question	CL	CO
	<p>Discuss the potential long-term outcomes of risk-taking behavior in adolescents</p> <p>OR</p> <p>B)</p> <p>Compare the differences among anorexia nervosa, bulimia nervosa, and binge eating disorder, along with their impact</p>		
14	<p>A)</p> <p>Analyze the relationship between gender stereotypes and adolescent behavior. What factors contribute to the persistence of these stereotypes?</p> <p>OR</p> <p>B)</p> <p>Discuss the factors influencing moral development, such as parenting styles, peer relationships, cultural values, and personal experiences.</p>	CR	4, 2