

Reg. No.:



Name:

University of Kerala

U9336

Second Semester FYUGP Degree Examination, April 2025

Multi-Disciplinary course

PSYCHOLOGY

UK2MDCPSY103 - UNDERSTANDING ADOLESCENCE AND YOUTH

Academic Level: 100-199

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	Piaget's theory divides child development into Options : A)3 stages B)4 stages C)5 stages D)6 stages	RE	2
2	What is the type of development that refers to adolescents' ability to think critically and solve problems? Options : A)Cognitive development B)Physical development C)Emotional suppression D)Stereotypical development	RE	1
3	During puberty, adequate amount of sleep and nutrition, support and regulate - Options : A)Emotional stability B)Hormonal changes C)Emotional regulation D)All of the above	UN	2
4	Identify the change in sleep patterns that is commonly observed in adolescents. Options : A) Sleeping earlier and waking up earlier B)Staying up later and waking up later C)Sleeping less and waking up earlier D)Sleeping more and waking up earlier	UN	2
5	What is the term Marcia used to describe adolescents who are in a state of identity crisis and exploring various identities? Options :	UN	2

Qn No.	Question	CL	CO
	A)Identity Achievement B)Identity Diffusion C)Identity Foreclosure D)Identity Moratorium		
6	During puberty, which hormone triggers the development of secondary sexual characteristics in males? Options : A)Estrogen B)Progesterone C)Testosterone D)Oxytoxin	UN	2

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	Explain how negative labels affect a teenager's confidence and behavior.	UN	4
8	What is the impact of authoritative parenting style and secure attachment on adolescent emotional well-being?	UN	3
9	A 14-year-old experiences mood swings and conflicts with their parents. Explain how biological changes contribute to this behaviour.	AP	2
10	A 13 year old boy is feeling tired and irritable during the day. He stays up late playing video games and wakes up early for school. What sleep - related advice would you give him?	AP	2

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) A teenager struggles with decision-making and emotional control. Using your knowledge about developmental processes, explain what might be happening in their cognitive and socioemotional processes. OR B) Apply the concepts of self-esteem, self-concept, and narcissism to a real-life scenario, explaining how each concept would manifest differently in an individual's behaviour.	AP	2, 4
12	A) Analyse the developmental changes that characterise identity formation during adolescence, highlighting at least three key changes and their significance for adolescent development. OR B)	AN	4, 3

Qn No.	Question	CL	CO
	Analyse the importance of nurturing good friendships for a better adolescent life, highlighting at least three key reasons		
13	A) Evaluate the biological changes that occur during puberty, focusing on the role of hormones in growth and development. Discuss how these changes influence adolescents physical and emotional well-being. OR B) Evaluate how the development of emotional competence influences self-esteem in adolescence.	EV	2, 2
14	A) Design a community-based intervention to address loneliness among adolescents. OR B) As a school counsellor, design a school program that helps adolescents transition smoothly from childhood to adulthood. Explain the key aspects that should be included.	CR	3, 1