

2nd SEMESTER (REGULAR)

EDU-RC-2016

PSYCHOLOGY OF ADOLESCENTS

Total Marks: 100 (External: 80 and Internal: 20)

Credit-6

Course Objectives:

After completion of this course the learner will be able to:

- Enable the students to understand the period of adolescence
- Enable the students to understand the significance of the adolescence period in human life
- Enable the students to know about various problems associated with this stage
- Enable the students to understand the development aspects of adolescence, importance of adolescence period and problems associated with this stage.

Course contents

Units	Contents
Unit-1	Introduction to adolescent psychology <ul style="list-style-type: none">• Meaning and definition of adolescence• Need and importance of studying adolescent psychology• Adolescence – age of transition• Is adolescence a period of storm and stress?
Unit-2	Physical and mental development <ul style="list-style-type: none">• Characteristics of physical development• Characteristics of mental development• Educational implications of physical and mental development
Unit-3	Social development <ul style="list-style-type: none">• Characteristics of social development• Influence of peers in social development• Factors affecting social adjustment
Unit-4	Emotional and personality development <ul style="list-style-type: none">• Characteristics of emotional development• Personality changes during adolescence• Adjustment problems of adolescence
Unit-5	Delinquency <ul style="list-style-type: none">• Meaning , Nature and types of delinquency• Causes of delinquency – biological, psychological and sociological• Role of school, family and society in preventing delinquency• Prevention and control of drug addiction

Recommended Readings:

- Chaube. S.P. Developmental Psychology, New Delhi, Neelkamal Publications Ltd.
- Cole, L. Psychology of Adolescence, New York, Rinchart and Winsten