



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Master's Degree Examination – May 2025

II Semester

Class : I P.G.

Time: 3 Hours

Major : FSN/FSMD/MSW/Bioinformatics/Biotechnology/IT/Maths

Max. Marks: 100

23MHDI01 Adolescent Development and Behaviour

Course Outcomes:

CO1: Recognize the concept, significance and stages of adolescence

CO2: Understand developmental pattern of adolescents and its implications on their behaviour

CO3: Associate the theoretical concepts involved in adolescent development and behaviour

CO4: Evaluate the needs, challenges and issues faced by adolescents

CO5: Apply the knowledge of adolescent behaviour and development in managing the problems involving adolescents

Part A

10 x 1 = 10

Choose the Correct Answer

1. The safest way to minimise the damaging effects of emotional control is called CO4K2
a. Self relaxation b. Emotional control c. Problem solving d. Emotional Catharsis
2. Inseparable companions and confidants in adolescence are called CO1K1
a. Crowds b. Gangs c. Chums d. Cliques
3. Adolescents cognition is characterised by CO2K2
a. Abstract thinking b. Concrete thinking c. Symbolic thinking d. Sensory thinking
4. -----is a time of intensive analysis and exploration of different ways of looking at oneself in adolescence CO2K2
a. identity conflict b. identity crisis c. identity formation d. identity preservation
5. The stage of morality to which most adolescents belong is CO2K2
a. Conventional b. Pre-Conventional c. Post-Conventional d. Non-conventional
6. The word "Adolescent" means CO1K1
a. Development b. Problem c. To Grow d. Storm & Stress
7. -----hormone in females regulates the development of secondary sexual characteristics. CO2K1
a. Growth b. Estrogen c. Testosterone d. Oxytocin
8. The increased aggression and competitiveness in males is linked to the hormone. CO2K1
a. Testosterone b. Growth c. FSH d. Androgens
9. ----- scale defines adolescent development based on external primary and secondary sex characteristics. CO3K2
a. Piaget b. Erikson c. Tanner d. Kohlberg
10. The eating disorder characterized by overeating followed by self-induced vomiting is called CO4K2
a. Anorexia Nervosa b. Bulimia Nervosa c. Binge eating d. Over eating

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the characteristics of adolescents. CO1K2

(or)

- 11.b. Write the developmental tasks of adolescents and briefly explain them. CO1K2

- 12.a. Explain the development of secondary sex characters in males. CO2K2
(or)
- 12.b. Explain the development of secondary sex characters in females. CO2K2
- 13.a. Briefly discuss about the role of family and peers on socio-emotional development of adolescents. CO2K2
(or)
- 13.b. Discuss the influence of social media on adolescent's emotional and behavioural issues. CO4K2
- 14.a. Explain the role of hormones in pubertal changes. CO2K2
(or)
- 14.b. What are the key hormones involved in the menstrual cycle and their roles? CO2K2
- 15.a. Write short notes on the importance of sex education to adolescents. CO2K2
(or)
- 15.b. Explain how different parenting styles influence adolescent social and emotional development. CO4K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Describe the changes in cognitive functioning of adolescents. CO2K2
(or)
- 16.b. Discuss the biological, cultural and developmental perspectives of adolescent development. CO1K2
- 17.a. Explain the common eating disorders in adolescents ,its causes and consequences. CO4K2
(or)
- 17.b. Explain the common psychological problems in adolescents ,its causes and consequences. CO4K2
- 18.a. Explain the changes in self concept of adolescents, its role and factors influencing their self concept. CO2K2
(or)
- 18.b. Explain Kohlberg's stage of moral development in adolescence and factors influencing the transition in morality. CO3K2
- 19.a. What are the causes, effects, and prevention strategies of drug and substance abuse in adolescents? CO4K2
(or)
- 19.b. Explain the importance of guidance and counselling to adolescents. CO4K2
- 20.a. What are the major biological and psychological changes that occur during puberty? CO2K2
(or)
- 20.b. Discuss the importance of proper nutrition in adolescence and its effects on adolescent development. CO2K2
