Psychology of Adolescence

Objectives: After completion of the course, the students will be able to:

1. know various stages of psycho-physical development during adolescence period
2. understand characteristic features of various types of emotions and measures to control them
3. to get acquainted with various aspects of social, religious and moral development
4. understand the factors influencing the personality development among adolescents
5. describe the true meaning and characteristics of healthy and balanced personality
6. apply the adjustment mechanism for better adjustment in social situations

UNIT-I Psycho- Physical Development

1. Puberty and Adolescence: Concept, criteria, characteristic features, development task, difficulties in transition & problematic behaviour
2. Problems faced by adolescents and causes of unhappiness
3. Physical changes during adolescence, factors affecting sexual maturing, development of primary sex characteristics and secondary sexual characteristics
4. Causes of psychological effects, sources and concern

UNIT-II Emotional Development

1. Heightened Emotionality: Meaning, concept & causes
2. Development of Prominent Emotions: Fear, worry, anxiety, anger, annoyance, frustration, envy, jealousy, delight, affection
3. Effects of emotions.
4. Emotional control
5. Emotional Catharsis: Physical aspects & mental aspects

UNIT-III Social, Religious and Moral Development

1. Social Grouping: Meaning & characteristics: Chums, cliques, crowds, organized groups and gangs
2. Development of Prejudices: Factors, meaning & combating prejudices, Non-Conformist: Categories, conditions, sources and reforms
3. Piaget’s theory of formal operational reasoning.
4. Erickson’s theory of psycho-social development (Identity vs Role Confusion)
5. Moral Development: Meaning, difficulties, changes, common forms of misdemeanours.
UNIT-IV Personality Development

1. Personality Changes: Obstacles & factors influencing self-concept
2. Persistence: Meaning & conditions
3. Factors influencing personality
4. Personality Maladjustment: Causes, effects on behaviour.
5. Characteristics of good adjustment

Books Recommended: