

Syllabus for B.Sc., Psychology (Major & Minor) in consonance with Curriculum framework

w.e.f. AY 2026-27

Psychology Programme Course Structure

SEM	Core / Elective Course	MAJOR	HRS	CREDITS	TOTAL	MINOR	HRS	CREDITS
III	Core-V	Social Psychology	3+2	3+1=4	12	Introduction to Psychology	3+2	3+1=4
	Core-VI	Adolescent Psychology	3+2	3+1=4				
	Core-VII	Psychology of Personality	3+2	3+1=4				

Semester-III Core Course-VI: ADOLESCENT PSYCHOLOGY (Major)

Hours-3/week

Credits-3

Unit-I: Pre-adolescence or Puberty (10-12 years to 13-14 years)

- A) Pre-adolescence: General characteristics, developmental tasks, Ages of puberty-Prepubescent, pubescent and post pubescent.
- B) Growth spurt, body changes, common concerns during Pre-adolescence

Unit-II: Adolescence (14-15 years to 18 years)

- A) Adolescence: General characteristics, developmental tasks.
- B) Physical changes, effects of physical changes, concerns about physical changes.

Unit-III: Adolescence and development

- A) Emotional development: Emotionality during adolescence, emotional patterns, emotional maturity
- B) Social development: seeking an identity, social maturity.
- C) Moral development: Fundamental changes in morality, building a moral code, moral maturity.

Unit-IV: Adolescence and Interests

- A) General interests: vocational, social, status symbols, recreational and sex interests
- B) Family Relationships During Adolescence: Positive Family Relationships, Impact of Family Relationships, Navigating Changes, Gender differences in family relationships.

Unit-V: Hazards of Adolescence

- A) Physical hazards: Injuries, Poor Diet, Eating Disorders, Physical Inactivity. Psychological hazards: Mental Health Disorders, Suicidal Ideation, Disruptive Behavior, Self-harm.
- B) Social Hazards Influencing Adolescent Behavior: School Environment, Social and Economic Factors, Family and Peer Relationships, Exposure to Violence and Trauma, Social media and Peer Pressure.
- C) Behavioral Hazards: Increased vulnerability to addiction: Substance Abuse, Nicotine addiction, Risky Sexual Behavior, Sexual violence and exploitation, Interpersonal violence, Risk-taking behavior, Delinquency

Practicum: Hours: 2/Week Credits: 1

Practicum

Conduct any four experiments from the following

1. Approval Motivation Scale
2. Emotional Maturity Scale
3. Thurston's Interest Schedule
4. Any relevant experiment

Reference Books

1. Hurlock, E.B. (1980). Developmental Psychology - A Life span approach, Mc Graw-Hill, Inc.
2. Olds, S.W & Papalia, D.E, (1986). Human Development. Mc Graw-Hill, Inc.
3. Child & Adolescent Psychology, (2010). Telugu Akademi, Hyderabad

U.G. Four Honours - Major
Semester-III
(Effective from the Academic Year 2026-2027)
Model Question Paper

Time : 3 Hours

Max. Marks: 75

SECTION-A

Answer any **FIVE** questions

(5X3=15 Marks)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

SECTION-B

Answer **ALL** questions

(5X12=60 Marks)

- 11.(a)
Or
(b)
12. (a)
Or
(b)
13. (a)
Or
(b)
14. (a)
Or
(b)
15. (a)
Or
(b)
