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**Certificate in Adolescent
Health and Counseling (CAHC)**

**ASSIGNMENTS
2013**

School of Health Sciences
**Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068
2013**

Please take note of the following points before writing your assignments

- Use only foolscap size paper for writing your responses. Only handwritten assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- The all the pages after numbering them carefully.
- Write the question number with each answer.
- All the questions are compulsory.
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

Course Code _____ Enrollment No. _____

Course Title _____ Name _____

Assignment Code _____ Address _____

PSC _____

Date of Submission _____

Please submit the assignments to the Programme In-charge of the Programme Study Centre Allotted to you.

FUNDAMENTALS OF ADOLESCENCE

Assignment – 1 (Block 1 & 4) Tutor Marked

Programme Code : CAHC

Course Code : CNS AH-001

TMA -1

Maximum Marks – 100

Last date of submission: Oct 15, 2013

Note:

This Assignment has three parts i.e. Part A, B and C

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of six short answer questions. Each question carries 10 marks.

Part C consists of four Objective type questions. Each question carries 2.5 marks.

Part-A

1. a) Define Adolescence .
b) Describe the characteristics of adolescence with examples
c) List the challenges which an adolescents faces during adolescence.
Explain any two describing the role of teachers and parents to help adolescents to handle the selected two challenges.
(1+6+2+3+3=15)
2. a) Describe the primary changes and secondary sexual characteristics in boys and girls.
b) Explain the issues and concerns related to physical changes in adolescents and role of teacher and parents to help them .
(4+4+4+3=15)

Part –B

3. a) Describe various cognitive changes that occur during adolescence stages.
b) Discuss your role as a teacher and parents in helping the adolescent to handle the emotional and psychosocial changes.
(5+5=10)
4. a) Explain the maturation of male and female sex changes.
b) List secondary sexual characteristics in boys and girls at puberty and discuss how as a parent/teacher you will help the adolescent to feel comfortable and healthy.
(5+5=10)
5. a) Discuss how you as teacher /parent will explain about teenage pregnancy in the class
b) Explain methods of confirmation of pregnancy and your role as a teacher to

help the adolescent during teenage pregnancy.

(5+2+3=10)

6. a) Define sexuality and discuss the stages of development of sexuality.
b) Differentiate between sexual orientation and sexual identity.
c) Describe the role of teachers and parents in developing healthy sexual attitude.

(3+3+4=10)

7. a) Differentiate between following:

- i) Sex and gender
- ii) Masculinity and femininity

b) List various gender based violence and explain your role as parent teacher to prevent these violence among adolescence.

(2 ½+2 ½+5=10)

PART -C

8). Place a tick mark (✓) against the most appropriate answer given under each statement.

(5x 1/2=2.5)

(a) Following are the characteristics of establishing value system **except:**

- (i) Integrity
- (ii) Respect
- (iii) Assertive
- (iv) Aggressive

(b) The act of self examination is referred as :

- (i) Introspection
- (ii) inspection
- (iii) Self realization
- (iv) Self Concept

(c) The feeling of being all powerful:

- (i) Egoistic
- (ii) Empowered
- (iii) Omnipotence
- (iv) Omni powered

(d) All of the following can bring a sense of fun,pride,shyness or even low self-esteem except:

- (i) Negative emotions
- (ii) Body image
- (iii) Mood swings
- (iv) Anxiety

(e) The menstrual periods usually stop either suddenly or gradually between the ages of:

- (i) 40-45 years
- (ii) 45-55 years
- (iii) 40-50 years
- (iv) 45-50 years

9). Match the statements given in column A with terms given in column B

(5x¹/₂=2.5)

- | | |
|------------------------------------------------|---------------------------|
| a) Process of a sperm fusing with ovum | i) Puberty. |
| b) Onset of sexual maturity in girls | ii) Premenstrual symptoms |
| c) Stage of growth when sexual maturity occurs | iii) estrogen |
| d) Water retention and mood swings | iv) Ovulation |
| e) hormones released by ovaries | v) Menarche |
| | vi) Conception |
| | vii) Progesterone |

11) Fill in the blanks.

(5x¹/₂=2.5)

- a) A surgical procedure in which the fore skin of the penis is removed is called _____
- b) Not manly in appearance having feminine qualities is known as _____.
- c) Sexual relation between close relatives is termed as. _____
- d) When person is engaging in casual sexual relation with many is called _____
- e) When person adopts the dress and behaves as the opposite sex is called _____

12) .Place a tick mark (✓) against 'T' if you consider the statement as true and 'F' if you
Consider the statement as false.

(5x¹/₂=2.5)

- a) Progesterone hormones is responsible for various physical changes in the boys. (T/F)
- b) Approximately 50% of body weight and 25% of audit height are attained at puberty. (T/F)
- c) Girls show a growth spurt at least two years before boys (T/F)
- d) Appearance of body hair is one of the secondary sexual characteristics in boys. (T/F)
- e) Small breast seems to indicate a lack of femininity. (T/F)

ISSUES AND CHALLENGES DURING ADOLESCENCE

Assignment – 2 (Block 1& 4) Tutor Marked

Programme Code : CAHC

Course Code : CNS AH-002

TMA -2

Maximum Marks – 100

Last date of submission: Oct 15th, 2013

Note:

This Assignment has three parts i.e. Part A, B and C.

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of six short answer questions. Each question carries 10 marks.

Part C consists of four Objective type questions. Each question carries 2.5 marks.

Part-A

1. a) Explain how maladjustment leads to aggression and indiscipline among adolescents.
b) Describe the behavior pattern of conduct disorder in adolescence.
c) Discuss the role of teachers/parents in dealing with the following among adolescents.
 - (i) Aggression
 - (ii) Indiscipline
 - (iii) Conduct disorder

(3+3+3+6=15)

2. a) Explain the concept of life skills.
b) Describe the social and negotiating skills for the purpose of helping adolescents.
c) Discuss how you will help the adolescents to learn thinking and coping skills in day to day life Support your answer with example.

(2+7+6=15)

Part –B

3. a) Discuss the types of peer pressure..
b) Explain how peer education is an emerging paradigm and your role as a teacher/parent related to peer pressure.

(1+5+4=10)

4. a) Discuss why it is necessary to keep genital organs healthy for both boys and girls .
b) Enumerate various healthy habits and discuss how you will help adolescent to adopt these habits.

(2+8=10)

5. a) List some common causes of substance abuse and its associated factors.

- b) Describe how you will recognize the substance use disorder among adolescents.
- c) Explain prevention and management of substance abuse.

(3+7=10)

- 6. a) Differentiate between guidance and counseling .
- b) Explain the steps of counseling process. Support your answer by taking a problem of adolescent.

(3+7=10)

- 7. a) Discuss the causes of sexual harassment and enumerate common places and situations with the alarm signs of sexual harassment
- b) Describe the role of teachers and parents in prevention and control of sexual harassment.

(3+5+2=10)

- 8. a) Discuss the different ways by which an unsafe abortion can be prevented .
- b) Explain the consequences of unsafe abortion.
- c) Discuss the role of teachers/parents in creating awareness about the risk and ill effects of early marriage and teenage pregnancy.

(2+3+5=10)

Part – C

- 9. Place a tick mark (✓) against the most appropriate answer given under each statement

(5x¹/₂=2.5)

(a) Expressions of emotional frustration in bodily symptom is called as

- (i) Convulsion
- (ii) Compromise
- (iii) Conversion
- (iv) Confusion

(b) Intentionally forgetting something as a mean to avoid is known as:

- (i) Confusion
- (ii) Pseudo confusion
- (iii) Stupidity
- (iv) Pseudo stupidity

(c) Unknowingly excluding certain experience or feeling from one's consciousness is referred as;

- (i) Regression
- (ii) Resignation
- (iii) Repression
- (iv) Rationalization

(d) The most important danger of long standing stress is called as;

- (i) Aggression
- (ii) Burn out
- (iii) Acting out
- (iv) Alarm reaction

(e) Ways of avoiding conflicts by politely exercising one's rights is known as;

- (i) Politeness
- (ii) Aggression
- (iii) Assertiveness
- (iv) Avoidance

10. Match the statements given in column A with terms given in column B

(5x¹/₂=2.5)

Column A

Column B

- | | |
|---------------------------------|--------------------|
| a) Beneficial stress | i) Examination |
| b) Negative stress | ii) stressor |
| c) Actual stressor | iii) Peer pressure |
| d) Body image and self esteem | iv) Alarm relation |
| e) General adaptation syndrome. | v) Eustress |
| | vi) Anxiety |

vii)Distress

11) Fill in the blanks.

(5x¹/₂=2.5)

- a) Redirecting desires that are out of ones' s reach is called _____
- b) Redirecting of emotions from the original object is called _____
- c) People under severe stress may revert to early development behavior is known as _____
- e) Focusing on the positive aspects of someone while ignoring its limitations is known _____.
- e) Directly attacking the problem to achieve the goal is called _____

12. Place a tick mark (✓) against 'T' if you consider the statement as true and 'F' if you Consider the statement as false.

(5x¹/₂=2.5)

- a) Dysthymia is one of the type of depression which is severe and short lasting (T/F)
- b) Escapism is one of the consequences of stress. (T/F)
- c) When adolescent attempts to justify his/her behavior it is called rationalization. (T/F)
- d) The feeling of insecurity and dissatisfaction due to unresolved problem is called anxiety. (T/F)
- e) Dysfunctional immune system leads to allergies and viral infection (T/F)