

**DISCIPLINE SPECIFIC ELECTIVE**  
**DSE HP 4A1 : Adolescent Relationships and Wellbeing**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/ Practice		
Adolescent Relationships and Wellbeing	4	2	0	2	XII Pass	Pass in Lifespan Development II: Middle Childhood and Adolescence

**Learning Objectives**

- To study adolescent relationships across cultural contexts
- To understand adolescent relationships in relation to society, family and peers
- To understand well-being of adolescents and factors affecting wellbeing.

**Learning outcomes**

- The student will acquire knowledge about intra-personal and inter-personal adolescent relationships
- The student will develop an understanding of the concept and dimensions of wellbeing of adolescents in the contemporary social world.
- The student will engage in the use of various methods and tools to understand self and adolescence in diverse contexts

**SYLLABUS OF DSE HP 4A1**

**THEORY**  
**(Credits 2; Hours 30)**

**UNIT I Adolescence in diverse contexts**

**9 Hours**

- Definitions, social construction of adolescence
- Adolescence across different ecological settings
- Cultural and social influences on adolescence

## **UNIT II Understanding adolescent relationships**

**9 Hours**

- Family relationships: changing dynamics
- Peer relationships and friendships: self and identity; group dynamics
- Relationship with society and community
- Relationship beyond the family and peers: building intimate relationship

## **UNIT III Adolescent well- being**

**9 Hours**

- Challenges of adolescence: Self, identity and well-being
- Indicators of well-being - physical/health, mental/cognitive, social– emotional, spiritual and moral
- Factors and experiences that influence well-being
- Promoting life skills and well-being: counselling, yoga, meditation, mindfulness

### **PRACTICAL (Credits 2; Hours 60)**

1. Understanding self
  - SWOT analysis
  - Narratives/ autobiography/ diagrammatic representation of self
2. Understanding adolescence
  - Pilot research on understanding adolescence: well-being/ identity/body image
    - Interviews
    - Observations
    - Checklist
  - Movies/ documentaries/ videos
  - Book review
3. Promoting life skills and wellbeing: workshops/ lectures/ seminar
  - Socio-emotional well-being
  - Counseling/Yoga/Meditation
  - Life skills
  - Mindfulness

### **Essential Readings:**

- Erikson, E.H. (1968). *Identity, youth and crisis*. New York: Norton.
- Manthei, R. (1997). *Counselling: The skills of finding solutions to problems*. London: Routledge.
- Rice, F. P. (2007). *Adolescent: Development, Relationships and Culture*. inc: US, Allyn & Bacon.
- Santrock, J. W. (2010). *Life Span Development: A Topical Approach*, New Delhi: Tata McGraw Hill.
- Sharma, N. (2009). *Understanding Adolescence*, New Delhi: National Book Trust.

**Suggested Readings:**

- Damour, L. (2017). *Untangled*. Atlantic Books.
- Deb, S., Bhadra, S., Sunny, A. M., & Sahay, S. (2019). *Childhood to Adolescence: Issues and Concerns*. Pearson Education.
- <http://archive.unu.edu/unupress/sample-chapters/1130-UnderstandingHumanWell-Being.pdf> , understanding human well-being, chapter 1, pp 3-15.
- IGNOU. Introduction to counseling (Block 1)  
<https://egyankosh.ac.in/handle/123456789/23640>
- Jha, M. (Ed.) (2021). *Being an Indian Teenager*. Literaturelight Publishing.
- Morgan, N. (2018). *Positively Teenage*. Hachette Children's Group.
- Nair, M. K. C. (2010). *Adolescent Counselling*. Jaypee Brothers Medical Publishers.
- Notion Press (2022, December 14). *The Great Indian Teen Fiction Collective*.
- Ranganathan, N. & Wadhwa, T. (2017). *Guidance and Counselling for Children and Adolescents in Schools (India)*. SAGE Publications India Pvt Ltd.
- Saraswathi, T.S. (2003). *Cross-Cultural Perspectives in Human Development: Theory, Research and Applications*. SAGE Publications Pvt. Ltd
- Saraswathi, T.S. (2003). *The World's Youth: Adolescence in Eight Regions of the Globe*. Cambridge University Press
- Shah, G. J. & Thomas, S. (2021). *Adolescence in India*. Routledge India
- Smith, J. (2022). *Why Has Nobody Told Me This Before?* Harper One.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time**