

Indraprastha College for Women

University of Delhi

WORK PLAN FOR ODD SEMESTER – 2026

Course Name _____

Paper Title Youth and Mental Health

Paper Code GE-10

Semester 3

Faculty(s) Jaswant Singh Yadav

Year 2026

Work Plan

Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	To develop an understanding of the ecological perspective on youth mental health and the major familial, interpersonal, academic, social and media-related risk factors affecting young persons.	1	Introduction to Youth and Mental Health: Concept, nature and significance
		2	Ecological Model of Human Development: Concept and basic principles
		3	Ecological Perspective on Youth Mental Health: Individual, family, peer and social contexts
		4	Risk Factors affecting Youth Mental Health: Concept and overview
		5	Familial Dysfunction
		6	Peer Pressure and Unpopularity
		7	Academic and Career Related Stress
		8	Bullying and Sexual Violence
		9	Poverty and Discrimination
		10	Media Saturation and its implications for Youth Mental Health

II	To develop knowledge and understanding of major internalizing problems prevalent among youth and their characteristic signs and symptoms.	11	Introduction to Internalizing Problems amongst Youth
		12	Anxiety: Signs, symptoms and manifestations among youth
		13	Depression: Signs, symptoms and manifestations among youth
		14	Suicide: Signs, symptoms, warning indicators and psychological concerns
		15	Eating Disorders: Concept, nature and overview
		16	Anorexia Nervosa and Bulimia Nervosa: Signs and symptoms
		17	Gender Dysphoria: Concept, signs and psychological concerns
		18	Self-harm Behaviours: Nature, manifestations and psychological concerns
		19	Interrelationship among Internalizing Problems and Youth Mental Health
		20	Identification and differentiation of major Internalizing Problems among Youth
III	To develop an understanding of externalizing problems among youth and to identify the signs and symptoms associated with substance use and problematic internet and social media use.	21	Introduction to Externalizing Problems amongst Youth
		22	Crime and Delinquency: Concept and psychological understanding
		23	Crime and Delinquency among Youth: Risk factors and manifestations
		24	Substance Use Disorder: Concept and overview
		25	Signs and Symptoms of Substance Use Disorder

		26	Substance Use Disorder among Youth: Psychosocial dimensions
		27	Internet and Social Media Addiction: Concept and characteristics
		28	Internet Addiction and its implications for Youth Mental Health
		29	Social Media Addiction and its implications for Youth Mental Health
		30	Identification and differentiation of major Externalizing Problems among Youth
IV	To develop an understanding of Positive Youth Development, the 5 C's model and strategies for developing competencies and promoting positive mental health among young persons.	31	Introduction to Positive Youth Development: Concept and significance
		32	Positive Youth Development and Mental Health
		33	5 C's Model of Positive Youth Development: Overview
		34	Competence and Confidence
		35	Character and Connection
		36	Caring and integration of the 5 C's
		37	Application of the 5 C's Model in Youth Development
		38	Strategies for Promoting Positive Youth Development
		39	Building Competencies for Positive Youth Development
		40	Integration and Application: Positive Youth Development and Youth Mental Health

Tutorial Work Plan

Tutorial No.	Tutorial Activity	Focus
1	Orientation and interactive discussion	Introduction to Youth and Mental Health

Tutorial No.	Tutorial Activity	Focus
2	Research Review Presentation	Bio-psychosocial etiology of psychological disorders
3	Research Review Presentation	Ecological and psychosocial risk factors affecting youth mental health
4	Research Review Presentation	Anxiety and Depression among Youth
5	Research Review Presentation	Suicide and Self-harm Behaviours
6	Research Review Presentation	Eating Disorders among Youth
7	Research Review Presentation	Gender Dysphoria and Youth Mental Health
8	Documentary/Film Viewing	Lived experience of psychological problems
9	Documentary/Film Discussion	Mental health challenges among young persons
10	Group Discussion	Familial Dysfunction, Peer Pressure and Academic Stress
11	Group Discussion	Bullying, Sexual Violence, Poverty and Discrimination
12	Group Discussion	Crime, Delinquency and Substance Use Disorder
13	Group Discussion	Internet and Social Media Addiction
14	Text-based Group Discussion	Mental health problems represented in fiction/non-fiction
15	Self-exploration and Self-enhancement Exercise	Personal strengths, competencies and psychological resources
16	Integrative Tutorial	5 C's Model and Strategies for Positive Youth Development

Unit-wise Syllabus Coverage

Unit I: Mental Health Determiners in Youth

10 Lectures

The lectures cover the **Ecological Model of Human Development** and all prescribed risk factors: **Familial Dysfunction, Peer Pressure and Unpopularity, Academic and Career Related Stress, Bullying and Sexual Violence, Poverty and Discrimination, and Media Saturation.**

Unit II: Internalizing Problems amongst Youth

10 Lectures

The lectures cover all prescribed internalizing problems: **Anxiety, Depression, Suicide, Eating Disorders including Anorexia Nervosa and Bulimia Nervosa, Gender Dysphoria, and Self-harm Behaviours.**

Unit III: Externalizing Problems amongst Youth

10 Lectures

The lectures cover all prescribed externalizing problems: **Crime and Delinquency, Substance Use Disorder including its signs and symptoms, and Internet and Social Media Addiction.**

Unit IV: Positive Youth Development

10 Lectures

The lectures cover **Positive Youth Development, the 5 C's Model, Competence, Confidence, Character, Connection and Caring, and Strategies for Promoting Positive Youth Development and building competencies.**

Tutorial Component

Total Tutorials: 16

The tutorial component incorporates the suggested activities from the syllabus:

- Presentation of research reviews to understand the **bio-psychosocial etiology of disorders**
- Watching **documentaries/films** to understand lived experiences of psychological problems
- **Group discussions** on selected fiction/non-fiction texts
- **Self-exploration and self-enhancement exercises**
- Integrative discussions on **Positive Youth Development**

Paper Components

Credits Lecture (L) Tutorial (T) Practical/Practice (P)

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Essential / Recommended Readings

1. Arnett, J. J. (2013). *Adolescence and emerging adulthood: A cultural approach* (5th ed.). Pearson.
2. Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal Psychology*. Pearson.
3. Bronfenbrenner, U., & Morris, P. A. (2006). The bioecological model of human development. In W. Damon (Series Ed.) & R. M. Lerner (Vol. Ed.), *Handbook of child psychology: Theoretical models of human development* (pp. 793–828). Wiley.
4. Geldhof, G. J., Bowers, E. P., Mueller, M. K., Napolitano, C. M., Callina, K. S., Walsh, K. J., Lerner, J. V., & Lerner, R. M. (2015). The five Cs model of positive youth development. In E. P. Bowers et al. (Eds.), *Promoting positive youth development: Lessons from the 4-H study* (pp. 161–186). Springer International Publishing.

Note

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