



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	B.A (H) Psychology
Paper Title:	Youth and Mental Health
Unique Paper Code:	2114002002
Semester:	III
Faculty:	Dr. Drishti Kashyap
Year:	2026

Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	Understand the multi factors involved in human development	1.	Introduction to Course, Mental Health Determiners
I	Understand the multi factors involved in human development	2.	Introduction to Course, Mental Health Determiners
I	Understand the multi factors involved in human development	3.	Bioecological model
I	Understand the multi factors involved in human development	4.	Bioecological model
I	Understand the multi factors involved in human development	5.	Bioecological model
I	Risk factors that impact youth mental health development	6.	Risk Factors: Family Dysfunctions; peer Pressure & Unpopularity; Academic & Career Related Stress
I	Risk factors that impact youth mental health development	7.	Risk Factors: Family Dysfunctions; peer Pressure & Unpopularity; Academic & Career Related Stress

I	Risk factors that impact youth	8	Risk Factors: Family Dysfunctions; peer Pressure &
	mental health development	9	Unpopularity; Academic & Career Related Stress
I	Risk factors that impact youth mental health development	10	Risk Factors: Family Dysfunctions; peer Pressure & Unpopularity; Academic & Career Related Stress
I	Risk factors that impact youth mental health development	11	Bullying & Sexual Violence; Poverty & Discrimination
I	Risk factors that impact youth mental health development	12	Bullying & Sexual Violence; Poverty & Discrimination
I	Risk factors that impact youth mental health development	13	Bullying & Sexual Violence; Poverty & Discrimination
II	Understanding some internalizing problems amongst youth	14	Anxiety, Depression & Suicide
II	Understanding some internalizing problems amongst youth	15	Eating Disorders (Anorexia Nervosa & Bulimia)
III	Understanding some internalizing problems amongst youth	16	Gender Dysphoria
III	Understanding some internalizing problems amongst youth	17	Self-harm behaviours
III	Understanding some internalizing problems amongst youth	18	Self-harm behaviours
III	Understanding some externalizing problems amongst youth	19	Crime & Delinquency
III	Understanding some externalizing problems amongst youth	20	Crime & Delinquency
III	Understanding some externalizing problems amongst youth	21	Signs & symptoms of substance use disorder
III	Understanding some externalizing problems amongst youth	22	Signs & symptoms of substance use disorder

III	Understanding some externalizing problems amongst youth + risk factor of social media	23	Media saturation & internet and social media addiction
III	Understanding some externalizing problems amongst youth + risk factor of social media	24	Media saturation & internet and social media addiction
III	Understanding some externalizing problems amongst youth + risk factor of social media	25	Media saturation & internet and social media addiction

MID SEMESTER BREAK	MID SEMESTER BREAK	MID SEMESTER BREAK	MID SEMESTER BREAK
IV	Exploring positive development for youth	26	5 Cs model of Positive Youth Development
IV	Exploring positive development for youth	27	5 Cs model of Positive Youth Development
IV	Exploring positive development for youth	28	5 Cs model of Positive Youth Development
IV	Exploring positive development for youth	29	Strategies of promoting positive youth development
	Doubt	30	Revision

Unit	Contents/Syllabus
I	Mental Health Determiners in Youth: Ecological Model of Human Development, Risk Factors: Family Dysfunctions, Peer Pressure & Unpopularity, Academic & Career Related Stress, Bullying & Sexual Violence, Poverty & Discrimination, Media Saturation
II	Internalizing Problems amongst Youth: Signs & symptoms of Anxiety, Depression & Suicide, Eating Disorders (Anorexia Nervosa & Bulimia), Gender Dysphoria, Self-harm behaviors
III	Externalizing Problems amongst Youth: Crime & Delinquency, Signs & symptoms of substance use disorder, internet and social media addiction

S. No.	Name of Authors/Books/Publishers
1.	Rosa, E.M. and Tudge, J. (2013). Urie Bronfenbrenner's Theory of Human Development: Its Evolution From Ecology to Bioecology. Journal of Family Theory & Review 5, 243–258 DOI:10.1111/jftr.12022
2.	Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). Abnormal psychology (17th ed.). Pearson Education
3.	J.J., Arnett (2012) Adolescence and Emerging Adulthood (2nd edition).

4.	Poli, R. (2017). Internet addiction update: diagnostic criteria, assessment and prevalence. Neuropsychiatry (London) 7(1), 04–08
5	Bhargava, V.R. and Velasquez, M. (2021). Ethics of the Attention Economy: The Problem of Social Media Addiction. Business Ethics Quarterly 31:3, pp. 321–359.
6	Robin L. Nabi, Lara Wolfers, and Jesse King (2023). Social Media Use and Patterns of Emotional Experience In: Emotions in the Digital World. Edited by: Robin L. Nabi and Jessica Gall Myrick, Oxford University Press.
7	Kearney C. A. and Trull T. A. (2010) Abnormal Psychology and Life: A Dimensional Approach, 3rd edition
8	Benson, L.P. (et al.) Positive Youth Development: Theory, Research and Applications.
9	Curt. R. Bartol (2016). Juvenile Delinquency (p.64-82)

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	1	N/A
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment		30
	• Assignment	12	
	• Class Test	12	
	• Attendance	6	

2.	Continuous Assessment (Tutorial)		40
		15	
		20	
		5	
3.	Practical	N/A	N/A
	• Continuous Assessment		
	• End Term Written/Practical Exam		
	• Viva		
4.	End Semester Examination	90	160