
	INDIAN SCHOOL AL WADI AL KABIR	
Class: X	DEPARTMENT OF SCIENCE 2024-2025 SUBJECT: HOME SCIENCE	Date: 30-04-2024
Worksheet No: 03 WITH ANSWERS	CHAPTER: 3-Features and Problems of Adolescents	Note: A4 FILE FORMAT
NAME OF THE STUDENT:	CLASS & SEC: X E	ROLL NO.

MULTIPLE CHOICE QUESTIONS

1.The first sign of puberty amongst the boys is:

- | | |
|------------------------|-------------------------------|
| (i) facial hair growth | (iii) nocturnal emission |
| (ii) breaking of voice | (iv) appearance of pubic hair |

2.Adolescence is the period between:

- | | |
|------------------------------|----------------------------|
| (i) childhood and old age | (iii) birth and childhood |
| (ii) childhood and adulthood | (iv) adulthood and old age |

3.Adolescence begins and ends between:

- | | |
|-----------------------------|------------------------------|
| (i) 12 and 18 years of age | (iii) 11 and 21 years of age |
| (ii) 12 and 16 years of age | (iv) 10 and 19 years of age |

4.What are two characteristics of language of an adolescent?

- | | |
|---------------------------------------|----------------------------------|
| (i) Slang and abbreviations | (iii) babbling and abbreviations |
| (ii) Crying and emotional expressions | (iv) gestures and slangs |

5. The first sign of puberty amongst girls is

- | | |
|----------------------------|--------------------------------|
| (i) Growth of pubic hair | (iii) appearance of breast-bud |
| (ii) Onset of menstruation | (iv) nocturnal emission |

TWO MARKS QUESTIONS

6. Define the term 'adolescence.'

7. Adolescence is considered to be most stressful time. Support this statement with the help of four problems faced by adolescents.

8. What are the areas where adolescents experience stress?

9. Adolescents are often reckless and refuse to wear a defective dress. Give reasons for their behaviour.

FOUR MARKS QUESTIONS

10. Educate a 9-year-old girl for the forth coming changes in her body.

11. Write about your positive and negative experiences regarding peer pressure.

12. List four typical emotional characteristics of adolescents which make them apart from other children.

13. Explain the following terms and support your answer with examples.

- i) Imaginary audience
- ii) Hypothetical deductive reasoning
- iii) Abstract thinking
- iv) Personal fable

FIVE MARKS QUESTIONS

14. Compare the physical development of teenage boys and girls.

PREVIOUS BOARD QUESTIONS

MULTIPLE CHOICE QUESTIONS

15. Thinking of make-believe situation which is not real is an example of _____.

- a. Propositional thought
- b. Systematic thinking
- c. Personal fable
- d. Abstract thinking

16. Your twin brother and sister are fourteen-year-old. Which of the similar features are observed in them?

- i. Increase in height
- ii. Development of breast
- iii. Voice becomes harsh
- iv. Appearance of acne

Choose the correct option.

- a. i and iii
- b. ii and iv
- c. iii and iv
- d. i and iv

17. Which of the following statement is correct for adolescents?

- a. Give less importance to their friends
- b. Have rebellious attitude
- c. Follow set rules
- d. Always emotionally balanced

18. Stress and storm is a typical phase of:

- a) early childhood
- b) adolescence
- c) adulthood
- d) old age

CASE-STUDY BASED QUESTIONS

Read the following passage and answer questions 19 to 23.

Adolescence is the period of transition between childhood and adulthood. It includes some big changes—to the body, and to the way a young person relates to the world. The many physical, sexual, cognitive, social and emotional changes that happen during this time can bring anticipation and anxiety for both children and their families.

Rahul, Priyanka, Tanya and Reena are Class X students and are undergoing lot of changes in various aspects of development.

19. Tanya spends a lot of time in front of the mirror and likes to wear clothes of latest trend. Which characteristics is this?

- Ego centrism
- Identity crises
- Self-conscious
- Casual attitude

20. Priyanka and Reena loves to ride scooty and often jumps red light. They think that traffic police will never catch them. Which cognitive feature of adolescence is shown in this statement?

- Distract thinking
- Personal fable
- Self-awareness
- Argumentative

21. School picnic was organized for class X students. On the way Reena was very excited but on reaching the picnic spot she isolated herself and was feeling sad. Which feature is this?

- Self esteem
- Intense emotion
- Crushes
- Mood swings

22. Rahul is trying to hide a pimple on his face, thinking that everyone is watching him. Which of the following characteristic is shown in this statement?

- Ego centrism
- Idealism
- Imaginary audience
- Self-centered

23. Which is not the feature of language development observed in Reena?

- Use of complex sentences
- Use of abbreviations
- Use only noun
- Use of slangs

ASSERTION-REASONING QUESTIONS

24. Given below are two statements labeled as Assertion (A) and reason (R)

Assertion (A) - Adolescents do not get impressed easily and do not confide in people with their secrets.
Reason(R) - They are less egocentric.

Select the most appropriate answer from the options given below:

- Both A and R are true and R is the correct explanation of A.
- Both A and R are true but R is not the correct explanation of A.
- A is true but R is false.
- Both A and R are false.

TWO MARKS QUESTIONS

25. What is obesity? Write two possible reasons of obesity in adolescents.

26. Write down the four risks of indulging in unprotected sex.

FOUR MARKS QUESTIONS

27. Explain fully the role of peers in social development of adolescents.

28. The period of adolescence is characterized by physical development.
Compare any four physical changes specific to teenage boys and girls.

29. Explain any four cognitive changes you will observe in an adolescent.
Support your answer with a suitable example for each.

30. Adolescence is a precursor to adulthood. It is the most crucial period of life between childhood and maturity. They experience various changes.

- What four physical changes are observed by them?
- Elaborate four features of emotional changes during adolescence.

FIVE MARKS QUESTIONS

31. Write three common problems faced by your classmate and suggest two ways to deal with these problems.

ANSWER KEY

MULTIPLE CHOICE QUESTIONS

1	(iii) nocturnal emission	1
2	(ii) childhood and adulthood	1
3	(iii) 11 and 21 years of age	1
4	(i) Slang and abbreviations	1
5	(ii) Onset of menstruation	1

TWO MARKS QUESTIONS

6	Adolescence is the period of transition from childhood to adulthood. It starts from 11 years and ends at 21 years. It is marked by physical, social, emotional, and cognitive changes.	2
7	The problems faced by adolescents due to stress <ol style="list-style-type: none"> Extreme mood swings Lack of concentration Nail biting 	2

	<p>d. Sweaty palms e. High blood pressure,etc</p>	
8	<p>Adolescents experience stress due to the following reasons:</p> <ul style="list-style-type: none"> ➤ Stress may due to frustration (which may lead to studies, low IQ, failure in exams, injustice, inabilities, high expectations etc) ➤ Conflicts (between values, priorities and career) ➤ Relationships (peer pressure, death, illness, fights at home) 	2
9	<ul style="list-style-type: none"> ❖ Adolescents are self-conscious and egocentric. They believe that, they are on the stage and everyone is watching them. Even if no one is there to watch them, they assume that they viewed by an imaginary audience. So, they refuse to wear defective dress. ❖ Adolescents are reckless and they drive fast, they jump red lights thinking they cannot meet with an accident. This is because of the personal fable as a result of egocentric thinking and they believe that they are unique and nothing will happen to them. 	2
<u>FOUR MARKS QUESTIONS</u>		
10	<p>The following changes can be observed in 9 year old girls</p> <ul style="list-style-type: none"> • Increase in height and weight • Hands and feet attain adult size • Appearance of pimple(acne) • Voice becomes shrill • Adolescent girls have rounded and curvy hips. • Development of breasts. • Growth of female sex organs and initiation of menstruation (menarche) • Growth of hair on underarms and pubic areas 	4
11	<ul style="list-style-type: none"> ❖ Peer group provide a positive and unique learning experience with a range of critical, social emotional skills, such as empathy, cooperation, and problem-solving skills. ❖ Peer groups can also contribute negatively to social emotional development through bullying and harassment. It may distract them from studies and affect their mental peace thus results in stress and anxiety. ❖ Some may involve in delinquent activities such as smoking, drinking, thefts, sexual activities etc. ❖ Even if they are not comfortable with the peer groups because of the pressure from their friends they may adopt some habits which is against their moral values or family rules . 	4
12	<p>The emotional features or characteristics of adolescents are:</p> <ul style="list-style-type: none"> ✚ Mood swings. Adolescents' behaviour is unpredictable, one minute they are cheerful and in the next, they feel sad and depressed. ✚ Feel intense emotions. They express their feelings in an exaggerated form. ✚ Self-conscious. They were conscious about their bodies and compare them with others which may affect their self-esteem. ✚ Rebellious and casual attitude. They become argumentative which gives rise to tension among the family members. 	4

13	<ul style="list-style-type: none"> ❖ (i)Imaginary Audience: Adolescents are self-conscious and egocentric. They believe that, they are on the stage and everyone is watching them. Even if no one is there to watch them, they assume that they viewed by an imaginary audience. So they refuse to wear defective dress .Eg. They refuse to wear a T-shirt with tiny hole ,thinking that everyone is looking at that hole. ❖ ii)Hypothetical deductive reasoning: They are able to take decisions and develop problem solving skills. They become mature, systematic and think as scientists. They can solve the problem by check all the possible alternatives. ❖ iii)Abstract thinking: They can imagine anything even if they have never seen it. They can think make -believe situations and events that are not real. For Example- if told elephants are flying, they can picture a grey or pink elephant with wings, flying up in clouds. ❖ iv)Personal fable : Adolescents are reckless and they drive fast, they jump red lights thinking they cannot meet with an accident. This is because of the personal fable as a result of egocentric thinking and they believe that they are unique and nothing will happen to them. 	4
<u>FIVE MARKS QUESTIONS</u>		
14	Refer Answer 28, Text book table 3.1(page no:19)	5

<u>PREVIOUS BOARD QUESTIONS</u>		
<u>MULTIPLE CHOICE QUESTIONS</u>		
15	d. Abstract thinking	1
16	d. i and iv	1
17	b. Have rebellious attitude	1
18	b) adolescence	1
<u>CASE-STUDY BASED QUESTIONS</u>		
19	c. Self-conscious	1
20	b. Personal fable	1
21	d. Mood swings	1
22	c. Imaginary audience	1
23	c. Use only noun	1
<u>ASSERTION-REASONING QUESTIONS</u>		
24	d. Both A and R are false.	1
<u>TWO MARKS QUESTIONS</u>		
25	<p>A state of excess fat in the body is known as obesity. Obesity may caused due to</p> <ul style="list-style-type: none"> ❖ heredity ❖ dietary habits such as too much snacking in between meals ❖ wrong choice of fatty foods. <p style="text-align: right;">(Any two points)</p>	2

26	<p>Indulging in unprotected and unsafe sex may leads to the following risks;</p> <ul style="list-style-type: none"> ➤ Acquiring sexually transmitted diseases/STDs ➤ Teenage pregnancy /early pregnancy, miscarriages or abortion ➤ Abortion can cause severe damage to their reproductive organs. ➤ They may suffer from depression ➤ Some may commit suicide due to guilt and social stigma attached to premarital pregnancy. ➤ Stressful motherhood results in emotional and mental trauma ➤ The infants may be born premature or underweight and may die at birth or during infancy in the case of teenage mothers. ➤ Infants may malnourish and suffer from multiple deficiency diseases. ➤ Insufficient diet and complications at the time of delivery may lead to the death of the young teenager mother. ➤ Poor parenting as teenagers results in stress of mother and poor upbringing of the child. <p style="text-align: right;">(Any four points)</p>	2
<u>FOUR MARKS QUESTIONS</u>		
27	<ul style="list-style-type: none"> ❖ Peer group provide a positive and unique learning experience with a range of critical, social emotional skills, such as empathy, cooperation, and problem-solving skills. ❖ Peer groups can also contribute negatively to social emotional development through bullying and harassment. It may distract them from studies and affect their mental peace thus results in stress and anxiety. ❖ Some may involve in delinquent activities such as smoking, drinking, thefts, sexual activities etc. ❖ Even if they are not comfortable with the peer groups because of the pressure from their friends they may adopt some habits which is against their moral values or family rules. 	4
28	<p>Four physical changes observed in adolescence-</p> <ul style="list-style-type: none"> • Increase in height and weight • Hands and feet attain adult size • Appearance of pimple(acne) • Voice of adolescent girls becomes shrill whereas voice cracks and become harsh of adolescent boys. • Adolescent girls have rounded and curvy hips whereas adolescent boys have lean hips. • Development of breasts in girls and development of muscles in boys. • Growth of female sex organs and initiation of menstruation (menarche)in girls and growth of male sex organs and nocturnal emission(spermarche)in boys. • Growth of hair on underarms and pubic areas in girls and boys. • Growth of hair on face (beard), body or chest in boys. <p style="text-align: right;">(Any four points)</p>	4
29	<p>Four cognitive changes of adolescent with suitable example for each-</p> <ul style="list-style-type: none"> •ABSTRACT THINKING-They can imagine anything even if they have never seen it. They can think make -believe situations and events that are not real. 	4

	<p>For Example- if told elephants are flying, they can picture a grey or pink elephant with wings, flying up in clouds.</p> <p>•PROPOSITIONAL THOUGHT/LOGICAL THINKING-They can understand and evaluate the logic of verbal statements. For Example-A is grandson of B, B is father of C, how A is related to C. Adolescents can solve these types of questions.</p> <p>•HYPOTHETICAL DEDUCTIVE REASONING-They have an ability to analyze the problem hypothesize solution and systematically figure out any evidence need to prove. For Example-if neighbor was murdered, they can think of different possible ways who could have murdered.</p> <p>•SYSTEMATIC THINKING-They have an ability to think systematically. For Example-a child is asked to form words from the alphabets A, T, E and M. Adolescents will do this exercise systematically forming two letters, three letters and four letters' words.</p>	
30	<p>(a) Four physical changes observed in adolescence-</p> <ul style="list-style-type: none"> • Increase in height and weight • Hands and feet attain adult size • Appearance of pimple(acne) • Voice of adolescent girls become shrill whereas voice cracks and become harsh of adolescent boys. • Adolescent girls have rounded and curvy hips whereas adolescent boys have lean hips. • Development of breasts in girls and development of muscles in boys. • Growth of female sex organs and initiation of menstruation (menarche)in girls and growth of male sex organs and nocturnal emission(spermarche)in boys. • Growth of hair on underarms and pubic areas in girls and boys. • Growth of hair on face (beard), body or chest in boys. <p style="text-align: right;">(Any four points)</p> <p>(b)Four features of emotional changes during adolescence-</p> <ul style="list-style-type: none"> •Mood swings •Feel intense emotions •Self-conscious •Rebellious and casual attitude 	4
<u>FIVE MARKS QUESTIONS</u>		
31	<p>Problems faced by the classmates:</p> <p>i)Peer pressure: Adolescents may influence by peer pressure while bunking classes, watching movies, choosing clothes, speaking etc. Peers also bully and harass each other through text messages, phone calls etc. Peer pressure can lead to stress and anxiety.</p> <p>ii)Depressions: Adolescents go through many hormonal changes which lead to mood swings</p>	

and depression. Symptoms of depression are lethargy, negative attitude , insomnia, suicidal tendencies, isolation etc.

iii) Substance abuse: Excessive use of banned drugs and alcohol, tobacco or abuse of prescribed drugs lead into addiction.

Two ways to deal with these problems are:

The victim must share the problems with parents and peers. The victim should not perceive the societal peer pressure.

Dealing such problems in understandable ways and moving on accordingly. Awareness is quite important.

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