

ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

TIME: 3Hrs/week

LIFE SPAN DEVELOPMENT - II

Max. Marks: 100

OBJECTIVES: To enable the students to

- ◆ Understand the Major concepts of human development.
- ◆ Understand the dynamics of behavior during adulthood.
- ◆ Understand the principles underlying family relationship and family dynamics.

COURSE:

UNIT – I: Adolescence:

1. Characteristics
2. a. Physical and Physiological Development – Puberty – Causes/ body changes at puberty
b. Emotional Development – Emotional patterns, maturity, heightened emotions, emotional control. c. Social Development – social changes during adolescence. d. Cognitive Development – Formal operations, adolescent egocentrism, moral reasoning, value systems. e. Personality Development – Adolescent identity, establishing independence.
3. Interests – types of hobbies.
4. Family influences on adolescence.
5. Problems -Juvenile delinquency,drug addiction,alcoholism,smoking causes,prevention.
6. Counseling – Vocational guidance.
7. Sex Education – need for, method of imparting.

UNIT – II: Early Adulthood: (Personal and social adjustments)

1. Characteristics of Adulthood
2. Developmental Changes – Physical & Physiological – Social – Mobility (Vertical & Horizontal) Personality Development – (Erikson)

UNIT – III: Early Adulthood: (Vocational and family adjustments)

1. Vocational Adjustments – selection Job Hopping
2. Cognitive (Piaget)
3. Assessment of marital adjustment
4. Hazards of vocational and marital adjustments during early adulthood.

UNIT – IV: Middle Adulthood:

1. Characteristics of Adulthood
2. Developmental Changes – Physical & Physiological – Social – Personality Development – Cognitive.
3. Vocational Adjustments.
4. Social Problems

UNIT – V: OLD AGE:

1. Characteristics of the aged.
2. Adjustments to old age.
3. Physical needs of the aged
4. Economic status – preparation for superannuating from service. Development of hobbies and interests.
5. Social Interaction & problems. Social attitudes: Attitudes of the family members and the society towards the aged; Generation or Communication gap.
6. Voluntary, National and International Organisations for the Aged. Supportive measures.

REFERENCES:

1. Hurlock, E. (1981) Developmental Psychological. Tata Mc Graw Hill Book & Co., New Delhi.
2. Hurlock, E. (1974) Adolescent Developmental. Tata Mc Graw Hill Book & Co., Bombay.
3. Devadas,R.P&Jaya, N. (1974) A Text book on child Development.McMillian India Ltd., New Delhi.
4. Hertherington,E.M & Parke, R.D.(1986) Child Psychology,Tata McGraw Hill Book&Co., New Delhi.
5. Kuppuswamy, B.A. (1990) A Textbook of Child Behavior and Development. Konark Publishers New Delhi.
6. Kapadia, K.M. (1966) Marriage & Family in India. Oxford University Press New Delhi.
7. Duvell, E.M. (1961) Family Living. McMillan & Co., New York.

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LIFE SPAN DEVELOPMENT - II PRACTICALS

Max. Marks: 100

OBJECTIVES: To enable the students to

- ◆ Understand the Major concepts of human development.
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- ◆ Understand the principles underlying family relationship and family dynamics.

COURSE:

UNIT I: Adolescence

- Survey to know adolescence interests.
- Survey to know adolescence problems.

UNIT II: Adulthood

- Survey on factors influencing choice of life partner.
- Survey on marital adjustment.

UNIT III: Old age

- Survey to know old age problems.
- Survey to know old age problems.

REFERENCES:

1. Hurlock, E. (1981) Developmental Psychological. Tata Mc Graw Hill Book & Co., New Delhi.
2. Hurlock, E. (1974) Adolescent Developmental. Tata Mc Graw Hill Book & Co., Bombay.
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