

**JYOTI NIVAS COLLEGE AUTONOMOUS  
SYLLABUS FOR 2019-2020 BATCH AND THEREAFTER**

**Programme: B.Voc VP.**

**Semester: II**

**Paper 4: Life-span Development**

**Course Code : 18BVV203**

**Course Objectives:**

1. To help students understand the basic concepts, issues and debates in the field of developmental psychology.
2. To help students appreciate principal theories of lifespan development.
3. To support students, comprehend human development as progressing through different stages.
4. To facilitate students, look at the development from the perspective of different domains such as physical, motor, emotional, moral, cognitive, and psychosocial.
5. To help students understand the role of family, peers and community in influencing development at different stages.

**UNIT I: INTRODUCTION**

**(15 hours)**

- a) Concept of human development - Meaning.
- b) Aspects of human development - Physical, social, cognitive, moral.
- c) Principles of human development (Baltes).
- d) Issues of human development – nature v/s nurture, goodness and badness, activity and passivity, continuity v/s discontinuity, universality/s context specificity.
- e) Overview of theories of human development –Erickson, Piaget, Kohlberg.

**UNIT II: PRENATAL DEVELOPMENT AND INFANCY**

**(15 hours)**

- a) Prenatal development:
  - i. Stages of prenatal development;
  - ii. Teratogens and prenatal environment;
  - iii. Birth and perinatal environment – stages of birth, types of birth, possible hazards.
- b) Infancy:
  - i. Physical development – physical growth: early reflexes;
  - ii. Emotional development – stranger anxiety, separation anxiety, social referencing;
  - iii. Language development – sequence of language of development, early vocalization, recognizing language sounds, gestures, first words, first sentences.

### **UNIT III: CHILDHOOD**

**(15 hours)**

- a) Physical development – bodily growth and change;
- b) Motor development – gross motor skills, fine motor skills and handedness;
- c) Language development – vocabulary, grammar, syntax, pragmatics and social speech, private speech, delayed language development;
- d) Psychosocial development – peer networks, friendships, play: meaning, types and psychosocial implications.
- e) Media literacy and childhood development.

### **UNIT IV: PUBERTY AND ADOLESCENCE**

**(12 hours)**

Puberty: Meaning, biological changes: growth spurt, primary and secondary sexual characteristics, signs of sexual maturation, psychological implications, and early v/s late development. Influence of mass media on teenagers.

### **UNIT V: ADULTHOOD AND END OF LIFE**

**(18 hours)**

- a) Early Adulthood: Vocational adjustment – selecting a vocation, factors influencing vocational choice; Marital and non-marital lifestyles – single life, gay and lesbian relationships, co-habitation, marriage.
- b) Middle Adulthood: Physical development – sensory and psychomotor functioning, sexuality and reproductive functioning; Cognitive development – the distinctiveness of adult cognition: the role of expertise, integrative thought.
- c) Late Adulthood: Primary and secondary ageing, theories of ageing: programmed theories and damage theories; Kubler-Ross' stages of dying; Patterns of grieving death and bereavement across the lifespan;
- d) Finding meaning and purpose in life and death.
- e) Differential psychological impacts of internet exposure.
- f) Social media use among elderly.

### **PRACTICALS:**

1. College Student Problem Checklist.
2. Bell's Adjustment Inventory.
3. Level of Aspiration and Achievement.
4. Guidance Need Inventory.
5. Androgyny Scale.

### **REFERENCES:**

1. Papalia D.E., Olds, S.W., & Feldman, R.D. (2004). *Human Development*. 9th Edn. New Delhi: Tata Mc-Graw Hill Publishing Company Ltd.
2. Sigelman, C.K. (1999). *Life-Span Human Development*. 3rd Edn. New York: Brooks/Cole Publishing Company.
3. Shaffer D.R. (1996). *Developmental Psychology*. New York: Brooks/Cole

Publishing Company.

4. Zanden, Vander. (1997). *Human Development*. 6<sup>th</sup>Edn. New York: The McGraw-Hill Companies, Inc.
5. Berk, L.E. (1996). *Child Development*. 3<sup>rd</sup>Edn. New Delhi: Prentice Hall of India Pvt. Ltd.