

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

Programme: INT BSc. MSc

Semester: II

**PAPER II
LIFE SPAN DEVELOPMENT**

Course Code: 18II IS202

No. of Hours: 60

COURSE OBJECTIVES:

- To understand the salient features of physical development with their psychological implications during adolescence and adulthood.
- To appreciate theoretical views during adolescence and end of life.
- To comprehend human development from the perspective of different domains such as motor, cognitive and psychosocial during adulthood.
- To explore marital and non-marital lifestyles during young adulthood.
- To help students find meaning and purpose in life and death and understand patterns of grieving across lifespan.
- To understand various religious practices related to death.
- Apply developmental concepts to situations occurring in everyday life.

LEARNING OUTCOME

- To understand human development through different domains from puberty, adolescence and adulthood.
- To understand the influence of family, peers and society on development across lifespan.
- To understand issues related to life and death.

UNIT I

CHAPTER 1- PUBERTY & ADOLESCENCE

12 HRS

Puberty – the end of childhood; Physical Development - growth spurt, primary and secondary sexual characteristics, signs of sexual maturity, psychological implications, early versus late development; Cognitive development - Piaget's stage of formal operations and its implications, Elkind's immature characteristics of adolescent thought; Physical and psychological wellbeing - nutrition and eating disorders, and abuse of drugs: risk factors of drug abuse, gate way drugs; role of social media on body image ,cyber bullying; Parents and teens : Autonomy and attachment ; peers ; Romantic relationships. Moral development - Kohlberg's theory of moral reasoning.

Topics for Assignments: Adolescent sexual activity.

UNIT II

CHAPTER 2- EMERGING ADULTHOOD AND YOUNG ADULTHOOD

14 HRS

Emerging adulthood – meaning, characteristics, cultural variations. Young adulthood: Physiological peak : cardiovascular and respiratory systems, motor performance, immune system, reproductive capacity; Obesity; Alcohol abuse; Cognitive development the shift to post-formal thought, dialectical thought; Psycho-social development – relationship with parents and siblings, factors influencing attraction; Gender identity, gender roles and transgender; Sexual orientation – meaning, continuum, variations, development, discrimination; Adult lifestyles – singlehood, hooking up, co-habitation, gay and lesbian relationships, friendships, marriage; Online dating and implications

Topics for Assignments: The adulthood social relationships – social networks, adult friendships, adult relationships and adult development.

UNIT III

CHAPTER 3- MIDDLE ADULTHOOD

10 HRS

Physical changes, sensory changes, health concerns, exercise, nutrition and weight, Climacteric and sexuality, changes in male sexuality: menopause and its meanings, women's health after menopause.

Changes in mental ability – the distinctiveness of adult cognition: the role of expertise, integrative thought, practical problem solving, creativity; Psycho-social changes – marriage, midlife divorce, midlife crisis, empty nest syndrome, relationships with maturing children, becoming grandparents; Work in midlife – challenges.

Topics for Assignments: Gender roles – masculinity, femininity and androgyny.

UNIT IV

CHAPTER 4- LATE ADULTHOOD

12 HRS

Physical changes - sensory and psychomotor functioning: vision, hearing, taste and smell, strength, endurance, balance and reaction time, sexual functioning; Cognitive changes – memory, language processing, problem solving, wisdom, factors related to cognitive change, lifelong learning; Psychosocial changes - personal relationships in late life: social contact, relationships and health, multigenerational family, non-marital kinship ties: relationships with adult children or their absence, relationship with siblings; Work and retirement – transitioning into retirement, retirement age changes, delayed retirement, stages, post-retirement care, successful aging .

Topics for Assignments: Living arrangements during late adulthood.

UNIT V

CHAPTER 5- THE END OF LIFE

12 HRS

Theories of aging – programmed theories, damage theories, nature and nurture theories, cellular clock theory; Aspects of death – biological and social; Care of the dying – curative, palliative, hospice; The experience of dying – Kubler-Ross's stages of dying; The experience of bereavement – the Parkes/Bowlby attachment model; Patterns of grieving death and bereavement across the lifespan; Finding meaning and purpose in life and death; Religious practices after death – Hindu, Judaism, Muslim ,Christianity.

Topics for Assignments: The right to die – euthanasia: passive euthanasia, voluntary active euthanasia, assisted suicide.

REFERENCES

1. Berk. E. Laura .(2017) . *Development Through the LIFESPAN* (7thEdn) : Pearson Education.
2. Lally, M., & Valentine-French, S. (2017). *Lifespan Development: A Psychological Perspective*. California: College of Lake County.
3. Papalia, D.E., Olds, S.W., & Feldman, R.D. (2014). *Human Development*. (13thEdn.) New Delhi: Tata Mc-Graw Hill Publishing Company Ltd.
4. Sigelman, C.K. (2018). *Life-Span Human Development*. (9thEdn.) New York: Brooks/Cole Publishing Company.
5. Shaffer, D.R. (1996). *Developmental Psychology*. New York: Brooks/Cole Publishing Company.
- Zanden, Vander. (1997). *Human Development*. (6thEdn.) New York: The McGraw-Hill Companies, Inc
