

## **DISCIPLINE SPECIFIC (CORE) COURSE**

### **Semester-IV**

#### **HSC420C1: HUMAN DEVELOPMENT II: DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD (CREDITS: THEORY-4, PRACTICAL-2)**

##### **THEORY (4 CREDITS)**

###### **Unit 1 Introduction to Adolescence**

- Definition and theoretical perspectives
- Physical and physiological changes
- Cognitive and language development
- Socio-emotional and moral development

###### **Unit 2 Young Adulthood**

- Transition from adolescence to adulthood
- Developmental tasks of adulthood
- Socio-emotional development; Relationships, Marriage and Parenting
- Cognition and Creativity: Work, Vocation and leisure

###### **Unit 3 Middle and Late Adulthood**

- Developmental tasks of middle and late adulthood
- Physical and physiological changes and aging  
Diversity in roles and relationships
- Parenting growing children

###### **Unit 4 Late Adulthood**

- Physical functioning in old age
- Intellectual functioning in old age
- Theoretical perspective on ageing
- Death and dying

##### **PRACTICAL (2 CREDITS)**

1. Methods of studying human development and their use:
  - Reviewing Interview and Observation
  - Questionnaire
  - Case study
  - Sociometry
2. Case profile to study adolescence/ young adulthood/ late adulthood
3. Depictions of adolescence and adulthood in media: Audio-visual, Print and Theatre
4. Psychological tests: Thematic Apperception Test (TAT), WAIS (Wechsler Adult Intelligence Scale), Test assessing SELF CONCEPT

##### **RECOMMENDED READINGS**

- *Rice, F. P. (1998). Human Development: A lifespan approach. New Jersey: Prentice Hall.*
- *Rutter, M. and Rutter, M. (1992) Developing Minds. Challenge and continuity across the life span. London: Penguin.*
- *Santrock, J. W. (2007). A topical approach to life-span development. New Delhi: Tata McGraw- Hill.*
- *Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi: Orient BlackSwan.*
- *Tennant, M. and Pogson, P. (1995) Learning and Change in the Adult Year, San Francisco: Jossey-Bass.*