

# UNDERGRADUATE PROGRAMME IN HOME SCIENCE

## Paper No-18: DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD

### SEMESTER VI

#### THEORY

Paper No: 18

Maximum Marks: 100

Credits: 4

Teaching Periods: 4+1 students' presentation /week

Teaching Load: 56 periods +14 periods/semester

#### Objectives

1. To understand developmental stages and issues in adolescence in India
2. To gain an insight into significant changes and transitions from young adulthood to late adulthood
3. To gain knowledge of the aging process and appreciate status of the aging person in the Indian context

#### Content

#### Periods

#### Unit I: Introduction to concept of adolescence and significant changes

22

- Definitions of adolescence, developmental tasks and theoretical perspectives
- Physical and physiological changes
- Puberty and sexual maturity
- Nutrition, health and psychological well-being
- Cognitive, language and moral development
- Intelligence and creativity
- Social and emotional development- developmental tasks, self & identity, familial relationships, peer relationships, interface with media, politics and civil society

#### Unit II: Introduction to Adulthood and transitional roles and responsibilities 18

- Definitions and theoretical perspectives
- Developmental tasks of adulthood
- Physical and physiological changes from early adulthood to middle adulthood
- Cognitive development
- Psychosocial development- self, identity, marriage and family, parenthood, work and gender relations, planning for retirement, civic roles and responsibilities

#### Unit III: Late Adulthood

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- Physical and physiological aspects of aging: health concerns; well being and disability, cognitive changes and dementia
- Needs and concerns of elderly

- Psychosocial development- adjustment to aging, changing economic situation; occupational continuity and change, leisure and recreation; growing old in the Indian context; perspectives on death
- Policies and programmes for elderly

### **Recommended Readings**

1. Santrock, J.W. (2006). *Life Span Development* (10<sup>th</sup>ed.). McGraw Hill
2. Rice, F.P. (1998). *Human Development: A lifespan approach*. New Jersey: Prentice Hall.

## **DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD**

### **PRACTICAL**

Paper No:

Maximum Marks: 50

Credits: 2

Teaching Periods: 4/week

Teaching Load: 14 practicals/ semester

### **Contents**

### **Practicals**

- |   |          |
|---|----------|
| 1. Study of physical and sexual changes in adolescence  | <b>2</b> |
| 2. Study of issues and concerns of individuals in different phases of adolescence and adulthood using relevant methods of study | <b>4</b> |
| 3. Psychological tests  | <b>4</b> |
| 4. Visits to settings such as homes for senior citizens   | <b>2</b> |
| 5. Case profile of an adolescent or an adult  | <b>2</b> |