

**JYOTI NIVAS COLLEGE AUTONOMOUS**  
**DEPARTMENT OF PSYCHOLOGY**  
**SYLLABUS FOR 2024 BATCH AND THEREAFTER**  
**II SEMESTER**  
**(SEP)**

**Core Paper 5: PROCESSES IN DEVELOPMENTAL PSYCHOLOGY II**

**Program: B.Sc Psychology (Single Major)**

**CREDITS: 3**

**NO. OF HOURS: 56**

**Course Outcomes (Cos):**

After the successful completion of the course, the student will be able to:

CO1. To understand the salient features of physical, emotional, cognitive, moral and psychosocial development with their psychological implications from puberty to adolescence.

CO2. To understand the component of emerging and young adulthood human development.

CO3. To understand the physical, cognitive, psychosocial changes and work in midlife in middle adulthood.

CO4. To comprehend human development from the perspective of the late adulthood and also understand the process of work and retirement.

CO5. To have an insight of ageing, care for the dying, patterns of bereavement and religious practices at the end of life.

CO6. Apply developmental concepts to situation in everyday life. Understand the basic concepts and issues/debates in the field of lifespan development

**MODULE- I: PUBERTY & ADOLESCENCE**

**12**

**HRS**

Puberty (CO1): Meaning, Biological Changes (CO1): Growth Spurt, Primary And Secondary Sexual Characteristics, Signs of Sexual Maturity, Psychological Implications, Early Versus

Late Development; Physical And Mental Health (CO1): Nutrition And Eating Disorders, Use and Abuse of Drugs: Risk Factors of Drug Abuse, Gateway Drugs; Cognitive Development (CO1): Elkind's Immature Characteristics of Adolescent Thought; Moral Development: Kohlberg's Theory of Moral Reasoning; Psychosocial Development (CO1) and (CO6): Marcia's Four Identity Statuses, Parents and Teens, Peers, and Adolescent Sexual Activity.

## **MODULE- II: EMERGING ADULTHOOD AND YOUNG ADULTHOOD 12**

### **HRS**

Emerging Adulthood (CO2): Meaning, Characteristics, Cultural Variations; Young Adulthood (CO2): Physical Changes: Cardiovascular and Respiratory Systems, Motor Performance, Immune System, Reproductive Capacity; Obesity; Alcohol Abuse; Psycho-Social Development (CO2): Factors Influencing Attraction; Gender Identity, Gender Roles and Transgender; Sexual Orientation (CO2) – Meaning, Continuum, Variations, Development, Discrimination; Adult Lifestyles (CO2) and (CO6) – Singlehood, Hooking Up, Cohabitation, Gay and Lesbian Relationships, Friendships, Marriage, Parenthood; Online Dating and Implications; Career Development And Employment: Stages of Career Development, Needs, Gender and Career (CO2) and (CO6).

## **MODULE- III: MIDDLE ADULTHOOD 12**

**HRS** Physical Changes (CO3) and (CO6): Sensory and Psychomotor Functioning, Sexuality and Reproductive Functioning - Menopause and Its Meanings, Changes in Male Sexuality, Women's Health After Menopause; Cognitive Development (CO3) and (CO6): The Distinctiveness of Adult Cognition: The Role of Expertise, Integrative Thought, Practical Problem Solving, Creativity - Creativity and Intelligence, Creativity and Age; Psycho-Social Changes (CO3) and (CO6): Gender Roles - Masculinity, Femininity and Androgyny, Midlife Divorce, Midlife Crisis, Empty Nest Syndrome, Relationships with Maturing Children, Parenting Grown Children, The Cluttered Nest, Becoming Grandparents; Religion and Spirituality; Work In Midlife: Challenges (CO3) and (CO6): Stress, Burnout, Work-Life Balance, Glass Ceiling.

## **MODULE- IV: LATE ADULTHOOD**

**10**

### **HRS**

Physical Changes (CO4) and (CO6): Body Changes, Skin and Hair, Height and Weight; Sensory and Psychomotor Functioning (CO4): Vision, Hearing, Taste and Smell, Touch, Pain; Cognitive Changes (CO4) and (CO6): Memory, Language Processing, Problem-Solving, Wisdom, Factors Related To Cognitive Change, Lifelong Learning (CO4); Psychosocial Changes (CO4) and (CO6): 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 (CO4) and (CO6): Transitioning Into Retirement, Retirement Age Changes, Delayed Retirement, Stages, Post-Retirement Care.

## **MODULE- V: THE END OF LIFE**

**10**

### **HRS**

Primary and Secondary Ageing (CO5); Theories of Ageing (CO5) and (CO6): Evolutionary Theory, Cellular Clock Theory, Damage Theories (DNA, Mitochondrial, Free Radicals), Immune and Hormonal Stress Theories; Aspects of Death – Biological and Social; Care of The Dying (CO5): Curative, Palliative, Hospice; The Experience of Dying (CO5): Kubler-Ross's Stages of Dying, Right To Die (CO5): Medical, Legal, And Ethical Issues - Suicide And Euthanasia; Types of Euthanasia and Assisted Suicide; Patterns of Grieving Death and Bereavement Across The Lifespan; Finding Meaning and Purpose In Life and Death; Religious Practices After Death (CO5) and (CO6): Hinduism, Buddhism, Judaism, Islam, Sikhism, And Christianity.

## **REFERENCES**

1. Lally, M., & Valentine-French, S. (2017). *Lifespan Development: A Psychological Perspective*. California: College of Lake County.
2. Papalia, D.E., Olds, S.W., & Feldman, R.D. (2004). *Human Development*. (9th Edn.) New Delhi: Tata Mc-Graw Hill Publishing Company Ltd.

3. Sigelman, C. K. & Rider, E. A. (2018). *Life-Span Human Development*. (9<sup>th</sup> Edn.). Cengage Learning.
4. Sigelman, C.K. (1999). *Life-Span Human Development*. (3rd Edn.) New York: Brooks/Cole Publishing Company.
5. Shaffer, D.R., Kipp, K. (2010). *Developmental Psychology: Childhood and Adolescence*. (8<sup>th</sup> Edn.). Belmont, CA: Wadsworth, Cengage Learning.
6. Shaffer, D.R. (1996). *Developmental Psychology*. New York: Brooks/Cole Publishing Company.
7. Zanden, Vander. (1997). *Human Development*. (6<sup>th</sup> Edn.) New York: The McGraw-Hill Companies, Inc.

## **Processes in Developmental Psychology**

### **Practical Experiments/ Tests**

1. College Student Problem Checklist
2. Group Social Problem Solving Skills
3. Moral Development Scale
4. FIRO-B
5. Self Confidence Scale

### **Project: Gender Identity Scale**

