

OBJECTIVES: To enable students to:

- Become acquainted with the stages in family life and the accompanying change
- Create an awareness about the roles and relationships within the family and to meet them.

OUTCOMES OF THE COURSE: On completion of the Course, the student shall

- Acquire knowledge on the roles and relationship in the family
- Be aware about the cultural relevance of marriage customs and practices in India
- Exhibit a knowledge of various crises in family life
- Possess a comprehensive knowledge on importance of and methods of family planning
- Demonstrate an understanding of various areas of marital adjustment.

THEORY

UNIT-I HUMAN DEVELOPMENT – ADOLESCENCE:

- Adolescence – Definitions by WHO, UNICEF, NCERT, Characteristics.
- Physical and physiological Changes during puberty for Boys and girls-
- Developments during adolescence – Cognitive- Piaget's Formal-operational stage, Emotional and Social development.
- Major concerns during adolescence – Substance abuse, Delinquency Suicidal Ideation, Teen age pregnancy etc. - Symptoms and warning signs - Use of Counselling.

UNIT-II HUMAN DEVELOPMENT -YOUNG ADULT HOOD:

- Definition, Development tasks, significance of the period, Changing responsibilities
- Adjustments during young adulthood period
- Preparation for Marriage – Factors to be considered in the choice of marriage partner. Modes of mate selection, Self-choice marriage and arranged marriage – Advantages and disadvantages.
- Pre-marital counselling – Meaning and Need for Pre-marital Counselling.

UNIT-III MARRIAGE AND ADJUSTMENTS:

- Marriage –Definition and Functions, needs and goals. Criteria for successful marriage.
- Values and goals of marriage – Indian context. Different Marriage practices- Advantages and disadvantages.
- Adjustments in marriage – In laws, sex adjustment to mate, adjustment to parenthood, and financial adjustments.
- Transition to Parenthood – Factors that influence Planned Parenthood.

UNIT-IV INDIAN FAMILY AND CHANGING TRENDS:

- Family – Meaning, Definition, functions of family, sociological significance of family.
- Types of Family – Definitions of Joint, Extended, Nuclear Families, Alternate family styles - Modern trends in family – Advantages and disadvantages.
- Changing Indian family structure – Factors responsible - Advantages and disadvantages, Impact on Children.
- Crisis in Family- Divorce, Death of the spouse etc- coping, Need for the family counselling.

UNIT-V HUMAN DEVELOPMENT - MIDDLE AND LATE ADULTHOOD:

- Middle adulthood – Definition, physical and physiological changes - health issues, Psychological changes during middle age, coping up strategies, preparation for retirement.
- Late adulthood – Sub groups and definitions, Late adulthood and Ageing (beyond 60 years) - Definitions, Characteristics of old age – Physical and physiological changes during old age, cognitive and memory changes.
- Problems of old age and coping up strategies
- Cultural perspective on aging and institutionalization –Indian context

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