ST. JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

VI SEMESTER **HOME SCIENCE** TIME: 3HRS/WEEK

HS-E2-6102 (3) **LIFE SPAN DEVELOP MENT - II** MARKS: 100

w.e.f. ‘19AG’ (2019– 2020) Batch **SYLLABUS**

**OBJECTIVES:** To enable the students to

* + - * + Understand the Major concepts of human development.
        + Understand the dynamics of behavior during adulthood.
        + Understand the principles underlying family relationship and family dynamics.

**COURSE:**

**UNIT – I: ADOLESCENCE:** Characteristics

1. a. Physical and Physiological Development – Puberty – Causes, body changes at puberty.

b. Emotional Development - Emotional patterns, maturity, heightendedemotions,emotional control.

c. Social Development – social changes during adolescence.

d. Cognitive Development – Formal operations, adolescent egocentrism, moral reasoning,value systems.

e. Personality Development – Adolescent identity, establishing independence.

1. Interests – types of hobbies.
2. Family influences on adolescence.
3. Problems – Juvenile delinquency, drug addiction, alcoholism,smoking – causes, prevention.
4. Counseling – Vocational guidance.

**UNIT – II: MARRIAGE:**

1. Definition, concept in Indian society
2. Functions of Marriage, Rituals in various religions (Hindu, Christian & Muslim)
3. Selection of Spouse – familial, cultural, economic, personal & religious factors.
4. Marital Adjustments – physical, emotional, psychological & financial – During Adulthood.

**UNIT – III: ADULTHOOD:**

* + - * 1. Characteristics of Adulthood
        2. Developmental Changes – Physical & Physiological – Social – Mobility (Vertical & Horizontal) Personality Development – (Erikson)
        3. Assessment of marital adjustment
        4. Hazards of vocational and marital adjustments during early adulthood.

**UNIT – IV: OLD AGE:**

1. Characteristics of the aged.
2. Adjustments to old age.
3. Physical needs of the aged
4. Economic status – preparation for superannuating from service, Development of hobbies and interests.
5. Social Interaction & problems. Social attitudes: Attitudes of the family members and the society towards the aged; Generation or Communication gap.
6. Voluntary, National and International Organizations for the Aged. Supportive measures.

**UNIT – V:** 1. Population Education – size of family.

2. Family Planning – importance – methods.

3. Visit to Family Counselling Centre, Old Age Home.

**REFERENCES:**

1. Hurlock, E. (1981) Developmental Psychological. Tata McGraw Hill Book & Co., New Delhi.
2. Hurlock, E. (1974) Adolescent Developmental. Tata McGraw Hill Book & Co., Bombay.
3. Devadas,R.P&Jaya, N. (1974) A Text book on child Development. McMillian India Ltd., New Delhi.
4. Hertherington,E.M& Parke, R.D.(1986) Child Psychology,Tata McGraw Hill Book&Co., New Delhi.
5. Kuppuswamy, B.A. (1990) A Textbook of Child Behavior and Development. Konark Publishers New Delhi.
6. Kapadia, K.M. (1966) Marriage & Family in India. Oxford University Press New Delhi.
7. Duvell, E.M. (1961) Family Living. McMillan & Co., New York.

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