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

IV SEMESTER **HOMESCIENCE** TIME: 4HRS/WEEK

HS 4303 (3) **HUMAN DEVELOPMENT AND FAMILY DYNAMICS** MAX.MARKS:100

w.e.f. 2020 –2021(“20AH”) **SYLLABUS**

**OBJECTIVES:** To enable students to:   
- Become acquainted with the stages in family life and the accompanying changes  
- 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

**REFERENCE BOOKS:**

1. Berk, E. L. (2013). Exploring life span development.3rded. McGraw Hill, New York.
2. Hurlock – E.B. (1990) Child Development MC. Graw Hill Company Ltd, New York. McGraw- Hill, New Delhi.
3. Papalia, D.E. and Olds, SW. (2008). Human development. 11thed. McGraw Hill. New York.
4. Parbati Sahu.(2009). Marriage and Family Relationships, 1st edition, Kalyani publishers
5. Rajammal P Devadasand and Jaya, N..(1984). A Text Book on Child Development, MacMillan India ltd.
6. Santrock, J. W. (2007). A topical approach to life-span development. McGraw- Hill, New Delhi:
7. Singh, A. (Ed).( 2015). Foundations of Human Development: A life span approach. New Delhi.
8. Sushila Srivastava and SudhaRani.K. (2014). Text Book of Human Development – A Life
9. Span Developmental Approach” 1st edition, S. Chand & Company Pvt. Ltd.

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