

**THE NATIONAL COLLEGE AUTONOMOUS JAYANAGAR**

**BANGALORE-560070**

**DEPARTMENT OF PSYCHOLOGY**

**IV Sem B.A., PSYCHOLOGY**

**NEP SYLLABI OF PSYCHOLOGY (DISCIPLINE SPECIFIC COURSE)  
SUBJECT FOR BA IV SEMESTER WITH EFFECT FROM ACADEMIC  
YEAR 2022-23 AND ONWARDS**

**PAPER – IV: DEVELOPMENTAL PSYCHOLOGY (56 HOURS)**

**Learning Outcomes:**

1. To understand and analyse the Physical, Cognitive and Psychosocial development.
2. To know about the vocational adjustment.
3. To understand the aging, the ageing process and facing the future.

\* Teaching Hours 4 hours per week.

\* 60 marks for examination and 40 marks for Internal Assessment.

**UNIT I: PUBERTY & ADOLESCENCE (12 hours)**

**a) Puberty:** Meaning and Characteristics.

**b) Adolescence:** Physical Development – Adolescents' growth spurt, Primary and Secondary

Sexual Characteristics, Signs of Sexual Maturity.

**c) Physical and Mental Health** – Physical Fitness, Sleep Needs, Nutrition and Eating

Disorders; Substance abuse – risk factors of drug abuse, gate way drugs – alcohol –

marijuana and tobacco. Addiction to social media and Virtual Gaming.

**d) Psychosocial Development:** Search for Identity- Theories of Erikson and Marcia. Gender

Differences and Ethnic Factors in Identity Formation. Ideal Self v/s Real Self. Identity Formation. Relationship with family, peers and

adult society. Adolescents in Trouble: Antisocial and Juvenile Delinquency (in brief)

## **UNIT II: EARLY ADULTHOOD**

**(12 hours)**

Characteristics of early adulthood.

**a) Health and Physical Development:** Health status, Genetic and Behavioral Influences on

Health and Fitness.

**b) Cognitive development** –Piaget’s shift to post formal thought. Schaies’ model. Emotional

Intelligence.

**c) Psycho-social development:** Models - Normative, Timing-of-events, Trait and Typological. Intimate Relationships. Marital and non-marital life styles - Single life,

Marriage, co-habitation, LGBT issues.

### UNIT III: MIDDLE ADULTHOOD

(12 hours)

Characteristics of Middle adulthood.

**a) Physical Development** – Physical changes – Sensory & Psychomotor Functioning,

Sexuality & Reproductive Functioning- Menopause & its Meanings; Changes in Male

Sexuality.

**b) Cognitive development** –The distinctiveness of adult cognition – the role of expertise,

Integrative thought, practical problem solving, creativity. Occupational Patterns, Work v/s

Early Retirement, Work and Cognitive Development, Mature Learner.

**c) Psycho-Social Development** – Changes in Relationship at Midlife. Consensual

Relationships: Marriage, Midlife divorce, LGBT issues, Friendships,

Relationships with maturing children. Application of Maslow's Theory.

**d) Vocational Adjustments** – Factors affecting vocational adjustment in Middle Adulthood,

Vocational Hazards, Adjustment to approaching Retirement. Osgood Theory.

### UNIT IV: LATE ADULTHOOD

(10 hours)

Characteristics of Late adulthood.

**a) Physical Changes:** Sensory & Psychomotor Functioning – Vision, Hearing, Taste & Smell, Strength, Endurance, Balance & Reaction time.

**b) Cognitive Development:** Intelligence and Processing Abilities. Competence in everyday tasks & problem solving.

c) **Psychosocial Development** – Personal Relationships in Late life: Social Contact, Relationships & Health, Multigenerational Family. Consensual Relationships: Long-Term Marriage, Divorce and Remarriage, Widowhood, Single Life, Friendships. Non-marital kinship ties: Relationships with Adult children or their absence, Relationship with siblings. Becoming Great-Grandparents.

## **UNIT V -LATE ADULTHOOD (Old Age)**

**(10 hours)**

- a) **Theories of ageing:** programmed theories and damaged theories.
- b) **Many faces of death:** Care of the dying.
- c) **Facing death & Loss:** Psychological Issues-Confronting one's death; Patterns of grieving
- d) **Death & Bereavement across the Lifespan.**
- e) **Issues related to Death** - Medical, Legal and Ethical.
- f) **Finding Meaning & purpose in Life & Death.**
- g) **Finding Closure.**

## **REFERENCES**

1. Diane E Papalia, Sally Wendkos Olds, Ruth Duskin Feldman (2004) - Human development,  
9th edition, Tata McGraw Hill Publication
2. Hurlock, E.B. (1981). Developmental PSYCHOLOGY: A life - span approach.  
Tata McGraw -  
Hill
3. John W Santrock (2011) - A topical Approach to Life Span Development, 3rd  
Edition, Tata  
Mcgraw- Hill Edition

4. Rathus, S.A. (2022) - Human Life Span Development, 5th Edition, (ENGAGA INDIA)