

HUMAN GROWTH AND PERSONALITY DEVELOPMENT

Introduction:

This course aims to introduce the learners to the development of the individual across the life span and an ecological perspective. It also provides an understanding human development and behaviour besides theoretical inputs.

Objectives:

1. Develop an overall understanding of the principles of growth, their relevance, and application to behaviour at various phases in the life span
2. To understand the role of hereditary and environmental influences in growth and development
3. To understand interactional nature of growth and behaviour at various stages in the life span: infancy, childhood, adolescence, youth, adulthood, and old age
4. To develop sensitivity towards needs, developmental tasks and health status along with need for developmental programmes for the same
5. To apply the information on growth, development and health in social work practice in general and individuals, groups and communities in particular.

Unit – I

Nature of Psychology: definition, scope of application in various fields; Introduction to schools of psychology; Relevance of Psychology for social workers.

Unit – II

Human growth and development : Pregnancy and child birth - infancy – babyhood-childhood-Adolescent – Adulthood – Middle age – Old age.

Unit – III

Learning and Motivation: Nature, definition and types; Theories of Pavlov and skinner; Remembering and forgetting.

Motivation: Concept of instinct : Motives for survival – Meaning and definition; types and characteristics of motives; Hierarchy of motives; conscious and unconscious motivation.

Adjustment : Concepts of adjustment and maladjustment; Stress; Frustration; Conflict nature and types;
Coping Mechanisms: Nature and types; Mental Health and community Mental health.

Unit – IV

Perception and attitudes: Perception space, depth, auditory and visual Attention

Attitude: Nature of attitudes, stereotypes and prejudices, formation of attitudes and attitude change.

Personality: Definition and structure; Theories of personality: Trait and type theories; important concepts of the contributions of Freud, Jung, Adler, Maslow and Ericson: factors influencing personality Development : Heredity & Environment and Socialization process.

Unit – V

Social Psychology and its applications, Collective behaviour : Nature and reasons for collective behaviour, manifestations of collective behaviour.

Psychological testing : Personality attitude and intelligence.

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