

HUMAN GROWTH AND DEVELOPMENT

Unit 1: Growth and Development

Meaning of Growth and Development, Development tasks, Development stages. Conception pregnancy & Delivery.

Infancy : Major adjustment of infancy.

Babyhood : Emotional behaviour in babyhood – Hazards of babyhood.

Early childhood : Emotional and Social Behaviour.

Late childhood : Emotional and Social Behaviour.

Unit 2: Puberty

Causes and age of puberty – Body changes at puberty – effects of puberty changes, adolescence – Developmental tasks of Adolescence, Emotional, Social aspects of adolescence.

Unit 3: Early and Late Adulthood.

Developmental tasks of Early Adulthood – Vocational, marital, social Adjustment – Late Adulthood – Adjustment to parenthood.

Unit 4: Middle Age.

Developmental tasks of middle age – social adjustment – Adjustment to physical changes – vocational and marital hazards of middle age.

Unit 5: Old Age

Characteristics of old age – Development task of old age, adjustment to retirement – Adjustment to loss of spouse – Life hazards of old age.

Text book

Elizabeth B. Hurlock, Development of psychology, Tata Mc Graw Hill & Pub. Corporation Limited, New Delhi, 2002.

References:

English Oscy, Emotional problems of living London : George Allen and Alwin Limited, 1958.

Hurlock E.B., Developmental psychology, 1975.

Thompson, C.G., Child Psychology, New Delhi, Sorject Publications, 1981.

Qamar Hasan, Personality Assessment – A French Psychological Look, Gyan Publishing house, New Delhi, 1997.

Lawrence, Adult Personality Developmetn, Theories and concepts, S. Wrightsman, Sage Publications, New Delhi, 1994.

Alice Eagly H. & Shelly Chiken, The Psychology of Attitudes, Harcourt Brace Jovanovich college publishers, New York, 1993.