

ST. JOSEPH'S EVENING COLLEGE (AUTONOMOUS)

Bangalore

DEPARTMENT OF PSYCHOLOGY

Syllabus

3rd Semester: Developmental Psychology

Number of Hours: 60

Number of Credits: 4

Course Objectives:

1. To understand basic concepts, issues, and methods of studying lifespan development.
2. To describe the factors influencing human development.
3. To chart the physical, cognitive and psychosocial development of the individual across the lifespan.
4. To understand important theoretical perspectives relating physical, cognitive and psychosocial development across the lifespan.

Unit 1 – Introduction

(12 hours)

Defining development, domains of development – Physical, cognitive, social, emotional.

Understanding development - Balte's lifespan approach, developmental stages.

Issues in human development - Nature and nurture, goodness and badness of human nature, activity and passivity, continuity and discontinuity, universality and context specificity.

Developmental research designs – Longitudinal, cross-sectional, sequential, microgenetic.

Factors influencing human development – Environmental factors, hereditary factors, chromosomal and genetic abnormalities.

Unit 2 – Prenatal Development and Infancy

(10 hours)

Prenatal development – Principles and stages, teratogens, the perinatal environment.

Infancy – Physical development: early reflexes, early sensory capacities, motor development; psychosocial development: attachment styles (Ainsworth's experiment), temperament;

cognitive development: Vygotsky.

Unit 3 – Childhood

(12 hours)

Physical development: bodily growth and change, nutrition and oral health, sleep patterns and sleep problems; psychosocial development: influence of parenting styles, play, understanding emotions; cognitive development: Piaget's stages of cognitive development

Unit 4 – Adolescence**(12 hours)**

Physical development: puberty and biological changes: sexual maturation, growth spurt, primary and secondary sexual characteristics; psychosocial development: peer acceptance and popularity, friendships, Kohlberg's theory of moral reasoning, Marcia's theory of identity achievement.

Unit 5 – Adulthood and the End of Life**(14 hours)**

Physical development: primary and secondary ageing, factors influencing ageing: disease, disuse and abuse; menopause and andropause; Psychosocial development: adult relationships: friendship, love and sexuality; adult attachment styles; marriage – adjustment to marriage, midlife divorce; parenthood – adjustment to parenthood, empty nest; midlife crisis; social networks; becoming grandparents; psychological implications of ageing; grieving (Kubler-Ross) and bereavement; psychosocial development across the lifespan: Erikson's theory of psychosocial development.

References:

1. Papalia D.E., Olds S.W., & Feldman R.D. (2004). *Human Development*. 9th Edn. New Delhi: Tata McGraw Hill Publishing Company Ltd.
2. Sigelman, C.K. (1999). . 3rd Edn. New York: Brooks/Cole Publishing Company.
3. Shaffer D.R. (1996). *Developmental Psychology*. New York: Brooks/Cole Publishing Company.
4. Zanden, Vander. (1997). *Human Development*. 6thEdn. New York: The McGraw-Hill Companies, Inc.
5. Hurlock, E.B. (1978). *Child Development*. New Delhi: McGraw Hill Series.