

ADOLESCENT AND ADULTHOOD

Semester – 5th

CC – 12

HD (502)

Credit – 2 + 2 = 4

Objectives :-

1. To enable the students to study the changes in adolescence through old age.
2. To make the students aware of the need & problems of adolescence through old age.
3. To study the changing rules from adolescence through old age.

Unit – 1 Adolescence.

- Characteristics of adolescence.
- Developmental tasks.
- Physical changes.
- Social and mental changes.
- The family system at the secondary school age child stage.

Unit – 2 Early adulthood.

- Characteristics of early adulthood.
- Developmental tasks.
- Physical changes.
- Social and mental changes.
- The family system at the young adult stage.

Unit – 3 Middle adulthood.

- Characteristics of early adulthood.
- Developmental tasks.
- Physical changes.
- Social and mental changes.
- The family system during the middle age years.

Unit – 4 Late adulthood.

- Characteristics of late adulthood.
- Physical changes.
- Social and mental changes.
- The family system at the aging family stage.

Practical:

- (1) To study developmental tasks of adolescence.
- (2) To study physical and mental changes of adolescence.
- (3) To study problems of adolescence.
- (4) To study developmental tasks of early adulthood.
- (5) To study adjustment problems of early adulthood.
- (6) To study developmental tasks of middle adulthood.
- (7) To study adjustment problems of middle adulthood.
- (8) To study developmental tasks of late adulthood.
- (9) To study physical changes of late adulthood.
- (10) To study adjustment problems of late adulthood.
- (11) To prepare folder for to giving guideline to adolescence and adulthood.

References:-

- Bigner, Jerry J.; 1994; Individual and family development; Prentice hall; Englewood clifts, New Jersey.
- Eraig, G.T. Human Development, (1976) Prentice Hall Inc. Englewood Clifts, New Jersey.
- Pickunas J., Human Development (1976), 3rd edition, Mc. Graw Hill Kogakusha.