

M.A Hsc -404 Aging problems and management(core elective)

Objective:

1. To enable the students to know adulthood & aging period.
2. To know the students about problems , psychology & behaviours of adulthood and aging.

Unit 1: introduction.

- Types of age :
 - ❖ Birren's three types of age.
 - ❖ Biological age, psychological age, social age , functional age.
 - ❖ Myths of aging and attitude towards aging.
 - ❖ Model of development – the lifespan approach , causes of change in adult hood and aging.
- Research methods used in a dult development and aging.

Introduction :

- ❖ Developmental / non developmental research .
- ❖ Experimental / co relational research ethics and research in adulthood.

Unit 2:

- Biology of aging and longevity.
 - ❖ The physiology of aging:
 - ❖ Sexual behavior in adulthood.
 - myths regarding sexual behavior.
 - lifespan trends in sexual behavior genera factors related to sexual behavior.
 - psychological effects of biological and physiological changes.
- Explanation for the aging process.
 - ❖ Biological theories of aging.
 - ❖ Physiological theories of aging.
 - ❖ Longevity / life expectancy.
 - factors relating to life expectancy.
 - developmental – health psychology.

Unit 3:

- -- characteristic of middle and old age.
--developmental task in middle age and old age.
--adjustment in middle age and old age.
--gender difference in adjustment.
- Attitudes towards successful aging.
- Family attitudes towards aged person.
- Interpersonal relationship and socialization in middle and late adulthood .

--the process of socialization .
--marriage , cause ,marital satisfaction, violence within the family ,role in adulthood.

Unit 4:

- Work, retirement and leisure , occupational roles and their selection.
--changing careers in mid life.
--industrial gerontology.
:discrimination against older workers , capabilities of the older worker .
--retirement..
:rationales for retirement .
:adjustment to retirement.
:factors related to the decision to retire.
:effects of retirement.
- Leisure: definition.
--types of leisure activities.
--learning to live with leisure.
--leisure activities in adulthood.
--leisure research in adulthood.
--patterns of leisure during retirement.

References:

1. Diane E .papalia “human development” 5th 1992 , tata megraw –hill publishing compony limited , new delhi.
2. Berk hayslip jr. “adulthood devel opment and aging” 2nd ed.1993 ,happercollis ,college publishers , 10 east 53 street .new York , ny 10022.
3. “life span development” john w.snatrouch 9th ed.2004.
4. Kutumb kalyan by A.G shah, G.K dave.