

# DEVELOPMENT OF THE SELF

Paper no.- HSG -401

CC-10

Credits -4 +0=4

Sem. -4 (M.Sc. H.D.)

Marks – 100 +0= 100

## OBJECTIVES

- To initiate self- enquiry and introspection;
- To discuss different aspects of the self and its development;
- To contextualize the self in culture.

### Unit -1. Definition of development and self & approaches

- Linking the individual and the group; self – concept and self – esteem.
- Enquiry and introspection. Memories of childhood and their influence.
- Family history and its impact on individuals.
- Biographies of significant persons as illustrations .

### Unit -2 The self in the life -span

- Significance of birth; role of childhood experiences; changing roles and responsibilities
- With age; the sense of self at adolescence
- Cultural variations, achieving selfhood at adulthood

### Unit -3 The individual and the context

- Influence of family, peers and school on the development of self – esteem..
- Community and culture in relation to the development of self.
- Biological, psychological and cultural aspect of being male and female, stereotypes, beliefs and gender discrimination
- Effect on the sense of self. Cultural and sub - cultural differences.

### Unit -4 Role of spirituality and religion in the development of the self.

- Experiences, values, beliefs and attitudes in society.

## References

1. Kakar, S. (1978). The inner world. New Delhi: Oxford University press.
2. Gandhi, M.K. (1927). An autobiography or the story of my experiments with truth. Ahmedabad: Navajivan Trust.
3. Llewellyn-Jones, D. (1971). Every girl. London: Faber & Faber
4. Llewellyn-Jones, D. (1971). Every woman. London: Faber & Faber.
5. Mead, M. (1976) Male and female. UK: Penguin.
6. Bee, H. (1989). The developing child. New York: Harper & Row.