

# MSW-113 HUMAN GROWTH AND BEHAVIOUR

## Course Title:

### Introduction

The course aims to introduce the learners to the development of the individual across the life span, in a systems and an ecological perspective. It also provides an understanding of human development and behaviour, in contextual influences, including individuals in disadvantaged or special contexts. The theoretical inputs are to enhance the understanding of people's growth, health, and development at various stages as bio-psycho-socio-spiritual being over the life span.

### Objectives

- a. Develop an overall understanding of the principles of growth, their relevance and application to behaviour at various phases in the life span.
- b. Understand the twin roles of individual's heritage and environmental influences in growth and development.
- c. Understand interactional nature of growth and behaviour at various stages in the life span: infancy, childhood, adolescence, youth, adulthood and old age, and impact of cultural aspects.
- d. Develop sensitivity towards needs, developmental tasks and health status along with need for developmental programmes for the same,

## 1. Understanding the Human Growth

Concept of human growth, development  
Factors affecting human behaviour  
Methods of study human behaviour  
Theories of development -freud's Psychosexual theory & Erikson's psychosocial theory, Learning Theories and Piagets theory of cognitive development and those of a Jung-Roger,Maslow and Murry

## 2. Stages and Areas of Human Growth & Development

Life span approach to the understanding of human growth  
Principles of growth & development  
Stages of development- from conception to old age Behaviour  
Social, emotional, cognitive and physical.  
Stages in Life Span Approach from Conception to Old Age,  
Characteristics , needs, tasks and problems at each stage.

## 3. Factors Affecting the Human Behaviour

heredity- concept, mechanism and influence of heredity on human behaviour  
Environment - concept and influence of social, physical and family environment  
The self and the self concept.

## 4. Psychological Processes in Behaviour and Social Bases of Behaviour

- Needs and Motives.
- Emotions
- Perception
- Intelligence

- Learning and motivation
  - Social perception -attitudes, prejudices, biases, stereotyping
  - Individuals in groups -group norms, group conformity vs. deviation.
  - Propaganda rumours and the social affects.
5. Processes of Adjustment and Maladjustment and Intervention
- Concept and factors
  - Stress and frustration
  - Conflicts
  - Coping mechanismsDefence mechanisms
  - .Behavioral problems in children
  - Personality problems
  - Social deviation and addiction
  - Psychological Counseling
  - Psychological testing and its relevance to treatment
- Measurements in psychology .

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#### **G - IV Human Growth and Development**

##### **Recommended Readings :**

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## General Reference :

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