

DEPARTMENT OF HOME SCIENCE

Semester – V

B.Sc. (Honours) Home Science

DISCIPLINE SPECIFIC CORE COURSE

DSC HH 513: Human Development III: The Adulthood Years

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
Human Development III: The Adulthood Years	4	3	0	1	XII Pass	Appeared in Human development II: Middle Childhood and Adolescence

Learning Objectives

- To develop an understanding of different domains of development in adulthood
- To gain an understanding of how socio-cultural contexts shape development during adulthood
- To utilize a range of techniques to study different domains of development in adulthood

Learning Outcomes

Students will be able to:

- To describe different domains of development in adulthood : physical, cognitive, language and socio-emotional
- To understand development in adulthood in varied contexts and cultures
- To develop competency in the use of different techniques for studying various domains of development in adulthood

SYLLABUS OF DSC HH 513

THEORY (Credits 3; Hours 45)

UNIT I: Understanding Young Adulthood

15 Hours

- Physical and physiological changes
- Cognitive development
- Socio-emotional development- relationships and marriage

- Careers, work and leisure
- Gender and sexuality in Indian context

UNIT II: Development during Middle Adulthood

15 Hours

- Definition, developmental tasks of middle adulthood
- Physical changes, health and well-being
- Cognitive development and changes
- Social and emotional development-relationships and family dynamics, marital satisfaction and parenting

UNIT III: Aging in Late Adulthood

15 Hours

- Developmental tasks of late adulthood
- Physical and physiological changes associated with aging and health concerns
- Cognitive development: changes in cognitive abilities
- Socio-emotional development-grand parenting, social support networks, work and retirement, leisure and overall well-being
- Culture, religion and spirituality
- Death and grief

PRACTICAL

(Credits 1; Hours 30)

1. To study development during adulthood using multimedia resources.
2. Case profile of an individual in middle/late adulthood
3. Use of interview/questionnaire method to study adult roles (at least one male and one female)
 - Father/ Husband
 - Homemaker
 - Employed woman
 - Single parent
 - Grandfather/ grandmother
 - Retired person
4. Journaling in young adulthood
5. Visit to an old age home
6. Study psychological tests of intelligence and personality- any three

Essential Readings:

- Berk, L.E. (2007). Development through the lifespan. Delhi: Pearson Education.
- Papalia, D.E. and Martorell, G. (2015). Experience Human Development. McGraw Hill Education.
- Ranganathan, N.(Ed.).2020. Understanding Childhood and Adolescence. New Delhi: Sage
- Santrock, J.W. (2007). A Topical Approach to Lifespan Development. New Delhi: Tata McGraw-Hill.
- Singh, A. (Ed). 2015. Foundations of Human Development: A Lifespan approach. New Delhi: Orient Black Swan.

Suggested Readings:

- Sharma, N. (1999). Understanding Adolescence. National Book Trust.

- Rice. F. P. (1998). Human Development: A lifespan approach. New Jersey: Prentice Hall.
- Rutter, M. and Rutter, M. (1992). Developing Minds: Challenge and continuity across the lifespan. London: Penguin.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch,
University of Delhi, from time to time.**