

**Psychology Special II  
Developmental Psychology**

**Semester III**

**Subject Code: A31618**

**Lectures: 60**

**Objectives:**

- To acquaint the students with development processes of the human being throughout the lifespan.
- To help students understand the influences of various factors in development across lifespan.

**Unit 1: Introduction to Lifespan Development.**

12

- Scope of lifespan development.
- Key issues of lifespan development.
- Contextual perspective to development.
- Research designs for studying development.

**Unit 2: Prenatal Development and Infancy.**

12

- Genetic foundations & prenatal growth and change.
- Childbirth and the postpartum period.
- Cognitive development in infancy-Piaget's sensorimotor stage
- Language Development in infancy.
- Social and personality development in infancy.

**Unit 3: The preschool years and middle childhood.**

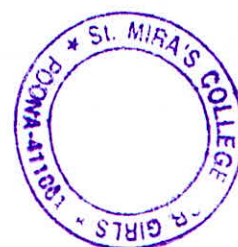
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- Cognitive development in preschool years- Piaget's stage of preoperational thinking.
- Language Development in preschool years.
- Social and personality development in preschool years-forming a sense of self, development of friendships
- Intellectual and Language Development in middle childhood.
- Developing self and moral development in middle childhood.

**Unit 4: Developmental transitions in adolescence and adulthood.**

12

- The transition of Adolescence.
  - Physical & Cognitive development.
  - Social & Personality development.



- The expanse of Adulthood.
- Aging: A gradual process.
- Death and Dying.

**\*Assignments and library hours – 12 hours**

**Readings:**

- Competencies of the newborn
- Infancy- Physical growth and stability ,Motor development ,Development of the senses
- Preschool years-Growing body and growing brain ,Motor development
- Middle childhood -Physical changes, motor development and safety, building friendships, family life.
- The Indian Perspective-Dominant themes of childhood in India – The cultural setting: Family, Childhood and Socialization Culture- Reading.

**Recommended Text Books:**

1. Feldman R S. *Discovering the Life Span*. Dorling Kindersley India Pvt. Ltd., New Delhi. (2010)
2. Dacey J S and Travers J F. *Human Development*, McGraw- Hill, New Delhi, 5th Edition (2004)
3. Weiten W and Lloyd M. A. (2004) *Psychology Applied to Modern Life – Adjustment in the 21<sup>st</sup> Century*. 7<sup>th</sup> Ed, Thomson Wadsworth.

**Reference Books:**

1. Berry J W, Mishra R C and Tripathi R C. *Psychology in Human and Social Development*. Sage Publications, New Delhi. (2003)
2. Chaudhary N. *Listening to Culture*. Sage Publications, New Delhi. (2004)
3. Santrock J W. *Child Development*. Tata McGraw – Hill Publishing Co. Ltd., New Delhi, 11<sup>th</sup> Edition. (2007)
4. Santrock J W. *Human Development*. Tata McGraw – Hill Publishing Co. Ltd., New Delhi, 3rd Edition. (2007)



**Psychology Special II**  
**Introduction to Positive Psychology**

Semester: IV

Subject Code: A41618

Lectures: 60

**Objectives:**

- To introduce concepts of positive psychology
- To acquaint students with Positive cognitive, emotional states and processes and also pro-social behaviour and wellbeing.
- To acquire insights into their own strengths and utilize them to increase their and others' wellbeing.

**Unit 1: Introduction to positive psychology.** 12

- Traditional Psychology – the disease model.
- Positive psychology: assumptions, goals and definitions
- Classification & Measures of Strengths and positive outcomes.
- Relationship of positive psychology with other related fields: health psychology, clinical and developmental psychology.

**Unit 2: Positive emotional states and Resilience.** 12

- Positive Emotions: Broaden & Built theory; limits of positive emotions.
- Happiness: Two traditions- Hedonic and Eudaimonic; Measurement of happiness.
- Subjective Wellbeing: Meaning, Components & Measurement.
- Resilience: Meaning & Sources of resilience.

**Unit 3: Personal Goals & Wellbeing.** 12

- Defining personal goals.
- Self concept and personal goals.
- Personal goals and wellbeing.
- Materialism and affluence: limitations of materialism.

**Unit 4: Close-relationships & Wellbeing.** 12

- Defining close-relationships.
- Friendship & love.
- Factors influencing Romantic relationships
- Psychology of forgiveness and gratitude.





**\*Assignments and library hours – 12 hours**

**Recommended Text Books:**

1. Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage South Asia Edition.( 2011).
2. Baumgardner S R and Crothers M K "*Positive Psychology*", Dorling Kindersley India Pvt. Ltd., New Delhi. (2009)

**Reference Books:**

1. Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. *Positive Psychology Progress: Empirical Validation of Interventions*. *American Psychologist*, 60 (5), (2005)

