

DISCIPLINE SPECIFIC ELECTIVE COURSE - 15: PSYCHOLOGY OF AGEING

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		
DSE 15 Psychology of Ageing	4	3	1	0	Passed Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To help learners understand the ageing process.
- To understand and comprehend concepts and theories related to ageing.
- To develop an application-based approach focusing on promoting health and well-being of the elderly.

Learning Outcomes

After completing this course, the student will be able to:

- Understand the ageing process.
- Gain insight into physical and cognitive changes during later life.
- Recognize social-emotional challenges experienced by the elderly.
- Identify strategies for successful ageing.

SYLLABUS OF DSE 15

UNIT 1

(9 hours)

Introduction

- Understanding the ageing process
- Gerontology: Nature, scope, concepts and theories
- Ageing as a Global Challenge

UNIT 2

(12 hours)

Physical and cognitive aspects of aging

- Psychological impact of and Physical changes in ageing (sensory-motor changes, sleep)
- Neurocognitive disorders (Alzheimer's, Dementia, Parkinson's)

UNIT 3

(12 hours)

Socio-emotional aspects of ageing

- Transitions in later life

- Family and social relationships
- Social security and crime against elderly
- Economic issues in ageing

UNIT 4

(12 hours)

Coping in later life

- Coping with death, dying and bereavement
- Rights of the elderly
- Spirituality
- Positive ageing

Practical component (if any) – NIL

Tutorial component

(15 Hours)

Suggestive Tutorial Activities

- Community service projects
- Analysis of ageing represented in Media
- Discussions on cultural perspectives of ageing
- Field trip to elderly care services
- End of life planning and advance directives
- Discussion related to life post-retirement
- Financial and safety measure in old age
- Dealing with grief after loss of partner

Essential/recommended readings

- Kaushik, P. (2018). *Promoting Successful Positive Aging across the Health Continuum: A Holistic Approach*. In Prasad, V., Akbar, S. (Ed.) *Handbook of research on Geriatric Health, Treatment, and Care*. I.G.I. Global (formerly Idea Group Inc.) - U.S.A. P-142. Pp. No- 448-474. ISBN-13: 9781522534808 (Unit IV – Positive aging)
- Paltasingh, T. & Tyagi, R. (2015). *Caring for the Elderly: Social Gerontology in the Indian Context*. Sage Publications India Pvt. Ltd. ISBN 978-93-515-0263-0
- Quadagno, J. (2014). *Ageing and the Life Course: An introduction to Social Gerontology* (6th Edn). Mc Graw Hill. (Unit III – Family & Social relationships)
- Robnett R.H., Brossoie, N., & Chop, W.C. (2020). *Gerontology for the Health Care Professional*. Jones & Barlett Learning, Burlington, MA
- Santrock, J.W. (2021). *Life-span Development* (18th Edn). McGraw Hill Pvt Ltd. ISBN 9781260245844
- Shankardass, M.K. (2020). *Ageing Issues and Responses in India*. Springer Nature Singapore Pte Ltd. ISBN 978-981-15-5186-4

Suggestive readings

Woods, B. & Clare, L. (2008). *Handbook of the Clinical Psychology of Aging* (2nd Edn). John Wiley and Sons Ltd. ISBN 978-0-470-01230-7

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