

DISCIPLINE SPECIFIC ELECTIVE 26

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 26 Psychology of Ageing	4	3	1	0	Class XII Passed	Nil

Learning Objectives

- 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

By studying this course, students 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 DSE 26

UNIT – I Introduction

(9 Hours)

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

UNIT – II Physical and cognitive aspects of ageing

(12 Hours)

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

UNIT – III Socio-emotional aspects of ageing

(12 Hours)

Transitions in later life; Family and social relationships Social security and crime against elderly; Economic issues in ageing

UNIT – IV Coping in later life

(12 Hours)

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

Practical component (if any) – NIL

Suggested activities for tutorials (15 hours)

(This is a suggestive and not an exhaustive list of 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 Ageing 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
- 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.
- 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.
- 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 Ageing (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.