

**DISCIPLINE SPECIFIC ELECTIVE COURSE**  
**DSE HH7A1: THEORIES OF HUMAN DEVELOPMENT**

**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		
Theories Of Human Development DSE HH7A1	4	2	0	2	Studied Semester VI	Nil

**Learning Objectives**

- Understand the major theories of human development and their historical contexts.
- Critically analyse and compare developmental theories.
- Apply theoretical frameworks to practical situations.
- Explore the role of culture, environment, and genetics in shaping human development.

**Learning Outcomes**

The students will be able to:

- Identify and explain the major theories of human development.
- Analyse developmental stages from different theoretical perspectives.
- Apply developmental theories to practical situations.
- Use theoretical approaches to understand complex developmental phenomena

**SYLLABUS OF DSC HH 7A1**

**THEORY**  
**(Credits 2; Periods 30)**

**Unit I: Foundations and Applications of Theories in Human Development      10 Hours**

This unit describes introductory perspectives on human development.

- Theory in Human Development- What is a theory? Theoretical frameworks and their purpose in explaining human growth and adaptation
- Overview and Major Perspectives of Human Development- biological, social, cognitive, and emotional, Critiques and limitations of traditional theories
- Cross-cultural perspectives on developmental theories

**Unit II: Frameworks of Development and Theoretical Foundations      14 Hours**

This unit delineates classical and contemporary theoretical perspectives.

- Classical Theories of Human Development- Psychoanalytic Theories, Learning Theories, Cognitive Development Theory
- Contemporary Developmental Theories- Humanistic and Ecological Theories, Sociocultural theories and theories of Attachment
- Lifespan Developmental Theories- Theories of continuity and change, Protection Motivation theories/framework, Resilience Theories

### **Unit III: Real-World Applications of Developmental Theories**

**8 Hours**

This unit maps out applications of human development theories.

- Emerging developmental theories in relation to equity and diversity issues; Research and innovation trends in HD
- Applying theories in parenting, education, counselling, and social policy
- Cross-cultural critiques and adaptations of human development theories

#### **PRACTICAL (Credit 2; Periods: 60)**

1. Reflect and write a Self-Narrative on your own developmental experiences by exploring how biological, social, cognitive, emotional, and cultural factors have shaped your development and growth
2. Observe a child in various settings (home, school, community) and analyze how different environments (microsystem, mesosystem, exosystem, macrosystem, chronosystem) influence their development, focusing on cognitive, emotional, and social growth.
3. Using a secondary source (Book Review/ Film Review) analyze a character's behaviour through Freudian concepts like the id, ego, and superego, examining how unconscious desires, repressed memories, and unresolved childhood conflicts influence their actions and decisions.
4. Conduct in-depth interviews with college students (ages 18-22) using identity formation theories (such as Erikson's psychosocial development or Marcia's identity statuses) to explore sense of self, navigating role confusion, and experiencing identity achievement, moratorium, foreclosure, or diffusion etc.
5. Prepare a developmental task list based on Piaget's cognitive tasks to observe and document childhood development behaviours
6. Choose 3 newspaper articles that discuss human behavior (e.g., crime, education, health) and identify examples of reinforcement, modelling and imitation
7. Create hypothetical moral dilemma situations to understand moral development and decision-making
8. Observing infant-caregiver interactions and identifying attachment styles
9. Create a timeline of your or someone else's life, marking major events and periods of adversity. Identify how resilience was demonstrated through coping strategies or external support, and explain these adaptations using lifespan resilience theories.
10. Project- Plan and prepare a presentation on applying Classical/ Contemporary/ and Lifespan Developmental Theories to Real-World Scenarios across diverse environments and cultural settings

### Essential Readings

- Crain, W. (2024). *Theories of development: Concepts and applications*. Routledge: New York.
- Lerner, R. M. (2018). *Concepts and Theories of Human Development*.
- Lightfoot, C., Cole, M., & Cole, S. R. (2018). *The Development of Children*.
- Miller, P. H. (2002). *Theories of developmental psychology*. Macmillan.
- Newman, B. M., & Newman, P. R. (2022). *Theories of human development*. Routledge.

### Suggested Readings

- Erikson, E. (1959). Theory of identity development. *E. Erikson, Identity and the life cycle*. Nueva York: International Universities Press. Obtenido de [http://childdevpsychology.yolasite.com/resources/theory% 20of% 20ident ity% 20erikson. pdf](http://childdevpsychology.yolasite.com/resources/theory%20of%20identity%20erikson.pdf).
- Marikyan, D., & Papagiannidis, S. (2023). Protection motivation theory: A review. *TheoryHub Book: This handbook is based on the online theory resource: TheoryHub*, 78-93.
- Sobel, D. (1999). *Galileo's Daughter: A Historic Memoir of Science, Faith and Love*. New York: Walker & Co.
- Spivak, G. C. (2004). *Death of a Discipline*. Calcutta: Seagull.

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