

DISCIPLINE SPECIFIC ELECTIVE COURSE

DSE HP 8A3: AGING AND ELDERLY

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		
Aging and Elderly (DSE)	4	3	1	0	Appeared in Semester 7	Studied HDCS paper in previous semester

Learning Objectives:

- To review the physical, cognitive, and social changes associated with aging.
- To examine the dimensions of well-being and mental health among the elderly.
- To evaluate the impact of aging on social relationships, work, and retirement.
- To explore the ethical, social, and policy issues related to aging populations.

Learning Outcomes:

The students will be able to:

- Identify and analyze the physical, cognitive, and social changes associated with aging
- Recognise the impact of aging on social relationships, work, and retirement.
- Describe the ethical, social, and policy issues related to aging populations.

THEORY

(Credits 3; Periods 45)

UNIT I: Understanding Aging: Concepts and Contexts

12 hours

This unit introduces the key perspectives and foundational understanding of aging, especially in the Indian context.

- Perspectives on Aging: Developmental, Social, Cultural, and Medical approaches
- Ageism and cultural perspectives on aging
- Longevity: Trends and implications

UNIT II: Aging in India and the Digital Age

8 hours

This unit focuses on the demographic realities of aging in India and the emerging influence of the digital world.

- Demographic profile of the elderly in India: Indicators and implications
- Aging in the digital world: Opportunities and exclusions

- Bridging the digital divide among the elderly

UNIT III: Psychosocial and Developmental Dimensions of Aging

10 hours

This unit explores the life transitions and developmental changes that influence the psychosocial well-being of older adults.

- Changing physical, social, and cognitive capacities and processes
- Work, career transitions, and retirement
- Health, wellbeing, and quality of life
- Coping with loss: Loneliness, grief, and depression

UNIT IV: Legal, Ethical, and Care Considerations in Aging

15 hours

This unit discusses the legal, ethical, and caregiving frameworks for supporting the elderly in India.

- Systems of care: Familial and extra-familial support
- Constitutional provisions, legislations, and national policies/programmes for the elderly
- Elder abuse, neglect, safety, and violence
- Palliative and end-of-life care

TUTORIAL

(Credit 1; Periods: 15)

- Explore perspectives on the needs and care of the elderly in diverse settings, using personal observations, and conversations with elderly family and community members.
- Watch portrayals of late adulthood in documentaries and popular Indian films.
- Documentation of articles and social media posts on elderly.

Essential Readings

- Boll, T., Ferring, D., & Valsiner, J. (Eds.). (2018). *Cultures of care in aging*. IAP Information Age Publishing.
- Cavanaugh, C. J., & Fields, F. B. (2015). *Adult development and aging* (7th ed.). Cengage Learning.
- Gawande, A. (2014). *Being mortal: Ageing, illness, medicine and what matters in the end*. New York, NY: Henry, Holt and Company.
- Gupta, N. (2019). *Human development in India*. Emerald Publisher.
- Shankardass, M. K. (2020) (Ed.). *Aging issues and responses in India*. New Delhi: Springer
- Srivastava, S., & Sudha, K. R. (2016). *Textbook of human development*. S. Chand & Company.
- Uberoi, P. (1994). *Family, kinship and marriage in India*. New Delhi, India: Oxford University Press.

Suggested Readings

- Austrian, S. S. (2013). *Developmental theories through the life cycle*. Columbia University Press.

- Berk, L. E. (2009). *Development through the lifespan*. Pearson Education.
- Bjorklund, B. R. (2015). *The journey of adulthood* (8th ed.). Pearson.
- Feldman, R. S. (1997). *Development across the life span*. Prentice Hall.
- Giridhar, G., Sathyanarayana, K. M., Kumar, S., James, K. S., & Alam, M. (Eds.). (2014). *Population Ageing in India*. Cambridge: Cambridge University Press.
- Kerschner, H. K., & Silverstein, N. M. (2018). *Introduction to senior transportation: Enhancing community mobility and transportation services*. Routledge
- Sasser, J. R., & Moody, H. R. (2018). *Gerontology: The basics*. Routledge.
- Steinberg, L., & Bornstein, M. H. (2010). *Life span development: Infancy through adulthood*. Wadsworth/Cengage Learning.

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