

# **GER503 Lifespan Development and Psychology of Ageing**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JULY

## **Synopsis:**

Lifespan and Psychology of Ageing, uses the lifespan perspective and psychological theories to examine the ageing body and mind. Theories and knowledge of the development of the older adults will be combined with the issues and challenges that accompany the late life developmental stages. The role of gender and economic factors in shaping the accumulative advantages and disadvantages experienced in old age will be analysed. Students will learn the latest assessment techniques to measure psychological coping strategies of older persons. The interaction of religion and personality, migration and depression, loneliness and urban contexts will be examined and discussed to deepen the understanding of students on these issues

## **Topics:**

- Ageing in the context of lifespan human development
- Psychological theories of ageing
- Psychological changes with age
- Personality and emotional competency
- Factors for optimal ageing
- Adaptation and coping strategies
- Religion and resilience
- Loneliness and depression
- Social context, culture and well-being
- Integrating social, financial, biological and psychological aspects of ageing

## **Textbooks:**

(2018) by Yochim, B.P. & Woodhead, E.L. (eds).: Psychology of Aging: A Biopsychosocial Perspective New York: Springer Pub. (Taylor & Francis)  
ISBN-13: 9780826137289

**Learning Outcome:**

- apply the main psychological theories of ageing
- construct critical connections between lifespan physiological and psychological changes in the ageing process
- Examine the factors that slow the decline in cognitive functioning and contribute to resiliency in older adults
- analyse the psychological issues and challenges that accompany late life stages
- Improve competency in understanding the body-mind-spirit functions in older people in the context of gender, class and culture
- assess psychological aspects of older adults using internationally recognized scales/indices

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	25
	GROUP BASED ASSIGNMENT 1	25
Overall Examinable Components	Written Exam	50
<b>Total</b>		<b>100</b>