

COURSE CODE: HSM 416
COURSE TITLE: ADOLESCENCE AND ADULTHOOD
NUMBER OF UNITS: 3 UNITS
COURSE DURATION:

COURSE DETAILS:

Course Coordinator: Ariyo, Adijat. Motunrayo
Email: motunrayoariyo@yahoo.com
Office Location: Department of Home Science & Management
Other Lecturers:

COURSE CONTENT:

This course will introduce students to the concept and definitions of adolescence, the major theories of adolescence's physical, sexual, social, cognitive, moral and emotional development, the unique tasks and challenges confronted by adolescents at each developmental stage, the effect of individual differences and the socio-cultural context on reactions to stresses at each stage i.e. the emotional maturity of adolescence and youth, the pattern of adult life and old age developmental stages.

COURSE REQUIREMENTS:

READING LIST:

LECTURE NOTES

RATIONALE

Over the past 10-15 years, there has been a dramatic increase in the attention paid to adolescence. Few development periods are characterized by so many changes at so many different levels – changes due to pubertal development, social role redefinitions, cognitive development, school transition and the emergence of sexuality. The nature and pace of these changes make adolescence an ideal focus for the study of human development. This course will provide lectures to facilitate students' in-depth understanding of the major theories relating to development and growth of adolescence through adulthood. Adolescence will be defined. Emphasis will be on the unique tasks and challenges of adolescence. Factors that lead to stress and stressful life event in adolescence will be examined. Individual differences and socio-cultural context on reactions to stress at each stage will be examined.

OBJECTIVES

On completion of this course, students will be able to:

1. Define adolescence and discuss the major theories of adolescence's physical, sexual, social, cognitive, moral and emotional development.
2. Discuss the unique tasks and challenges confronted by adolescents at each developmental stage.
3. Discuss and explain the effect of individual differences and the socio-cultural context on reactions to stresses at each stage i.e. the emotional maturity of adolescence and youth.
4. Describe the pattern of adult life and old age developmental stages.

Course Descriptions

Lectures 1 to 3:- Development in Adolescence:-

Introduction, Definitions of Adolescence and Adolescent, An overview of the major theories of adolescent's physical, social, cognitive, morals and psychosocial development.

Lectures 4 -5:- Some unique tasks/ challenges during adolescence

- (i) Identity formation
- (ii) Drug use by adolescence
- (iii) Adolescence sexuality

Lecture 6:- Individual differences and the socio-cultural context on reactions to stress at different stages of adolescents.

Lectures 7 to 8:- Development in adulthood

- Early adulthood
- Marriage and family
- Career choice etc

- **Lecture 9- 10:-** Development during Middle Adulthood

- Challenges during middle childhood

Lecture 11:-Late Adulthood

- Challenges during late Adulthood

Lecture 12:- What does **IT MEANS TO BE OLD?**

-Death and dying

Lecture 13:- Tutorial Groups Presentation

Lecture 14:- Continuous Assessment Test & General Revision.

Teaching strategies

- 1 Lecture
- 2 Discussion and Group work
- 3 Case studies
- 4 Tutorial Group Presentation

Grading:

Class Attendance & Participation	10%
Continuous Assessment Test	20%
Tutorial Presentation	10%
Final Examination	60%
TOTAL	100%

SOME RECOMMENDED TEXT BOOKS FOR PERSONAL STUDIES

Tokunbo, M.A.(1998). Retirement and old Age. Ikeja: Literamed Publications Ltd.

Belsky, K. (1990) The psychology of ageing: Theory, research and intervention. California: Brooks Cole's pub. Co.

Cumming, E. and Henry W.E. (1961) Growing old. New York: Basic Books.

Kimmel D.C. (1982) Adulthood and Ageing. New York: John Wiley & Sons

Visit various websites on Adolescence and Adulthood