

Programme	BSSW	Course Code	HGB-113	Credit Hours	3
Course Title	Human Growth and Behaviour				
Course Introduction					
<p>The course is designed to give the students background knowledge of the stages of normal growth of an individual. The concept of psychosocial development and the psychological dynamics that influence his life patterns with special emphasis on some basic assumptions about human behavior and motivation due emphasis is also given on the environmental influences and the role of significant people responsible for the socialization of the individual. It further gives an insight to the students about the development and functioning of human mind. Its adoptive patterns and mechanisms of defense of ego and the proper ways through which these can be resolved.</p>					
Learning Outcomes					
<p>On the completion of the course, the students will:</p> <ol style="list-style-type: none"> 1. Have knowledge about patterns and dynamics of human growth and development. 2. Have the concept of psychosocial development of human being while highlighting the factors that influence and are cause and consequences of normal structure of the personality development. 3. Have insight about the psychological dynamics of problems at different age level. 					
Course Content				Assignments/Readings	
Week 1-2	<p>Unit-I</p> <p>1.1 First-hand information and understanding about human being as subject matter for social development in persuasion of the cause of Social Welfare.</p>				
Week 3	<p>Unit-II</p> <p>2.1 How knowledge of Psychology is helpful for a Social Worker</p> <p>2.1.1 Justification on different grounds in context of practice of Social Work</p>				
Week 4-6	<p>Unit-III</p> <p>c. Human Growth and Development</p>				

	<ul style="list-style-type: none"> i. As process meaning concept ii. Nature of Human Growth iii. Types of the changes as constituents of Growth as process iv. Factors which influence Human Growth as process v. Phases/Periods of Human Growth and Development vi. Principles of Human Growth and Development vii. Nature vs Nurture 	
Week 7-8	<p>Unit-IV</p> <p>4.1 Human Behaviour</p> <ul style="list-style-type: none"> 4.1.1 Concept of Human Behaviour 4.1.2 Forces/Factors involved 4.1.3 Basic assumptions about Human Behaviour 	
Week 9	Mid-term Exam	
Week 10-12	<p>Unit-V</p> <p>5.1 Modern Theories of Personality</p> <ul style="list-style-type: none"> 5.1.1 Theory presented by Sigmond Freud 5.1.2 Theory presented by Erick Erickson 	
Week 13-14	<p>Unit-VI</p> <p>6.1 Defense Mechanisms of the Ego</p> <ul style="list-style-type: none"> 6.1.1 Meaning, concept and utility of various defense mechanisms 6.1.2 Emergence of a defense mechanisms 6.1.3 Type/nature, manifestations and resolving of different 	

	mechanisms 6.1.4 Study of different defense mechanisms being adopted at different age level both in male and female	
Week 15-17	Unit-VII 7.1 Mental Illnesses 7.1.1 Introduction 7.1.2 Nature, causes, symptoms 7.1.3 Kinds/Types of Mental Illness 7.1.4 Neurosis 7.1.5 Nature, causes, symptoms 7.1.6 Forms of Neurosis 7.1.7 Psychosis 7.1.8 Nature, causes, symptoms 7.1.9 Forms of Psychosis	
Week 18	Final Term Exam	
Textbooks and Reading Material		
<ol style="list-style-type: none"> 1. Bogin, B. (Ed.). (2012). <i>Human growth and development</i>. New York: Academic Press. 2. Carver, C. S., & Scheier, M. F. (2012). <i>Attention and self-regulation: A control- theory approach to human behavior</i>. New Jersey: Springer Science & BusinessMedia. 3. Cheung, Y. B. (2013). <i>Statistical Analysis of Human Growth and Development</i>. New York: CRC Press. 4. Davidoff, L. L. (2000). <i>Introduction to psychology</i>. New York: McGraw Hill Company. 5. Ewen, R., & Ewen, R. B. (2014). <i>An introduction to theories of personality</i>. London: Psychology Press 6. Engler, B. (2002). <i>Theories of Personality development</i>. London: Macgraw Hill Company. 7. Eysenck, H. J., & Rachman, S. (2013). <i>The Causes and Cures of Neurosis (Psychology Revivals): An introduction to modern behavior therapy based on learning theory and the principles of conditioning</i>. London: Routledge. 8. Greene, R. (2017). <i>Human behavior theory and social work practice</i>. London: 		

Routledge.

9. Hogan, R., & Smither, R. (2001). *Personality: Theories and applications*. New York: Westview Press.
10. Kelly, G. (2002). *The psychology of personal constructs: Volume one: Theory and personality*. London: Routledge.
11. Kinnunen, J., & Lofgren, H. (2013). *Infrastructure for Growth and Human Development in Pakistan: A Simulation Analysis of Fiscal Policy Options*. The World Bank.
12. Link, B. G., Yang, L. H., Phelan, J. C., & Collins, P. Y. (2004). Measuring mental illness stigma. *Schizophrenia bulletin*, 30(3), 511-541.
13. Magnavita, J. J. (2002). *Theories of personality: Contemporary approaches to the science of personality*. New Jersey: John Wiley & Sons Inc.
14. Millon, T., Millon, C. M., Meagher, S. E., Grossman, S. D., & Ramnath, R. (2012). *Personality disorders in modern life*. John Wiley & Sons.
15. Neff, W. (2017). *Work and human behavior*. London: Routledge.
16. Pellitteri, J. (2002). The relationship between emotional intelligence and ego defense mechanisms. *The Journal of psychology*, 136(2), 182-194.
17. Ranis, G., Stewart, F., & Ramirez, A. (2000). Economic growth and human development. *World development*, 28(2), 197-219.
18. Sudbery, J. (2009). *Human Growth and Development: An Introduction for Social Workers*. London: Routledge.
19. Utsey, S. O., & Gernat, C. A. (2002). White racial identity attitudes and the ego defense mechanisms used by White counselor trainees in racially provocative counseling situations. *Journal of Counseling & Development*, 80(4), 475-483. Cambridge: Cambridge University Press.

Teaching Learning Strategies

4. Lectures
5. Presentations
6. Group discussions
7. Interactive sessions

Assignments: Types and Number with Calendar

- 5.
- 6.
- 7.

8.

Assessment

Sr. No.	Elements	Weightage	Details
10.	Midterm Assessment	35%	Written Assessment at the mid-point of the semester.
11.	Formative Assessment	25%	Continuous assessment includes: Classroom participation, assignments, presentations, viva voce, attitude and behavior, hands-on-activities, short tests, projects, practical, reflections, readings, quizzes etc.
12.	Final Assessment	40%	Written Examination at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.