

## **SEMESTER-VII**

**CPSY-413**

### **PSYCHOLOGY OF AGING**

**Credit Hour: 3**

Type: Major

#### **Course Objectives**

This is designed to understand scientific knowledge and clinical practice within the multidisciplinary field of gerontology. Students will be able to recognize important distinctions between normal and pathological age-related changes. They will learn key theories, concepts, and research findings associated within different specialty areas of geroPsychology.

#### **Course Outcomes**

- Overview of the Psychology of Aging
- Basic Principles of Lifespan Developmental Psychology

#### **Gerontology**

- Physical changes
- Challenges faced by the elderly
- The elderly and death

#### **Cognitive Processes**

- Intellectual Change and Aging
- Normal Age-Related Changes in Memory
- What are the Consequences of Normal Cognitive Aging?
- Age-Related Cognitive Impairments

#### **Personality & Self-Regulatory Processes**

- Self (Emotional/Developmental) Regulation in Later Life

#### **Mental Health In adulthood**

- Psychological Disorders in Later Life
- Resilience and Aging
- Social Relationships in Adulthood
- Environmental Psychology and Aging

#### **Psychosocial rehabilitation of elderly**

### **Recommended Books:**

Davison, G. C., Neale, J. M., & Kring, A. M. (2004). *Abnormal Psychology* (9th ed.). New York: Wiley.

Hoyer, W. J., & Roodin, P. A. (2009). *Adult development and aging* (6th ed.). New York: McGraw-Hill

Stuart-Hamilton, I. (2012). *Psychology of ageing : An introduction* (5th ed. USA:). Jessica Kingsley Publishers

Segal, D., Qualls, S., & Smyer, M. (2011). *Aging and mental health* (2nd ed.). NJ: Wiley Blackwell.