

SW801

**PSYCHO- SOCIAL PERSPECTIVES OF CHILD AND
ADOLESCENT MENTAL HEALTH**

3-0-0-3

Unit: I:

Child Development- Principles and factors influencing child development, Area of child development, Theories of child development (Sigmund, Freud, Piaget, Erick Erickson), Developmental deviations.

Unit: II:

Developmental Psychology- Nature and meaning of Development - Goals of Development – Significant facts about Development and Stages - The Prenatal Period - Characteristics of Prenatal Period - Importance of conception - Hazards during prenatal period - Genetic disorders. **Infancy and Babyhood.** Characteristics -Hazards of infancy- Developmental tasks of babyhood- Physiological functions: Muscle control, Speech development. Emotional expressions – Development in socialization - Hazards of baby hood – Childhood - Early and Late Childhood - Characteristics – Skills - Speech improvement – Play - Common interests - Sex role typing - Family relationships - Personality development - Hazards.

Unit: III:

Exceptional Children - Definition - Gifted children - Mentally retarded - Backward children - Pervasive psychological disorders: Autism, Dyslexia, ADHD. Learning disabilities – Puberty – Characteristics - Criteria and causes of puberty - Body changes - effects of changes - Sources of concern - Unhappiness at puberty - Hazards of puberty.

Unit IV:

Adolescence - An overview- Introduction to Adolescence, Needs and Concerns of Adolescents Policies and programme. **Growth and Developmental During Adolescence-** Physical Changes in Boys and Girls, Cognitive Changes, Emotional and Psychosocial Changes Reproductive and Sexual Changes- Structure and Functions of Male Reproductive Organ (Changes), Structure and Functions of Female Reproductive Organ (Changes), Pregnancy **Adolescent Sexuality** - Sex and Sexuality, Gender, Myths and Misconception Related to Sex and Sexuality.

Unit: V:

Health issues of Adolescents - Health and Hygiene (Including Menstrual Hygiene), Nutrition Substance Abuse. **Psychosocial Issues of Adolescence** - Adjustment and Conduct, Peer Influence, Stress, Depression and Suicide, Media Influence (Pornograph). **Reproductive & Sexual Health Issues-** RTI/STI and HIV & AIDS, Sexual Harassment /violence Early marriage & Teenage pregnancy, Unsafe Abortion & Contraception Teachers Role and responsibilities for Child and Adolescents- Life Skills (Personality development), Communicating with Adolescents Guidance and Counselling, Counselling strategies and skills, Scholastic Issues (Career Plan).

TEXT BOOKS/ REFERENCES:

1. Ashfold, J.B, Lecroy, C.W. & Lortie, K.L *Human Behavior in the Social Environment: A Multidimensional Perspective.* (2nd Edition) Belmont, CA, Wadsworth/ Thomson Learning 2001.
2. Baron, Robert A. *Psychology, New Delhi :Prentice- Hall of India* 2004.

3. Hurlock, Elizabeth *Developmental Psychology: a life Span Approach*, New Delhi: Tata McGraw Publishing Company Ltd 2003.
4. IASC (2007). Guidelines on Mental Health and Psychosocial Support in Emergency Settings [Online].http://www.who.int/mental_health/emergencies/guidelines_iasc_mental_health_psychosocial_june_2007.pdf [Accessed 31st September 2010]
5. Sekar, K., Parthasarathy, K., Muralidhar, D., & Chandrasekar Rao, M. (eds.) *Handbook of Psychiatric Social Work*. 1st edition. Nimhans publications, 2007