**Course Title: Human growth and personality development**

**Course code: SW-604**

**Credit hours: 03**

**Total marks: 100**

**Class: BS 3rd semester**

**Course description:**

The course provides an in-depth discussion of theoretical perspectives and research findings that have helped to increase our knowledge and understanding of factors that influence our physical, cognitive, and psychosocial development.  It also provides an in-depth discussion of factors that may affect our overall health and sense of wellness, including chronic stress.  The theories and research findings on human development are discussed and integrated with relevant theories and research findings in the area of health psychology, giving special attention to stress-related health issues.

**Course Objectives:**

The aim of the course is to enable the graduates of social work to comprehend the personality structure of the client. It also interprets the personality dynamics of the human being while working as team member in Social work settings.

**Contents:**

1. Meaning and significance of human growth

2. Basic assumptions of human behavior

3. Approaches to the study of human development

4. Principles of human development

5. Factors which influence human growth/development

6. Phases of human development (The Biological and Psychological development of the individual)

a. Pre-natal and post-natal development

b. Infancy

c. Pre-School Child

d. School Child

e. Puberty

f. Adulthood

g. Old Age

7. Levels of functioning of human mind and behavior perspectives

a. Conscious level

b. Subconscious level

c. Unconscious level

8. Components of human personality

a. Id

b. Ego

c. Super-Ego

a. Freud’s Psycho Analytic Theory

b. Jung’s Analytical Theory

c. Social Psychological Theory of Adler

**Recommended books:**

1. Human Development By Richard M. Lerner
2. Developmental Theories through the Life Cycle By Sonia G. Austrian
3. Human Development across the Life Span: Educational and Psychological Applications By Ralph L. Mosher; Deborah

**RECOMMENDED READINGS**

1. Justin, P. (1970). *Human Development*. New York: McGraw Hill Book and Company.

2. Fink, A. E. (1974). *The Field of Social Work*. New York: Holt Reinhort and Winston inc.

3. Hurlock, E. B. (1972). *Child Development*. New York: MacGraw Hill Book Company.

4. Loveii, K.(1971). *The Introduction to Human Development*. London: Scoth Foresman inc.

5. Ryner, E. (1975). *Human Development*. London: Gorge Alien and Union Ltd.

6. Fitch, S. K. (1970). *Insights into Human Behavior*. Booster: Hoiirook Press.

7. Hawks G. R. (1969). *Behavior and Development from 5 to 12*. London: Harper.

8. Hurlock, E. B. (1978). *Adolescent Development*. New York: McGraw Hill Book Company.

9. Diance, E. R. & Wendkos O. S. (1978). *Human Development*. New York: McGraw Hill Book Company.

10. Harold C. W. (1981). *Approaches to Child and Family Policy*. Colorado: West View Press.

11. Richard, S. S. (2001). *Life's Choices Problems and Solutions*. Sydney: Wadsworth/Thomson Learning.

12. Scmin, G. R. & Fiedfer, K. (1996). *Applied Social Psychology*. London: SAGE Publications Ltd.

13. Bean, P. (2001). *Mental Disorder and Community Safety*. New York: Palgrave Houndmiils, Basingstoke.

14. Kerfoot, M. (1988). *Problems of Child hood and Adolescence*. New York: Macmillan.