

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

SYLLABUS FOR COMPETITIVE EXAMINATION FOR THE POST OF ASSISTANT PROFESSOR IN HOME SCIENCE (CHILD DEVELOPMENT) FOR COLLEGE EDUCATION DEPARTMENT

PAPER-II

Adolescence to Ageing Years

Unit-I: Adolescent Development and Challenges-

1. Developmental task of Adolescents, Understanding Adolescent Development-physical, psychosocial, emotional, cognitive and vocational problems and challenges during adolescence and its coping mechanism.
2. Conflicts and Adjustment in Home, Family and Community, Juvenile Delinquency.
3. Sexual and Reproductive Health, Understanding HIV, AIDS and other STDs.

Unit-II: Marriage and Family and Parenting-

1. Marriage: Definition, type and functions of marriage. Marriage and Alternative life styles: Co-habitation, singles. Inter and Intra Personal Adjustment.
2. Family: Definition, Type and Functions of family, The Changing status of Indian Families. Alternate family patterns– single parent families, female headed households, Dual career families, Childless families (DINKS); Adoption.
3. Parenthood: meaning, definitions, styles and approaches. Fatherhood and responsible parenting.

Unit-III: Adulthood and Ageing Years-

1. Challenges, adjustments and developmental tasks of middle adulthood, Onset of climacteric changes: Menopause and Andropause, Mid life crises, Adjustment to health needs, increasing status and pressure in work and career; Familial stage of “empty nest”.
2. Definition of gerontology. Challenges and Adjustment during late adulthood and ageing years. Declining physical, motor, memory and sensory capacities.
3. Adjustment with changes in familial situation, losing of life partner or significant others and facing grief and loss; Social responsibilities and leisure time activities, work and financial adjustment, intimacy and sexuality.

Unit-IV: Guidance and Counselling-

1. Meaning, concept, need, principles and aims of Guidance.
2. Counselling Techniques and Practices: Rapport techniques and practices, questioning, Listening, Reflecting, Acceptance, Silence, Reassurance, Non-Verbal behaviour, Terminating skills- special consideration, structuring the process, optimal concern.

3. Need of counselling, counselling theories: Key concepts and techniques, cognitive behaviour modification strategies like- self- instruction.
4. Types of counselling- Individual, Group, Child Therapy, marriage and Family and vocational. Ethics in counselling.
5. Characteristics of an effective counselor.

Unit-V: Current Issues in Child Development-

1. Birth Control Methods.
2. The advancement in child bearing process - IVF and IVI
3. Multiple role stress of career women.
4. Birth complications and recent advances in Maternal and Child care- Breast Milk Bank, Genetic Counseling.
5. Needs and support for ageing in India.

Note :-Pattern of Question Paper

1. Objective type paper
2. Maximum Marks : 75
3. Number of Questions : 150
4. Duration of Paper : Three Hours
5. All questions carry equal marks.
6. Medium of Competitive Exam: Bilingual in English and Hindi
7. There will be Negative Marking.