

Course Syllabus – 2023/2024**I. General Information**

Course name	Problems of aging and old age
Programme	Psychology
Level of studies (BA, BSc, MA, MSc, long-cycle MA)	MA
Form of studies (full-time, part-time)	Full-time
Discipline	Psychology
Language of instruction	English

Course coordinator/person responsible	Ks. dr hab. Paweł Brudek
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Type of class (<i>use only the types mentioned below</i>)	Number of teaching hours	Semester	ECTS Points
lecture	30	III	5
tutorial			
classes			
laboratory classes			
workshops			
seminar			
introductory seminar			
foreign language classes			
practical placement			
field work			
diploma laboratory			
translation classes			
study visit			

Course pre-requisites	
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II. Course Objectives

1. Theoretical introduction to the psychology of aging and old age
2. Exploration of the theoretical base and research methodology in the field of psychology of aging and old age
3. Characteristics of normative and pathological aging
4. Identification and definition of the characteristic determinants (correlates / predictors) of positive and pathological aging
5. Indication of the clinical application of theoretical models and the results of research in the field of psychology of aging and old age

III. Course learning outcomes with reference to programme learning outcomes

Symbol	Description of course learning outcome	Reference to programme learning outcome
KNOWLEDGE		
W_01	The student has structured and in-depth knowledge of: biological and psychological aspects of aging; normative and pathological aging; goals pursued by the psychology of aging and old age; theoretical models (concepts) of adaptation to old age existing in psychological literature; the interdisciplinary specificity of issues related to aging and old age; basic difficulties that a person faces or may face in late adulthood (threats to self-esteem, distorted life balance, experience of loss, marital problems, illnesses, mental disorders); research methodology in the psychology of aging and old age.	K_W_01
W_02	The student knows and understands the terminology used in the psychology of aging and old age; has in-depth knowledge of the development of the psychology of aging and old age and its relations to contemporary main psychological concepts;	K_W02
W_03	The student knows the most important philosophical and psychological concepts of man in the context of the developmental phase of late adulthood, has extended knowledge of the personalistic concept of the old man and the importance of Christianity for the perception of old age;	K_W03
W_04	The student has knowledge of the connections between the psychology of aging and old age with other scientific disciplines (gerontology, geriatrics, sociology, pedagogy)	K_W_05
W_05	The student has knowledge about the socio-cultural foundations of old people's behavior and social relations of older people, attitudes towards older people; has in-depth knowledge of the interpersonal and social communication processes of people in late adulthood and their regularities and disruptions;	K_W_06
W_06	The student has in-depth knowledge of human development in late adulthood in various social contexts and factors stimulating/impeding this development	K_W_07
SKILLS		
U_01	The graduate is able to apply and use the acquired knowledge in the field of psychology of aging and old age to analyze and interpret the behavior of older people; can identify and describe a number of conditions that determine the psychosocial functioning of seniors.	K_U_01
SOCIAL COMPETENCIES		
K_01	The graduate is ready to self-assess and develop his/her own competences related to the work of a psychologist in the field of psychology of aging and old age.	K_K_02
K_02	The graduate is ready to show respect towards older people with different needs in terms of various forms of psychological assistance; showing understanding of the situation of people in late adulthood with various problems and difficulties	K_K_04

K_03	The graduate is ready to cooperate with professionals whose activities focus on supporting the quality of life of older people in various social and environmental conditions.	K_K_07
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IV. Course Content

Class 1. Introduction - objectives and topics of the lecture, requirements, recommended literature, form and conditions of the exam.
Class 2. Introduction to the issues of aging and old age - topicality of the issues of aging and old age; old age as the last development chance; understanding old age and its periodization; aging of the population of Poland, Europe and the world in the light of demographic data, main areas of research in the field of the psychology of aging and old age.
Class 3. Normative aging - functioning of the elderly in the physiological (biological), psychological and social aspect.
Class 4. Pathological aging - pathological changes in physical and mental functions in old age.
Class 5. The process of adaptation to old age - review of the basic current theories (theory of selective optimization with compensation; theory of oscillation between assimilation and accommodation; theory of socio-emotional selectivity; theory of gerotranscendence) and research results.
Class 6. Threats to the sense of dignity of the elderly - sense of dignity as a psychological category; areas of the functioning of older people, where the risk of losing their sense of dignity is revealed; the importance of a sense of dignity for the quality of life of people in late adulthood;
Class 7. Old man or wise? Wisdom as a psychological variable - an overview of the main concepts; the results of research on the wisdom of the elderly so far and the conclusions drawn from them; what helps and what hinders in gaining wisdom in old age.
Class 8. Difficulties of married life after 60 years of age. Satisfaction with the marriage of seniors - dynamics, predictors, key problems of life "together" after the age of 60.
Class 9. Life balance of the elderly - a boon / opportunity or a curse / necessity? Psychological definitions of the life review; reasons and specificity of life balancing at the stage of late adulthood; the phenomenon of a distorted balance and its consequences; the importance of forgiveness in old age.
Class 10. The inevitable perspective of death in the life of the elderly - the main problems of psychotatology in old age.
Class 11. Dementia as one of the basic problems of aging and old age - epidemiology of dementia in old age; clinical picture and diagnosis of dementia syndromes; characteristics of selected dementia syndromes.
Class 12. Main mental disorders identified in the elderly.
Class 13. Psycho-oncology of the old age.
Class 14. Quality of life in old age - research review, identification of basic correlates and predictors; practical actions, basic threats.
Class 15. Selected problems of psychotherapy and psychological counseling of the elderly.

V. Didactic methods used and forms of assessment of learning outcomes

Symbol	Description of the item effect	Reference to the directional effect	Didactic methods (choose from the list)	Forms of assessment (choose from the list)	Documentation type (choose from the list)
KNOWLEDGE					
W_01	The student has structured and in-depth knowledge of: biological	K_W_01	Traditional lecture; Conversational	written exam-	examination protocol

	and psychological aspects of aging; normative and pathological aging; goals pursued by the psychology of aging and old age; theoretical models (concepts) of adaptation to old age existing in psychological literature; the interdisciplinary specificity of issues related to aging and old age; basic difficulties that a person faces or may face in late adulthood (threats to self-esteem, distorted life balance, experience of loss, marital problems, illnesses, mental disorders); research methodology in the psychology of aging and old age.		lecture brainstorm	single-choice test	
W_02	The student knows and understands the terminology used in the psychology of aging and old age; has in-depth knowledge of the development of the psychology of aging and old age and its relations to contemporary main psychological concepts;	K_W02	Traditional lecture; Conversational lecture brainstorm	written exam- single-choice test	examination protocol
W_03	The student knows the most important philosophical and psychological concepts of man in the context of the developmental phase of late adulthood, has extended knowledge of the personalistic concept of the old man and the importance of Christianity for the perception of old age;	K_W03	Traditional lecture; Conversational lecture brainstorm	written exam- single-choice test	examination protocol
W_04	The student has knowledge of the	K_W_05	Traditional lecture;	written exam-	examination protocol

	connections between the psychology of aging and old age with other scientific disciplines (gerontology, geriatrics, sociology, pedagogy)		Conversational lecture brainstorm	single-choice test	
W_05	The student has knowledge about the socio-cultural foundations of old people's behavior and social relations of older people, attitudes towards older people; has in-depth knowledge of the interpersonal and social communication processes of people in late adulthood and their regularities and disruptions;	K_W_06	Traditional lecture; Conversational lecture brainstorm	written exam- single-choice test	examination protocol
W_06	The student has in-depth knowledge of human development in late adulthood in various social contexts and factors stimulating/impeding this development	K_W_07	Traditional lecture; Conversational lecture brainstorm	written exam- single-choice test	examination protocol
SKILLS					
U_01	The graduate is able to apply and use the acquired knowledge in the field of psychology of aging and old age to analyze and interpret the behavior of older people; can identify and describe a number of conditions that determine the psychosocial functioning of seniors.	K_U_01	Traditional lecture; Conversational lecture brainstorm	written exam- single-choice test	examination protocol
SOCIAL COMPETENCIES					
K_01	The graduate is ready to self-assess and develop his/her own competences related to the work of a psychologist in the field of psychology of aging and old age.	K_K_02	Traditional lecture; Conversational lecture brainstorm	written exam- single-choice test	examination protocol

K_02	The graduate is ready to show respect towards older people with different needs in terms of various forms of psychological assistance; showing understanding of the situation of people in late adulthood with various problems and difficulties	K_K_04	Traditional lecture; Conversational lecture brainstorm	written exam- single-choice test	examination protocol
K_03	The graduate is ready to cooperate with professionals whose activities focus on supporting the quality of life of older people in various social and environmental conditions.	K_K_07	Traditional lecture; Conversational lecture brainstorm	written exam- single-choice test	examination protocol

VI. Grading criteria, weighting factors.....

Learning outcome in the field of knowledge regarding the problems of aging and old age Didactic method – conventional lecture Verification method – single-choice test

Assessment criteria:

- ✓ Very good rating – 91% – 100%
- ✓ Good rating – 71% - 90%
- ✓ Sufficient rating – 51% - 70%
- ✓ Unsatisfactory grade – equal to or less than 50%

VII. Student workload

Form of activity	Number of hours
Number of contact hours (with the teacher)	30
Number of hours of individual student work	120

VIII. Literature

Basic literature
<p>Ferraro, K., & Carr, D. (Eds.). (2021). <i>Handbook of aging and the social sciences</i>. Academic Press.</p> <p>Lazarus, R. S., Lazarus, R. S., & Lazarus, B. N. (2006). <i>Coping with aging</i>. OUP USA.</p> <p>Schaie, K. W., & Willis, S. L. (Eds.). (2021). <i>Handbook of the psychology of aging</i>. Academic Press.</p> <p>Tornstam, L. (2005). Gerotranscendence: A developmental theory of positive. <i>aging, 11</i>, 213.</p> <p>Baltes, P. B., & Mayer, K. U. (Eds.). (2001). <i>The Berlin aging study: Aging from 70 to 100</i>. Cambridge University Press.</p> <p>Sternberg, R. J., & Glück, J. (Eds.). (2019). <i>The Cambridge handbook of wisdom</i> (p. 162). Cambridge: Cambridge University Press.</p>

Giordano, J. A. (2000). *Death attitudes and the older adult: Theories, concepts, and applications*. Psychology Press.

Additional literature

Prasad, V., & Akbar, S. E. (2018). *Handbook of research on geriatric health, treatment, and care*. IGI Publishing/IGI Global.

Tornstam, L. (2011). Maturing into gerotranscendence. *Journal of Transpersonal Psychology*, 43(2).