

**The Islamia University of Bahawalpur**  
**Department of Social Work**  
**SOCIAL GERONTOLOGY**

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Instructor: Dr Aisha Shoukat

**Course Outline**

**Course Objective:**

The course will provide a comprehensive view of aging to the students and enable them to identify emerging issues related to old age. This will also familiarize the students about the welfare services for elderly in Pakistan.

**Teaching Methodology:**

1. The class will be conducted in a lecture & discussion environment where the class instructor will lead discussion and students will be encouraged to participate and ask question at the end of each class session.

2. Students will be expected to read assignments in advance. This will be tested through a quiz which may precede each class session.

**Books Recommended:**

1. Brearley, C. P. (1980). *Social Work, Ageing and Society*. London: Routledge & Kegan Paul.
2. Decker, D. L. (1980). *Social Gerontology; an Introduction to the Dynamics of Aging*. Boston: Little Brown.
3. Formosa, M. & Higgs, P. (2015). *Social Class in Later Life: Power,*

**Course Contents:**

**Mid Term**

Session 1: Introduction to Subject

Session 2: Definition of Aging

Session 3: Introduction to gerontology

Session 4: Historical perspectives on aging

Session 5: Successful ageing

Session 6: Concept of Healthy aging

Session 7: Elderly Abuse

Session 8: Theories of Ageing

Session 9: Psychology of Aging

Session 10: Cultural Values and Aging

Session 11: Religion and Aging

Session 12: Rights of Elderly

Session 13: Societies/Organizations for the senior aged

Session 14: Organizations for the senior aged

Session 15: Role of Social Worker, Preventive, Curative, Rehabilitative and Leisure time engagements etc. (Assignment)

**Final Term**

Session 17: Economic Problems of Elderly (Assignment)

Session 18: Health Problems of Elderly

Session 19: Social Problems (Accommodation, Transportation, Recreational, Religious Practices etc).

Session 20: Social Problems (Accommodation, Transportation, Recreational, Religious Practices etc).

Session 21: Social Problems (Accommodation, Transportation, Recreational, Religious Practices etc).

Session 22: Psychological Problems (Loneliness, Isolation, fear of death, family issues, Protection etc.

Session 23: Psychological Problems (Loneliness, Isolation, fear of death, family issues, Protection etc.

Session 24: Psychological Problems (Loneliness, Isolation, fear of death, family issues, Protection etc

Session 25: Legislation and Social Welfare Services for Aging and the Aged in

Session 26: Legislation and Social Welfare Services for Aging and the Aged in

Session 27: Legislation and Social Welfare Services for Aged in Pakistan, Government level

Session 28: Legislation and Social Welfare Services for Aging in Pakistan, Government level

Session 29: Legislation and Social Welfare Services for Aged on Non-government level

Session 30: Legislation and Social Welfare Services for Aging on Non-government level

### **Recommended Books:**

1. Alexander Leaf. "Youth in Old Age". New York, MacGraw-Hill, 1975.
2. Cary S. Kart, Eileen S. Metress, and James F. Metress, "Aging and Health: Biologic and Social Perspectives". Menlo Park, Calif: Addison – Wesley, 1978.
3. Gordon F. Streib and Harold L. Orbach, "The Development of Social Gerontology and the Sociology of Aging", in the uses of Sociology, New York: Basic Book, 1967.
4. James E. Birren and Vivian Clayton, "History of Gerontology, In Aging: Scientific Perspectives and Social Issues, New York: D. Van Nostrand, 1975.
5. James E. Birren, "The Psychology of Aging ". Chicago: University of Chicago Press, 1968.
6. Khalid M. "Social Work Theory and Practice". Kifayat Academy, Karachi, 2008.