

 シラバス参照

<<Last Updated:2023/02/02>>

Course Schedule Information

Course Code	Z26024
Semester	Fall and Winter Term
Day and Period	Wed1
Course Name (Japanese)	Psychology of Aging
Room	School of Human Sciences/Main School HouseLecture Room31
Course Name	Psychology of Aging
Capacity	0
Course Numbering Code	01HUSC3D610
Credits	2.0
Student Year	2,3,4
Instructor	GONDO Yasuyuki
Course of Media Class	Not Applicable

※About Course of Media Class

"Course of Media Class" are classes in which more than half of the classes are held in places other than classrooms by making advanced use of various media.

Undergraduate students can include up to 60 credits in media class course as requirements for graduation.

Even if this is not the case, we may hold classes using the media.

Basic Syllabus Information

Subtitle	
Eligibility	

Detailed Syllabus Information

Course Subtitle	Psychology of Aging
Language of the Course	English
Type of Class	Lecture Subject
Course Objective	The aim of this course is for students to acquire a basic knowledge to understand psychological aspects relevant to older people and life span developmental theories of psychology. The course consists of lectures which cover topics including basic age-related changes reported by previous research, and recent findings including the lecturer's own studies running in Japan. Detailed descriptions of the influence of aging in cognitive, emotional and social domains and interactions among these domains are the main topics of this course. In addition to descriptions of age related changes, theories of the psychology of aging will be explored. Opportunities will be provided for students to discuss and exchange their own experiences and ideas with regard to how to improve the psychological health and wellbeing of persons in our rapidly aging societies .
Learning Goals	1 Knowledge and Understanding. After studying this course you should be able to: Explain a basic understanding of psychosocial functions and age related change to lay persons. Present a basic understanding of theories of psychology of aging. Discuss how we design future super aging society. 2 Skills, Qualities and Attributes. After studying this course you should be able to: Access and choose appropriate research papers and write short reports with regard to the topics of psychology of aging. Explain to lay persons basic psychological findings about aging and psychological functioning of older people. Communicate with older people better than before taking this course by understanding basic function of older people..
Requirement / Prerequisite	
Class Plan	Week 3. Cognitive aging 1; intelligent Intelligence has been studied in age-related research and these studies provide important issues to study aging, as well as basic findings in cognitive aging. Fundamentals of cognitive aging phenomena are easy to understand by viewing studies of age-related changes in intelligence. Week 4. Cognitive aging 2; aging in basic cognitive functions Sensory function, attention and memory are basic components of cognitive function. Age-related changes in sub-dimensions of these components influence on daily life behavior in older people. Learning age-related changes in these sub-dimensions are important to understand behavior and emotion of older people. Week 5. Cognitive aging 3; higher level functions Age-related changes are phenomenon which does not always accord with functional losses. In fields of art, literature and even in natural science, older people can have potential to create new production. Wisdom is also thought to develop from young to old. Positive aspects of cognitive aging are introduced. Week 6. Cognitive aging 4; Brain aging and cognitive aging Recent improvement of research equipment enables researchers to investigate association between brain structure, function and cognitive ability. This methodology was extended to study aging brain and added new knowledge to understand cognitive aging. Week 7. Cognitive aging 5; Theories of cognitive aging Theories explain back ground mechanism of cognitive change in older people had been developed last 40 years of research history. Overviewing progress in cognitive aging theories helps deeper understanding not only human aging process but also overall human behavior. Week 8. Social aspect of aging1; Living environment of older people Aging is accompanied by multiple losses in social relationships. These situations are caused by functional decline. Shrinkage of social network is evident in older people. Description of a typical living environment of older people is introduced for the purpose of discussing what age friendly living environment is. Week 9. Social aspect of aging2; Life course perspective Human aging is different from what observed in experimental animal. Each individual experiences unique life courses different one by one. However, studies showed that commonly experienced elements such as retirement, death of spouse and socio economic status such as education, job experiences, have impact to older people's mind in common. How individual difference in these factors influence on emotional and cognitive aspect of old people is introduced. Week 10. Social aspect of aging3; Theories of social aging There have been big debates that argue the good social aging. Two theories, active engagement to society and disengagement from

	<p>society are main opposite opinions. Historical and contemporary view how we live a life in old age will be discussed.</p> <p>Week 11. Emotion and aging 1; Negative aspects Emotional aspect is important for older people. Unfortunately Aging process is accompanied by negative change in physical, cognitive and social environments. Depressive symptoms have been a main topic of mental health in older people. Negative aspect of age-related emotional changes are introduces.</p> <p>Week 12. Emotion and aging 2; Positive aspects Despite experiencing multiple losses, recent studies showed older people could maintain or increases in positive emotion . Concept of positive emotion and empirical findings are introduced and use these materials for the basis of discuss</p>																																																												
	<table border="1"> <tr> <td></td><td>Period: Day: Title:Orientation and Course Outline</td></tr> <tr> <td>1st</td><td>Aging is global issue in the developed countries. Basic statistics with regard to aging issue and episodes which are related to aging from history and literatures are introduced.</td></tr> <tr> <td></td><td>Period: Day: Title:Framework of psychology of aging</td></tr> <tr> <td>2nd</td><td>In this course, the psychology of aging is viewed as complex phenomena with reciprocal influences among psychological domains. Research framework to understand psychology of aging is introduced.</td></tr> <tr> <td></td><td>Period: Day: Title:Cognitive aging 1; intelligent</td></tr> <tr> <td>3rd</td><td>ntelligence has been studied in age-related research and these studies provide important issues to study aging, as well as basic findings in cognitive aging. Fundamentals of cognitive aging phenomena are easy to understand by viewing studies of age-related changes in intelligence.</td></tr> <tr> <td></td><td>Period: Day: Title: Cognitive aging 2; aging in basic cognitive functions</td></tr> <tr> <td>4th</td><td>Sensory function, attention and memory are basic components of cognitive function. Age-related changes in sub-dimensions of these components influence on daily life behavior in older people. Learning age-related changes in these sub-dimensions are important to understand behavior and emotion of older people.</td></tr> <tr> <td></td><td>Period: Day: Title:Cognitive aging 3; higher level functions</td></tr> <tr> <td>5th</td><td>Age-related changes are phenomenon which does not always accord with functional losses. In fields of art, literature and even in natural science, older people can have potential to create new production. Wisdom is also thought to develop from young to old. Positive aspects of cognitive aging are introduced.</td></tr> <tr> <td></td><td>Period: Day: Title: Cognitive aging 4; Brain aging and cognitive aging</td></tr> <tr> <td>6th</td><td>Recent improvement of research equipment enables researchers to investigate association between brain structure, function and cognitive ability. This methodology was extended to study aging brain and added new knowledge to understand cognitive aging.</td></tr> <tr> <td></td><td>Period: Day: Title:Cognitive aging 5; Theories of cognitive aging</td></tr> <tr> <td>7th</td><td>Theories explain back ground mechanism of cognitive change in older people had been developed last 40 years of research history. Overviewing progress in cognitive aging theories helps deeper understanding not only human aging process but also overall human behavior.</td></tr> <tr> <td></td><td>Period: Day: Title: Social aspect of aging1; Living environment of older people</td></tr> <tr> <td>8th</td><td>Aging is accompanied by multiple losses in social relationships. These situations are caused by functional decline. Shrinkage of social network is evident in older people. Description of a typical living environment of older people is introduced for the purpose of discussing what age friendly living environment is.</td></tr> <tr> <td></td><td>Period: Day: Title: Social aspect of aging2; Life course perspective</td></tr> <tr> <td>9th</td><td>Human aging is different from what observed in experimental animal. Each individual experiences unique life courses different one by one. However, studies showed that commonly experienced elements such as retirement, death of spouse and socio economic status such as education, job experiences, have impact to older people's mind in common. How individual difference in these factors influence on emotional and cognitive aspect of old people is introduced.</td></tr> <tr> <td></td><td>Period: Day: Title: Social aspect of aging3; Theories of social aging</td></tr> <tr> <td>10th</td><td>There have been big debates that argue the good social aging. Two theories, active engagement to society and disengagement from society are main opposite opinions. Historical and contemporary view how we live a life in old age will be discussed.</td></tr> <tr> <td></td><td>Period: Day: Title: Emotion and aging 1; Negative aspects</td></tr> <tr> <td>11th</td><td>Emotional aspect is important for older people. Unfortunately Aging process is accompanied by negative change in physical, cognitive and social environments. Depressive symptoms have been a main topic of mental health in older people. Negative aspect of age-related emotional changes are introduces.</td></tr> <tr> <td></td><td>Period: Day: Title: Emotion and aging 2; Positive aspects</td></tr> <tr> <td>12th</td><td>Despite experiencing multiple losses, recent studies showed older people could maintain or increases in positive emotion . Concept of positive emotion and empirical findings are introduced and use these materials for the basis of discussion.</td></tr> <tr> <td></td><td>Period: Day: Title: Emotion and aging 3; Theories of psychological well-being</td></tr> <tr> <td>13th</td><td>Factors which influence psychological well-being in older people have been widely studied from sociological and psychological perspectives. An overview of influence factors and theories which explain psychological well-being in the old people is introduced.</td></tr> <tr> <td></td><td>Period: Day: Title:Psychology of aging in the oldest old and the centenarian.</td></tr> <tr> <td>14th</td><td>Recent prolongation of life expectancy caused increase population of oldest-old population defined as older than 85 years and centenarians who are older than 100 years old. In this final lecture physical, social, cognitive and emotional characteristic of oldest segment of people is introduced.</td></tr> <tr> <td></td><td>Period: Day: Title: Examination</td></tr> <tr> <td>15th</td><td>Student will be given a final paper report for this course. Theme of final report will be given to students one week before week 14 of this course.</td></tr> </table>		Period: Day: Title:Orientation and Course Outline	1st	Aging is global issue in the developed countries. Basic statistics with regard to aging issue and episodes which are related to aging from history and literatures are introduced.		Period: Day: Title:Framework of psychology of aging	2nd	In this course, the psychology of aging is viewed as complex phenomena with reciprocal influences among psychological domains. Research framework to understand psychology of aging is introduced.		Period: Day: Title:Cognitive aging 1; intelligent	3rd	ntelligence has been studied in age-related research and these studies provide important issues to study aging, as well as basic findings in cognitive aging. Fundamentals of cognitive aging phenomena are easy to understand by viewing studies of age-related changes in intelligence.		Period: Day: Title: Cognitive aging 2; aging in basic cognitive functions	4th	Sensory function, attention and memory are basic components of cognitive function. Age-related changes in sub-dimensions of these components influence on daily life behavior in older people. Learning age-related changes in these sub-dimensions are important to understand behavior and emotion of older people.		Period: Day: Title:Cognitive aging 3; higher level functions	5th	Age-related changes are phenomenon which does not always accord with functional losses. In fields of art, literature and even in natural science, older people can have potential to create new production. Wisdom is also thought to develop from young to old. Positive aspects of cognitive aging are introduced.		Period: Day: Title: Cognitive aging 4; Brain aging and cognitive aging	6th	Recent improvement of research equipment enables researchers to investigate association between brain structure, function and cognitive ability. This methodology was extended to study aging brain and added new knowledge to understand cognitive aging.		Period: Day: Title:Cognitive aging 5; Theories of cognitive aging	7th	Theories explain back ground mechanism of cognitive change in older people had been developed last 40 years of research history. Overviewing progress in cognitive aging theories helps deeper understanding not only human aging process but also overall human behavior.		Period: Day: Title: Social aspect of aging1; Living environment of older people	8th	Aging is accompanied by multiple losses in social relationships. These situations are caused by functional decline. Shrinkage of social network is evident in older people. Description of a typical living environment of older people is introduced for the purpose of discussing what age friendly living environment is.		Period: Day: Title: Social aspect of aging2; Life course perspective	9th	Human aging is different from what observed in experimental animal. Each individual experiences unique life courses different one by one. However, studies showed that commonly experienced elements such as retirement, death of spouse and socio economic status such as education, job experiences, have impact to older people's mind in common. How individual difference in these factors influence on emotional and cognitive aspect of old people is introduced.		Period: Day: Title: Social aspect of aging3; Theories of social aging	10th	There have been big debates that argue the good social aging. Two theories, active engagement to society and disengagement from society are main opposite opinions. Historical and contemporary view how we live a life in old age will be discussed.		Period: Day: Title: Emotion and aging 1; Negative aspects	11th	Emotional aspect is important for older people. Unfortunately Aging process is accompanied by negative change in physical, cognitive and social environments. Depressive symptoms have been a main topic of mental health in older people. Negative aspect of age-related emotional changes are introduces.		Period: Day: Title: Emotion and aging 2; Positive aspects	12th	Despite experiencing multiple losses, recent studies showed older people could maintain or increases in positive emotion . Concept of positive emotion and empirical findings are introduced and use these materials for the basis of discussion.		Period: Day: Title: Emotion and aging 3; Theories of psychological well-being	13th	Factors which influence psychological well-being in older people have been widely studied from sociological and psychological perspectives. An overview of influence factors and theories which explain psychological well-being in the old people is introduced.		Period: Day: Title:Psychology of aging in the oldest old and the centenarian.	14th	Recent prolongation of life expectancy caused increase population of oldest-old population defined as older than 85 years and centenarians who are older than 100 years old. In this final lecture physical, social, cognitive and emotional characteristic of oldest segment of people is introduced.		Period: Day: Title: Examination	15th	Student will be given a final paper report for this course. Theme of final report will be given to students one week before week 14 of this course.
	Period: Day: Title:Orientation and Course Outline																																																												
1st	Aging is global issue in the developed countries. Basic statistics with regard to aging issue and episodes which are related to aging from history and literatures are introduced.																																																												
	Period: Day: Title:Framework of psychology of aging																																																												
2nd	In this course, the psychology of aging is viewed as complex phenomena with reciprocal influences among psychological domains. Research framework to understand psychology of aging is introduced.																																																												
	Period: Day: Title:Cognitive aging 1; intelligent																																																												
3rd	ntelligence has been studied in age-related research and these studies provide important issues to study aging, as well as basic findings in cognitive aging. Fundamentals of cognitive aging phenomena are easy to understand by viewing studies of age-related changes in intelligence.																																																												
	Period: Day: Title: Cognitive aging 2; aging in basic cognitive functions																																																												
4th	Sensory function, attention and memory are basic components of cognitive function. Age-related changes in sub-dimensions of these components influence on daily life behavior in older people. Learning age-related changes in these sub-dimensions are important to understand behavior and emotion of older people.																																																												
	Period: Day: Title:Cognitive aging 3; higher level functions																																																												
5th	Age-related changes are phenomenon which does not always accord with functional losses. In fields of art, literature and even in natural science, older people can have potential to create new production. Wisdom is also thought to develop from young to old. Positive aspects of cognitive aging are introduced.																																																												
	Period: Day: Title: Cognitive aging 4; Brain aging and cognitive aging																																																												
6th	Recent improvement of research equipment enables researchers to investigate association between brain structure, function and cognitive ability. This methodology was extended to study aging brain and added new knowledge to understand cognitive aging.																																																												
	Period: Day: Title:Cognitive aging 5; Theories of cognitive aging																																																												
7th	Theories explain back ground mechanism of cognitive change in older people had been developed last 40 years of research history. Overviewing progress in cognitive aging theories helps deeper understanding not only human aging process but also overall human behavior.																																																												
	Period: Day: Title: Social aspect of aging1; Living environment of older people																																																												
8th	Aging is accompanied by multiple losses in social relationships. These situations are caused by functional decline. Shrinkage of social network is evident in older people. Description of a typical living environment of older people is introduced for the purpose of discussing what age friendly living environment is.																																																												
	Period: Day: Title: Social aspect of aging2; Life course perspective																																																												
9th	Human aging is different from what observed in experimental animal. Each individual experiences unique life courses different one by one. However, studies showed that commonly experienced elements such as retirement, death of spouse and socio economic status such as education, job experiences, have impact to older people's mind in common. How individual difference in these factors influence on emotional and cognitive aspect of old people is introduced.																																																												
	Period: Day: Title: Social aspect of aging3; Theories of social aging																																																												
10th	There have been big debates that argue the good social aging. Two theories, active engagement to society and disengagement from society are main opposite opinions. Historical and contemporary view how we live a life in old age will be discussed.																																																												
	Period: Day: Title: Emotion and aging 1; Negative aspects																																																												
11th	Emotional aspect is important for older people. Unfortunately Aging process is accompanied by negative change in physical, cognitive and social environments. Depressive symptoms have been a main topic of mental health in older people. Negative aspect of age-related emotional changes are introduces.																																																												
	Period: Day: Title: Emotion and aging 2; Positive aspects																																																												
12th	Despite experiencing multiple losses, recent studies showed older people could maintain or increases in positive emotion . Concept of positive emotion and empirical findings are introduced and use these materials for the basis of discussion.																																																												
	Period: Day: Title: Emotion and aging 3; Theories of psychological well-being																																																												
13th	Factors which influence psychological well-being in older people have been widely studied from sociological and psychological perspectives. An overview of influence factors and theories which explain psychological well-being in the old people is introduced.																																																												
	Period: Day: Title:Psychology of aging in the oldest old and the centenarian.																																																												
14th	Recent prolongation of life expectancy caused increase population of oldest-old population defined as older than 85 years and centenarians who are older than 100 years old. In this final lecture physical, social, cognitive and emotional characteristic of oldest segment of people is introduced.																																																												
	Period: Day: Title: Examination																																																												
15th	Student will be given a final paper report for this course. Theme of final report will be given to students one week before week 14 of this course.																																																												
Independent Study Outside of Class	<p>(TEACHING AND LEARNING METHODS) Basically, this course will be provided as a classroom lectures and class/ group discussion. In some classes topics advanced by students will be acceptable. Active participation to class is welcome.</p> <p>1 Range of modes of direct contact Total contact hours: 22.5</p> <p>2 Range of other learning methods Total non-contact hours: 30</p>																																																												
Textbooks	<p>(Textbooks) There is no textbook required for this course, the lecturer will provide handouts and copies of readings. Nevertheless, the following text books are recommended for further study.</p> <p>Park, D.C. and Schwarz, N., 1999 Cognitive Aging: A Primer Whitbourne, S.K.,and Whitbourne, S. B., 2010 Adult development and aging biopsychosocial perspective.</p>																																																												

Reference	(Other Recommended Resources) You will be provided with copies of journal articles throughout the course. The following journals are recommended to access recent findings in this topic. Journal of Gerontology: Psychological Sciences Gerontology society of America Journal of Gerontology: Social Sciences Gerontology society of America The Gerontologist Gerontology society of America
Grading Policy	(ASSESSMENT) Class participation and homework assignments 50% Activities in a class 10% 2-3 essays 40% Paper materials which are related to the topic for next class will be provided in advance. Students are requested to read and summaries for discussion as a home work. Final exam will be assigned as a paper review. The theme of the paper will be chosen by students themselves from topics discussed at this course. 1 Assessment requirements ☑ Attendance at 80% of all sessions is required. ☑ Academic misconduct (cheating, collusion, plagiarism or falsification of information) in all forms of written work, lab tests, demonstrations, designs, presentations, in-class tests and examination can lead to consequences ranging from loss of marks in the relevant course to zero grades for all classes taken that semester.
Other Remarks	
Special Note	
Office Hour	
Messages to Prospective Students	

Instructor(s)

Instructor Name	Name (hiragana)	Affiliation, Title, Course	Office	Extension	E-mail
No data found					

Cautions for Students

※出欠席及び受講に関するルール：令和5年度以降のシラバス項目 / *Attendance and Student Conduct Policy: field available from FY2023