

## Course Schedule Information

Course Code / 時間割コード	881171
Semester / 開講区分(開講学期)	Fall Term
Day and Period / 曜日・時間	Wed1&2
Course Name (Japanese) / 開講科目名	高齢者心理学
Course Name / 開講科目名(英)	Psychology of Aging
Capacity / 定員	0
Room / 教室	人/本館 3 1 講義室
Course Numbering Code / ナンバリング	88INES9U100
Required/Optional / 必修・選択	履修対象：特別聴講学生 人科G30_
Type of Class / 授業形態	Lecture Subject
Credits / 単位数	2.0
Student Year / 年次	1
Instructor / 担当教員	GONDO Yasuyuki
Course of Media Class / メディア授業科目	Not Applicable

## Detailed Syllabus Information

Course Subtitle / 授業サブタイトル	Psychology of Aging
Language of the Course / 開講言語	English
Learning Methods / 学習方法	<p>Listening and watching face-to-face/online class: Listening and watching a lecture, video, or demonstration, face-to-face or via online (e.g., attending a face-to-face lecture, watching an on-demand video)</p> <p>Discussion: Learning through question-and-answer interactions and exchanges of opinions among students and between students and the instructor (e.g., pair/group discussion, online chat, one-on-one guidance for writing an academic paper)</p> <p>Presentation: Writing papers, making presentations, and creating works (e.g., report writing, oral/poster presentation, creation of works, portfolio development)</p>
Course Objectives / 授業の目的と概要	<p>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.</p>
Learning Goals / 学習目標	<p>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.</p> <p>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..</p>
Requirements, Prerequisites / 履修条件・受講条件	
Attendance and Student Conduct Policy / 出欠席及び受講に関するルール	

1st	Title:Orientation and Course Outline
	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.
	Instructor:
Independent Study Outside of Class:Will be presented at the class	
2nd	Title:Framework of psychology of aging
	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
	Instructor:
Independent Study Outside of Class:Will be presented at the class	
3rd	Title:Cognitive aging 1; intelligent
	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.
	Instructor:
Independent Study Outside of Class:Will be presented at the class	
4th	Title: 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.
	Instructor:
Independent Study Outside of Class:Will be presented at the class	
5th	Title: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.
	Instructor:
Independent Study Outside of Class:Will be presented at the class	
6th	Title: 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.
	Instructor:
Independent Study Outside of Class:Will be presented at the class	
7th	Title: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.
	Instructor:
Independent Study Outside of Class:Will be presented at the class	
8th	Title: 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.
	Instructor:
Independent Study Outside of Class:Will be presented at the class	
9th	Title: 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.
	Instructor:

		Independent Study Outside of Class:Will be presented at the class				
	10th	Title: 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 society are main opposite opinions. Historical and contemporary view how we live a life in old age will be discussed.				
		Instructor:				
		Independent Study Outside of Class:Will be presented at the class				
	11th	Title: 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.				
		Instructor:				
		Independent Study Outside of Class:Will be presented at the class				
	12th	Title: 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 discussion.				
		Instructor:				
		Independent Study Outside of Class:Will be presented at the class				
	13th	Title: Emotion and aging 3; Theories of psychological well-being				
		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.				
		Instructor:				
		Independent Study Outside of Class:Will be presented at the class				
	14th	Title:Psychology of aging in the oldest old and the centenarian.				
		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.				
		Instructor:				
		Independent Study Outside of Class:Will be presented at the class				
	15th	Title: Examination				
		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.				
		Instructor:				
		Independent Study Outside of Class:Will be presented at the class				
Textbooks / 教科書・指定教材	(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.  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.					
Reference / 参考図書・参考教材	(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 / 成績評価	Evaluation Methods / 評価方法	Presentation	Learning engagement	Report/paper		
	Learning Goals1	○	○	○		
	Allocation of Marks / 評価割合	30%	40%	30%		
Additional Information on Grading / 成績評価に関する補足情報						

Reasonable Accommodation / 合理的配慮	<ul style="list-style-type: none"> <li>• If you need reasonable accommodation to participate in this class due to disability (including intractable disease and chronic condition), please contact the office for students with disabilities (e.g., Educational Affairs Section, Academic Affairs Section, Student Affairs Section) at your school/faculty or graduate school, or the Disability Advisory and Support Service Office of the Health and Counseling Center.</li> <li>• For more information, please visit the following website or contact the Disability Advisory and Support Service Office of the Health and Counseling Center.  Website : <a href="https://acs.hacc.osaka-u.ac.jp">https://acs.hacc.osaka-u.ac.jp</a>  Tel : 06-6850-6107  E-mail : <a href="mailto:campuslifekenkou-acs@office.osaka-u.ac.jp">campuslifekenkou-acs@office.osaka-u.ac.jp</a></li> </ul>
Special Note / 特記事項	
Office Hours / オフィスアワー	
Course Conducted by Instructors with Practical Experience / 実務経験のある教員による授業科目	

## Instructor(s)

1	Instructor Name / 教員氏名	Yasuyuki Gondo
	Name (hiragana) / ふりがな	
	Affiliation, Title, Course / 所属・職名・講座名	Human sciences professor
	Office / 居室	
	Extension / 内線	8061
	E-mail / e-mail	y.gondo.hus@osaka-u.ac.jp
2	Instructor Name / 教員氏名	Takeshi Nakagawa
	Name (hiragana) / ふりがな	
	Affiliation, Title, Course / 所属・職名・講座名	Human sciences associate professor
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