

HUMAN DEVELOPMENT

RAPID REVISION



IN

20

MINUTES





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Meaning of Development

Development refers to progressive and orderly changes from conception till death. It includes both growth and decline.

Development mainly includes:

Biological Development – Physical and body changes.

Example: increase in height, brain development

Cognitive Development – Thinking, learning and understanding.

Example: problem-solving ability

Socio-emotional Development – Changes in emotions and social relationships.

Example: friendship and emotional bonding

Growth vs Development

Growth

- Quantitative change
- Increase in size and body structure
- Example: increase in height

Development

- Qualitative and quantitative change
- Overall change in behaviour and abilities
- Example: improvement in thinking ability

Life Span Perspective (LSP)

Development is:

- Lifelong
- Multidimensional
- Multidirectional
- Plastic
- Contextual
- Influenced by historical conditions
- Studied by many disciplines

Growth, Development, Maturation and Evolution

Growth – Increase in physical size

Development – Overall changes in behaviour and abilities

Maturation – Changes due to biological readiness

Evolution – Long-term changes in species

Factors Influencing Development

Genotype

- Genetic makeup inherited from parents

Phenotype

- Observable characteristics

Example:

A child may inherit intelligence genetically but environment affects its expression.

Environmental Factors

Include:

- Family
- Nutrition
- Education
- Culture
- Society

Context of Development (Bronfenbrenner's View)

Development occurs within different systems.

Microsystem

- Family
- School
- Friends

Mesosystem

- Interaction between family and school

Exosystem

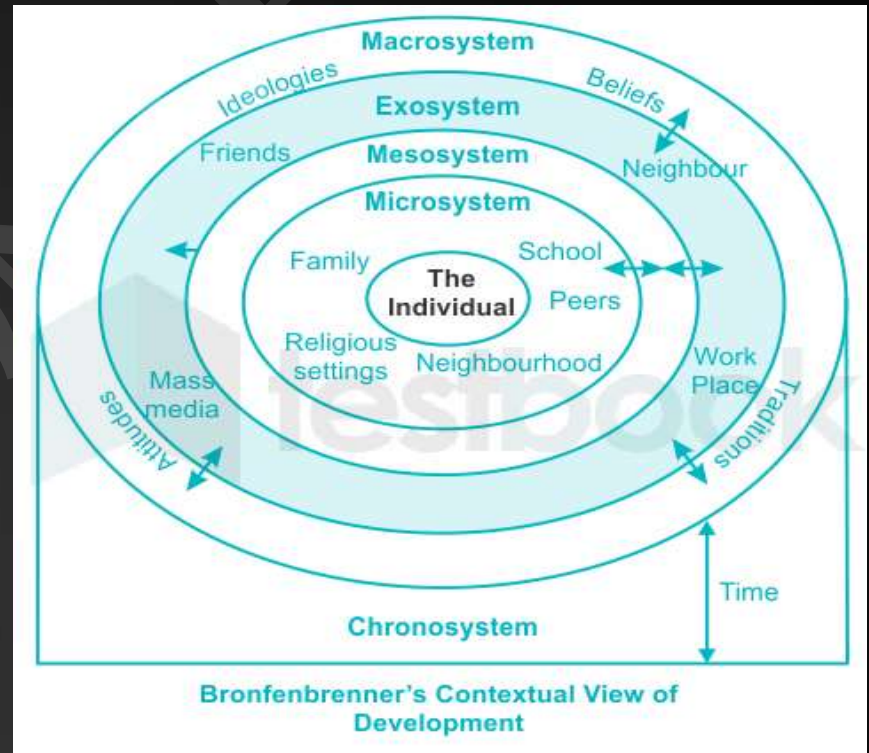
- Parents' workplace

Macrosystem

- Culture and values

Chronosystem

- Changes over time



Durganand Sinha's Model

Development occurs through interaction of:

Upper Layer

- Family
- School
- Peer group

Outer Layer

- Social and environmental conditions

Overview of Developmental Stages

Developmental tasks are skills and behaviours expected at a particular stage.

Example:

Learning to walk during infancy

Stages:

- Prenatal stage
- Infancy
- Childhood
- Adolescence
- Adulthood
- Old age

Prenatal Stage

Period from conception to birth.

Development affected by:

- Nutrition
- Maternal health
- Environment

Teratogens

Environmental agents causing harm to unborn child.

Examples:

- Alcohol
- Drugs
- Smoking
- Radiation

Infancy (0–2 years)

Motor Development

- Sitting
- Crawling
- Walking

Sensory Development

- Recognition of voice and faces

Cognitive Development

- Sensorimotor stage
- Object permanence develops

Socio-emotional Development

- Attachment with caregivers

Childhood (3–11 years)

Physical Development

Cephalocaudal Trend

- Development from head to toe

Proximodistal Trend

- Development from center to outward body parts

Motor Development

Gross Motor Skills

- Running
- Jumping

Fine Motor Skills

- Writing
- Drawing

Cognitive Development

- Symbolic thinking
- Logical thinking begins

Socio-emotional Development

- Moral understanding develops
- Better social interaction

Piaget's Stages of Cognitive Development

1. SENSORIMOTOR STAGE (0–2 years)

- Learning through senses
- Object permanence develops



2. PREOPERATIONAL STAGE (2–7 years)

- Symbolic thinking
- Egocentrism present



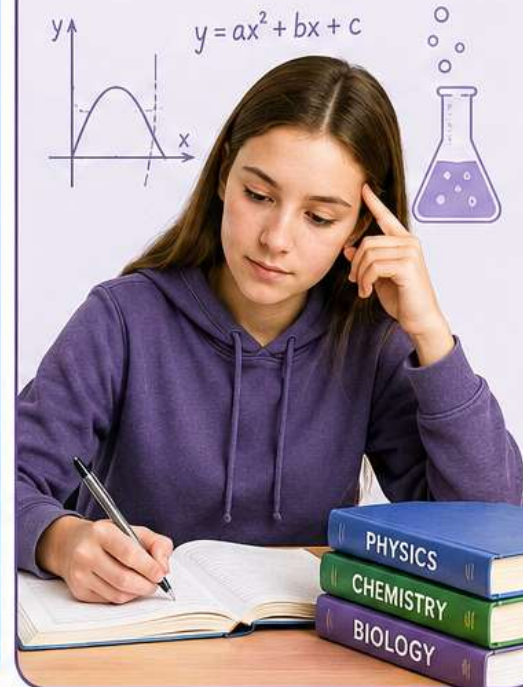
3. CONCRETE OPERATIONAL STAGE (7–11 years)

- Logical thinking develops
- Conservation develops



4. FORMAL OPERATIONAL STAGE (11+ years)

- Abstract thinking develops
- Scientific reasoning develops



Piaget believed that children actively construct knowledge as they move through these stages in a fixed order.

Adolescence (11–19 years)

Period of transition from childhood to adulthood.

Physical Development

- Puberty
- Rapid growth

Cognitive Development

- Abstract thinking develops

Socio-emotional Development

- Identity formation
- Emotional changes

David Elkind – Egocentrism

Imaginary Audience

- Feeling that everyone is watching them

Personal Fable

- Feeling unique and special

Challenges of Adolescence

- Peer pressure
- Identity crisis
- Stress
- Emotional instability
- Conflict with parents

Major Concerns

Delinquency

- Anti-social behaviour

Substance Abuse

- Alcohol and drug use

Eating Disorders

Anorexia Nervosa

- Extreme fear of gaining weight

Bulimia

- Overeating followed by vomiting

Adulthood

Physical Development

- Maximum physical strength

Cognitive Development

- Better decision making

Socio-emotional Development

- Marriage
- Career
- Parenthood

Old Age

Physical Development

- Decline in strength and health

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Cognitive Development

- Memory decline may occur

Socio-emotional Development

- Retirement adjustment
- Need for emotional support

1. Which of the following refers to the genetic makeup inherited from parents?

- a) Phenotype
- b) Environment
- c) Genotype
- d) Evolution

2. According to David Elkind, the feeling that “everyone is watching me” is called:

- a) Personal Fable
- b) Egocentrism
- c) Imaginary Audience
- d) Object Permanence

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