



HUMAN DEVELOPMENT ONE SHOT



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Meaning of Development

Development is a **pattern of progressive, orderly and predictable changes** that begin at conception (fertilisation) and continue throughout life. It includes both growth and decline and affects the person as a whole.

Development mainly includes:

1. Biological processes
2. Cognitive processes
3. Socio-emotional processes

Development is a larger process, while growth is only a part of development.

Growth means changes in physical characteristics like increase in height, weight, etc.

- ❖ Biological development refers to development due to genes such as increase in height, brain development, body changes, etc.
- ❖ Cognitive processes refer to the process of knowing, learning, thinking, experiencing and understanding.
- ❖ Socio-emotional processes refer to interactions with others, changes in emotions, personality and social relationships.

Life-Span Perspective (LSP)

Life-span perspective explains that development continues throughout life and includes the following assumptions:

1. Development is life-long from conception to old age.
2. Biological, cognitive and socio-emotional processes are interwoven and affect each other.
3. Development is multi-directional. Some abilities increase while some decline.

- ❖ Development is highly plastic. Skills and abilities can be improved through practice and experience.
- ❖ Development is influenced by historical conditions. Example: life before and after independence is different.
- ❖ Development is studied by many disciplines like psychology, sociology, anthropology, neuroscience, etc.
- ❖ Development depends on different contexts like social, cultural, environmental and personal situations.

Growth, Development, Maturation and Evolution

Growth means increase in size of body parts or the whole body and can be measured.
Example: increase in height and weight.

Development is a broader concept involving growth as well as changes in behaviour, thinking and emotions.

Maturation refers to changes that follow a natural biological sequence and are mainly controlled by genes.

Evolution refers to species-level changes over a very long period of time.

Factors Influencing Development

Development is influenced by heredity and environment.

Genotype

Genotype is the actual genetic material or a person's genetic heritage inherited from parents.

Phenotype

Phenotype is the way genotype is expressed in observable and measurable characteristics.

It includes:

physical traits like height, weight, eye colour, skin colour and psychological traits like intelligence, creativity and personality.

Environmental Factors

Environment provides opportunities and conditions that influence development.

Example:

A child may have good genetic potential, but without proper nutrition and support, development may be affected.

- ✓ Development happens through interaction between genotype and environment.

Context of Development (Bronfenbrenner's Contextual View)

Urie Bronfenbrenner said that a child's development is affected by the environmental systems surrounding the child.

Microsystem

Immediate environment where direct interaction happens:
family, school, peers, neighbourhood

Mesosystem

Relationship between microsystems:
example—relationship between parents and teachers

Exosystem

Social settings that indirectly affect the child:
parents' workplace, neighbours, mass media

Macrosystem

Culture, beliefs, values, customs and social system

Chronosystem

Impact of time and life events:
divorce, economic problems, shifting city,
major life changes

Development is affected by the complete surrounding world.

Durganand Sinha's Model of Development

It explains child development in Indian context.

Two layers:

1.Upper visible layer:

home, school, peer group, family interaction

2.Surrounding layer:

geographical factors, facilities, opportunities, class, caste, social conditions, water, electricity, entertainment, etc.

Both layers interact and influence development.

Overview of Developmental Stages

Development is commonly described in terms of stages or periods.

Each stage has:

temporary nature, dominant features and leading characteristics

Certain behaviours and skills are learned more easily during particular stages.

These become social expectations called **developmental tasks**.

Main stages:

1. Prenatal stage
2. Infancy
3. Childhood
4. Adolescence
5. Adulthood
6. Old age

Prenatal Stage

Period from conception to birth

Usually lasts about 40 weeks or 9 months.

- Development is influenced by:
genetic factors and environmental factors
- Maternal characteristics also affect development:
mother's age, nutrition, emotional state,
disease or infection

Teratogens

Environmental agents that can cause serious harm to the unborn child.

Examples:

drugs, alcohol, tobacco, radiation, pollution,
infections, toxic chemicals

These can cause developmental abnormalities.

Infancy (0–2 years)

Very rapid brain development occurs.
Newborn learns about the world through senses and movement.

Motor Development

- Reflexes are automatic movements present at birth:
sucking, blinking, yawning, grasping
- These are the base of later motor development.
- Motor development includes:
crawling, sitting, walking, running, grasping

Sensory Development

- Infants respond to:
sound, touch, smell, taste and vision
- They recognize mother's voice quickly.
- Preference for familiar faces begins.
- Colour vision develops gradually.
- Around 6–8 months they show preference for mother's face.

Cognitive Development

- According to Piaget, infancy is the **Sensorimotor Stage (0–2 years)**
- Child learns through sensory experiences and physical actions.
- Object permanence develops:
understanding that objects continue to exist even when not seen
- Language begins through vocalisation around 3–6 months.

Socio-emotional Development

- Babies form emotional attachment with parents, especially mother.
- Attachment means close emotional bond between infant and caregiver.
- Secure attachment leads to trust and healthy development.

Childhood (3–11 years)

Growth becomes slower and gradual.

Physical abilities improve.

Children learn good and bad behaviour and develop morality.

Physical Development

Follows two principles:

Cephalocaudal trend

development from head to tail region

Proximodistal trend

development from centre to outer body parts

Brain and head develop rapidly first.

Motor Development

Use of arms and legs improves

Gross motor skills:

running, jumping

Fine motor skills:

writing, holding pencil, eye-hand coordination

Cognitive Development

Object permanence becomes stronger

Symbolic thought develops

Children use mental representation of objects

Egocentrism is seen:

self-focused thinking

Animism:

believing non-living things are alive

Intuitive thought:

asking many questions due to curiosity

Later intuitive thought is replaced by logical thinking

Socio-emotional Development

Internal self develops

Comparison with others starts

Moral development improves

Children understand social rules and responsibilities

Piaget's Stages of Cognitive Development

1. Sensorimotor Stage (0–2 years)

Learning through senses and motor actions

Object permanence develops

2. Preoperational Stage (2–7 years)

Symbolic thought develops

Language improves

Egocentrism is strong

Animism and intuitive thought present

Cannot think logically yet

3. Concrete Operational Stage (7–11 years)

Logical thinking develops

Can mentally perform actions

Understands conservation

Can classify and compare objects

Less egocentric

4. Formal Operational Stage (11 years onwards)

Abstract thinking begins

Hypothetical thinking develops

Problem solving improves

Logical and scientific thinking increases

Very important in adolescence

Adolescence (11–19 years)

Period of transition from childhood to adulthood

Begins with puberty

Rapid biological and psychological changes happen

Physical Development

Sexual maturity begins

Primary and secondary sexual characteristics develop

Boys and girls experience body changes

Puberty marks beginning of reproductive maturity

Cognitive Development

Formal operational thinking develops

Abstract thinking increases

Moral and logical thinking improves

Adolescents think about future and identity

Hypothetical thinking becomes stronger

Egocentrism in Adolescence (David Elkind)

Two important parts:

Imaginary Audience

Feeling that everyone is watching and noticing them

Personal Fable

Belief that their feelings and experiences are unique and special

Identity Formation

Major task of adolescence

Trying to answer:

Who am I?

Developing values, beliefs and future goals

Erikson called this identity vs role confusion

Challenges of Adolescence

Peer pressure

Need for acceptance

Emotional ups and downs

Conflict with parents

Stress and confusion

Major Concerns

Delinquency

Variety of socially unacceptable behaviours

Examples:

stealing, lying, violence, criminal acts

Substance Abuse

Smoking, alcohol, drugs

Often caused by peer pressure and stress

Can create dependency and serious life problems

Eating Disorders

Anorexia Nervosa

extreme fear of gaining weight and self-starvation

Bulimia

binge eating followed by vomiting or fasting

These are more common during adolescence

Adulthood (20+ years)

Adult is responsible, mature, self-supporting and socially integrated.

Includes:

marriage, career, parenthood

Need to become financially independent

Career and Work

Choosing occupation and building career

Handling responsibilities and competition

Developing work identity

Marriage, Parenthood and Family

Adjustment with partner

Managing family roles

Raising children

Sharing responsibilities

Physical and Cognitive Development

Physical strength is high in early adulthood

Gradual ageing starts later

Many responsibilities increase stress

Old Age (60+ years approx.)

Period of dependency increases

Retirement becomes important

Adjustment to changing family roles is needed

Physical Changes

- ☐ Decline in strength, energy and health
- ☐ Vision and hearing may weaken
- ☐ Memory may decline in some areas

Social and Emotional Changes

- Retirement adjustment
- Dependence on children may increase
- Loss of spouse may cause loneliness
- Need for emotional support increases
- Social respect and care become very important
- Successful ageing depends on health, family support and social relationships.

HUMAN DEVELOPMENT

Human development refers to the lifelong process of physical, cognitive, emotional, social and moral growth and changes that begin from conception and continue till death. It involves the progressive and orderly changes in an individual as a result of maturation and experience.

PRINCIPLES OF HUMAN DEVELOPMENT

- **Development is continuous** – It is a lifelong process from birth to death.
- **Development is gradual** – Changes occur step by step, not suddenly.
- **Development is orderly and sequential** – Different areas develop in a fixed order.
- **Development is individual** – Each person develops at his/her own pace.
- **Development is multidimensional** – It includes physical, cognitive, emotional, social and moral aspects.
- **Development is influenced** by both heredity and environment.
- **Development is plastic** – It is flexible and can be modified by experiences.



STAGES OF HUMAN DEVELOPMENT

Stage	Age	Characteristics
Infancy	0 – 2 years	Rapid physical growth; develops basic senses, motor skills; emotional attachment.
Early Childhood	2 – 6 years	Language development; curiosity; play; development of self-concept.
Middle Childhood	6 – 12 years	Schooling; develops reading, writing, logical thinking; social skills.
Adolescence	12 – 18 years	Physical changes (puberty); identity formation; emotional ups and downs.
Adulthood	18 – 60 years	Responsibility; career, family; social participation; personal growth.
Old Age	60 years and above	Physical decline; retirement; reflection on life; need for care and respect.

FACTORS AFFECTING HUMAN DEVELOPMENT

- **Heredity** – Genetic makeup influences physical and mental traits.
- **Environment** – Family, school, culture, society and physical environment play a major role.
- **Nutrition** – Good nutrition is essential for healthy physical and mental growth.
- **Education** – Helps in knowledge, skill development and personality formation.
- **Health** – Good health supports all-round development.
- **Emotional factors** – Love, security and encouragement promote healthy development.



In short, human development is the result of the interaction of various factors and continues throughout life. It aims at developing a complete and well-adjusted personality.



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