



MSW COURSE MATERIALS

HUMAN GROWTH AND DEVELOPMENT

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UNIT II

Developmental Psychology

Definition, Stages of development, Developmental mile stones. Pre-natal development, Delivery, Birth trauma, Infancy, Babyhood, Childhood, Latency, Puberty and Adolescence, Adulthood, Middle age-Old age- Developmental tasks. Physical, Social and Emotional developmental problems and different types of adjustments required in each stage of development.

Definition

Developmental psychology is the scientific study of how and why human beings change over the course of their life. Originally concerned with infants and children, the field has expanded to include adolescence, adult development, aging and the entire life span.

Stages of development

The Normal development of a child can be divided into four:

- Motor behavior.
- Adaptive behavior.
- Language.
- Personal and social behavior.

Developmental mile stones

- **4 weeks**- moves head laterally in prone position. Momentarily lifts head when prone. Momentarily regards close moving objects, close to mid line. Turns head and responds to sound of a bell. Regards face intently.
- **3 months**- Head-holding achieved. Lifts head to 90 degree when prone. Laughs aloud and Social smile.
- **5 months**- sits with support. Grasp objects crudely. Takes foot to mouth. Smiles back at mirror-image of self.

Conti.

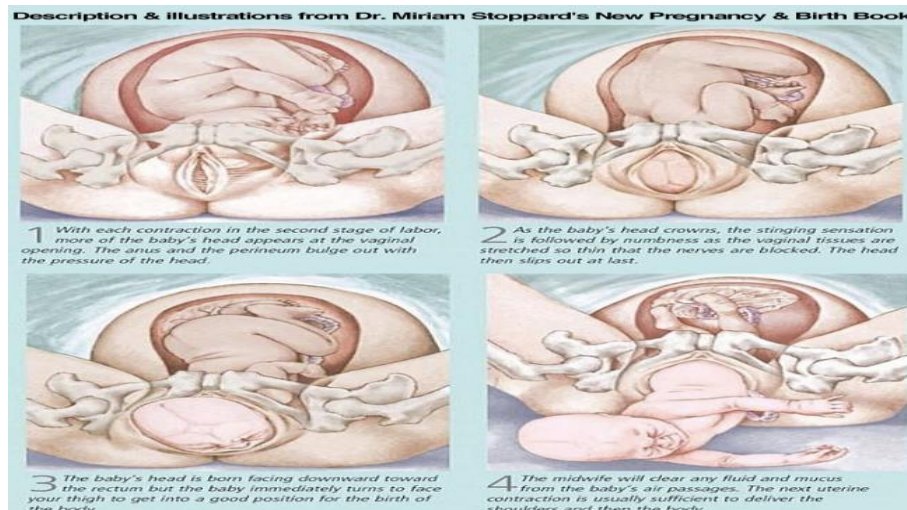
- **10 months-** stands holding furniture. Stands without support momentarily. Claps hands. Responds to social play.
- **15 months-** walks well with support. Walk backward and sideways. Scribbles spontaneously imitating writing. About 10 words spoken including name. Toilet training started.
- **2 years-** runs well. Turns one page of a book at one time. Uses 3-5 words meaningfully.
- **4 years-** makes a broad jump. Uses plurals. Washes own face.
- **6 years-** draws triangle. Dresses without supervision.

Pre-natal development

Prenatal development is the process in which an embryo and later fetus develops during gestation. Prenatal development starts with fertilization the first stage in embryogenesis which continues in fetal development until birth.

Delivery

Childbirth, also known as labour and delivery, is the ending of a pregnancy by one or more babies leaving a woman's uterus by vaginal passage or C-section. It involves three stages of labour: the shortening and opening of the cervix, descent and birth of the baby, and the delivery of the placenta.



Birth trauma

Birth trauma (BT) refers to damage of the tissues and organs of a newly delivered child, often as a result of physical pressure or trauma during childbirth. The term also encompasses the long term consequences, often of a cognitive nature, of damage to the brain or cranium. In other words, it is a psychological shock experienced by the child during the time of delivery.

Infancy



The term "infant" is typically applied to young children between one month and one year of age; however, definitions may vary and may include children up to two years of age. When a human child learns to walk, the term "toddler" may be used instead.

Babyhood

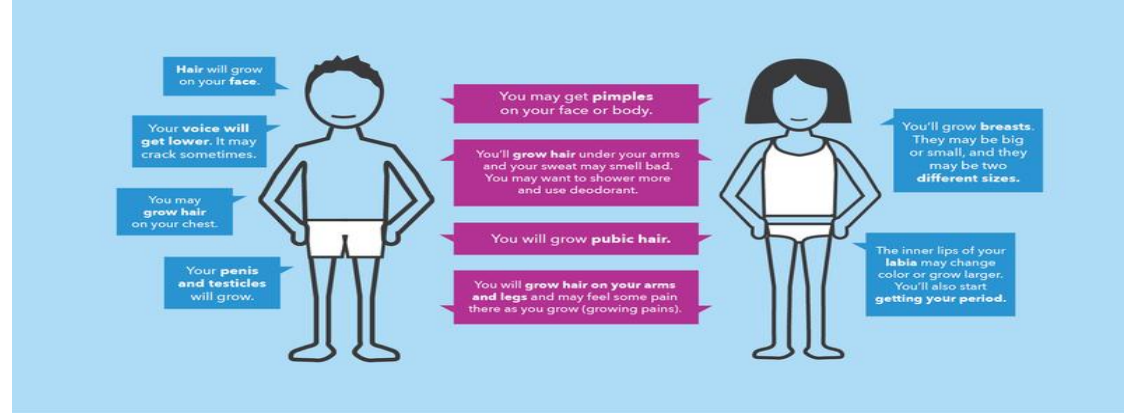


Babyhood is a time when babies are totally dependent upon their parents and caregivers for their protection and care. Consistent, adequate, gentle care can encourage the infant to develop the capacity to trust people. Birth to 4 months.

Latency

Latency is a time interval between the stimulation and response, or, from a more general point of view, a time delay between the cause and the effect of some physical change in the system being observed. Latency is physically a consequence of the limited velocity with which any physical interaction can propagate.

Puberty



Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction. It is initiated by hormonal signals from the brain to the gonads: the ovaries in a girl, the testes in a boy.

Characteristics of puberty

- It is an overlapping period.
- It is a short period.
- It is divided into stages.
- It is a time of rapid growth and changes.
- It is a negative phase.
- It occurs at variable change.

Causes of puberty

- Puberty begins when your body starts to make a lot of chemicals called sex hormones. These hormones cause the changes you notice during puberty.
- The onset of puberty becomes official when gonadotropin-releasing hormone (GnRH) is secreted and sets off a chain reaction of chemical messages. Inside the hypothalamus, nerve cells release GnRH in a 'round-the-clock,' pulsatile fashion.

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- With each secretion, the pituitary gland is stimulated to secrete its own messengers, lutenizing hormone (LH) and follicle-stimulating hormone (FSH), directly into the circulation.
- In turn, these rising levels of LH and FSH cause the testes and ovaries to produce the sex hormones testosterone and estradiol, the culprits responsible for the physical changes and emotional baggage of male and female puberty, respectively.

Age of puberty

- The onset of puberty varies among individuals.
- Puberty usually occurs in girls between the ages of 10 and 14, while in boys it generally occurs later, between the ages of 12 and 16.
- In some African-American girls, puberty begins earlier, at about age 9, meaning that puberty occurs from ages 9 to 14.

Body changes at puberty

- Changes in body size.
- Changes in body proportions.
- Primary sex characteristics.
- Secondary sex characteristics.

Hazards of puberty

1. Physical hazards.
2. Psychological hazards.
 - a. Unfavorable self concepts.
 - b. Under achievement.
 - c. Lack of preparation for puberty changes.
 - d. Acceptance of changed bodies.
 - e. Acceptance of socially sex roles.
 - f. Deviations in sexual maturing.

Adolescence

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. In other words, it means to grow to maturity.



Characteristics of adolescence

- It is an important period.
- It is a transitional period.
- It is a period of change.
- It is a problem age.
- It is a time of search for identity.
- It is a dreaded age.
- It is a time of unrealism.
- It is the threshold to adulthood.

Developmental Tasks

- A developmental task is a task that arises at or about a certain period in life, unsuccessful achievement of which leads to inability to perform tasks associated with the next period or stage in life. For example, Learning to get along with friends of both sexes.

Emotionality

- Anger
- Fear
- Jealousy
- Curiosity
- Envy
- Joy
- Grief
- Affection

Social changes

- Peer groups.
- New social groupings.
- New values in selection of friends.
- Dayads, Trayads and cliques.

Physical changes

- External.
- Internal.

Some adolescent interest

- Recreational interest.
- Social interest.
- Personal interest.
- Educational interest.
- Vocational interest.
- Religious interest.
- Interest in status symbols.

Important changes

- Changes in morality
- Sex interest and sexual behavior
- Approved sex roles
- Family relationship
- Personality changes

Hazards of adolescence

- Physical hazards.
- Psychological hazards.
 - a. Social behavior.
 - b. Sexual behavior.
 - c. Moral behavior.
 - d. Family relationship.

Adulthood

Meaning

- Human adulthood encompasses psychological adult development.
- Definitions of adulthood are often inconsistent and contradictory, a person may be biologically an adult, and have adult behavior but still be treated as a child if they are under the legal age of majority.

Characteristics of early adulthood

- It is settling down age.
- It is a reproductive age.
- It is problem age.
- It is an age of social isolation.
- It is a time of commitments.
- It is the time of value changes.
- It is a creative age.



Developmental task of early adulthood

- Physical efficiency.
- Motor abilities.
- Mental abilities.
- Motivation.
- Role model.

Changes in interest in early adulthood

- Changes in early adulthood.
- Changes in economic status.
- Changes in life pattern.
- Changes in values.
- Sex role changes.
- Changes from single to married status.
- Changes due to the role of a parent.
- Changes in preferences.
- Changes in cultural and environmental pressures.

Personal interest

- Appearance
- Clothes and Personal adornments
- Status symbol
- Money
- Religion

Personal and social hazards of early adulthood

- Physical hazards.
- Religious hazards.
- Social hazards.
- Vocational hazards.

Several adjustments in early adulthood

- Sex role adjustment.
- Vocational adjustment (Job dissatisfaction).
- Marital adjustment.
- Sexual adjustment.
- Financial adjustment.
- Adjustment to parenthood.

Middle age-Old age-Developmental tasks

- ❖ The concept of development task describes development as lifelong process. Thus it is also an early significant contributor to the emerging field of lifelong human development.
- ❖ A development task is a task which arises at or about a certain period in the life of the individual, successful completion of which leads to his happiness and to success with later tasks, while failure leads to unhappiness in the individual, disapproval by the society and difficulty with later tasks.

Middle age Task

- Achieving adult civic and social responsibility.
- Establishing and maintaining an economic standard of living.
- Assisting teen-age children to become responsible and happy adults.
- Developing adult leisure time activities.
- Relating oneself to one's spouse as a person.
- Accepting and adjusting to the physiological changes of middle age.

Old age consists of ages nearing the average life span of human beings and thus the end of the human life cycle.

Adjustments to changes in family life in old age

- Relationship with spouse.
- Relationship with offspring.
- Parental dependency.
- Relationship with grand children.
- Changes in sexual behavior.



Adjustment to retirement

1. Attitude towards retirement.
2. Conditions affecting adjustment to retirement.
 - a. Health conditions
 - b. Social contracts
 - c. Economic status
 - d. Attitude of family members
3. Sex differences in adjustment to retirement.

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4. Adjustment to loss of a spouse in old age.
 - a. Adjustment problem for men
 - b. Adjustment problem for women
5. Remarriage in old age.
 - a. Age difference in remarriage.
 - b. Adjustment problems of remarriage
 - c. Conditions contributing to adjustment to remarriage in old age.
6. Adjustment to singlehood in old age.
 - a. Case of unmarried men and women

Old age Task

- Adjusting to decreasing physical strength and health.
- Adjusting to retirement and reduced income.
- Adjusting to death of spouse.
- Establishing an explicit affiliation with one's age group.
- Meeting social and civic obligations.
- Establishing satisfactory physical living arrangements.

Hazards of old age

1. Vocational hazards.
 - a. Prevention from working
 - b. Retirement
2. Family life hazards.
 - a. Sexual deprivation
 - b. Loneliness
 - c. Living arrangements
 - d. Role changes.

Physical, Social and Emotional developmental problems

- Establishing identity.
- Establishing autonomy.
- Find difficult to get intimate.
- Getting comfortable with their sexuality.
- Success and competition.

Different types of adjustments required in each stage of development

- **Infancy:**
- This stage covers approximately first two weeks of life. It is the shortest developmental period. It is a time for radical adjustment. The new born infant must make four major adjustments to post natal life namely:
 - To temperature changes
 - To sucking and swallowing
 - To breathing
 - To elimination.

Babyhood and Early Childhood:

- Learning to take solid foods
- Learning to walk and talk
- Learning to control the elimination of body wastes
- Learning sex differences and sexual modesty
- Getting ready to read
- Learning to distinguish right and wrong and beginning to develop conscience.

Late Childhood

- Learning physical skills necessary for ordinary games
- Building a wholesome attitude toward oneself as a growing organism
- Learning to get along with age-mates
- Beginning to develop appropriate masculine or feminine social roles.
- Developing fundamental skills in reading, writing and calculating.
- Developing concepts necessary for everyday living
- Developing a conscience, a sense of morality, and a scale of values
- Developing attitudes toward social groups and institutions.
- Achieving personal independence.

Adolescence

- Achieving new and more mature relations with age-mates of both sexes
- Achieving a masculine or feminine social role
- Accepting one's physic and using one's body effectively
- Desiring, accepting, and achieving socially responsible behaviour
- Achieving emotional independence from parents and other adults
- Preparing for an economic career
- Preparing for marriage and family life
- Acquiring a set of values and an ethical system as a guide to behavior-developing an ideology.

Early Adulthood

- Getting started in an occupation
- Selecting a mate
- Learning to live with a marriage partner
- Starting a family
- Rearing children
- Managing a home
- Taking on civic responsibility
- Finding a congenial social group.

Middle Age

- Achieving adult civic and social responsibility
- Assisting teenage children to become responsible and happy adults
- Developing adult leisure-time activities
- Relating oneself to one's spouse as a person
- Accepting and adjusting to the physiological changes of middle age
- Reaching and maintaining satisfactory performance in one's occupational career
- Adjusting to aging parents.

Old Age

- Adjusting to decreasing physical strength and health
- Adjusting to retirement and reduced income
- Adjusting to death of spouse
- Establishing an explicit affiliation with members of one's age group
- Establishing satisfactory physical living arrangements
- Adapting to social roles in a flexible way.

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