Stages of Human Development

Growth and development:

Growth and development is a process that covers physical, mental, social, and emotional development of an individual. The term growth has a biological connotation. Physical development means the progressive development of the various parts of the body and their capacity to function. Development is the qualitative concept. It includes change in size, body proportion, nervous system and changes in the internal organs. Growth and development is a continuous process; transition from one stage to another does not take place overnight. There is a continuity of development from infancy to childhood, from childhood to adolescence, from adolescence to adulthood. The process of growth and development can be divided into 5 stages:

1. Infancy (Birth-2 years):

   - Physical Development:
     - Physical development means the progressive development of the various parts of the body and their capacity to function. It implies orderly series of change in size, body proportion, nervous system and changes in internal organs.
     - Size and weight: Average length of a newborn child is 19 inches and weight is about 7 pounds.

2. Childhood (3-6 years):

   - Early childhood (3-6 years)
   - Late childhood (6-12 years)

3. Adolescence (13-20 years)

4. Adulthood (21-45 years)

5. Senescence (46-death)

Each stage covers a number of years of the child's life and possesses some special characteristics. Usually the potential development can be divided into 5 stages.
CHILDHOOD: (6-12)

2. Mental Development: By Intellectual development we mean development of language, interests, imagination, and reasoning. As the child grows, children show signs of increased intelligence, understanding, reasoning, and thinking.

3. Social Development: Infants depend on others for the satisfaction of their needs. A child is not social at birth, but develops social skills as he interacts with others.

4. Emotional development: The emotional state of the child at birth is not specific, but begins to take proportions at birth. The child does not want to mix with outsiders. He shows greater curiosity in knowing more and more about his environment. During infancy, power of reasoning and judgment are sharp. A child makes questions as what is it? Why is it so? Where has done so. Subsequently, language development becomes rapid.

5. Physical growth and development: The age of 2, the child begins to walk and develop fine motor skills. The head begins to take proportions of the body. The legs and arms increase in length and size. Growth in bones and development of sensory muscles have

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A. Early Childhood - It starts from 2-6 years of age is called problem age and toy age by parents. The educationists and psychologists prefer to call this stage by several names like Pre-school age, Questioning age, imitative age, and Creative age.

B. Late Childhood - It extends from 6-12 years it is called as elementary school age by educators and gang age or play age by psychologists. This period begins when the child enters the school. During childhood many physical, mental, emotional and social changes take place. The environment of the child widens during this period. The child enters the school. During childhood, many physical, mental, emotional and social changes take place. The environment of the child widens during this period. The child enters the school.

1. Physical Growth and Development - The physical growth of early childhood is very rapid but in late childhood the physical growth is slow, steady and uniform. There is marked increase in muscular coordination of the child. The child gains control over body and is able to walk freely during this period. The child also learns speaking skill in his mother tongue. The milk teeth start falling and permanent teeth take the place of temporary teeth. Girls increase more in height and weight in this stage. There is change in overall appearance of the child.

2. Social Development - Home is the primary social institution of the child. The child learns how to behave with his family members. He learns the way of conversation. Child develops friendly behavior as he comes in contact of different persons. He learns various forms of social behavior. The child widens his social relations. The child becomes a member of a gang. The child plays with other children. The child learns to cooperate with other children. The child learns how to behave with his family members. He learns the way to interact with other children. The child learns to express his emotions. The child shows more loyalty to his gang. The child learns various forms of social behavior. The child widens his social relations.

3. Intellectual Development - During this period new experiences are acquired and applied. The child acquires new concepts. Following are the characteristics of intellectual development:

- Development of concepts:
  - Child develops the concepts of time, length, distance, etc.

- Development of interest:
  - Interest of the child expands. He likes books, travel, fairy tales, etc.

- Development of power of thinking:
  - Power of observation, reasoning, remembering, and thinking.

- Curiosity of asking questions increases.

4. Emotional Development - In the beginning of this period, the child shows more curiosity of asking questions. The child tries to get answers from others. These questions are more definite than he used to put during his infancy.

Following are the development patterns of the child:

1. Early Childhood:
   - It extends from 2-6 years of age is called problem age and toy age by psychologists. It begins when the child enters the school.

2. Late Childhood:
   - It extends from 6-12 years of age is called as elementary school age by psychologists and educationists. It begins when the child enters the school.
Ground of his wishes are not fulfilled. He also fights with children of his age. Fear is also common at this stage. Bursts of aggressiveness, anger, jealousy, and negativism are the characteristics of the childhood age. As the child grows he changes the manner of expression of emotions. The emotions get stabilized and child learns to control his emotions. He develops the techniques of controlling suppressing emotions. He gets angry but ages not hit out, he gets frightened but tries to look brave he is still jealous but does not cry etc.

5. Development of allocentric stage:

Intellectual Development during adolescent stage:

Increase in both sides.

Increase in Pulse Rate - The other organs of body heart increases in size and more galvanic changes. As a result of this change adolescent has desire to eat.

Physical changes - During adolescence organs of digestive system undergo

1. Increase in voice - There is a distinct change in voice among boys and girls.

Change in voice - Adolescents change boys and girls develop the characteristic features of their respective sexes. Rapid development of bones and muscles, the voice of boys deepens and become harsher. On girls voice becomes sweeter.

2. Digestive System - During adolescence organs of digestive system undergo qualitative changes. As a result of this change adolescent has desire to eat.

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Physical Development during adolescent stage:

Increase in height and weight - Adolescents' height increases rapidly. Weight also increases due to increase in bones and muscles, generally boys are heavier and taller than girls.

Change in bodily proportions - Different parts of the body grow at different rates and those of boys become larger and heavier. Hence in adolescent stage, height and weight increase rapidly.

Increase in pubic hair - Adolescents, help to increase rapidly. Weight and height are

Adolescence is the most important period of human life. The term adolescence is derived from the Latin word "adolescere" which means "growing towards maturity" between childhood and adulthood. It is a period of great stress and strain, storm and strife.

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3. Facial features - Boys and girls develop the characteristic features of their respective sexes. Rapid development of bones and muscles, the muscles of girls remain softer while those of boys become hard and firm.

4. Change in voice - There is a distinct change in voice among boys and girls.

5. Development of intellectual skills in reading writing and calculation.


Development tasks of childhood: -

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Reasoning and concentration are almost developed up to the end of this period. The adolescent is the most critical and sensitive. The individual's future is decided within this period. This period is the most critical and sensitive. The individual's future is decided within this period.

Increase in span of attention: During adolescent period, the span of attention increases. The adolescent can attend one thing for a longer period of time.

Development of imagination: Adolescents possess excessive imagination. Writers, artists, poets, philosophers, doctors, engineers are born in this period. He thinks in terms of his future. He builds castles in the air.

Hero Worship: Adolescents begin to worship their ideal man or woman and try to model themselves on him or her. Hero for an adolescent may be a film star, a political leader, a poet, a scientist, a writer, or a teacher. Adolescents try to follow their hero.

Social Development during adolescent stage:

Social consciousness: Adolescents are very conscious about their status in the society. They want social approval of various modes of behavior.

Group loyalty: Adolescents become very loyal to their group. They learn the qualities of sympathy, obedience, etc.

Social service: Adolescents develop the ideals of social service and altruism. Social service in public gatherings, fairs, and festivals becomes a passion for the adolescent. He does not mind personal inconveniences in doing such service.

Problems of Adolescents:

Problem of adjustment to physical growth: Adolescents experience maximum growth with regard to height and weight. He feels embracement in his body. He feels that he is too short or too tall.

Problem of emotional development during adolescent stage: It is the period of heightening emotion and is characterized by high degree of instability. His emotions are very intense. Sometimes adolescents are happy and sometimes they are sad. Adolescents develop fear, inferiority complex, shyness, depression, etc. Adolescents are too much conscious about sex. They are interested in sex. They want freedom of expression and self-determination due to bodily changes during this period.

Problems of adolescents: Adolescents face many conflicting situations. They have to face many conflicting situations. They have to decide what to do. They want to follow their hero. They want to be praised by their parents, teachers, and friends. They want to be respected by their peers. They want to be successful in their work. They want to be successful in their work. They want to be successful in their work.

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the company with which he moves. He feels that he is looking odd in the
company of his classmates and playmates.

Problem of adjustment to mental competition:- The adolescent finds great
competition in every walk of life. He sometimes thinks that he cannot cope
with a particular problem or he cannot even pass the examination because
academic courses seem challenging to him. He feels that he is not in a position to pull
his own weight.

Problem of adjustment to emotional disturbances:- Sometimes adolescents feel that
their friends or peers are not understanding them or they are being
misunderstood. This can lead to feelings of isolation and loneliness.

Problem of home adjustment:- Sometimes adolescents do not feel comfortable in the
home environment. This can be due to a variety of reasons such as
parental pressure, or a feeling of being overwhelmed by family
responsibilities.

Problem of adjustment with society:- Sometimes adolescents face difficulties
in adapting to societal expectations and norms. This can lead to feelings of
insecurity and anxiety.

Needs of Adolescents:

Need of freedom from the dependence: Adolescents consider themselves as full-fledged
adults and want to be independent. They feel that they should be
able to make their own decisions and have control over their
own lives.

Need for self-support: Adolescents want to be able to support themselves financially
and emotionally. They want to be able to take care of themselves and
make their own choices.

Security need: Adolescents want to be safe and secure. They want to feel
protected and supported by their family and peers.

Social approval: Adolescents want to be accepted by their peers. They want to
feel valued and respected by those around them.

Need for religious education: Adolescents want to learn about their faith and
religious values. They want to understand the importance of
religion in their lives.

Desire for new experience: Adolescents are always looking for new and
exciting experiences. They want to try new things and
explore new ideas.

Curricular activities can be satisfying by arrangement trips, excursions and other co-
educational activities. The adolescent is never interested in
routine. He is interested in new and
exciting experiences. This urge
to escape the dullness of routine is common in adolescents. They should be allowed to
pursue their interests and passions. This will help
them to develop their own identity and
self-esteem.

Adolescents are also often confused about their
career choices. They may not be sure what they want to
be when they grow up. This can lead to feelings of
doubt and uncertainty.

Adolescents also have a strong need for
social support. They need to feel connected to
their peers and to be able to share their
thoughts and feelings.

Adolescents also have a strong need for
leadership. They want to be able to
make decisions and take responsibility
for their actions.

Adolescents also have a strong need for
achievement. They want to be able to
achieve their goals and be rewarded for
their efforts.

Adolescents also have a strong need for
freedom. They want to be able to
make their own choices and be independent.

Adolescents also have a strong need for
self-expression. They want to be able to
express their feelings and thoughts without fear of
rejection or ridicule.