

UNIT – I LESSON -1

Dimension of Human and Development



Human development is **a lifelong process** with changes across many dimensions

Example: Arun (Toddler) is learning to talk and walk. Anita (Teenager) is learning to handle stress better.

Physical Development

Imagine the Process:

- A newborn has no control over movements.
- Within **18 months**: Walking.
- In **another year**: Running, jumping, throwing, kicking.

Key Fact

- The first two years are the fastest period of **physical development** in life.

Impact

- Physical development lays the foundation for **cognitive** and **emotional** growth.



Physical Development

Understanding Physical Growth and Development

Definition

Physical growth and development involves bodily and physiological changes, both internal and external, from conception to death.

Foundation of Development

Physical development in infancy is crucial for a child's later development—physically, socially, emotionally, and cognitively.

Focus:

We will explore the characteristics of physical development during childhood and adolescence.



Physical Development

Characteristics of Physical Development

Childhood (7-12 years)

Height & Weight: Rapid leg growth and height increase.

Physical Abilities: Improvement in speed, steadiness, and accuracy.

Later Childhood: Interest in competitive games requiring skill despite fatigue.

Adolescence (13-18 years):

- **Key Changes:** Growth in **height**, **weight**, and **bodily proportions**.
- **Girls:**
 - **Body Changes:** Broadening of pelvic bones, slower growth in height.
 - **Secondary Sex Characteristics:**
 - **Puberty:** Sexual maturity; girls (11 years), boys (slightly later).

Boys:

Body Changes: Broadened chest, muscular development, growth in genital size. **Secondary Sex Characteristics:** Deepening voice, pubic, armpit, and facial hair.

The physiological changes occurring commonly in both boys and girls include full growth of all internal systems.

Emotional Development

Definition of Emotion:

Emotion is described as:

Emotions are conscious mental reactions (such as anger or fear) subjectively experienced as strong feelings usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.

Importance in Modern Life:

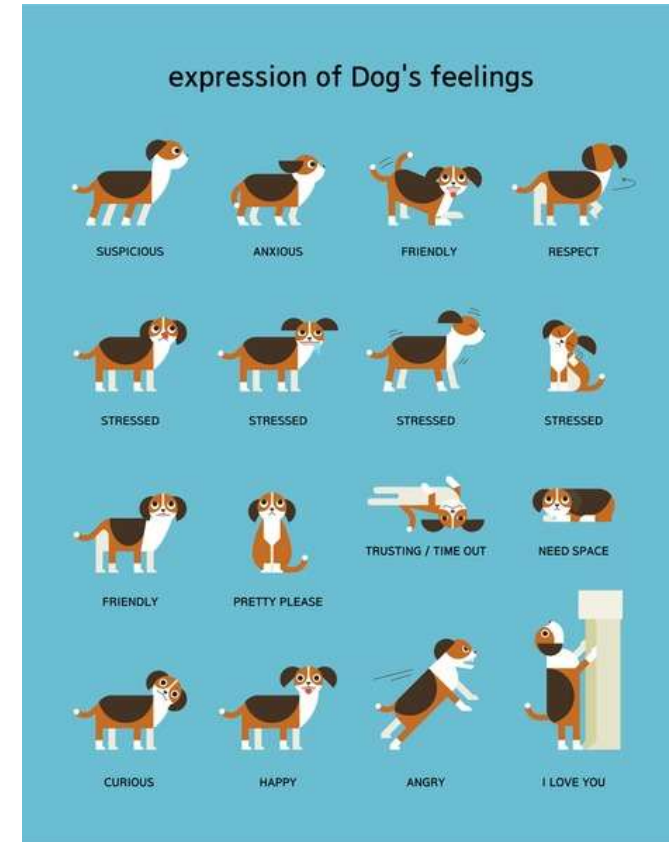
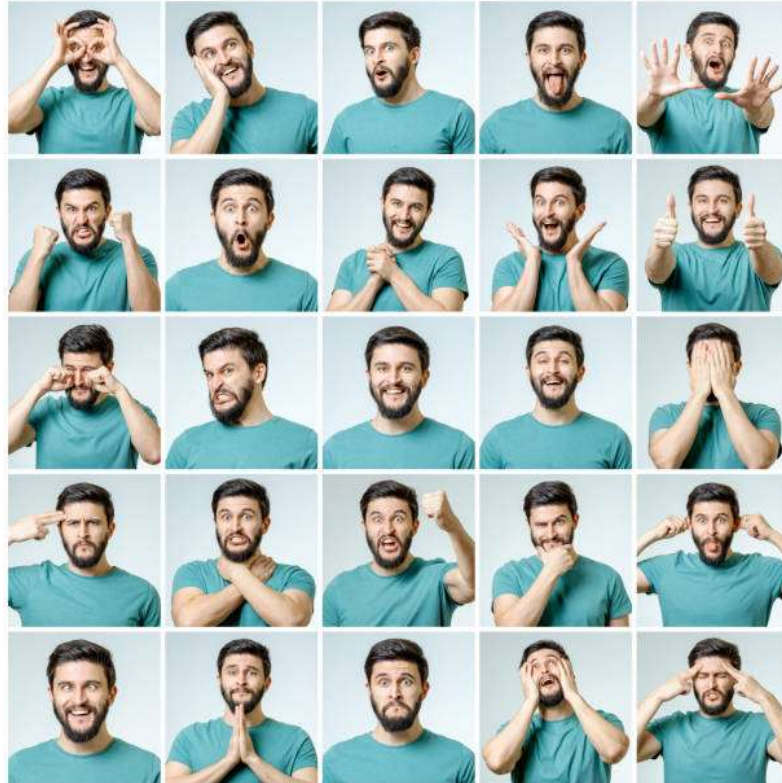
Emotions have a pervasive impact on:

- Behavior
- Personality
- Health

Emotional Development

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Images of Kinds of Emotion:



Emotional Development

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Basic Emotions

Characteristics of Emotion:

Childhood:

Emotions: Feelings of love, hatred, and fear develop and last longer.

Sentiments & Complexes: Children form sentiments, experience

e autonomy or shame based on success or failure.

Self-Acceptance: Success leads to acceptance while failure may lead to inferiority.



Emotional Development

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Characteristics of Emotion:

Adolescence:

Emotional Changes:

Struggles with identity; common emotions include:

- Moodiness,
- anger,
- depression,
- anxiety, and
- a dilemma.

Shift in Trust: Trust shifts from family to friends; opinions of others become significant.

Attraction: Crushes on celebrities; development of sexual attraction.

Cognitive Development

Definition

- ❖ Cognitive development is how humans acquire, organize, and learn to use knowledge (**Gauvain & Richert, 2016**).
- ❖ It involves acquiring language and knowledge, thinking, memory, decision making, problem solving, and exploration (**Von Eckardt, 1996**).

Involves mental processes like:

- **Perceiving, attending, understanding, and recalling** information.
- These processes help in **organizing** and **making sense** of the world.

Importance:

- Cognitive development lays the **foundation** for other areas of a child's growth (language, social, moral, emotional).

Focus: Piaget's Theory of Cognitive Development.



Characteristics

Early Childhood (5 years):

Abilities:

- Can classify based on shape.
- Begin categorizing, copying shapes, and understanding days, time, money, and space.
- Enjoy reading books independently.

Later Childhood (8 years):

Abilities:

- ❖ Classify based on **shape**, **size**, and **color** (e.g., Kriti).
- ❖ Increased **social conscience** and ability for **abstract thought**.
- ❖ Start thinking about **future careers**, and seek knowledge from **peers** and **media**.

Adolescence:

Transition marked by focus on biological and socio-emotional changes (puberty).

Moral Development

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Concept:

Moral development and behavior involve putting ourselves in the place of others and typically require a combination of mutual respect, empathy, and caring (**Gibbs, 2019**).

Moral judgment begins to form in the early years, taking place in a social context, driven by interactions with peers and adults involving “taking turns, sharing, harming, and responding to harm” (**Haidt, 2001**).

Key Insights

- ❖ Moral development is formed through social interactions and experiences in early life.
- ❖ Kohlberg’s theory outlines 6 stages, ranging from external consequences to abstract reasoning.

Defining Morality: **Morality** involves questioning:

- ❖ Right vs. Wrong
- ❖ Justice
- ❖ Fairness
- ❖ Basic Human Rights



Moral Development

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Characteristics of Moral Development

Early Childhood (4-6 years):

- ❖ Focus on **personal well-being** in moral decisions.
- ❖ Thinking in terms of **distributive justice** (fair sharing).

Middle Childhood (6-9 years):

- Development of more **empathetic** and **abstract** moral reasoning.

Adolescence:

- ❖ Understanding of the **complexity** of moral issues (values, culture, religion).
- ❖ Impatient with **social change** and quick to **judge** others but slower to accept personal faults.
- ❖ Show **compassion** for animals and environmental issues.
- ❖ Cognitive development supports **moral reasoning**, **honesty**, and **prosocial behaviors** (e.g., helping, volunteerism).



Language Development

Concept

Language is a communication system that involves using words and systematic rules to organize those words to transmit information from one individual to another. While language is a form of communication, not all communication is language.

Stage	Age	Developmental Language and Communication
1	0–3 months	Reflexive communication
2	3–8 months	Reflexive communication; interest in others
3	8–13 months	Intentional communication; sociability
4	12–18 months	First words
5	18–24 months	Simple sentences of two words
6	2–3 years	Sentences of three or more words
7	3–5 years	Complex sentences; has conversations

Characteristic of language development

Early Language Acquisition (0-2 years):

Cooing and babbling: Beginning of sound production. **First Words:** Typically emerge around 12 months.

Vocabulary Growth: Rapid increase in word learning after first words.

Toddler Stage (2-3 years):

- **Two-Word Sentences:** Combining words (e.g., "more juice").
- **Understanding Simple Instructions:** Follows basic commands.

Preschool Stage (3-5 years):

- **Expanding Vocabulary:** Knowledge of 200-1,000 words.
- **Complex Sentences:** Use of longer and more grammatically correct sentences.
- **Narrative Skills:** Ability to tell simple stories.

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