



UNIT – I  
Lesson 2

# PHASES OF DEVELOPMENT AND DEVELOPMENTAL TASK

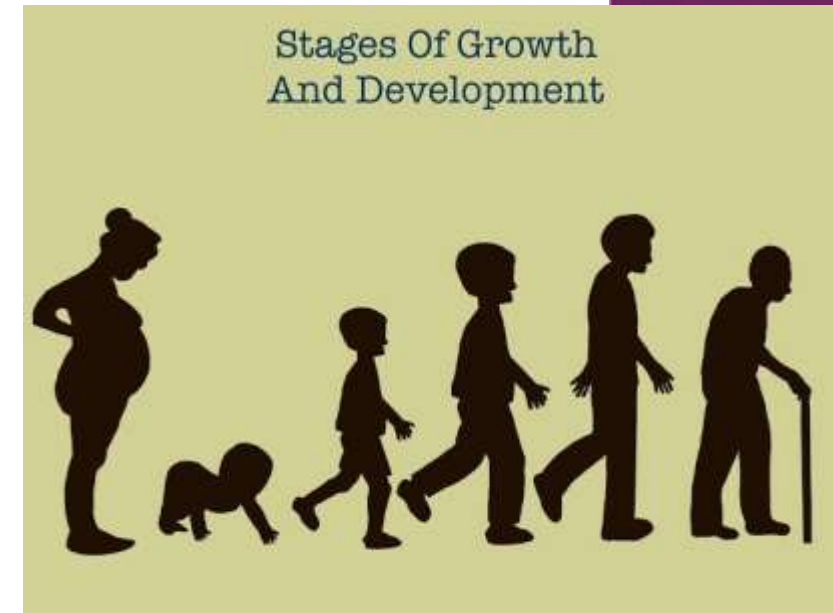




### Why Do We Study Human Growth and Development?

**Common benefits include the following:**

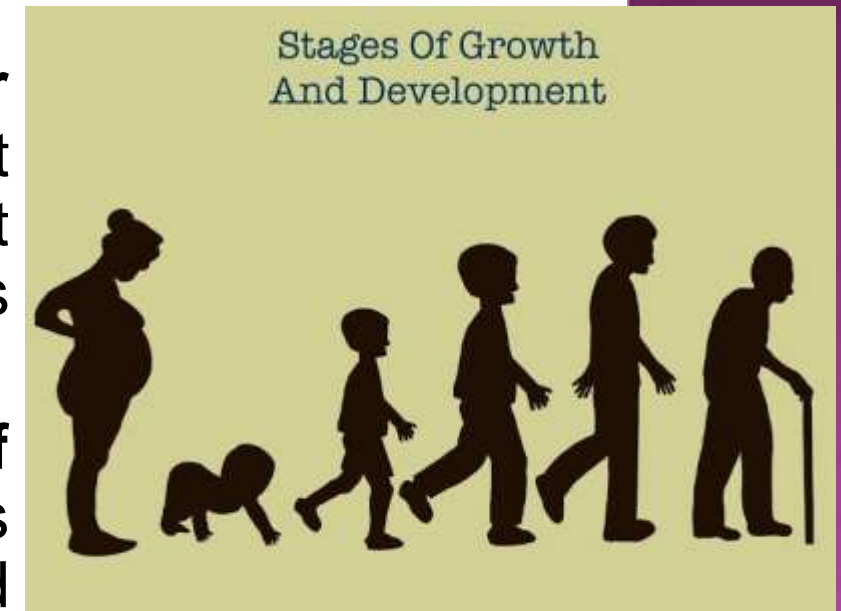
- ❖ To **gain a better understanding** of one's own life experiences. This can help people personally reach an understanding of what childhood events shaped their adulthood.
- ❖ To **gain knowledge** of how social context impacts development. This knowledge can be invaluable for professionals like teachers as they gain a deeper understanding of their students.
- ❖ To **help others understand and contextualize** the ups and downs of life. This helps therapists and psychologists better aid their clients in self-discovery.



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- ❖ To **understand how societal change can support growth** and development. This understanding helps decision-makers in schools change the educational culture for the better.
- ❖ To **become a more effective research, teacher, or leader** External link:open\_in\_new in many different industries. Understanding human development deeply and in context has many professional benefits that can lead to greater insight.
- ❖ To **support the physical and mental health of individuals** throughout their life span. Professionals like doctors, nurses, and therapists must understand human growth and development to better support their clients





# PHASES OF DEVELOPMENT

## Description of each developmental stage:

- The developmental stages are generally overlapping and the ages indicated are approximate estimates during which a particular stage is experienced by the individual.







## PHASES OF DEVELOPMENT

### Stage 1: Prenatal Period : (Development of living organs)

It is from conception to birth spanning **a period of 9 months or 36/38 weeks**. It is further divided into 3 stages.

#### 1. Period of ovum (Conception to 2 weeks):

- ◉ Here are three key points about the beginning of human life from fertilization:
- ◉ **Fertilization Process:** Life begins at fertilization when a sperm cell from the male merges with an ovum (egg) from the female, creating a zygote.
- ◉ **Zygote Formation:** The zygote is the initial single cell that contains all the genetic information necessary for the development of a new individual.
- ◉ **Cell Division:** Within 24 to 60 hours after fertilization, the zygote undergoes rapid cell division, marking the start of embryonic development.

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# PHASES OF DEVELOPMENT

## 2. Period of embryo (2 – 8 weeks)

- ◉ The cell mass is called as embryo.
- ◉ Between this period and 40 weeks, primitive forms of body organs appear and continue to develop.

## 3. Period of foetus (8 Weeks – birth)

- ◉ **Development Overview:** Major structures of the fetus are formed and continue to mature from 8 weeks to birth.
- ◉ **10th Week Milestones:** By the tenth week, the head is upright; intestines, kidneys, and spinal cord are fully developed.
- ◉ **12th Week Changes:** At 12 weeks, sex differentiation is detectable, the nose bridge appears, blood formation begins in the bone marrow, and the eyes take their final shape.

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# PHASES OF DEVELOPMENT

## Stage 2: Infancy (birth –2 yrs.): It involves 2 stages

Rapid physical growth, beginnings of intellectual and Socio-emotional development

### Neonatal stage (birth – 30 days)

- ◉ Adjustment to post natal life takes place during this period.
- ◉ This is a transitional stage from foetal to postnatal functioning.

### Infancy (1 month to 2 years):

- ◉ Rapid physical growth occurs and a sense of trust develops during this period.

## Stage 3: Toddlerhood (2 – 3 years)

- ◉ This period is characterized by elaboration of locomotion, language development and fantasy play.
- ◉ Child is very active and curious and actively explores the environment.
- ◉ This age is also known as 'Terrible Twos'.



# PHASES OF DEVELOPMENT

## Stage 4: Period of early childhood (3 to 6 years)

**Rapid physical & intellectual development, first social interactions**

### Rapid Development

- ◉ This stage features significant physical and physiological growth, along with the emergence of self-concept and individuality.

### Communication and Exploration

- ◉ Children develop verbal communication skills and increased physical mobility, allowing them to explore their environment more effectively.

### Foundational Personality Development

- ◉ Key developmental tasks include gender identification, early moral development, and engaging in peer play, laying the groundwork for future personality formation.

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# PHASES OF DEVELOPMENT

## Stage 5: Middle Childhood (6 -12 years)

**Formal learning and honing of skills**

**Physical growth continues but at a slower pace**

- ◉ Child's intellectual development is rapid and very complex as he moves from sheltered intimate world of his home to the larger environment of the school and community.
- ◉ Child begins to acquire basic skills of formal learning and develops certain social abilities as his/her relationships with others outside the family, expands.
- ◉ This period is characterized by friendships, concrete operational cognitive functioning, skill learning and self evaluation.



# PHASES OF DEVELOPMENT

## Stage 6: Adolescence (12 – 20 yrs.):

This period is divided into early and late adolescence.

### Early adolescence (12 – 18 yrs)

- ◉ It is a period of rapid physical growth and increased emotional stress.
- ◉ The onset of pubertal changes in early adolescence makes it the most dramatic of all stages.
- ◉ This period is marked by physical maturation of the sex organs and development of secondary sexual characteristics.
- ◉ The average age of menarche is 13 years for girls and 14 years for boys.

# PHASES OF DEVELOPMENT

## Stage 6: Adolescence (12 – 20 yrs.):

Rapid physical growth, sexual maturity

### Early adolescence (12 – 18 yrs)

- ◉ Intellectual development is marked by the increase in ability for abstract thinking.
- ◉ Self identity develops during this period.
- ◉ Emotional stress is great as individual tries to accept his/her new self and new role in society.
- ◉ Cultural practices, constraints and expectations exert great influence at this stage.
- ◉ Important milestones during this period are physical maturation, formal operational intelligence, emotional development, membership in peer group, sexual relationships and self identity development.





# PHASES OF DEVELOPMENT

## Stage 6: Adolescence (12 – 20 yrs.):

development of initiative and group activities, self identity, emotional stress, tapering of physical growth

### Late adolescence (18-20 yrs):

- ◉ **Physical Growth Tapering:** This stage sees a slowing of physical growth, while mental and social development progress significantly in response to societal demands.
- ◉ **Emerging Responsibilities:** Individuals begin to assume new roles and responsibilities as they approach adulthood, adapting to changes in their environment.
- ◉ **Key Developmental Tasks:** Important tasks include achieving autonomy from parents, establishing gender identity, internalizing moral values, completing education, and making career choices.

## DEVELOPMENTAL TASK

A developmental task is midway between an individual need and societal demand. It assumes an active learner interacting with an active social environment.

### Definition:

- ◉ Havinghurst (1972) defines a developmental task as one that arises at a certain period in our lives, the successful achievement of which leads to happiness and success with later tasks; while leads to unhappiness, social disapproval, and difficulty with later tasks.
- ◉ ஹேவிங்ஹர்ஸ்ட் (1972) என்பது ஒரு வளர்ச்சிப் பணியை நம் வாழ்வில் ஒரு குறிப்பிட்ட காலகட்டத்தில் எழுவதாக வரையறுக்கிறது, அதன் வெற்றிகரமான சாதனை மகிழ்ச்சி மற்றும் வெற்றிக்கு வழிவகுக்கும். அதே சமயம் மகிழ்ச்சியின்மை, சமூக மறுப்பு மற்றும் பிற்காலப் பணிகளில் சிரமம் ஆகியவற்றுக்கு வழிவகுக்கிறது.







## DEVELOPMENTAL TASK

### Three sources of developmental tasks (Havighurst, 1972)

#### 1. Tasks that arise from physical maturation.

- ◉ For example, learning to walk, talk, and behave acceptably with the opposite sex during adolescence; adjusting to menopause during middle age

#### 2. Tasks that from personal sources.

- ◉ For example, those that emerge from the maturing personality and take the form of personal values and aspirations, such as learning the necessary skills for job success.

#### 3. Tasks that have their source in the pressures of society.

- ◉ For example, learning to read or learning the role of a responsible citizen.

## DEVELOPMENTAL TASK

### Developmental tasks of Infancy and early childhood:

- ◉ Learning to walk
- ◉ Learning to take solid foods
- ◉ Learning to talk
- ◉ Learning to control the elimination of body wastes
- ◉ Learning to gain adequate muscle coordination
- ◉ Forming concepts and learning language to describe social and physical reality.
- ◉ Getting ready to read



## DEVELOPMENTAL TASK



**Ages from birth to 6-12 yrs (Middle childhood) :**

- ◉ Learning physical skills necessary for ordinary games.
- ◉ Building wholesome attitudes toward oneself as a growing organism
- ◉ Learning to get along with age-mates
- ◉ Learning an appropriate masculine or feminine social role
- ◉ Developing fundamental skills in reading, writing, and calculating

## DEVELOPMENTAL TASK



**Ages from birth to 6-12 yrs (Middle childhood) :**

- ◉ Developing concepts necessary for everyday living.
- ◉ Developing conscience, morality, and a scale of values
- ◉ Achieving personal independence
- ◉ Developing attitudes toward social groups and institutions

## DEVELOPMENTAL TASK



### Developmental tasks of adolescence:

**Age is birth to 12-18.**

- ◉ Achieving new and more mature relations with age mates of both sexes.
- ◉ Achieving a masculine or feminine social role.
- ◉ Accepting one's physique and using the body effectively.
- ◉ Achieving emotional independence of parents and other adults.



## DEVELOPMENTAL TASK



### Developmental tasks of adolescence:

**Age is birth to 12-18.**

- ◉ Preparing for marriage and family life preparing for an economic career
- ◉ Acquiring a set of values and an ethical system as a guide to behaviour; developing an ideology
- ◉ Desiring and achieving socially responsible behaviour .

## DEVELOPMENTAL TASK



Developmental tasks of early adulthood:

**Age is birth to 12-18.**

- ◉ Selecting a mate
- ◉ Achieving a masculine or feminine social role
- ◉ Learning to live with a marriage partner
- ◉ Starting a family

## DEVELOPMENTAL TASK



### Developmental tasks of early adulthood:

**Age is birth to 12-18.**

- ◉ Rearing children
- ◉ Managing a home
- ◉ Getting started in an occupation
- ◉ Taking on civic responsibility
- ◉ Finding a congenial social group

## DEVELOPMENTAL TASK



Developmental tasks of early adulthood:

**Age is birth to 12-18.**

- ◉ Emotional development
- ◉ Membership in peer group Sexual relationships
- ◉ Learning formal operational skills in cognitive domain