

Session 2

The Principles of Development: Stages of Human Development and the Factors that Influences Development

A. Introduction

The stages of human development is a process that is influenced by so many factors in our environment including the people we interact with. Those influencing factors may be characterized by internal or external factors. There is no precise measure of development in an individual, development can progress for a lifetime or/may decline at a certain stage of development.

In this session, you will encounter a story line of human being in terms of cognition, sensation, psychomotor, emotions and socialization.

This interesting topic provide an opportunity for you to understand situations, people, culture and environment in the context of teaching and learning process.

B. Session Objectives

- (1) Identified the factors that influence the development of human being.
- (2) Discussed the factors that may affect physical growth and motor development of the child onwards on becoming an adult.
- (3) Identified the levels or stages of human development.
- (4) Discuss the factors that may affect the learners' development through various situations encountered in each stage
- (5) Articulate on the views and ideas about the principles and theories of human growth, development and learning;
- (6) Determine classroom problems, community issues, and/or events by utilizing the principles and theories of human growth and development; and,
- (7) Introspect on the manifestations of human development according to the principles and theories.

C. Session Content

1. Topic 1

PRINCIPLES OF DEVELOPMENT

1. Development Structure.

This refers to the physical, mental, emotional and social development that takes place in a particular segment of human development in a varying level and is person-based.

2. Developmental Direction.

This is refers to growth and development pattern that occurs particular on the physical aspect of an individual. A certain development that comes from head to foot refers to cephalocaudal development while the development from the median part of the body progressing to the upper and lower extremities is proximodistal development.

3. Early foundations are critical.

The attitude of an individual at an early age may manifest the in display of behavior whether consciously or unconsciously, that may likewise become his or her character as children grows older.

4. All individuals are different.

People differ from one another and even biological twins have their unique characteristics. In school, we cannot expect the same and exact level of performance among our pupils or students because we can link individual differences to multiple intelligences.

5. Growth and unique.

Growth varies among individual and the phase of development is likewise at a different level.

6. Social expectations in each stage of development.

Each development stage is expected to have a corresponding developmental task particularly in the social dimensions of living.

7. Development as an integrated process.

This refers to the multidimensional development in which one aspect of development when integrated with another it becomes more significant.

2. Topic 2

FACTORS THAT INFLUENCE GROWTH AND DEVELOPMENT

1. Heredity

This is the transmission of the genetic characteristics from the biological parents to the descendants.

2. Position in the Family

The position in the family may influence one's development given the responsibilities being performed in and out of home premise.

3. Nutrition

The body needs nutrient to make it function accordingly. The needed vitamins and nutrients of the body plays a significant role in the function of the mental and physical aspects of the body that enable an individual to perform his or her daily task.

4. Culture

One's culture may influence positively or negatively the growth and development of an individual, like for instance, when there is a change in the location they live in which they need to adapt through social interaction with the people around him/her.

5. Social Media

Social media provides a lot of information, fictitious or non-fictitious. This media influences several students in terms of the new trends that may boost or damage the emotional stability of an individual.

3. Topic 3

STAGES OF LIFESPAN DEVELOPMENT



Sources: <https://www.psychologistworld.com/behavior/erikson>

STAGE	AGE PERIOD	MAJOR FEATURES
1. Prenatal	Conception to birth	Physical development
2. Infancy	Birth at full term to about 18 months	Locomotion establishment; rudimentary language; social attachment
3. Early Childhood	About 18 months to about 6 years	Language well established, sex typing, group play, ends with readiness for schooling
4. Late Childhood	About 6 to 13 years	Many cognitive process become adult except in speed of operation; team play
5. Adolescence	About 13 to 20 years	Begins with puberty, ends at maturity, attainment of highest level of cognition; independence from parents; sexual relationship
6. Young adulthood	About 20 to 45 years	Career and family development
7. Middle age	About 45 to 65 years	Career reaches highest level: self-assessment; emptiness; crisis; retirement
8. Old age	65 onwards	Enjoy family achievements; dependency; widowhood; poo health

Source: Corpuz, B., (2010) Child and Adolescent Development

4. Topic 4

TWO APPROACHES TO HUMAN DEVELOPMENT

Traditional Approach

1. Consistent. This type of development happens to everybody in a consistent way, example, we all experience birth and we all expire on our own time.

2. Very orderly. There is no shortcut in this type of development and the pattern is true to everybody in general like for instance we learn how to crawl before we learn how to.

Life Span Approach

1. The development is lifelong.

The development is continuous and progressive.

2. The development is multidimensional.

The domains of development comprises of cognitive, affective, physical (motor) and socio-emotional.

3. The development is flexible.

The development is not fixed and is possible throughout the lifespan.

4. The development is contextual.

The development has its own pattern and is changing overtime.

D. Conclusion

The knowledge that we gain when we learn about the stages of human development and the factors that influence it, help us teachers, parents and even the caretakers of the children and adolescents may be significant by applying all the possible information to different scenarios may it be at home or in school. We cannot expect that all children under our supervision would

right away understand all the things that are happening in their environment. It is in this sense that the need for a supervision from a knowledgeable person is indeed a high demand to guide the children to be aware on how they interact with the people and the environment in general.

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Photo Online source:

Erikson's Theory on the Stage of Human Development. Retrieved from:
<https://www.psychologistworld.com/behavior/erikson>

