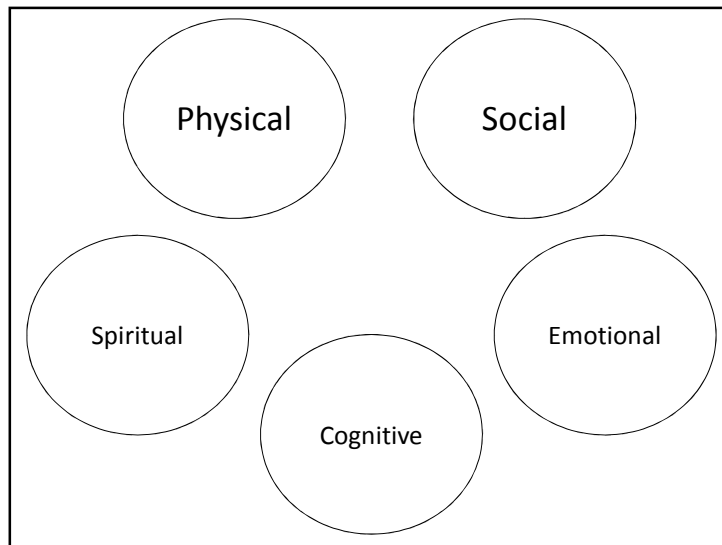


Human Growth and Development: Overview of Development

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Development

- **Development:** Changes that occur in an individual over time
 - **Changes:** Can be positive or negative
 - **Individual:** One person
 - **Time:** An indefinite period – can be short or long term



Domains of Development

- **Physical growth and health**
- **Intellectual:**
 - Attention
 - Memory
 - Knowledge
 - Language
 - Critical Thinking
- **Social:** Interactions with others
- **Emotional:** Understanding and regulating feelings
- **Spiritual:** *Understanding* the transcendental (spiritual) and metaphysics (nature of reality) as well as specific religious practices and symbols

Proverbs of Development

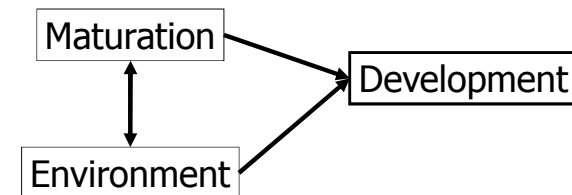
Influences on Development

- Influences on development can be grouped into two categories:
 - **Maturation:** Genetically programmed, naturally occurring changes over time
 - "Nature," Similar to "Heredity" and "Biology"
 - **Environment:** Experiences that occur in a person's daily life
 - "Nurture"
- *What influences development more: maturation or the environment?*

Influences on Development

- "Anastasi (1958) pointed out that initially psychologists did not ask the right question. We should not have asked *which* (heredity or environment) causes a behavior or *how much* of each is needed for a given behavior. Instead, we should ask *how* (in what manner) nature and nurture interact to produce development...Today, nearly everyone agrees that a complex interaction of innate and environmental factors account for...development...Nature and nurture are inextricably intertwined." (Miller, 2002, p. 20).

Influences on Development



Periods of Development

- **Antenatal:** Nine months of pregnancy
- **Infancy:** Birth through 1 year
- **Toddlerhood:** 1 to 2 years
- **Early Childhood:** 2 to 6 years
- **Middle Childhood:** 6 to 11 years
- **Adolescence:** 12 to 18 years
- **Young Adulthood:** 19-30 years
- **Middle Adulthood:** 31-60 years
- **Old Adulthood:** 61+ years

Agree or Disagree?

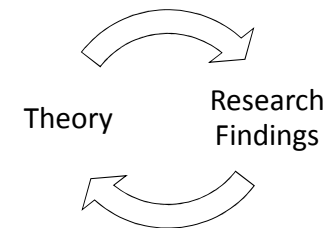
1. All individuals of all ages have the capacity for positive developmental change in response to the environment.
2. Age determines a child's developmental level.
3. Any child can learn any skill at any point in time.

General Principles of Development

- Individuals develop at different rates
 - Age does NOT determine a child's development
- Development is orderly
 - New skills and abilities build on already known skills and abilities
 - Parents and caregivers CANNOT expect children to learn or do something if they have not mastered prerequisite knowledge and skills
- Development takes place gradually
 - Parents and caregivers have to be patient with children

Developmental Theories

- **Theory:** Organized set of principles that describes, predicts, and explains phenomenon
 - **Describe:** What happens
 - **Predicts:** What will happen
 - **Explain:** Why it happens
- New facts change existing theories or develop new theories
 - Changes to theories lead to new experiments and facts



Goals of Developmental Theories

- **Describe changes** over time within one or more domains
 - *Example:* How does thinking change over time?
- **Describe the relationship** between changes among several domains
 - *Example:* How do children's social skills influence academic performance?
- **Explain** the course of development so **predictions** can be made
 - *Example:* What happens if a child does not have a strong attachment to their mother or another caregiver?

Importance of Developmental Theories

- Organizes and gives meaning to facts
- Understand human thought and behavior
- Guides practice
 - Education, Counseling, Training, Interventions, Prevention
- Guides future research

Cautions of Developmental Research

- **Fact:** Most developmental research is conducted in Western settings
- **Fact:** Almost all developmental theories have been developed by Westerners on research conducted in Western settings
- **Conclusions**
 - Most developmental theories and principles should be critically evaluated to determine if they reflect the Nigerian context
 - More developmental research should be conducted in Nigeria to develop indigenous developmental theories and principles