

STAGES IN HUMAN DEVELOPMENT

Prenatal Stage (Conception until Birth)

- ▶ The human embryo develops during pregnancy, from fertilization until birth



Infancy (Birth to 2 weeks)

- ▶ The bond that develops between the infant and their primary caregiver is important in terms of the infant's later emotional development



Babyhood (2 weeks to 2 years)

- ▶ A time of rapid growth and change and of decrease dependency, increase individuality, and beginning of socialization



Early Childhood (2 to 6 years)

- ▶ The helplessness and dependency of a child is replaced by his growing independence
- ▶ Become aware of some simple concepts of social and physical realities



Middle Childhood (6 to 12 years)

- ▶ Children become increasingly independent from their parents as they learn to do things themselves and gain self-control
- ▶ Children's cognitive skills develop and they also begin to develop an understanding of what is right and wrong



Puberty

- ▶ This is the stage where the child's body matures into an adult body capable of sexual reproduction to enable fertilization

Adolescence (12 to 20 years)

- ▶ Dominated by seeking independence from parents and developing one's own identity
- ▶ Thought processes are more logical, complex and idealistic



Young Adulthood (20 to 40 years)

- ▶ Establishing financial independence and consolidating career
- ▶ Time in which individuals select a partner, develop an ongoing intimate relationship and begin a family



Middle Adulthood (40 to 65 years)

- ▶ This is a period of expanding social and personal involvements and responsibilities, advancing a career, and supporting offspring in their development to become mature individuals



Late Adulthood (65 years and older)

- ▶ The period of considerable adjustment to changes in one's life and self-perceptions



Aspects of Development

- ▶ Physical-motor development
- ▶ Cognitive development
- ▶ Language development
- ▶ Social development
- ▶ Emotional development
- ▶ Moral development

Developmental Tasks

Havighurst (1972) defines a developmental task as one that arises at a certain period in life.

Three sources of Developmental Tasks

- ▶ Tasks that arise from physical maturation
- ▶ Tasks that arise from personal sources
- ▶ Tasks that have their source in the pressure of society

Infancy and Early Childhood

1. Learning to walk
2. Learning to take solid foods
3. Learning to talk
4. Learning to control the elimination of body wastes
5. Learning sex differences and sexual modesty
6. Forming concepts and learning language to describe social and physical reality
7. Getting ready to read

Middle Childhood

1. Learning physical skills necessary for ordinary games
2. Building wholesome attitudes toward oneself as a growing organism
3. Learning to get along with age-mates
4. Learning an appropriate masculine and feminine social role
5. Developing fundamental skills in reading, writing, and calculating
6. Developing concepts necessary for everyday living
7. Developing conscience, morality and a scale of values
8. Achieving personal independence
9. Developing attitudes toward social groups and institutions

Adolescence

1. Achieving new and more mature relations with age-mates of both sexes
2. Achieving a masculine or feminine social role
3. Accepting one's physique and using the body effectively
4. Achieving emotional independence of parents and other adults
5. Preparing for marriage and family life
6. Preparing for an economic career
7. Acquiring a set of values and an ethical system as a guide to behaviour; developing ideology
8. Desiring and achieving socially responsible behavior

Early Adulthood

1. Selecting a mate
2. Learning to live with a marriage partner
3. Starting a family
4. Rearing children
5. Managing a home
6. Getting started in an occupation
7. Taking on civic responsibilities
8. Finding a congenial (suitable) social group

Middle Adulthood

1. Achieving adult civic and social responsibility
2. Establishing and maintaining an economic standard of living
3. Assisting teenage children to become responsible and happy adults
4. Developing adult leisure time activities
5. Relating oneself to one's spouse as a person
6. Accepting and adjusting to the physiologic changes or middle age
7. Adjusting to aging parent

Late Adulthood

1. Adjusting to decreasing physical strength and health
2. Adjusting to retirement and reduced income
3. Adjusting to death of a spouse
4. Establishing an explicit affiliation with one's age group
5. Meeting social and civil obligations
6. Establishing satisfactory physical living arrangement