



Childhood And Adolescence

Semester I

As per the syllabus of University of Mysore

Published by

Asst. Prof Shalom Sannutha

St. Joseph's College of Education Mysore.

Unit 1 Approaches to Human Development

Sub unit 1.3: Stages of human development ಮೂನವ ವಿಕಾಸದ ಹಂತಗಳು



OBJECTIVES

- By the completion of this Sub-unit the student trainee will be able to
 - Explain the process of development at various stages.
 - Critically analyse developmental stages and period involved among boys and girls
 - Comprehend pre-natal development as a foundational part of stages development.
 - Analysing different factors influencing development during adolescence.

Major stages of human development ಮಾನವ ವಿಕಾಸದ ಹಂತಗಳು

1. Pre-natal development/ ಪ್ರಸವ ಪೂರ್ವ ಹಂತ
2. Infancy / ಶೈಶವಾವಸ್ಥೆ
3. Childhood / ಬಾಲ್ಯಾವಸ್ಥೆ
4. Adolescence / ಕಿಶೋರಾವಸ್ಥೆ
5. Adulthood / ವಯಸ್ಕತನ



Periods of Development

Prenatal	Conception to birth
Infancy and toddlerhood	Birth–2 years
Early childhood	2–6 years
Middle childhood	6–11 years
Adolescence	11–18 years
Early adulthood	18–40 years
Middle adulthood	40–65 years
Late adulthood	65 years–death

According to kolesnik...

- Prenatal : conception to birth
- Infancy : birth to 3-4 weeks
- Early infancy : 1-2 months to 15 months
- Later infancy : 15-30 months
- Early childhood : 30 months to 5 years
- Middle childhood : 5-9 years
- Later childhood : 9-12 years
- Adolescence : 12-21 years

According to cole...

stages	Period	
	boys	girls
Infancy	Birth to 2 years	
Early childhood	2-5 years	
Middle childhood	6-12 y	6-10y
Pre Adolescence	13-14y	11-12y
Early Adolescence	15-16y	12-14y
Middle Adolescence	17-18y	15-17y
Later Adolescence	19-20y	18-20y
Early Adult hood	21-34 y	
Middle Adult hood	35-49y	
Later Adult hood	50-64	
Early old age	65-74y	
Old age	75y and above	

I. Pre-natal development

- **Prenatal development** is the process by which a baby develops inside the mother's womb.
- Prenatal development takes about 38 weeks to complete.
- During this time, a single cell becomes a full-term baby.

I.Pre-natal development

- This time period is divided into different categories of development. The 3 primary stages of prenatal development are the germinal period, the embryonic period, and the foetal period.
 1. ಜೀವಾಂಕುರದ ಹಂತ
 2. ಭ್ರೂಣಾವಸ್ಥೆಯ ಆರಂಭದ ಹಂತ
 3. ಗರ್ಭಸ್ಥ ಹಂತ
- Each of these stages is important for reaching the ultimate goal of a healthy baby.

I. Pre-natal development



ಭ್ರೂಣಾವಸ್ಥೆಯ ಆರಂಭದ ಹಂತದಿಂದ ಗರ್ಭಸ್ಥ ಹಂತದ ವರೆಗೆ

Prenatal stage

The Stages of Prenatal Development:

a. **Germinal Period-** first 2 weeks
after conception

b. **Embryonic Period-** 2 to 8 weeks
after conception

c. **Fetal Period-** 2 months to 7
months after conception

1. ಜೀವಾಂಕುರದ ಹಂತ
2. ಭ್ರೂಣಾವಸ್ಥೆಯ ಆರಂಭದ ಹಂತ
3. ಗರ್ಭಸ್ಥ ಹಂತ

Prenatal Development

► Stage 1: Zygote

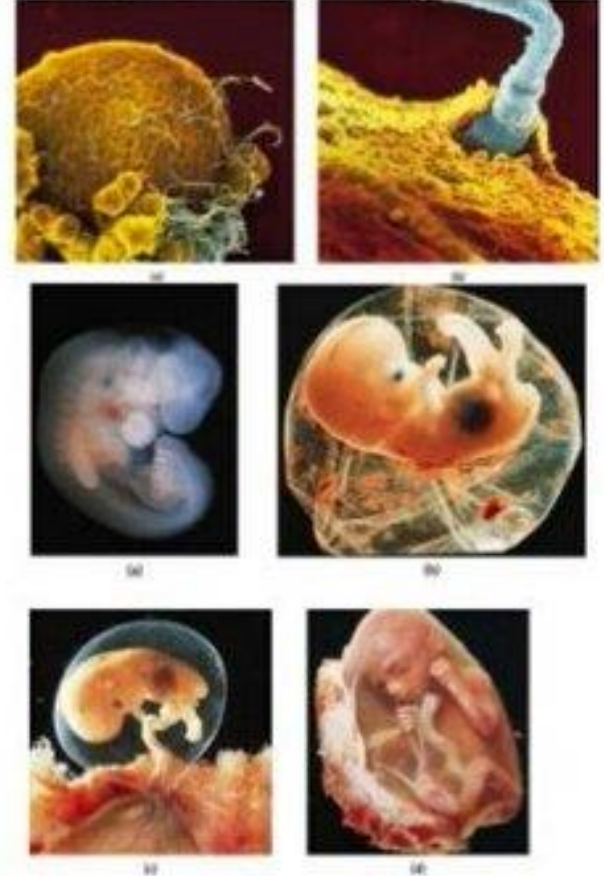
- First 2 Weeks
- First week- 100 cells
- Specialization of cells begin
- Placenta begins to form

► Stage 2: Embryo

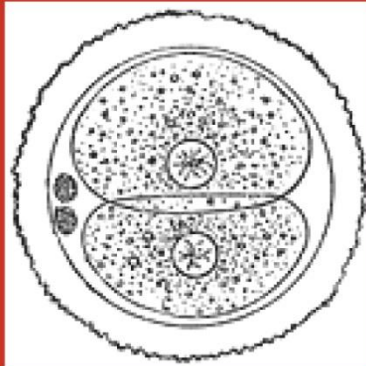
- 2-8 weeks
- Heart starts to beat
- *Most vulnerable to teratogens*

► Stage 3: Fetus

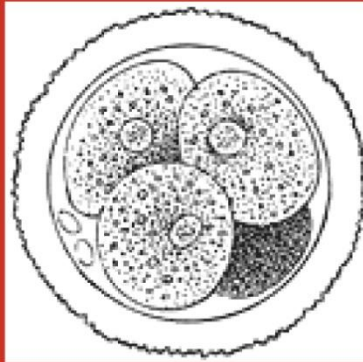
- 8-40 weeks
- Feet, hands have formed
- Facial features are forming



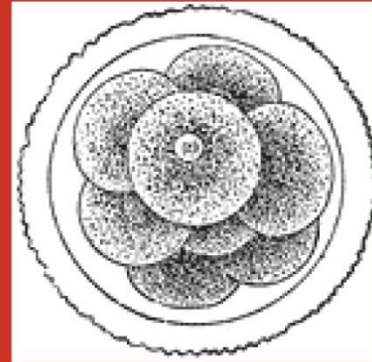
1. ಜೀವಾಂಕುರದ ಹಂತ
2. ಭ್ರೂಣಾವಸ್ಥೆಯ ಆರಂಭದ ಹಂತ
3. ಗರ್ಭಸ್ಥ ಹಂತ



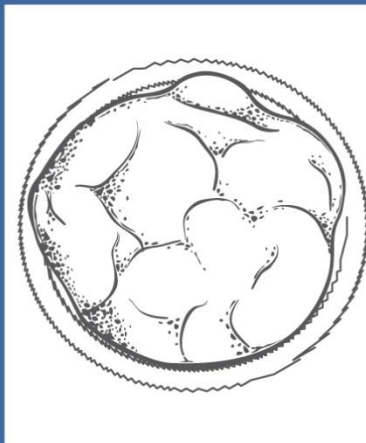
Two-cell



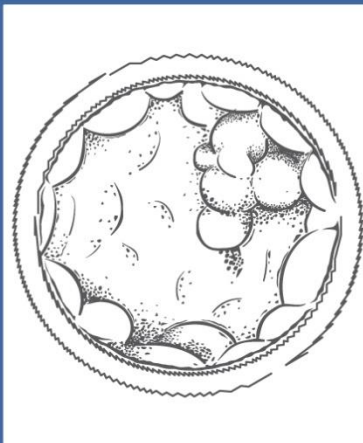
Four-cell



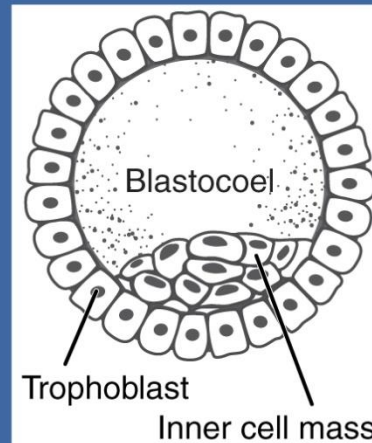
Eight-cell



Morula (16 cells)



Blastocyst (70–100 cells)



Occurs in uterine tube



Occurs in uterus

2. Infancy



Infancy

- This stage of human development is the foundation on which the future life of the child can be constructed.
- Infancy determines the complete process of human life – Adler
- Of all the stages the development of infancy is said to be the most beautiful and the initial trends and patterns which are present will always remain in the individual.

Characteristics of development during infancy(0-2 y)

- Rapid physical and mental development
ಕೃಷ್ಣ ಬೆಳವಣಿಗೆ
- Instinctive behaviour/ಸಹಜ ಪ್ರವೃತ್ತಿಯ ವರ್ತನೆ
- Dependence/ಅವಲಂಬನೆ
- Spirit of self love / ಸ್ವಪ್ರೇಮ ಸ್ಫೂರ್ತಿ
- Intensity of imagination/ ಕಾಲ್ಪನಿಕ ತೀವ್ರತೆ
- Stage of imitation/ಅನುಕರಣೆಯ ಹಂತ
- Development of social spirit/ ಸಾಮಾಜಿಕ ಸ್ಫೂರ್ತಿಯ ವಿಕಾಸ
- Amoral/ನಿರ್ನೈತಿಕತೆ
- Expressions of emotions/ಸಂವೇಗಾತ್ಮಕ ಅಭಿವ್ಯಕ್ತಿ
- Sex instinct/ ಲೈಂಗಿಕ ಪ್ರವೃತ್ತಿ

2. Childhood(6-12 y)

- Most constructive stage of human life.
- Childhood is the time when the individual's basic outlooks, values and ideals are to a great extent shaped.



Characteristics of development during childhood

- Rapidity of physical and mental development
 1. Development of moral traits
 2. Moral and emotional development
- Collection instinct / ಸಂಗ್ರಹ ಪ್ರವೃತ್ತಿ
- Creative instinct / ಸೃಜನ ಶೀಲ ಪ್ರವೃತ್ತಿ
- Intensity of curiosity / ಕುತೂಹಲದ ತೀವ್ರತೆ
- Extrovert Nature / ಬಹಿರ್ಮುಖಿ ಸ್ವಭಾವ
- Prominence of games / ಆಟದ ಪ್ರಾಮುಖ್ಯತೆ
- Interest in different curriculum and teaching-learning process / ಬೋ-ಕ ಪ್ರಕ್ರಿಯೆಯಲ್ಲಿ ಮತ್ತು ಪಠ್ಯಕ್ರಮದಲ್ಲಿ ಆಸಕ್ತಿ
- Emphasis on linguistic knowledge and activism/ ಭಾಷಾ ಜ್ಞಾನ ಮತ್ತು ಸಕ್ರಿಯತೆ

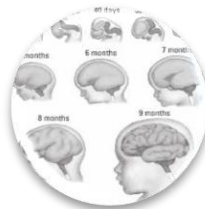
Adolescence

- **Adolescence** (from Latin *adolescere*, meaning 'to grow up')
- **Adolescence** typically describes the years between ages 13 and 19 and can be considered the transitional stage from childhood to adulthood. However, the physical and psychological changes that occur in **adolescence** can start earlier, during the preteen or "tween" years (ages 9 through 12).

Characteristics of development during Adolescence.



Physical aspect



Mental aspect



Emotional aspect



Social aspect



Age 9



Age 19

© Menstrupedia



Puberty



Adulthood

- **Adulthood**, the period in the human lifespan in which full physical and intellectual maturity have been attained. Adulthood is commonly thought of as beginning at age 20 or 21 years. Middle age, commencing at about 40 years, is followed by old age at about 60 years.

Characteristics of Adulthood

- Physically, middle adulthood are marked by slow, gradual declines in body functioning, which accelerate as old age is reached.
- The muscle mass continues to increase through the mid-20s, thereafter gradually decreasing.
- The skeletal mass increases until age 30 or so, and then begins to decrease
- First in the central skeleton (pelvis and spine) and last in the peripheral skeleton (fingers and toes).
- Throughout adulthood there is a progressive deposition of cholesterol in the arteries, and the heart muscle eventually grows weaker even in the absence of detectable disease.
- The production of both male and female hormones also diminishes with age, though this cannot be directly related to the gradual diminution in sexual activity that occurs in both male and female between 20 and 60.

Adulthood

- Middle adulthood are marked by slow, gradual declines in body functioning, which accelerate as old age is reached.



Old age

- old age is frequently defined as **60** or **65 years** of age or older. Old age has a dual definition. It is the last stage in the life processes of an individual, and it is an age group or generation comprising a segment of the oldest members of a population.

Old age



Old age



Characteristics of Old age

- decline of physical and mental development / ಬೆಳವಣಿಗೆ ಕ್ಷೀಣಿಸುವುದು
- Instinctive behaviour/ಸಹಜ ಪ್ರವೃತ್ತಿಯ ವರ್ತನೆ
- Dependence/ಅವಲಂಬನೆ
- Spirit of self love / ಸ್ವಪ್ರೇಮ ಸ್ಫೂರ್ತಿ
- Intensity of imagination/ ಕಾಲ್ಪನಿಕ ತೀವ್ರತೆ
- Stage of imitation/ಅನುಕರಣೆಯ ಹಂತ
- Development of social spirit/ ಸಾಮಾಜಿಕ ಸ್ಫೂರ್ತಿಯ ವಿಕಾಸ
- Amoral/ನಿರ್ನೈತಿಕತೆ
- Expressions of emotions/ಸಂವೇಗಾತ್ಮಕ ಅಭಿವ್ಯಕ್ತಿ
- Sex instinct/ ಲೈಂಗಿಕ ಪ್ರವೃತ್ತಿ
- Patience / ತಾಳ್ಮೆ

Lets recall through some questions!!

- What are the stages of human development?
- List the characteristics of infancy
- Mention the aspects influencing development in adolescents.
- What are the major categories and periods of pre- natal development.