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1. **what do you know about human growth and development? Difference between them.**

* Human growth and development is a term that refers to the process of growth and change that takes place in a person's life from birth to maturity and beyond. It involves changes in the physical, cognitive, and psychosocial domains of human functioning. Growth is mostly about the increase in size, weight, height, etc. of the body and its parts. Development is more about the changes in skills. abilities, behavior, personality, etc. that result from biological, environmental, and social factors.

the difference between human growth and human development are:

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| **S No.** | **Human Growth** | **Human Development** |
| 1 | Refers to the physical changes in size, weight,  height, etc. | Refers to the changes in skills, abilities, behavior, personality, etc. |
| 2 | Mostly quantitative. | Both quantitative and qualitative. |
| 3 | limited to certain changes. | lifelong process. |
| 4 | Depends on cellular changes. | Depends on biological, environmental, and social factors. |
| 5 | External process. | Internal process. |

1. **What are the determination of human growth and development? Describe.**

* Human growth and development takes place because of the process of maturation and learning. The elements which determine maturation learning known as determinants of human growth and development. some of the main determinants are:

1. **Genetic factors:** These are the traits inherited from the parents. such as height, eye color, blood type, etc. They affect the physical and biological characteristics of a person, as well as some aspects of their personality and intelligence.
2. **Environmental factors:** These are the conditions and influences in the surroundings, such as nutrition, health care, pollution, climate, etc. They affect the physical and mental well-being of a person, as well as their values, beliefs, attitudes, and behaviors.
3. **social factors:** These are the interactions and relationship with other people. such as family, friends, peers, teachers, etc. They affect the emotional and psychological development of a person, as well as their values, beliefs, attitudes, and behaviors.
4. **cultural factors:** These are the norms and expectations of the society or group that a person belongs to, such as language, religions, customs, traditions, etc. They affect the identity and worldview of a persona, as well as their skills and knowledge.
5. **Why do we need study of human growth and development? Describe.**

* We need to study human growth and development because it can help us:

1. **Understand ourselves and other better:** By learning how people change throughout their lives, we can gain insight into our own strengths, weaknesses, preferences, and motivations. We can also appreciate the diversity and uniqueness of other people, and empathize with their challenges and achievements.
2. **Improve our personal and professional relationships:** By learning how people communicate, interact, and form attachments at different stage of life, we can enhance our social and emotional skills. We can also foster positive and supportive relationships with our family, friends, peers, colleagues, and clients.
3. **Promote health and well-being:** By learning how physical, mental and environmental factors affect human growth and development, we can identify potential risks and problems. We can also adopt healthy behaviors and lifestyles that can prevent or reduce the impact of diseases and disorders.
4. **Contribute to society:** By learning how human growth and development is influenced by social and cultural factors, we can recognize the needs and issues of different groups and communities. we can also advocate for social justice and human rights, and participate in creating positive changes in the world.
5. **What are the major method of studying human growth and development? write their introduction.**

* The major method of studying human growth and development are as follow:

1. Longitudinal Method:

This method involves collecting data from the same group of people over a period of time. Longitudinal studies can help us example the changes and continuity in human growth and development. In this method a small representative sample of children are selected. This traits studied for a long time. This method is expensive and takes long time but it's finding are reality based and used to generalized and the development of other children. This method is reality based which help to find actual data. It presents an actual picture of development pattern. It shows effect of culture in the development pattern.

1. Cross-sectional studies:

This method involves collecting data from a group of people of different ages at one points in time. Cross-sectional studies can help us compare the differences and similarities among people at different stage of life. It's study time is short. The researcher can study different aspect of child development. It used large sample group for research. More then one researcher involves to study and easy to produce findings. It has objection. It is duration is shot with the compare of longitudinal method. More child involves to study with more then one teacher.

1. **Distinguish between longitudinal method and cross-sectional method of human growth and development.**

* The different between longitudinal method and cross-sectional method of human growth and development are given bellow:

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| **S NO**. | **Longitudinal Method** | **Cross-sectional Method** |
| 1) | It take long time. | It take short time. |
| 2) | It has small unit. | It has more group of children. |
| 3) | It’s finding is real based. | It's finding is affected by culture. |
| 4) | It's cultural effect are controlled. | It's finding is less generalized. |
| 5) | It's finding is more valid. | It's validity is less. |

1. What are the major issues in human growth and development? Describe.

* There are various issues of human growth and development so some of the major issues in human growth and development are given bellow:

1. **Nature vs Nurture**

It perineal direct among the psychologist about the factors affecting the development of child. some psychologist says the more important of nature on the development of child but some other psychologist advocate for the important role of nurture. It can be explained as the issue between heredity and environment. Nature refers the biological process of an Individual and nurture refers the environment process of an organism. On the basic of those logics both are importance in the development of child, without nature, nurture become meaningless but without nature, nurture become meaningless but without nurture heredity can't be mature.

1. **stability vs change**

The issue related to stability or change in the pattern of development has been derived. some psychologist in this topic also some psychologist given their opinion for stability some other psychologist presented their view about change in human development. In human development there may be stability or change Developmental. In human development there may be stability or change. Developmental pattern of child is stable but human behavior conscious knowledge related aspect or in the field of technology may change on the basic need and environment.

1. **continuity vs discontinuity**

The issue regarding continuity vs discontinuity in the development process is related to weather development involves gradual cumulative change or it take place discontinuity. we can compare the example of growth of butterfly from egg to adult and the growth of tree to clarifying this issue. Development is a continuous process but its ratio is not equal. In some development stages development stage ratio of development is less or slow. such as in the pregnancy period development of child is very fast but in infinitive period development of child is slow.

**'Thank you'**