

Unit 3- Human Growth and Development (T/618/4169)

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Task 1: Presentation Notes

Human growth and development across the life stages

Life stages of an individual



Source: Vecteezy. (n.d.)

Every human goes through same stages in same order of life. Martleshamacademy. (2020) based on factors namely; socio-economic, hereditary etc, life expectancy vary from 60 to 100 years.

Foetus

It is start off life inside mother's womb and, getting nutrition through umbilical cord. Foetus is not visible and can be seen through ultrasound scanner.

Baby

After around nine months child came out of womb through delivery of mother and till the age of two years called baby. Baby initially fed through breast feeding, later on liquid followed by solid food and, is totally dependent on daily activities, for example; cleansing, clothing etc. However, baby starts physical movement for example; crawling, walking, and, speaking etc except few cases.

Child

From three to ten years child become more independent. Child eats food, perform daily activities and enters into school.

Adolescent

This is stage between thirteen to nineteen years. During this puberty changes, major body changes, brain development and, independent nature developed.

Adulthood

This stage starts after nineteen and, is quite a long stage may be up to retirement or in some countries with longer life span 67 years plus. However, 60 could be a benchmark. During adulthood human body has peak physical fitness and independent life style. They get married and have children.

Elderly

It is a last stage and people became weak, dependent on others and face health issues.

Physical development



Physical Development new born to baby stage, Source: Howland (2019)

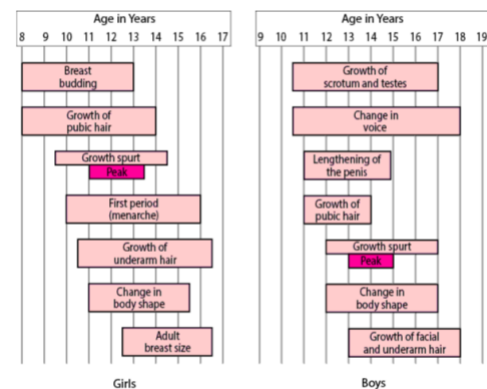
New born show physical movement, crawling, sitting and, finally start walking to become a full grown baby.

Typical Physical Development	
3 Months	 <p>While lying on their tummy...</p> <ul style="list-style-type: none"> Pushes up on arms Lifts and holds head up
6 Months	 <ul style="list-style-type: none"> Uses hands to support self while sitting Rolls from back to tummy and tummy to back While standing with support, accepts entire weight with legs
9 Months	 <ul style="list-style-type: none"> Sits and reaches for toys without falling Moves from tummy or back into sitting Starts to move with alternate leg and arm movement e.g. creeping, crawling
12 Months	 <ul style="list-style-type: none"> Pulls to stand and cruises along furniture Stands alone and takes several independent steps
15 Months	 <ul style="list-style-type: none"> Walks independently and seldom falls Squats to pick up toy

Physical development milestones checklist, Source: Pathways.org (n.d.)

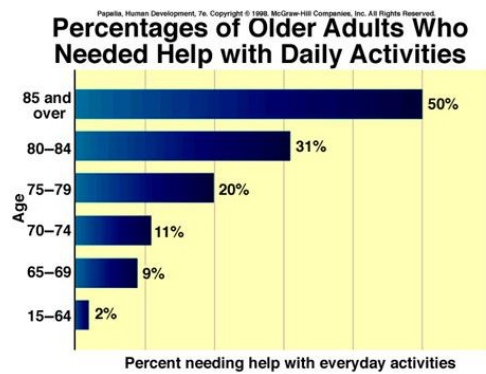


Development milestone up to 6 years and immunisation, Source: Alowirdi (n.d.)

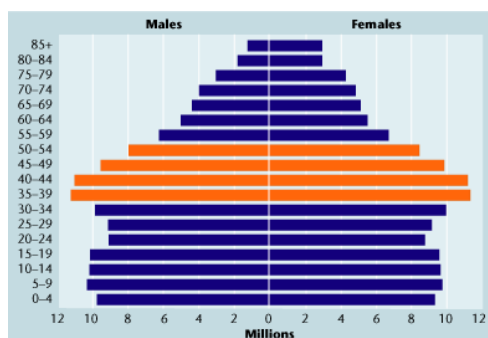


Adolescence Changes in girls and boys Source: Graber, (2021)

Key changes from birth to old age affecting health and wellbeing



Source: Late Adulthood (n.d.)



Average percentage of males and females, Late Adulthood (n.d.)

Old Age – changes

Universal and Irreversible

Slowing down of every part of body

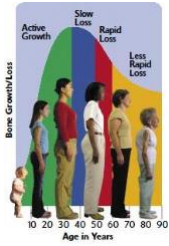
Body system becomes less efficient

Body appearance changes

Height gets shorter and body bends

Bones strength and, body mass reduction

Disease or multiple complications arise



Physical Changes- bone growth and loss, Source: Lumen Learning, (2016)

Intellectual development



Cognitive Skill development stages, Source: Cherry (2022)

During the Sensori-motor stage learn word, basic actions for example; looking, grasping, listening, tries to know the world through movements and sensation, realisation that he or she is a separate being from people and objects etc.

During preoperational stage learn to use words and pictures for objects, struggle to see things from others' perspective, able to do better with language and start developing concrete thinking.

During Concrete operation stage develops logical thinking, use reasoning for specific information and, become organised to an extent.

During Formal operational stage he or she starts thinking abstract, ethical, moral, social and political issues and able to use reasoning or logic.

Emotional development



Emotional Development stages in childhood development, Source: Meinke,(2019)

Three emotional stages in childhood development

Noticing emotions (Birth to One)

Expressing emotions (Two to Three)

Managing emotions (Three to Five)

A child has only three emotions at the time of birth namely; happiness, anger and fear. However by cuddling, interacting with positive expressions and, responding to facial expression of child help them to learn to notice emotions. Child at the second stage starts showing emotions for example; tantrum at toy shop however, still child does not understand the difference between healthy verses unhealthy emotions. Child enters pre-school and starts interacting with peer group and outside world. Child starts managing emotions however, too much of expectations might frustrate the child and may develop anxiety.

Social development



ERICKSON'S PSYCHOSOCIAL STAGES			
Stages	Crisis	Favorable Outcome	Unfavorable Outcome
Childhood			
1 st year of life	Trust vs. Mistrust	Faith in the environment and future events	Suspicion, fear of future events
2 nd year	Autonomy vs. Doubt	A sense of self-control and adequacy	Feelings of shame and self-doubt
3 rd through 5 th years	Initiative vs. Guilt	Ability to be a "self-starter," to initiate one's own activities.	A sense of guilt and inadequacy to be on one's own
6 th year to puberty	Industry vs. Inferiority	Ability to learn how things work, to understand and organize.	A sense of inferiority at understanding and organizing.
Transition years			
Adolescence	Identity vs. confusion	Seeing oneself as a unique and integrated person.	Confusion over who and what one really is.
Adulthood			
Early adulthood	Intimacy vs. isolation	Ability to make commitments to others, to love.	Inability to form affectionate relationship.
Middle age	Generativity vs. self-absorption	Concern for family and society in general.	Concern only for self—one's own well-being and prosperity.
Aging years	Integrity vs. despair	A sense of integrity and fulfillment; willingness to face death.	Dissatisfaction with life; despair over prospect of death.

Erickson's Psychological Stages, Source: PM Healthnp, (2020)

Erickson's psychological stages depict how people may react to different types of crises faced in a social setup and outcomes of the same.

Factors and events affecting growth and development and their Impact

Anthro (2020) has identified factors effecting growth and development during different life cycle stages of a human being.

Genetic Factor

The weight, body build and height of child or an adult represented by genetic and environmental factors interacting together. Even the dental ossification is partly dependent on genes. Genetic factors also play an important role in maturation differences between males and females. However, height growth is faster during spring and, weight growth is faster during autumn.

Nutritional Factors

Adequate supply of calories through nutrition is essential for growth. The body require adequate amount of protein, carbohydrates, fats, vitamins and minerals. Malnutrition leads to stunted growth. As the person mature the nutrition is required to maintain the health and, once entered into old age a very healthy diet required as per prescription to live a normal life.

Cultural Factors

Culture differs from one ethnic group to another and, in turn differences in the physical growth of human beings. Ethnic groups are from different geographical regions and, display differences in pattern of growth and age, for example; Japanese have smaller height but, live longer whereas, Europeans are well built but, having shorter average life than Japanese.

Socioeconomic

Children from big homes, better economic status, smaller families, etc are likely to have better growth as compared to children with bad homes, limited resources, large families etc.

Environmental Factors

Children living in better physical surroundings, healthy geographical conditions and loving social environment and, relationship are likely to have better growth than

children from filthy physical surroundings, unhealthy geographical conditions and, bad social environment and relationship.

Task 2

Explanation of physical and psychological changes linked to ageing

Based on the review of Amarya, *et al* (2018), Johnson Memorial Health (2015) and American Psychological Association (2021) physical and psychological changes linked to aging may be explained as follows.

Nervous System

With the age human body loose cells and it also happens with our nervous system. The impact of loosing nervous system cells result in slowing down of reflexes, distraction and coordination problem, and loss of brain function, for example; it may lead to Alzheimer, Parkinson.

Cognitive

There is a mild decline in cognition associated with age; however old age person can learn new skills though at a slower pace than a young adult. Some of the short term memory changes with age are, namely; slower reaction time, slower speed to process information etc. However, it doesn't mean that they are lesser intelligent than younger one because they have experience. Nevertheless, some of mental health problems are common, for example; anxiety, depression, dementia etc.

Special senses

The special senses of human beings are namely; Vision, Hearing, Taste, Smell and Touch.

Vision

There are number of changes happens to the vision namely; glare tolerance level reduction, presbyopia, cataract, visual field impairment etc. These changes lead to difficulty in reading, driving and even balancing.

Hearing

The sensory losses along with difficulty to discriminate consonants in speech, and loss of primarily high tones and, old age people face difficulty to listen without hearing aids.

Taste

Taste senses losses are namely; decline in salt detection, exaggerated bitter detection and no change in sugar taste. Since, teeth loss also happens so the overall experience of saliva functioning and, ability to differentiate food's taste decline.

Smell

The old age person face difficulty to smell and detect odours and, it has impact during eating because of which weight and digestion related problems are observed as interest reduced in food because olfactory function declined.

Touch

Touch senses declined because of skin changes and lead to lack of awareness pain and, vibrations. It has been observed that touch has impact on balance, gripping and simple motor skills because of sensory receptors in muscles declined.

Muscular and Skeleton system

The muscle and bone mass decreases with age. These changes lead to higher risk of fractures, and reduction in physical activity. Body strength and flexibility can be addressed through simple exercises.

Body composition changes

The human body consists of muscles and organs, bones, fat and water and, with age after 40s muscles and organs starts losing some of their cells, for example; liver, kidney. Swallowing becomes harder and flow of secretion for digestion reduced in the liver, stomach, pancreas and, small intestine. Kidney is not able to excrete properly and, prostate enlargement problems also arise. Heart blood vessels lose elasticity and fat deposits on artery walls leads to heart related problems.

Obesity

The decline in physical activity and, reduction in metabolism leads to weight gain. It is a growing threat among elder people because obesity leads to many health complications including difficulty in physical movement.

Hair and Nails

Hair and nail growth get slower and hair turn gray. Both become brittle also.

Explain lifestyle choices associated with ageing

Based on Tony (2022) and Singh (2022) following lifestyle leads to aging namely; Alcoholism, lack of sleep, unhealthy food, exposure to sun, lack of exercise, prolonged stress, sedentary life, dependency on caffeine, not addressing mental issues, lack of socialisation, lack of intimacy and, healthy sexual life and, smoking. Murrell (2019) and Aging.com (2022) provided life style options for old age people that may be opted in order to live a healthy life.

Following lifestyle may be adopted by old people.

Active life

Old people must adopt active physical life, for example; walking, biking and low impact exercises.

Appropriate intake of supplements

Old people based on the advice of doctor may take supplements, for example; vitamins, minerals.

Healthy diet

For immune system old people must take antioxidants rich diet for example; vegetables and fruit. Old people must avoid sugary and fatty food.

Hand hygiene

Old people must wash hands frequently and avoid touching face, mouth before hand washing because that could lead to microbial infections.

Stress management

Old people must avoid stress by exploring activities and, relax, lower expectations, plenty of sleep etc.

Preventive measures

Old people must take vaccination as per schedule every year in order to prevent infections.

Regular check-up

Old people must be go for regular check up to physicians because certain conditions like high blood pressure, diabetes etc.

Avoiding sick people contact

In case there is sick person around or some epidemic spread old people abstain from making contact with such person or going to that area.

Discuss the effect that physical changes associated with ageing have on self-esteem and self-confidence

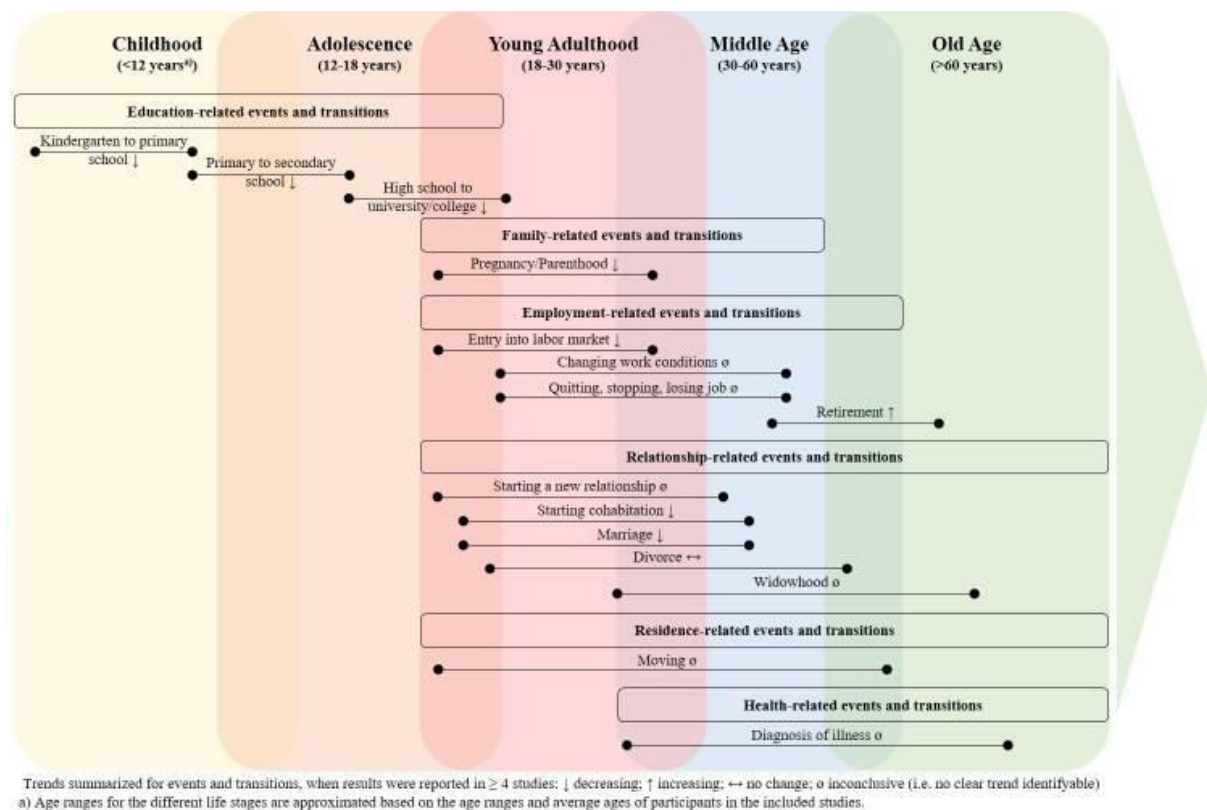
Gilbertson (2018) pointed that self-esteem keep on rising after adolescence till adulthood and, seriously hit after the age of 65 to 70. It may be due to focus on physical changes for example; wrinkling, loss of muscle mass, fats migrated to undesirable places etc. This happens because people attach self-esteem with body image instead of accepting physical changes gracefully. Further, by the time a person reaches old age has attained status, power, and influence and, suddenly find he or she started losing the same may have negative impact on self-esteem and, lack of confidence. Retirement leads to decline in socioeconomic status and, it may lead to self-esteem. By avoiding stereo-type old age and, adopting curious life style and, have active lifestyle.

Task 3

Identify transitions and significant life events across the life stages

Describe the impact that transitions and significant life events may have on this individual

Following are the significant life events and transition across the life stages.



Events and Transitions at different life stages, Source: Gropper and John (2020)

Life stage	Events and Transitions	Impact
Childhood (less than 12 years)	Education-related Kindergarten to Primary Primary to secondary	Learn to use words and pictures for objects, struggle to see things from others' perspective, able to do better with language and start developing concrete thinking. Develops logical thinking, use reasoning for specific information and, become organised to an extent. Child enters school and starts interacting with peer group and outside world. Child starts managing emotions however, too much of expectations might frustrate the child and may develop anxiety.
Adolescence (12-18)	Education-related High School to college/university	Socialise, develop interest, Independent opinions, Prefers to spend time with peer group, Started thinking abstract, ethical, moral, social and political issues and able to use reasoning or logic.
Young Adulthood (18-30)	Education-related High School to college/university Family-related Pregnancy/Parenthood Employment-related Entry in labour market Changing work conditions Quitting, stopping, losing job Relationship-related Starting new relationship Starting cohabitation Marriage Divorce Widowhood	Independent opinions, more focussed on career Got married or live in relationship, sex, learn parenting Join part-time or full time job, look for better career options, may start own business venture Have a family and, go through family related changes Have separate accommodation, may face health related issues

	Resident-related Moving Health-related Diagnosis of illness	
Middle Age (30-60)	Family-related Pregnancy/Parenthood Employment-related Changing work conditions Quitting, stopping, losing job Retirement Relationship-related Starting new relationship Starting cohabitation Marriage Divorce Widowhood Resident-related Moving Health-related Diagnosis of illness	Children and education became priority Look for career growth, Older people are likely to have higher chances of physical and, mental illness especially in the case of an involuntary job loss (Gallo, <i>et al</i> , 2000). Have one or multiple sexual relationship, may start new relationship or break a relationship, might lose life partner Health and social care related assistance required
Old Age (above 60)	Employment-related Retirement Relationship-related Widowhood Health-related Diagnosis of illness	A person reaches old age has attained status, power, and influence and, suddenly find he or she started losing the same may have negative impact on self-esteem and, lack of confidence. Retirement leads to decline in socioeconomic status and, it may lead to self-esteem. Physical and mental problems increase.

Table: Events and transitions impact during life stages

Explain the role of the health and social care practitioner in supporting the individual during transition and significant life events

Health and social care practitioner role began before birth of a human being. It is important for the well being of a baby that during foetus stage precautions and, due care provided. Further, after the birth of the baby immunisation and, tracking the physical and mental development changes. In case any special need is there, health and social care practitioner must provide assistance. During adolescence stage sex education along with coping up with peer group pressures along with abstaining from anti-social activities required and tracking of physical developments. Health practitioner may help adolescent with physical changes, while social care worker role is to spread awareness about protections, for example; abstaining from bad habits, focus on education, etc.

Young adults might face challenges because of bad habits developed during adolescent stage and, therefore required health and social care support. Further, relationship issues, parenting and, childcare assistance may be required. As the person enters into 40s might require awareness about keeping themselves healthy and, awareness about precautions. They may need advice about retirement planning. There could be job loss and, might require mental care support. As the person got retired the role of health and social care practitioner became crucial. Swift and Steeden (2020) suggested by using positive terms for example; 'older people' and, avoiding negative, for example; anxiety, depressed etc through training of health and social care worker in order to address age stereotypes. They may encourage older people with positive response and, leading active physical life. Retirement leads to decline in socioeconomic status and, it may lead to self-esteem. By avoiding stereo-type old age and, adopting curious life style and, have active lifestyle. Every individual should be treated as unique and, therefore person-centred approach must be adopted by health and social care providers. They must engage older people in decision and, explain outcomes of options opted by older people.

It may be concluded health and social care practitioner plays an important role during events and transitions of a human being during the life cycle.

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