### **Human Growth and Development**

### **Slide 1: Introduction**

#### **Overview of Human Development**

* Development spans across the entire lifespan, with each phase featuring distinct developmental markers and challenges.
* Transitions during each stage build current abilities and lay the groundwork for future growth.

#### **Constant Change and Influencing Factors**

* Complex interactions between genetics, environment, and social culture shape human development.
* The field is extensive and multi-dimensional, continuously evolving.

#### **Purpose of the Report**

* The report analyses human development across key life stages: infancy, childhood, adolescence, adulthood, and late adulthood.
* Focuses on growth's physical, emotional, cognitive, and social aspects.

#### **Significance of Early Experiences**

* Early experiences have lasting effects on future outcomes.
* Developmental events impact life paths and highlight the importance of monitoring development for well-being.

### **Slide 2: Stages of Growth and Development**

#### **2.1 Infancy (0–1 year)**

* **Rapid Growth**
  + Substantial increases in weight and height (Morioka et al., 2025).
  + Infants double their birth weight by 5 months and triple it by 1 year (Orenstein & Lewis, 2022).
* **Motor Skill Development**
  + Early motor skills, critical for future physical activity and health (Campbell, 2021).
* **Neurological Development**
  + Cognitive abilities develop through sensory processing to symbolic thought (Ulijaszek et al., 2025).
  + Development of object permanence (Burri, 2024).
* **Emotional & Social Growth**
  + Secure attachments foster better emotional control and social skills (Mumford, 2021).
  + Basic emotional and social behaviors like smiling emerge (Campbell, 2021).

#### **2.2 Childhood (2–12 years)**

* **Physical Growth**
  + Continuous height and weight increase (Oesterdiekhoff, 2021).
  + Improved coordination through play and physical education (Eze et al., 2021).
* **Cognitive Development**
  + From concrete operational to solving complex problems (Ulijaszek et al., 2025).
  + Enhanced memory, attention, and learning (Orenstein & Lewis, 2022).
* **Social & Emotional Skills**
  + Peer relationships and emotional maturity grow (Morioka et al., 2025).
  + Children learn conflict resolution and social interaction skills (Bogin, 2020).

#### **2.3 Adolescence (12–18 years)**

* **Physical Changes**
  + Puberty brings secondary sex characteristics and rapid growth (Huang, 2024).
  + Full development of motor skills and increased participation in physical activities (Cameron, 2024).
* **Cognitive & Emotional Growth**
  + Advanced reasoning, abstract thinking, and complex problem solving (Cameron, 2024).
  + Heightened emotional experiences and identity development (Pérez-Cano et al., 2024).
* **Key Relationships**
  + Peer relationships become central to identity formation (Beckett & Taylor, 2024).

#### **2.4 Early to Late Adulthood (20+ years)**

* **Physical Wellness & Decline**
  + Peak physical strength in early adulthood; muscle and bone mass decrease with age (Loid et al., 2024).
  + Regular physical activity helps mitigate aging effects (Ren et al., 2025).
* **Cognitive Growth**
  + Mastery in decision-making and problem-solving; slower processing speed in middle age (Trigueros et al., 2025).
  + Lifelong learning is key for maintaining cognitive health (Morioka et al., 2025).
* **Emotional & Social Changes**
  + Improved emotional regulation and emphasis on significant relationships (Bogin, 2020).
  + Life role transformations, including family, career, and retirement (Pérez-Cano et al., 2024).

#### **2.5 Developmental Norms and Milestones**

* **Key Milestones Across Life Stages**
  + Infancy: Smiling, babbling, and speaking first words (Loid et al., 2024).
  + Preschool: Hopping, drawing shapes, and forming sentences.
  + Adolescence: Identity development and abstract thinking (Huang, 2024).
* **Influence of Early Development on Later Outcomes**
  + Early physical health impacts academic performance and social skills (Burri, 2024).
  + Emotional development in early childhood predicts future relational skills and resilience.
* **Intervention for Delays**
  + Early recognition of delays can lead to targeted educational programs and therapeutic support to foster optimal development.

### **Slide 3: Effects of Life Factors and Events on Growth and Development**

#### **3.1 Life Factors and Events**

* **Genetic Inheritance**
  + Determines physical traits and disease risks.
  + Maximum developmental limits are set genetically, but environmental factors influence outcomes (Procopio et al., 2025).
* **Socioeconomic Status (SES)**
  + Key resource pathway affecting development through income, education, and occupation (Bradley & Corwyn, 2021).
* **Major Life Events**
  + Traumatic events or critical transitions, like divorce or illness, disrupt the life path (Masten, 2023).

#### **3.2 Impact of These Factors on Development**

#### **3.2.1 Genetic Influences**

* **Physical & Psychological Development**
  + Genetic traits set boundaries for physical and psychological development.
  + Diseases with genetic predispositions affect development (Silventoinen et al., 2020).
  + Intellectual and emotional traits are influenced by genetics, including conditions like autism and Down syndrome (Hagerman et al., 2021; Chen & Geschwind, 2022).

#### **3.2.2 Socioeconomic Status (SES)**

* **Access to Resources**
  + SES affects access to nutrition, healthcare, and education.
  + Children from lower SES backgrounds face developmental delays and chronic health issues (Duncan et al., 2021).
  + Disparities in education contribute to gaps in academic achievements (Levine et al., 2020).
  + Persistent stress from poverty can lead to mental health conditions like depression and anxiety (Evans & Kim, 2021).

#### **3.2.3 Major Life Events**

* **Impact on Physical Development**
  + Long-term illnesses or injuries alter bodily processes and development (Hamai & Felitti, 2021).
* **Impact on Intellectual Development**
  + Events like migration or family disturbances disrupt cognitive growth (Betancourt et al., 2024).
* **Emotional & Social Development**
  + Emotional suffering from loss or parental breakdown influences emotional growth (Amato et al., 2021).
  + Social development is shaped by participation in community events or exposure to isolation (Werner et al., 2021).

### **Slide 4: Physical and Psychological Changes of Ageing**

#### **4.1 Physical Changes of Ageing: Musculoskeletal and Respiratory Systems**

* **Musculoskeletal System Changes**
  + Sarcopenia: Muscle mass and strength decline, leading to poor mobility and higher fracture risk (Amato et al., 2021).
  + Osteoporosis: Postmenopausal women experience bone density loss, increasing fracture susceptibility (Seydakova, 2024).
  + Osteoarthritis: Joint cartilage degeneration causes movement restrictions and pain, affecting daily routines (Werner et al., 2021).
* **Respiratory System Changes**
  + Decreased lung compliance, vital capacity, and oxygen exchange efficiency (Braun & Hill, 2025b).
  + Structural changes in the thoracic cage and lung tissue worsen respiratory function (Cai et al., 2025).
  + Older adults, especially smokers, face challenges in managing COPD due to respiratory tract dysfunction (Seydakova, 2024).

#### **4.2 Psychological Changes**

* **Cognitive Function Decline**
  + Processing speed slows down; executive abilities like multitasking and problem-solving decrease (Gunes et al., 2025).
  + Crystallized intelligence (accumulated knowledge) remains stable or improves, aiding other cognitive functions (Caldani et al., 2020).
* **Self-Esteem and Social Roles**
  + Cognitive decline doesn't directly affect self-esteem but social role changes and functioning do (Evans & Kim, 2021).
  + Positive social experiences and family dynamics help maintain or improve self-esteem.

#### **4.3 Impact of Physical Changes on Self-Esteem and Lifestyle Choices**

* **Impact on Self-Esteem**
  + Physical and cognitive aging may lead to decreased self-esteem due to deteriorated abilities and quality of life (Hagerman et al., 2024).
* **Lifestyle Interventions**
  + Regular exercise and social interaction improve physical self-awareness and self-esteem (Procopio et al., 2025).
  + Mental activities like reading and puzzles protect cognitive function and enhance self-esteem (Williams, 2025).

### **Slide 5: Transitions and Significant Life Events**

#### **5.1 Identification and Description of Transitions**

* **Key Life Transitions**
  + **Education Start:** Children entering structured educational settings begin their academic and social growth (Inoue et al., 2025).
  + **Career Changes:** Employment transitions include new jobs, promotions, and the risk of unemployment, impacting personal identity and financial independence (Roux et al., 2022).
  + **Retirement:** A major life change in late adulthood, involving the transformation of routine activities and personal identity (Lambert, 2025).
* **Developmental Fluidity**
  + These transitions shape current life circumstances while influencing future possibilities and challenges.

#### **5.2 Impact of These Transitions**

* **Emotional Well-Being**
  + **Education:** Excitement and anxiety impact academic and social outcomes; adaptation enhances self-esteem, struggles may reduce self-worth (Ladd, 2022).
  + **Employment:** Job loss increases risks of depression and anxiety, while career success boosts life satisfaction (Roux et al., 2022).
  + **Retirement:** Can lead to identity loss and social isolation if not managed well, especially if involuntary (Betancourt et al., 2024).
* **Social Relationships & Financial Stability**
  + Each transition requires significant adjustments in social and personal identity, influencing overall well-being.

#### **5.3 Role of Health and Social Care Practitioners**

* **Support During Transitions**
  + **Educational Roles:** School counselors aid students in transitioning to new educational settings (Lei et al., 2025).
  + **Career Advisors:** Assist clients with job changes through counseling and skill development (Lambert, 2025).
  + **Geriatric Specialists:** Help seniors adapt to retirement and promote active aging (Abril et al., 2025).
* **Person-Centered Approaches**
  + Recognize individual needs, preferences, and values, empowering individuals through transitions (Gunes et al., 2025).
  + **In Education:** Tailored learning plans ease transitions between educational stages and enhance outcomes (Evans & Kim, 2021).
  + **In Career:** Customized development plans, including mentoring and flexible work schedules, support job transitions (Lareau et al., 2023).
  + **In Retirement:** Personalized retirement plans addressing lifestyle, health, and social needs ensure a smoother transition (Lambert, 2025).