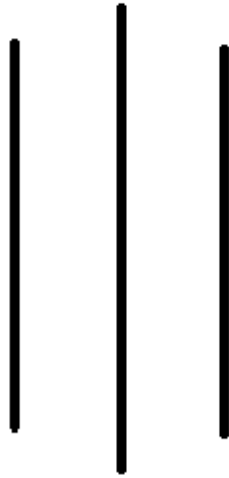


ASSIGNMENT ON EDUCATIONAL PSYCHOLOGY



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1. What do you know about human growth and development describes it with differences?

Developmental psychology is a branch of psychology that deals with the study of growth and development. Growth is the natural change in human development towards the maturity of mental and physical structure. Human growth indicates size, weight, length or height it is related with certain period of time. The individual acquires mature size due to growth. Growth brings changes in the length and weight of limbs and trunk. It brings change in the proportion of different parts of body. These changes take place in the external as well as internal organs. It also brings change in the capacity of different organs of an individual. All the quantitative changes, which take place within an individual, are termed as growth.

Development is the progressive series of orderly and coherent changes. It is related to the changes in physical as well as mental qualities of an individual. Development includes the changes in physical, mental, social, moral qualities as well as in the total personality in the individual. These are the progressive series of changes, which occur because of the interaction between maturation and experience. Development depends on growth and without a growth there is no development.

The differences of human growth and human development are:

Human growth	Human development
It is quantitative changes.	It is qualitative changes.
It changes shape, size and weight.	It brings change in behavior.
It makes positive or negative changes.	It makes positive changes.
It is limited.	It is life long process.
It can be measured.	It can be observed.

2. What are the determinants of Human growth and Development (Heredity and environment)?

Human growth and development takes place by the process maturation and learning. The elements which determine maturation and learning are known as determinant of human growth and development. Human growth and development are determined by heredity and environment.

Heredity

It is the environment parental characteristics to the offspring gene is the carrier of their characteristics from parents to the offspring these characteristics are transmitted from parents to the offspring these characteristics are transmitted from parents to the offspring at the time of conception when the female germinate cell (ovum) is fertilized by male germinal cell (sperm). Conception period is divided into

(1) Zygote (2) Embryos and (3) Fetus.

Environment

Environment is the prominent cause of determining character of a child. It is the sum of all external effects which directly affects the development of a child. Hereditary character of a child cannot be developed without the help the environment.

Environment is divided into two types. They are:

1. Physical environment:

It includes temperature, humidity, nutrition, sanitation, diseases, communication, habitat.

2. Social environment:

It includes culture, tradition, social belief system which influence the development of hereditary characteristics of an individual.

3. What are the major method of studying human growth and development?

The major methods of studying human growth and development are as follows:

1. Longitudinal method

Longitudinal method is the one of the oldest methods applied to study the patterns of human growth and development. Jean Piaget, Berkley, Jacqueline etc applied this moment to study the pattern of child development. In this method, a small representative sample of children is selected. A Longitudinal study is a correlation research study that involves repeated observations of the same items over long periods, often many decades. It is a type of observational study. Longitudinal studies are often used in psychology to study developmental trends across the life span, and in sociology to study life events throughout lifetimes or generations.

Longitudinal method is considered as a most valid method of studying human development, because the data of this method is based on the actual information about developmental pattern of a representative sample of a population, which can be generalized to that population. It needed long duration of time. The result of this method is reliable. It provides actual data or information.

2. Cross sectional method

Cross sectional method is an alternative to longitudinal method. Developmental studies require studying a representative group of individuals and then generalizing the findings in the population. It is a research design where subjects related to different groups are assessed at a particular time. Cross sectional studies are used in most branches of science, in the social sciences and in other fields as well. Cross sectional research takes a 'slice' of its target group and bases its overall finding on the views of those targeted, assuming them to be typical of the whole group. It studies a large sample of population in a very short time. It takes the sample of various age groups, which are to be studied.

4. Write short description of major issues in development.

The major issues in human development are as follows:

a) Nature Vs Nurture

It is the perennial debate among the psychologists about the factors affecting the development of child. Some psychologists give more importance to nature on the development of child and some psychologists give more important role to nurture in the process of human development.

Nature refers the biological inheritance of an individual and the nurture refers the environmental experiences of an organism. In human development, nature is very important which can be developed in suitable situation. Therefore, nature and nurture are important elements and are interrelated. Without one, another becomes weak or meaningless.

b) Stability Vs Change

In human development, stability and change are affecting factors which play important role. Between two elements, they play their own role in human development. In human development, there is stability. The pattern of development is not changed from the beginning of human life. Therefore, those psychologists who believe in stability in development, they present this logic. But another group of psychologists present their views about change in development. Past society and present society are different. According to these logic or debate, both are right and important.

c) Continuity Vs Discontinuity

The issue regarding continuity Vs discontinuity in the development process is the issue related to whether development involves gradual or cumulative change. It takes place according to distinct stages. Development depends in different development stages. In some stages, development is rapid. But in some development stages, ratio of development is slow. Physical development is not continuous but social and mental developments are continuous up to certain period. About a continuous up to certain period. About a continuity and discontinuity of development, different psychologists express their different views about continuity or discontinuity.

5. Why do we need to study human growth and development?

It is a branch of psychology which studies about age of child, nature of child, characteristics of child, and individual differences of child. From the study of psychology, teacher can understand the interest of children. It teaches us to select objectives of education, collection of teaching materials, use of materials in teaching activities, presentation, motivation, evaluation, use of reinforcement, record keeping, development of relation between teacher, students or society.

The needs of studying human growth and development are as follows:

- a) To understand interest of child.
- b) We need psychology to develop relation.
- c) To provide principles of psychology.
- d) To make teaching effective.
- e) To select and use teaching methods.
- f) Selection objectives.
- g) To use materials.
- h) Use of motivation.

6. Write short introduction of infancy and babyhood with their characteristics.

Infancy period

Infancy is the period, which begins just after the birth of the child and remains for two weeks after birth. It is the beginning of independent existence of the child. The infant separates from the mother's body and begins his or her life as an independent creature. During prenatal period, the children are completely dependent on their mother for the basic need like nutrition, respiration and excretion. In this period, the child cannot develop smoothly due to change of environment. The characteristics of infancy period are as follows:

- a) The shortest period of human development.
- b) Period of adjustment.

- c) Plateau in development.
- d) The preview of other development.
- e) Hazardous period.

Babyhood period

Babyhood is the period of the age between 2 weeks to 2 years. When babies achieve the radical adjustment in their environment, they begin to develop at a very high rate. All the foundations for later development are laid in this stage. In the end of this period baby can walk, speak, socialize and understand. The characteristics of babyhood period are as follows:

- a) Hazardous period
- b) Foundation age
- c) Period of rapid growth and development
- d) Age of decreasing dependency
- e) Creative age
- f) An appealing age
- g) The beginning of socialization

7. Write characteristics of early childhood and late childhood.

Early childhood is the period between 2 years to 6 years. It begins when the children get independent condition of walking and speaking. This period is called pre- school age, toy age. The characteristics of early childhood are as follows:

- a) Problem age
- b) Pre- school age
- c) Toy age
- d) Pre-gang age
- e) Questioning age
- f) Imitative age
- g) Creative age

Late childhood ranges from six to ten/twelve years. It begins when children acquire the ability to participate in formal education and ends when they achieve sexual maturity. The children of late childhood stage can participate in group activities. They enjoy playing with age mates and can form an intimate group of playmates. Children learn social behaviors in these groups, therefore, late childhood is considered as the beginning of formal socialization. The characteristics of late childhood are as follows:

- a) Troublesome age
- b) Sloppy age
- c) Quarrelsome age
- d) Critical period
- e) Elementary school age
- f) Creative age
- g) Age of conformity

8. What are the characteristics of puberty and adolescence. Write with their developmental task.

Puberty is a very important stage of human life. It is the stage in which human begins turn from asexual to a sexual organism. They acquire sexual maturity in this period. In this period, boys begin to produce ovum. These are the germinal cells needed for the production of a new child. The duration of puberty is 12-16 years. The characteristics of puberty are as follows:

- a) Overlapping period
- b) Short period
- c) It is divided into different stages
- d) Pre-pub sent, pub sent, post pub sent
- e) Rapid growth and change
- f) Negative age
- g) Variable ages

Adolescence is the age between sexual maturity and legal maturity. Generally period of adolescence is 16-18 and 16-20 years. The term adolescence is derived from the Latin word adolescence which means to grow to maturity. Children of this age can get legal right, a permanent sop. The characteristics of adolescence are as follows:

- a) It is an important period
- b) Transitional period
- c) Period of change
- d) Problem age
- e) The time of such for identity
- f) It is the age of dreaded
- g) Adolescence is the threshold of adulthood

The developmental tasks of adolescence are as follows:

- a) Learning to get along with friends of both sexes.
- b) Becoming more self-sufficient
- c) Preparing for a job or career
- d) Making decisions about marriage and family
- e) Becoming socially responsible.

9. What are the characteristics of Adulthood, Middle age and Old age?

The characteristics of adulthood are as follows.

- 1. Setting down age.
- 2. The reproductive age
- 3. Problem age.
- 4. Emotional tension.
- 5. A time of commitment.
- 6. A period of dependency.
- 7. A time of value change.
- 8. A time of value of change.
- 9. A time of adjustment with new life style
- 10. Creativity age.

The characteristics of middle age are as follows.

1. It is a dreaded age.
2. Time of transition.
3. Dangerous age.
4. Time of achievement.
5. Time of evaluation.
6. Time of emptiness.
7. a time of bored of.
8. Time of stress.

The characteristics of old age are as follows.

1. It is the period of decline.
2. Individual differences in the effect of ageing.
3. Old age is judged by different criteria.
4. Old people are stereotypes.
5. Minority group status.
6. Ageing recues roles changes.
7. Poor adjustment in family.
8. The desire for rejuvenation.

10. What are the hazards of puberty?

The hazards of puberty are as follows.

a) Physical hazards

1. Illness:

Illness is no more a specific problem of this stage. The puberty is adjustment with their environment and hence there is no specific health hazard related to illness in this stage.

2. Accident:

Accidents as causes of injury and death are more prominent in thus age. Children may become extra courageous in this particular stage that may cause accidents especially related to vehicles.

3. Suicide:

Rate of suicide is increased in this stage. The main cause of death is psychological pressure on the child and their frustration and inability to cope these pressures.

B) Psychological hazards:

Psychological hazards are related with thinking. It effects to female than male. Psychology hazards are as follows.

1. Unfavorable self-concept.
2. under achievement.
3. Problem related to acceptance.
4. Problem related to social role.
5. Deviation in a sexual maturity.

11. What are the causes and criteria of puberty? Write its effects.

The causes and criteria of puberty are as follows:

Causes of puberty:

a) Role of pituitary gland

This gland is situated in the head region. It produces growth hormones, which develop the shape and size of sex organs including gonads. It develops the capacity of gonads to produce sex hormones.

b) Role of gonads

Gonads are the glands, which produce sex hormones like estrogen, progesterone in girls and testosterone in the boys. Ovaries of female and tests of the boys are responsible to produce these hormones. The beginning of secretion of these hormones causes puberty in boys and girls.

c) Interaction between pituitary glands and gonads

There should be a proper interaction between pituitary gland and gonads for the beginning of secretion of sex hormones inside the body. Pituitary gland regulates the production of these hormones according to fixed time table and causes the onset of puberty.

Criteria of puberty:

a) The menarche

It is the first menstruation of the girls, which is mostly used as the criterion for determining the onset of puberty of girls. Although, primary and secondary sex characteristics of a girl start to develop in this stage, none of these yet reach the state of maturity.

b) Nocturnal emission

The boys experience the emission of semen during sleep having a dream. Although, it is not a universal phenomenon, it is taken as an indicator of onset of puberty for boys.

c) X-Ray analysis

X-Ray analysis especially of the joints of hands and knees presents valid data regarding the onset of puberty in girls and boys.

The effects of puberty are as follows:

- a) Growth of pubic hair, other body hair, and facial hair.
- b) Enlargement of testicles and penis.
- c) Muscle growth
- d) Growth spurt.
- e) Acne.
- f) Deepening of the voice.

12. Describe social development, entertainment and regression of puberty.

Social development is the change over time in an individual's understanding of, attitudes concerning, and behavior toward others; a developmental change in how people behave with members of the other gender or their understanding of what friendship entails. These changes are perceived to occur due to socialization processes as well as physical and cognitive maturation. Socialization, however, is not a unidirectional influence, where society simply affects the individual. Initial relationships may be the most important as they serve as models of what infants and children should expect in their future relationships. Over the course of the life span, relationships with parents, siblings, peers, and romantic partners play integral roles for social development.

Entertainment is a form of activity that holds the attention and interest of an audience, or gives pleasure and delight. It can be an idea or a task, but is more likely to be one of the activities or events that have developed over thousands of years specially for the purpose of keeping an audience's attention. An important aspect of entertainment is the audience, which turns a private recreation or leisure activity into entertainment. Entertainment can be public or private, involving formal, scripted performance, as in the case of theatre or concerts; or unscripted and spontaneous, as in the case of children's games. Most form of entertainment has persisted over many centuries, evolving due to changes in culture, technology, and fashion.

13. What are the hazards of Adolescence?

Adolescence period is an important stage of human life. Physically and mentally adolescence became mature but they suffer by some problems. Such problems are divided into physical and psychological hazards. The hazards of adolescence are as follows:

Physical hazards:

- a) Illness and mortality
- b) Suicide
- c) Physical defeats
- d) Weak body strength
- e) Awkwardness
- f) Sex- inappropriateness
- g) Homeliness

Psychological hazards:

- a) Social behavior
- b) Sexual behavior
- c) Moral hazards
- d) Family relationship

14. What are the problems of adolescence?

The problems of adolescence are as follows:

- a) Self-Esteem and body image
- b) Stress
- c) Bullying
- d) Depression
- e) Cyber Addiction
- f) Drinking and smoking
- g) Teen pregnancy
- h) Underage sex

15. What do you know about guidance and counseling related to puberty or adolescence?

Guidance and Counselling for Children and Adolescents in Schools provides a rich understanding of the challenges, problems and difficulties that children and adolescents face in adjusting to the contexts in which they live, grow and study. All teacher-education programmers expansively define the role of teachers and their responsibility towards guiding and counselling students. This book serves to help student-teachers and in-service teachers to understand their role as counsellors and build perspectives about the mental health concerns of students. Rendering ground realities within theoretical approaches to psychotherapy and mental health, it serves as a useful resource for practitioners and researchers in education.

The book is based on more than three decades of experience of the authors in the fields of education and psychology and experiential understanding of contemporary times.

Key Features:

- Unique approach in correlating real-life situations and experiences to the explanation of theories
- Builds understanding about guidance, counselling and mental health issues through a theory–practice interface
- Provides anecdotes, case vignettes and narratives to aid self-directed learning of counselling skills
- Couched in the contemporary Indian socio-cultural setting