

GROWING UP AS A LEARNER

E-103 UNIT - II

Human Growth and Development

GROWTH AND DEVELOPMENT

Most people use the terms „growth“ and „development“ interchangeably and accept them as synonymous. But in reality, the meanings of these two terms are different

Meaning & Definition of Human Growth

Growth refers to physical increase in some quantity over time. It includes changes in terms of height, weight, body proportions and general physical appearance.

According to Frank "Growth is regarded as multiplication of cells , as growth in height and weight while development refers to the changes in organism as a whole. "

According to Meredith "Some writers reserve the use of development of mean differentiation. "

Meaning & Definition of Human Development

Development refers to the qualitative changes in the organism as whole. Development is a continuous process through which physical, emotional and intellectual changes occur. It is a more wider and comprehensive term than growth. It is also possible without growth.

According to Hurlock " Development is not limited to growing larger instead, it consist of progressive series of changes toward the goal of maturity. Development results in new characteristics and new abilities on the part of the individual. "

Characteristics of Human Development

1. Development involves change:
2. Development is a continuous process:
3. Development follows a direction and uniform pattern in an orderly manner
4. Individual Differences in the Development Process:
5. Development depends on maturation and learning:-
6. Early development is more critical than later development:
7. Development is predictable:-
8. Development involves Social expectations:-
9. Development has potential hazards:

10. Happiness varies at different periods of development:

Comparison of Growth and Development

☐ Growth refers to physiological changes.☐ Development refers to overall changes in the individual. It involves changes in an orderly and coherent type towards the goal of maturity.

☐ Changes in the quantitative respect is termed as growth.☐ Development changes in the quality along with quantitative aspect.

☐ Growth does not continue throughout life.☐ Development continues throughout life.

☐ Growth stops after maturation.☐ Development is progressive.

☐ Growth occurs due to the multiplication of cells. ☐ Development occurs due to both maturation and interaction with the environment.

☐ Growth is cellular. ☐ Development is organizational.

☐ Growth is one of the part of the developmental process.☐ Development is a wider and comprehensive term.

Factors affecting human growth and development

1. Heredity

2. Biological factors

3. Environment

4. Physical factors

5. Others factors - intelligence, sex difference, nutrition, race, pure water and air, economic conditions etc.

Stages of Human development

1. Infancy

2. Childhood

3. Adolescence

4. Maturity or Adulthood