

**SELF-LEARNING
MATERIAL**



MA SOCIAL WORK

MASW 205 : HUMAN GROWTH AND DEVELOPMENT

w.e.f Academic Session: 2023-24



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UNIVERSITY OF SCIENCE & TECHNOLOGY MEGHALAYA**

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MASW 205

HUMAN GROWTH AND DEVELOPMENT

Unit I: Human Growth & Development: An Introduction

- Understanding Reproduction and Pre-Natal Development
- Stages of human Development: Infancy to old age
- Role of Heredity and Environment
 - Concepts
 - Mechanisms
- Principles of growth and development

UNIT II: Basic Psychological Concepts

- Basic Psychological Concepts
- Motivation & needs, Drives and Motives: Theories and Motives
- Maslow's Hierarchy of Needs
- Adjustment and Maladjustment: Meaning and characteristics
- Adjustment at personal, social and other levels
- Adjustment by trial and error
- Adjustment solution; stress, frustration and conflict and their consequence
- Typical adjustment mechanisms

UNIT III: Theories

- Theories of Personality: Definition, Determinants and Dynamics
- Theories of Personality
 - Al port's Theory
 - Humanistic theory of Rogers
 - Freud's psychosexual theory
 - Psycho- social theory of Erickson
- Piaget's theory of Cognitive development
- Classical conditioning and operant conditioning

UNIT IV: Indian Concepts

- Understanding the Indian concept of life span stages
- Apply theory and knowledge of life span development to social work practice.
- Relevance of social work practices in all stages of development, needs, tasks, problems and services

MA-SW 205: Human Growth and Development

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1.1 Learning Outcomes

- Define Psychology
- Importance of Psychology for social work practice
- Differentiate between growth and development
- Learn about various approaches and principles of human development
- Understand the biological influences on human growth and behaviors
- Know about various personality theories of growth and development

1.2 Understanding Reproduction and Pre-Natal Development

PSYCHOLOGY: MEANING AND DEFINITION

Psychology owes its origin from Philosophy. In the year 1950, Rudolf Goeckle First used the word „Psychology“. The term „Psychology“ is a combination of two Greek words „Psyche“ and Logus“ which mean „Soul“ and „Science“, respectively. It has a long history. A review of the history of psychology reveals that during the Greek period philosophers dominated the field of psychology. At that time, Psychology was not a separate discipline. It got scientific status in the year 1879, When Wilhelm Wundt established the first psychological laboratory at Leipzig in Germany. It has been defined differently by different philosophers and Psychologists. The most appropriate definition of psychology has been advocated

By R.S. Woodworth (1910-1960). According to him, "Psychology is the scientific Study of the activities of the organism in relation to its environment". Psychology Is a positive science which helps to understand, predict and control human behavior. It uses scientific methods to study different activities and experiences Systematically. The word „activities“ includes both external behaviours and internal Mental processes. It studies behavior of living organisms, both animals and human Beings. It acknowledges the role of environment in shaping the behavior of Organisms. Thus, it is concluded that psychology is the scientific study of behaviours, experiences and mental processes of the organisms in relation to the Environment.

PSYCHOLOGY AND SOCIAL WORK: THE RELEVANCE OF PSYCHOLOGY TO SOCIAL WORK

An individual lives in a society and different social processes influence the Individual's attitudes, beliefs and values etc. As individuals interact with the Environment and through interaction gain knowledge and experiences, therefore Individuals' behaviours are moulded by the environment.

Psychology deals with activities of living organisms whereas social work Practices concerned with the situations where those activities take place. Psychology can make things easier for social worker in order to understand the Situation. It helps the social worker to understand the abilities, attitudes, Personality, motivation of the individual and also facilities available in the Environment of the person with whom the worker is dealing with. It provides any Innovative solutions to reduce potential problems faced by the social work Professionals. Social workers can save time and energy to find out the root causes of societal problems by interacting with the person who seeks help, his/her family Members, friends etc. Social work concerns not only about the individual who uses The service of the social worker, but it also takes place in a social context. For

- Understanding different activities of the individual
- Knowing the cause of the particular activity
- Knowing the positive and negative qualities of the individual
- Understanding intelligence, abilities, attitudes, motivation, aptitudes and
- Understanding actions and interactions of the individual in the peer group and causes of his activities
- Learning about the situation where an individual is
- Understanding his parents and other family members and the rearing
- Understanding the problems of the individual and seek help

3. 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.

GROWTH: CONCEPT AND DEFINITION

Growth refers to physical increase in some quantity over time. It includes Changes in terms of height, weight, body proportions and general physical Appearance. In Encyclopedia Britannica, growth is defined as “an increase in size or the Amount of an entity”. It means growth involves all those structural and Physiological changes that take place within individual during the process of Maturation. For example, growth of a child means the increase in weight, height And different organs of the child’s body. Hurlock has defined Growth as “change in size, in proportion, disappearance of old features and acquisition of new ones”.

Growth refers to structural and physiological changes (Crow and Crow, 1962). Thus, growth refers to an increase in physical size of whole or any of its part and can be measured.

1DEVELOPMENT: CONCEPT AND DEFINITION

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.

In Webster’s dictionary development is defined as “the series of changes which An organism undergoes in passing from an embryonic stage to maturity.” In Encyclopedia Britannica is the term development defined as “the Progressive change in size, shape and function during the life of an organism by Which its genetic potential are translated into functioning adult system.” So, Development includes all those psychological changes that take in the functions And activities of different organs of an organism. Development is continuous and gradual process (Skinner). According to Crow And Crow (1965) development is concerned with growth as well as those changes In behavior which results from environmental situation.”

PRINCIPLES OF HUMAN DEVELOPMENT

Developmental psychologists believe that knowledge of an accurate pattern of

Development is fundamental to an understanding of children. There are several

Basic principles that characterizes the pattern and process of growth and

Development. These principles describe typical development as a predictable and

Orderly process. Even though there are individual differences in children's

Personalities, attitudes, behavior and timing of development, the principles and

Characteristics of development are universal patterns.

1. Development involves change:- The human being is undergoing changes

From the moment of conception to the time of death. There are different

Types of change occur such as, changes in size, proportions, disappearance of

Old features and acquisition of new features etc. The goal of these

Developmental changes is self-realization, which Abraham Maslow has

Labeled as self-actualization. Each individual is equipped with certain

Abilities and potentialities at birth. By utilizing the innate or inborn abilities

One tries to realize and strive for self actualization during the total life
Period. Children's attitude toward change are generally determined by his
Knowledge about these changes, social attitudes toward this change and the
Way people of society treats to children when these changes take place
Development is a continuous process:- Development continues throughout
The life of an individual. This process takes place in interaction with the
Environment in which a person lives. One stage of development is the basic
Framework for the next stage of development. A child has limited knowledge
And experiences about his environment. But as he develops, he acquires
More information through explorations and adds to the skills already
Acquired and the new skills become the basis for further achievement and
Mastery of skills. For example, the child is able to write and draw, he must
Have developed a hand control to hold a pencil and crayon. Thus, a person
Has vast experiences and knowledge as he grows up.

2. Development follows a direction and uniform pattern in an orderly

Manner:-

- i. Development proceeds from the center of the body outward. This is

The principle of proximodistal development that describes the

Direction of development (from nearer to far apart). It means that the

Spinal cord develops before outer parts of the body. The child's arms

Develop before the hands and the hands and feet develop before the

Fingers and toes.

- ii. Development proceeds from the head downwards. This is called the

Cephalocaudal principle. According to this principle, development

Occurs from head to tail. The child gains control of the head first, then

The arms and then the legs.

3. Individual Differences in the Development Process:- Even though the

Pattern of development is similar for all children but the rate of development

Varies among children. Each child develops as per his abilities and

Perception of his environment. Children differ from each other both

Genetically and environmentally. So, both biological factor and

Environmental situations have their impact on individual's development

Which leads to individual differences in development. Understanding this

Fact of individual differences in rates of development should aware us to be

Careful about using and relying on age and stage characteristics to label

Children.

4. Development depends on maturation and learning:- Maturation refers to

The sequential characteristic of biological growth and development. The

Biological changes occur in sequential order and give children new abilities.

Changes in the brain and nervous system account largely for maturation.

These changes in the brain and nervous system account largely for

Maturation. The child's environment and the learning that occurs as a result

Of the child's experiences largely determine whether the child will reach

Optimal development. An enriched environment and varied experiences help

The child to develop his/her potential.

5. Development is predictable:- Human development is predictable during the

Life span. Although this development is influenced by both genetic and

Environmental factors, however, it takes place in a pre-defined manner.

Specific areas of development, such as: different aspects of motor

Development, emotional behavior, speech, social behavior, concept

Development, goals, intellectual development etc. follow predictable

Patterns. For example, the growth of the child in height and weight etc.

Continue up to a certain age. In general, it is also found that all children

Follow a commonality in the development periods of life. All children

Generally grow following the periods like prenatal period and postnatal

Period. The postnatal period includes infancy, babyhood, childhood, puberty

And so on.

6. Early development is more critical than later development:- Milton

Writes "The childhood shows the man, as morning shows the day."

Similarly, Erikson views "childhood is the scene of man's beginning as

Man." He explains that if parents gratify the needs of the child for food,

Attention and love etc. , his perception towards people and situation remains

Positive throughout his life. He develops positive attitudes, feels secure,

Emotionally stable and adjust well with the environment. If negative

Experiences occur during early life of the child, maladjustments may take

Place. Glueck concludes that delinquents can be identified as early as 2-3

Years of age. Different researchers view that the preschool years are

Most important years of development as basic foundation is laid down

During this period which is difficult to change.

7. Development involves Social expectations:- In every society there are

Certain rules, standards and traditions which everyone is expected to follow.

Development is determined by social norms and expectations of behaviors

Form the individuals. Children learn customs, traditions and values of the society and also what behaviors are expected from them. They realize from

The approval or disapproval of their behavior.

Social expectations are otherwise known as "developmental tasks".

Havinghurst defines developmental task as a "task which arises at or about a

certain period in the life of an individual. Developmental tasks arise mainly

a. As a result of physical maturation, (b) form the cultural pressures of

Society, © out of the personal values and aspirations of the individual. The

Developmental tasks remain the same from one generation after another in a

Particular culture. As societies are evolving, changing traditions and cultural

Patterns of a society are learned automatically by children during their

Development process. These developmental tasks help in motivating children

To learn as well as help parents to guide their children.

8. Development has potential hazards:- Development may be hampered by

Various hazards. Hazards may be of physical, environmental or

Psychological type. These hazards may be originated from the environment

In which the child grows or due to hereditary factors. They have negative

Impact on physical as well as sociopsychological development of the child.

The growth of the child may be retarded, he may be an aggressive person or

He may encounter adjustment problems. For example, if a child is slurring or

Stammering and parents neglect the child, the child may continue with this

Problem.

9. Happiness varies at different periods of development:- Happiness varies

At different periods in the development process. Childhood is the happiest

Period of life and puberty is the most unhappy. The patterns of happiness

Vary from child to child and it is influenced by the rearing process of the

Child.

Paul B. Baltes stated six principles of development of life span approach.

The six principles of development are mentioned below:

1. Development is a lifelong process- Development is a process which

Continues throughout life. It begins at birth and ends in death of an

Individual.

2. Development includes both gain and loss during life span. The child

May develop in one area and lose in another area.

3. Development is influenced by the biological factor and

Environmental situations- The human development is influenced by biological and environmental factors. For example, the body strength

Of the child develops in the early period but may deteriorate during

Old age.

4. Development involves changing allocation of resources. It states that

During different developmental periods, resources such as; time,

Money, social support etc. are used differently. For example, during

Old age people require more money to maintain their proper health.

5. Development can be modified- This principle reveals that through

Proper training development can be modified. For example, an

Individual can maintain his proper health by doing different

Exercises even in old age.

6. Development is based upon historical and cultural environment- The

Child grows, develops, acquires knowledge about the traditions,

Rules, regulations of society according to his historical and cultural environment.

4. FACTORS AFFECTING HUMAN DEVELOPMENT

Human development is the process in which the changes occur in all the

Aspects of an organism from conception to death. It is a natural process for each

And every child to grow. But it is observed that all children do not grow in the

Similar fashion. Some children's physical growth occur earlier than others, some are physically stronger than others, some are taller than others and so on. So far as

Mental development is concerned, some children have better cognitive ability,

Memory, reasoning, thinking ability etc. than others. All children also do not have

Same type of intelligence. Some have more musical talents, others have more

Intrapersonal intelligence, others also have more linguistic abilities etc. So,

Children differ from each other because several factors influence on their

Development. Some of the important factors have been enumerated below:

1. Hereditary Factors:- Heredity exerts an influence on human development.

The child carries genetic endowments from his/her parents. It is genetically

Transmitted characteristics from one generation to the next. The physical

Characteristics like height, weight, eye color etc. and psychological

Characteristics such as intelligence, personality, creativity and so on are

Innately determined and hereditary. The genetic code provides the base on

Which brain and body grow and manifest in observable appearance and

Behavior.

2. Environmental Factors:- Another important factor of human development

Is the environment where an individual lives. The child lives and grows in

His environment. Environment consists of a wide range of stimuli and it

Provides the necessary input and experiential base for development of the

Child. Enrichment or impoverishment of the environment would produce

Differences in his abilities. For example, a child may have inherited music

Talent from his parents through transmission of genes, but he may not excel

In music field if he does not get the proper environment and support to

Develop his innate ability.

3. Home Environment:- Home environment exerts tremendous influence on

Child's understanding of the external world. It builds self-concept and

Prepares him to face the external world. The child begins to acquire

Knowledge through interaction with parents and other family members.

During his early years of development, the behaviours of the child are

Modulated by the home environment. The environment of the family can be

Supportive or stressful for the child. If it is supportive, warm and

Harmonious environment, the child develops normally. In unsupportive and

Stressful home environment, broken families or uncaring parents in the family, children may develop as maladjusted persons.

Cultural Factors:- Culture refers to a system of beliefs, attitudes and

Values that are transmitted from one generation to the next. It is a product

Of past human behavior and is also a shaper of future aspirations. The

Development of the child is influenced by family as well as by the society.

The child learns the habits, beliefs, attitude, skills and standards of

Judgment through the socialization processes. The socialization processes

Of the child take place according to the culture, customs and traditions of

The society. For example, greeting someone is a familiar experience but

Behavioral experiences are different in different cultures. In Indian culture,

People greet others by saying namaskar, folding hands or lying down near

The feet but in Western culture, people greet by handshake or kissing or

Saying hello etc.

4. Socioeconomic Status (SES):- Socioeconomic Status plays a pivotal role in

Human development. The index of socioeconomic status is determined by

Parental education, occupation and income. The children of low of the child and the next step is to provide adequate opportunities to

Develop the same. If proper identification of the ability is not possible and

Adequate facilities are not available to the child, then his innate ability may

Not be developed. Thus, adequate education and training have influence on

Socioeconomic status may develop as mal-nourished, suffer from lack of

Knowledge in many aspects and their normal development may get

Hampered. The parenting in high socioeconomic status families would be

Different from low socio-economic status families. Children of the high

Socioeconomic groups of the society get better social opportunities, are

Nurtured with better nutrition, good medical treatment and are exposed to

More intellectual stimulation than low socioeconomic group.

5. Normative influences:- Normative influences occur in a similar way for

Majority of people in a particular group. These influences may be

Biological or environmental. For example, biological events like sexual

Maturity or deterioration in old age. Environmental events, like entering the School at about 6 yrs of age, parenthood etc. have the same influences on Individuals. Most of the people of the same age, at same place and time and Generation have common biological and environmental influences such as Floods, famines and other natural disasters. Non-normative influences Include the unusual life events in an individual's life. For example, death of A parent when a child is young or birth defects etc.

6. Education and Training:- Each child is equipped with certain abilities

Which need to be nurtured through proper education and training.

Therefore, the first and foremost step is to identify and recognize the ability of the child and the next step is to provide adequate opportunities to

Develop the same. If proper identification of the ability is not possible and

Adequate facilities are not available to the child, then his innate ability may

Not be developed. Thus, adequate education and training have influence on human development.

LET US SUM UP

- Psychology is defined as the scientific study of behaviour and mental

Processes.

- Psychology and social work are related as psychology deals with human

Behaviour and social work relates to the environment in which people live.

- Psychology can help a social worker in understanding the individual Behaviour in a better way and to understand the purpose of behaving in a

Particular manner.

- Growth refers to the individual's physical changes growing up while

Development is concerned with qualitative changes in a person.

The principle of development are : it is a continuous process, there are

Individual differences in development, development takes place according to

Social expectations, changes take place during development, early years of

Development is more critical, development is predictable, it causes hazards

And happiness varies during development.

- Paul B. Baltes has discussed about six principles of development.
- A number of factors that influence development include genetic factors, the

Environment, culture of a society, socioeconomic status, education and

Training and normative factors.

- Human growth and development are influenced by biological factors.

Behaviours run in families and change in biological process leads to change

In behaviour, determine biological influences.

CHECK YOUR PROGRESS

1. Citing examples explain how are psychology and social work interrelated?
2. Differentiate between concepts growth and development.
3. Explain the different principles of human development
4. Describe the factors that influence human behaviour with examples.

