

Developmental Psychology ~ Introduction to Human Development

- Developmental changes occur:
 - i) genetically-controlled process ~ maturation
 - ii) environmental factors
 - iii) learning

→ involves interaction btw. the two

∴ systematic attempt to study these developmental changes ~ developmental psychology

- lifespan developmental psychology: field of psychology that examines both continuity and changes in human behaviour across lifespan.

* Charles Darwin → pioneer in the study of child behaviour

* G. Stanley Hall → first developmental psychologist
↳ study 'what children know when they go to school'

1.1 Growth and Development

• Development: Growth of humans throughout the lifespan, from conception to death

↳ patterns of change over time.

- biological
- physical
 - cognitive
 - emotional
 - social

* The scientific study of human development seeks to understand and explain how and why people change throughout life.

Heinz
Werner →

Integration

↓
integrates more basic,
previously acquired
behaviours, into new
higher-level structures

Differentiation

↓
process that involves
progressive ability
to make distinctions

Development → defined as a progression towards
maturity.

- Process of child birth → growth curve
↓
Statistical curve derived from plotting weight
and height against chronological age for
comparing an individual child's growth
pattern with the average age of growth.
- Maturation: aspects of development that are primarily
under genetic control; influenced by environment.
- Growth: process that results in structural and
physiological changes → quantitative in nature
→ changes → progressive / regressive
may / may not → development
- Development → progressive → maturation / learning

• Growth
→ structural / physiological
change
→ measured

Development
growth + changes in
→ behaviour → environmental
stimulation
→ observed

- 4 Areas of ~~child~~ child's growth & development:
- i) Physical → height, weight, appearance changes
 - ii) Psychological and cognitive → ^{puberty} learn to use info, think, process or organize, solve problems, talk, complete mental tasks.
 - iii) Social & emotional → grow socially & emotionally, learn how to understand their own feelings & other's emotions, deal with strong emotions, develop morality → right or wrong.
 - iv) Sexuality or gender identity → physical, psychological & social channels
understand boy, girl, how bodies work sexually, ~~handle~~ handle sexuality → balance sexual desires & appropriate behaviour.