



# **Stages And Sequence of Growth and Development**

**Biswajit Saha**

**Assistant Professor in Education**

**Sponsored Teachers' Training College, Purulia**

## Infancy (0 to 2 years)

- An infant (from the Latin word infants, meaning “unable to speak” or “speechless”) is the very young offspring of a human or animal.
- When applied to humans, the term is usually considered synonymous with baby or brin (in Scottish English), but the latter is commonly applied to the young of any animal.
- When a human child learns to walk, the term toddler may be used instead.

# Characteristics of Infancy Stage

- Very fast changing phase
- A nutrition-dependent phase
- High velocity of growth declines after year one
- Nervous system develops faster
- Birth weight and length increases (usually doubles weight by 9 months)
- Responds to human touch & voice
- Poor vision (focusing range = 8 to 12 inches)
- Reflexes: sucking, grasping, stepping, rooting, startle

## Childhood (2 to 11/12 years)

- Definitions of stages of growth in childhood come from many sources. Theorists such as Jean Piaget, Lev Vygotsky, Lawrence Kohlberg, and Erik Erikson have provided ways to understand development, and recent research has provided important information regarding the nature of development.
- There are two broad stages of development: early childhood, later childhood.

A decorative graphic on the left side of the slide. It features a dark blue vertical bar at the top left, a black arrow pointing right, and several thin, curved lines in shades of blue and grey that sweep across the page from the left edge.

## Early Childhood (2 to 5 years)

- Early childhood is a time of tremendous growth across all areas of development.
- The dependent newborn grows into a young person who can take care of his or her own body and interact effectively with others.
- For these reasons, the primary developmental task of this stage is skill development.

# Characteristics of Early Childhood Stage

- Rate of growth decreases or slows down; growth is slowest by the 3rd year, but stable and consistently increasing
- Learning ability which was launched in the 1st year becomes faster as the child is exposed to new environment

A decorative graphic on the left side of the slide. It features a dark grey arrow pointing to the right at the top. Below the arrow, several thin, curved lines in shades of blue and grey sweep downwards and to the right, creating a sense of movement and flow.

## Contd...

- All the psychomotor skills are enhancing; muscle coordination allows the child to run, climb, move freely
- Speech is learned; child recognizes letters and some words
- Teeth erupt
- Short attention span

A decorative graphic on the left side of the slide. It features a dark blue vertical bar at the top left, a black arrow pointing right, and several thin, curved lines in shades of blue and grey that sweep across the page.

## Later Childhood Stage (5 to 11 years)

- Historically, Later childhood has not been considered an important stage in human development.
- Sigmund Freud's psychoanalytic theory labelled this period of life the latency stage, a time when sexual and aggressive urges are repressed.



## Characteristics of Later Childhood Stage

- The cognitive development of middle childhood is slow and steady.
- Children in this stage are building upon skills gained in early childhood and preparing for the next phase of their cognitive development.
- Children are learning skills such as classification and forming hypotheses.

A decorative graphic on the left side of the slide. It features a dark grey arrow pointing to the right at the top. Below the arrow, several thin, curved lines in shades of blue and grey sweep downwards and to the right, creating a sense of movement and flow.

## Contd...

- ▶ They are cognitively more mature now than a few years ago, children in this stage still require concrete, hands-on learning activities.
- ▶ Children can gain enthusiasm for learning and work, for achievement can become a motivating factor as children work toward building competence and self-esteem.

A decorative graphic on the left side of the slide. It features a dark blue vertical bar on the far left. A black arrow points to the right from the top of this bar. Several thin, light blue lines curve upwards and to the right from the bottom of the bar, overlapping the main content area.

## Adolescence Stage (11 to 19 years)

- The word adolescence comes from a Latin word which means ‘to grow in to maturity’.
- It is a bio-social transition between childhood and adulthood.
- So adolescence represent a period of intensive growth and change in nearly all aspects of child’s physical mental social and emotional life.

A decorative graphic on the left side of the slide. It features a dark blue vertical bar on the far left. A black arrow points to the right from the top of this bar. Below the arrow, several thin, curved lines in shades of blue and grey sweep across the page towards the right.

## Contd...

- The growth achieved, the experience gained responsibilities felt and relationship developed at this stage frame the complete future of an individual.
- Thus Adolescence refers to the behavioural characteristics of this period that are influenced by culture and physical changes.

A decorative graphic on the left side of the slide. It features a dark grey arrow pointing to the right at the top. Below the arrow, several thin, curved lines in shades of blue and grey sweep upwards and to the right, creating a dynamic, abstract background element.

## Characteristics of Adolescence Stage

- Sudden and rapid physical and sexual development.
- Abstract thinking appears. May start planning for the future.
- Needs less family companionship and interaction.
- Usually has a gang of friends with less intense relationships.



## Contd...

- Conflicting feelings about dependence/independence.
- Worried about grades, appearance and popularity.
- May appear moody, angry, lonely, impulsive, self-centred, confused and stubborn.
- May develop strong interest in single, romantic relationships.

A decorative graphic on the left side of the slide. It features a dark blue vertical bar at the top left, from which a black arrow points to the right. Below the arrow, several thin, curved lines in shades of blue and grey sweep downwards and to the right, creating a sense of movement and design.

## Adulthood Stage (19 to 60+ years)

- The period in the human lifespan in which full physical and intellectual maturity have been attained.
- This stage has three distinct categories i.e. Early adulthood, Middle adulthood and Aged adulthood.

## Early Adulthood Stage (19 to 40 years)

- ▶ Early adulthood extends from age nineteen to forty years age.
- ▶ In this stage physical and psychological changes takes palce.
- ▶ Is a period of adjustment to new patterns of life and new social expectations.
- ▶ The young adult has to take roles such as that of spouse, parent and to develop new attitudes, interests and values in keeping with these new roles.

## Characteristics of Early Adulthood

- Early Adulthood is the *settling - down age*. This is the period when young men and women are trying out different life patterns in terms of **jobs** and different individuals to share their life. Once individuals decide upon the pattern of life they believe will meet their needs, they develop pattern of behavior, attitudes and values which will tend to be characteristically theirs for the remaining of their lives.
- Early Adulthood is the *Reproductive Age* - **parenthood** is one of the most important roles in the lives of most young adults.

## Contd...

- Early Adulthood is a *Problem Age* - young adults need to cope up with all adjustments within their work and with partner and larger circle of friends and relatives. Expectations are too high and to meet demand make it even more difficult.
- Early Adulthood is a period of *Emotional Tension* - what young adult's worry about which leads to emotional tension will depend upon their workload at their work place, at home and in the social circle and also how much success or failure they are experiencing in meeting these problems.

## Contd...

- Early Adulthood is a period of *Social Isolation* - with the end of formal education and the entrance into adult life pattern of work and marriage, the association with peer groups is slowly weakened. This is when they experience social isolation.
- Early Adulthood is a *time of Commitment* - As young adults change their role from student and dependent (characteristic of adolescence) to that of independent adults, they establish new pattern of living, new responsibilities and take up new commitments for themselves and their partners.

A decorative graphic on the left side of the slide. It features a dark blue vertical bar on the far left. A black arrow points to the right from the top of this bar. Several thin, light blue lines curve downwards and to the right from the bottom of the arrow, creating a sense of movement and flow.

## Middle Adulthood Stage (40 to 60 years)

- An important challenge is to develop a genuine concern for the welfare of future generations and to contribute to the world through family and work.
- Reaching and maintaining satisfaction in one's occupation.
- Adjusting to and possibly caring for aging parents.

A dark grey arrow points to the right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the slide.

## Contd...

- Developing leisure-time activities.
- Helping teenage children to become responsible adults.
- Achieving adult social and civic responsibility.

## Aged Adulthood Stage (60+ years)

- Late adulthood encompasses a long period, from age 60 to death. Researchers recognize that within that time period, from age 60 until death, there are **multiple ages or sub-periods**, that can be distinguished based on differences in peoples' typical **physical health** and **mental functioning** during those age periods.

A decorative graphic on the left side of the slide. It features a dark blue vertical bar on the far left. A black arrow points to the right from the top of this bar. Below the arrow, several thin, light blue lines curve downwards and to the right, creating a sense of movement and depth.

## Contd...

- This stage is divided into **four** age periods: **Young-old (60-74)**, **old-old (75-84)**, **the oldest-old (85-99)**, and **centenarians (100+)**. These categories are based on the conceptions of aging including, biological, psychological, social, and chronological differences.

## Young Adult (60 to 74 years)

- Generally, this age span includes many positive aspects and is considered the “**golden years**” of adulthood. When compared to those who are older, the young-old experience relatively **good health** and **social engagement, knowledge and expertise** and **adaptive flexibility** in daily living.
- The young-old also show strong performance in **attention, memory, and crystallized intelligence**.

A dark blue vertical bar on the left side of the slide. A black arrow points to the right from the top of this bar. Several thin, light blue lines curve upwards from the bottom left towards the right side of the slide.

## Contd...

- This group is less likely to require long-term care, working for pleasure rather than income, and living independently.
- Overall, those in this age period feel a sense of happiness and emotional well-being that is better than at any other period of adulthood.



## Old-Old Age (75 to 84 years)

- ▶ Adults in this age period are likely to be living independently, but often experience **physical impairments since chronic diseases** increase after age 75. For example, **congestive heart failure** is 10 times more common in people 75 and older, than in younger adults.



## Contd...

- ▶ In addition, **hypertension and cancer** rates are also more common after 75, but because they are linked to lifestyle choices, they typically can be prevented, lessened, or managed.
- ▶ According to Guinness World Records (2016), **Jeanne Louise Calment** has been documented to be the longest living person at **122 years and 164 days old**.



## Oldest-Old (85-99 years)

- Among the older adult population this age group often includes people who have more serious **chronic ailments**.
- The most common reasons for hospitalization for the oldest-old were **congestive heart failure, pneumonia, urinary tract infections, septicemia, stroke, and hip fractures**.

A decorative graphic on the left side of the slide. It features a dark blue vertical bar on the far left. A black arrow points to the right from the top of this bar. Below the arrow, several thin, light blue lines curve downwards and to the right, creating a sense of movement or flow.

## Contd...

- ▶ Those 85 and older are more likely to require long-term care and to be in nursing homes than the youngest-old.
- ▶ The oldest-old are less likely to be married and living with a spouse compared with the majority of the young-old.

## Centenarians (100+ years)

- ▶ A segment of the oldest-old are centenarians, that is, 100 or older, and some are also referred to as super-centenarians, those 110 and older.
- ▶ In 2015 there were nearly half a million centenarians worldwide, and it is estimated that this age group will grow to almost 3.7 million by 2050.



**THANK YOU**