

EDU302 – Human Development and Learning

Mid Term Subjective File by Tanveer Online Academy



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LMS Handling, Thesis/Research Project, Teaching Practice

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Sublimation:

It is considered as the most complete and successful of all defense mechanisms. It is the transformation of sexual and aggressive urges into creative work into socially acceptable directions. Thus, it is a form of channelling socially unacceptable impulses and urges into socially acceptable behaviour. For example, a person who is very aggressive becomes a professional cricket player.

Hereditary:

Biological factors refer to the genetic features that individuals receive from their parents. General Health of a child maternal age, health, stress and nutrition are likely to influence a child's development. Boys and girls are tend to develop differently.

5 points of late adulthood:

The term late adulthood is rightly equivalent to old age. This is the final stage of physical change. It is difficult to consider the exact age of a person for being old. The onset of old age may vary from country to country. Although the retirement age is considered as one of the criteria of old age, it varies from job to job. For example, in India the retirement age for government organization is 58 years while for Universities it is 62 years and in some other institutions like IIT and IIM it is 65 years. Now-a-days people beyond 70 years old are considered old.

3 Ways to foster moral development in children:

- 1. Telling and Reading Stories:** All children enjoy listening to and reading folk tales, fairy tales, and stories where animals are the main characters. Teachers can select such story books in Urdu or in mother tongue.

2. Learning and Singing Songs: Most children love learning and singing songs.

Adolescents and adults also like songs and singing, especially if they can identify with the music. Through poems and songs moral values can be indorsed.

3. Role-playing a Story: Majority of children like to wear a particular dress and acting out the roles of different characters. For teaching the value of hard work, truth, and empathy teacher can use role playing in classroom.

Topographical aspects of mind enlist:

Freud has divided the structure of mind into three levels:

1. The conscious
2. The preconscious or the subconscious
3. The unconscious

The **conscious** mind consists of all the things of which a person is aware at any given moment. In other words, it refers to the experience or awareness of an object at the present moment. Freud compared the human mind to an iceberg and viewed that only one-tenth part of the mind deals with conscious experience.

The segment of the mind where the readily recallable is to be located is called by Freud the **preconscious or subconscious**. The subconscious is the storehouse of surface memories and are readily retrieved though are not conscious at the moment. The subconscious process is weak and when it gets some force from the outside, it comes to the conscious level.

Freud emphasized the unconscious mental process which is about 9/10 part of the mind. He believed that the **unconscious** part of the mind is the important determining factor in human behaviour and personality. It is the level of mind where thoughts, feelings, memories and other information are kept that are not easily or voluntarily brought into consciousness.

Enlist Erikson stages name:

Stage 1 Trust versus mistrust

Stage 2 Autonomy versus Shame and Doubt

Stage 3 Initiative versus Guilt

Stage 4 Industry versus Inferiority

Stage 5 Identity versus Role Confusion

Stage 6 Intimacy versus Isolation

Stage 7 Generativity versus Stagnation

Stage 8 Ego Integrity versus Despair

Characteristic of human development:

1) Development is a lifelong process: Development is a process that continues throughout life. It begins at birth and ends in the 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 the biological factor and environmental situations: 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 the 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 the historical and cultural environment: The child grows, develops, and acquires knowledge about the traditions, rules, and regulations of society according to his historical and cultural environment.

Enlist factors affecting human development:

1. Heredity factors
2. Environmental factors
3. Home Environment
4. Cultural factors
5. Socioeconomic status (SES)
6. Normative influences
7. Nutritional
8. Education and training

Importance of moral development:

Society cannot work in a proper way in the absence of ethical and moral principles on what is right and what is wrong. Moral education starts from early childhood and continues during childhood and adolescence. Impact of moral development will be reflected through individual's personality, behaviour and attitudes. The quality of inter personal relations depends on the quality of manners and behaviours people act upon. Starting from individual level, morality spreads out to society and is an important element for peace and unity. Thus, teaching positive values such as honesty, courage, responsibility, compassion, integrity, self-discipline, self-reliance, kindness, friendliness, tolerance, respect, love, justice and mercy becomes essential.

Are you intelligent by nature or your intelligence influenced by nature? Give opinion and reason

My intelligence is influenced by nature, with genetic factors shaping cognitive abilities and intellectual potential. The unique combination of inherited traits establishes the inherent foundation of my intelligence, highlighting the impact of nature on cognitive development.

Erickson theory long question:

Repeated

Stages of Erick Erickson theory:

Repeated

Types of unsuccessful defence mechanism:

1. Denial
2. Regression
3. Repression
4. Projection
5. Rationalization
6. Reaction Formation
7. Displacement
8. Identification
9. Compensation

What is moral development?

Moral development relates to an individual's sense of right and wrong. It focuses on the beginning, understanding and change of morality from infancy through old age.

What do we mean by morality? According to one definition, morality refers to “a set of principles or ideals that help the individual to distinguish right from wrong and to act on this distinction” (Shaffer, 1993).

Morality principles guide how people should treat one another, with respect to justice, others' rights and welfare.

What is role of chromosomes in genetic of inheritance?

Chromosomes are carriers of genetic information, containing DNA that holds the instructions for an individual's traits. During reproduction, chromosomes from both parents combine, ensuring the transmission of genetic material to offspring. The role of chromosomes in inheritance is fundamental, as they determine the genetic makeup and influence the characteristics passed down from one generation to the next.

Physical characteristics of adulthood stage?

This adult stage has three sub-stages of development. First stage is early adulthood, the second stage is middle adulthood, and the third stage is late adulthood.

At this period of life adults take many important decisions of life like choice of career, type of friends, residence, etc. independently and accept responsibility and consequences for their own decisions.

Middle adulthood period is explained in terms of a gradual decline in one's physical abilities, physical health, stamina etc., but the decline is gradual in nature. Both men and women feel tired easily.

5 points of adolescence development?

- Adolescence is the developmental transition between childhood and adulthood entailing major physical, cognitive and psychological changes.
- As this is the transitional phase of life adolescents' rebel against their parents and society most often. Therefore, this period is labelled as storm and stress period.
- Sexuality and identity formation are two major challenges of the period of adolescence
- The approximate age for sexual maturation is 12.5 years for boys and 10.5 years for girls
- Sex hormones like testosterone in males and estrogen in females are secreted from the sex glands.

Infancy and early childhood in development task theory:

In the context of development task theory, infancy and early childhood involve essential tasks related to physical, cognitive, and socio-emotional growth. These tasks include motor skill development, language acquisition, forming attachments, and establishing a sense of trust and autonomy. Meeting these developmental tasks during infancy and early childhood lays the foundation for healthy overall development.

Three points of j. B Watson:

- Albert experiment
- Association with events
- Phobias can be induced
- Phobias can be removed

Five characteristic of adulthood:

1. Autonomy: Adults strive for independence and the ability to make decisions for themselves.

2. Responsibility: Mature individuals take on various roles and obligations, both personally and professionally.

3. Identity: Adults solidify their sense of self and develop a clearer understanding of their values and beliefs.

4. Intimacy: Forming meaningful relationships and connections with others becomes a crucial aspect of adulthood.

5. Generativity: Adults focus on contributing to the well-being of future generations, whether through parenting, mentoring, or societal contributions.

Defence mechanism of adulthood:

In adulthood, defense mechanisms serve as psychological strategies to cope with stress and protect the individual from anxiety or discomfort. Common mechanisms include denial, where one refuses to accept unpleasant realities; rationalization, involving providing logical explanations for behaviours to justify actions; and repression, the unconscious suppression of distressing memories or thoughts. These defense mechanisms help adults navigate challenges and maintain emotional equilibrium in the face of life's complexities.

Physical characteristics of adulthood?

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Development of toddlerhood?

Toddlerhood, typically spanning from ages 1 to 3, marks a period of rapid physical, cognitive, and socio-emotional development. Toddlers refine motor skills, acquire language rapidly, and begin to assert their independence. The formation of early social bonds and the exploration of the surrounding environment are pivotal aspects of toddler development, laying the groundwork for future growth.

What is chromosomes? How many pairs of chromosomes in human?

Chromosomes are thread-like structures made of DNA and proteins, containing genetic information that determines an organism's traits. In humans, there are 23 pairs of chromosomes, for a total of 46 chromosomes. These pairs include one set inherited from each parent, with 22 pairs of autosomes and one pair of sex chromosomes, determining an individual's gender.

Pavlov theory in real life:

- In a classroom setting
- In a real life context
- Behavior management
- Habit formation

In reality, people do not respond exactly like Pavlov's dogs. There are, however, numerous real world applications for classical conditioning. For example, many dog trainers use classical conditioning techniques to help people train their pets.

These techniques are also useful for helping people cope with phobias or anxiety problems. Therapists might, for example, repeatedly pair something that provokes anxiety with relaxation techniques in order to create an association. Teachers are able to apply classical conditioning in the class by creating a positive classroom environment to help students overcome anxiety or fear. Pairing an anxiety-provoking situation, such as performing in front of a group, with pleasant surroundings helps the student learn new associations. Instead of feeling anxious and tense in these situations, the child will learn to stay relaxed and calm.

Freud theory's personality structure:

He has categorized the structure of personality into two:

- a) Topographical aspects of mind
- b) Dynamic aspects of mind

Topographical aspects of mind:

Freud has divided the structure of mind into three levels:

- 1) The conscious,
- 2) The preconscious or the subconscious and
- 3) The unconscious

Dynamic aspect of mind

The id:- The primitive part of the personality is id.

The Id is a completely amoral part of the personality that exists at birth which contains all of the basic biological drives related to hunger, sex, aggression and irrational impulses.

Principle of 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. Development is predictable.
7. Early development is more critical than later development.
8. Development involves Social expectations.
9. Development has potential hazards.
10. Happiness varies at different periods in the development process.
11. Development is a lifelong process.
12. Development includes both gain and loss during life span.
13. Development is influenced the biological factor and environmental situations.
14. Development involves changing the allocation of resources.
15. Development can be modified.
16. Development is based upon the historical and cultural environment.

Cognitive development in infancy to toddlerhood?

- Making various sounds like gurgling, cooing, etc.
- Gradually learn the relationship between their actions and the external world.
- Can manipulate various objects to produce effects.
- Infants seem to acquire knowledge about the world only
- Through motor activities and sensory impressions
- Around the end of the 9th month infants demonstrate object permanence and say mama, papa.

Physical development in infant childhood?

- This stage includes two sub-stages: one is early childhood and another is late childhood.
- Period between the ages of 3 to 11 years.
- Children gain 2 to 3 inches in height and 5 to 6 pounds in weight every year.
- They learn to walk, run, jump and play.
- Children begin to develop athletic appearance and they lose their babyish roundness.
- The late childhood period extends from 6 to 11 years. This period is known as pre-adolescence.

Physical characteristics of adulthood?

- This adult stage has three sub-stages of development. First stage is early adulthood, the second stage is middle adulthood, and the third stage is late adulthood.
- At this period of life adults take many important decisions of life like choice of career, type of friends, residence, etc. independently and accept responsibility and consequences for their own decisions.
- Middle adulthood period is explained in terms of a gradual decline in one's physical abilities, physical health, stamina etc., but the decline is gradual in nature. Both men and women feel tired easily.

Three topographical aspects of mind by Freud?

Freud has divided the structure of mind into three levels:

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Any five points about characteristics of late adulthood period?

1. Human development is related with physical, social, emotional and cognitive development of individuals.
2. There are different issues in human development. They are: a) development relates to heredity or environment, development is a continuous process or takes place in various stages and what are the critical periods of development.
3. Stages of human development have been classified in various ways by different psychologists. Erikson has classified human development in terms of psycho-social development, whereas Freud explained this based upon psychosexual stages.
4. The adulthood stage can be classified as young adulthood and middle adulthood stage. The middle adulthood stage is also known as the middle age period in which people start ageing. In the young adulthood period people develop relationships and settle down with family and work.
5. The late adulthood stage is also called old age. Generally during this period people are physically weak and they may suffer from various diseases. Some people enjoy this period of life as they are free from their responsibilities. These stages of development depend upon the environmental factors of specific countries. For example, in India some children do not get nutritious food for which they suffer from various diseases even in their childhood.

Which activities teacher can design to develop morality in students of kindergarten level?

At this level teacher can use the following classroom activities to promote moral development:

1. Telling and Reading Stories: All children enjoy listening to and reading folk tales, fairy tales, and stories where animals are the main characters. Teachers can select such story books in Urdu or in mother tongue.

2. Learning and Singing Songs: Most children love learning and singing songs. Adolescents and adults also like songs and singing, especially if they can identify with the music. Through poems and songs moral values can be indorsed.

3. Role-playing a Story: Majority of children like to wear a particular dress and acting out the roles of different characters. For teaching the value of hard work, truth, and empathy teacher can use role playing in classroom.

Difference between fluid and crystallized intelligence?

Fluid intelligence declines as age increases. Fluid intelligence involves the ability to perceive relations, form concepts and reason abstractly. Crystallized intelligence involves the ability to remember and use learned information. Fluid intelligence includes reasoning, memory and information processing capabilities, whereas crystallized intelligence is the acquired knowledge of the person. During old age people forget that it may lead to dementia or Alzheimer's disease which is possible due to Fluid intelligence, because it relates to neurological functioning. On the other hand, crystallized intelligence helps in storing information. Therefore, in old age people should keep their minds active by mental exercises such as problem solving analysis and other operations etc.

Why Piaget's cognitive development was criticized?

Following criticism was made on Piaget's theory:

- Learning through stages.
- Environmental part neglected.
- Piaget underestimated the ages at which children could master various cognitive tasks.

- The theory also seems to suggest that intellectual development is largely complete by the age of 12. More recent research demonstrates that the teen and early adult years are a period of important cognitive development as well.

Three developments socioemotional of childhood?

There are three important socio-emotional developments, such as; development of self, gender roles and moral development, take place during childhood.

Gross and fine motor skills?

Gross motor involves all the big muscles in a human body. Gross-motor activities involve activities which require the use of big muscles and include crawling, walking, running, skipping and jumping. Children's gross motor skills experience considerable gains with the increase in body size, proportion, and muscle strength.

On the other hand, **fine motor** skills require precise control of muscles and coordination of body movements to perform different activities such as drawing, writing, and cutting with scissors. With time and experience, children acquire a complex system of fine motor skills featuring a dynamic interplay of brain, body movement, motivational and contextual factors.

Five Traits of Personality?

1. **Extroversion** refers to a personality dimension describing someone who is sociable, gregarious and assertive.
2. **Agreeableness** describes someone who is good-natured cooperative and trusting.
3. **Conscientiousness** is a measure of reliability that describes someone who is responsible, dependable, persistent and organized.
4. **Emotional stability** characterizes someone as calm, self-confident, secure. The person with high negative scores can be nervous, anxious, depressed and insecure.

5. **Openness to experience** dimension of personality characterizes someone in terms of imagination, sensitivity and curiosity.

Difference between social and emotional development?

- Social development pertains to interpersonal interactions, while emotional development focuses on understanding and managing feelings.
- Social development involves building relationships, whereas emotional development involves recognizing and expressing emotions.
- Social development emphasizes communication skills, while emotional development centres on self-awareness and emotional regulation.
- Social development involves learning social norms and behaviours, while emotional development entails understanding and coping with various emotions
- Social development encompasses group dynamics, while emotional development includes developing empathy and compassion.