

Growth development and ageing exam revision

Development: changes in the level of functioning over time

Growth: structural changes in the system, quantitative, increase in physical size

Maturation: functional change, qualitative, advances in cell, organ, etc.

Domains of human development:

Physical development: genetics, body, biological, motor

Cognitive development: learning, creativity

Psychosocial development: emotional, self-esteem self-confidence

Conceptualising the lifespan

Prenatal period: conception to birth

Infancy: first 2 years of life

Early childhood: 2-5 years

Middle childhood: 6-12 years

Adolescence: 12-18/20 years

Early adulthood: 20-40 years

Middle adulthood: 40-65 years

Late adulthood: 65 years and older

- Age related not age dependent, (walking, job, license)
- Range for certain things to happen

Age and development

Sociocultural perspective: meaning of age in different cultures

Sociohistorical perspective: childhood, adolescence (20th century) middle age, old age

Nature: heredity, genes, maturation, biological predisposition

Nurture: environment, experience, learning, sociocultural influences

Biological model of development

Individual: you

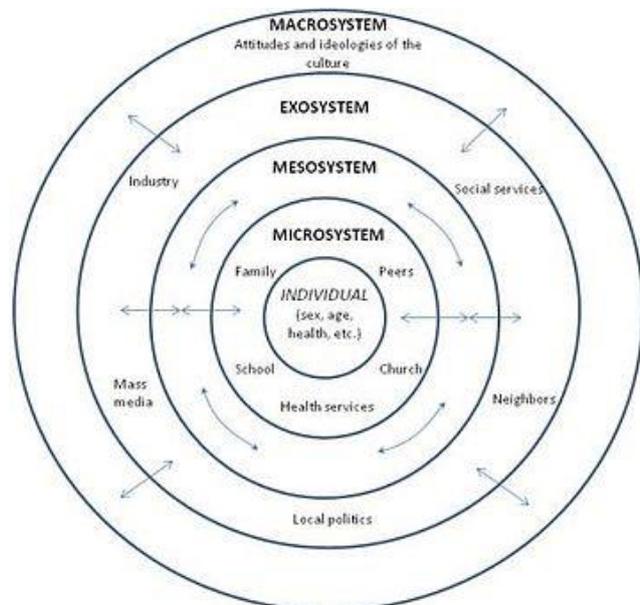
Microsystem: effects your immediate environment

Mesosystem: links two microsystems

Exosystem: outside, affects you but doesn't impact you

Macrosystem: attributes/ideology of cultures

Chronosystem: events/ things that impact your system



Goals of study

Description: describe the characteristics, behaviours, and functioning of humans of different ages, both typically age-related patterns and improve differences

Explanation: understand why humans develop as they do, in typical and unique ways

Optimisation: seek to discover how development can be enhanced and how to prevent and respond to developmental difficulties

Modern lifespan perspective

Lifelong process: 'womb to tomb'

Multicultural: different aspects of human functioning have different trajectories of change

Gain and loss: intertwined during phases of the life span

Lifelong plasticity: capacity to change in response to experiences both positive and negative

Historical: cultural context (great depression, internet)

Multiply influences: product of many interacting causes

Multiple disciplines: studied by many different groups of people

Scientific method: objective and allow data to decide merits of thinking, Generating ideas and testing them by making observations.

Theory: A set of concepts and propositions designed to organise, describe and explain a set of observations

Development is the product of the interaction between

Individual: neurological, muscular, skeletal perceptual

Task: physical and mechanical factors, task goal

Environment: experience, learning, nurture physical environment

Quantitative: change in number or amount (height, weight, reaction time, distance thrown)

Qualitative: change in structure or organisation or movement form (change in throwing pattern)

Methods of studying development

Longitudinal: measures over a period of time. Changes/time/mortality drop out

Cross-sectional: same thing in different cohorts, not as accurate/ don't see differences

Mixed- longitudinal or sequential design