

Quadrant II –Notes

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NOTES:

Meaning of Growth and Development:

The process of growth and development are the medium and the means for bringing about changes in the organisms. The terms growth and development are often used interchangeably and regarded synonymous. In general, they refer to the changes produced by the interaction of one's genetic and environmental factors as well as to the changes in the physical, mental, social, emotional and moral aspects involving ones individuality. However, they differ in the sense and are capable of conveying different meanings.

Growth is the process of physical maturation resulting in the increase in size, height, and weight of the body and various organs. Growth refers to structural and physiological changes in the body. It occurs by multiplication of cells. Growth is limited to the changes in the quantitative aspect i.e. increase in size, height and weight.

Development is the process of functional physiological maturation of the individual. The term development implies to the overall changes occurring in both, the qualitative as well as the quantitative aspects. The development is more comprehensive which includes physical, social, intellectual, emotional and moral

aspects of the individual. When qualitative changes occur in behavioral characteristics of the child, it's called development. It is qualitative aspects.

Difference between Growth and Development

<u>GROWTH</u>	<u>DEVELOPMENT</u>
Growth may be limited to the changes in the quantitative aspects i.e. increase in size, length, height, weight, expansion of vocabulary etc.	Development implies the overall changes occurring in both quantitative and qualitative aspects. It is the changes in structure, form or shape and improvement in functioning and behaviour as a whole.
Growth is used in a narrower sense as increase in size, weight, etc.	Development is a wider and a comprehensive term, related to all types of changes both physical and psychological.
Growth is physical and external in nature.	Development is internal and can be physical, social, emotional, intellectual etc.
Growth stops after sometime. Maturity is end point of growth.	Development is continuous starting right from conception, it does not end with the attainment of maturity but continues throughout the entire life span of an individual.
Growth is measurable because the quantitative changes are very specific and it can be directly measured.	Development is observable because the results of development are quite complex and difficult as far as their actual assessment and measurement is concerned.
Growth is always systematic and follows a definite pattern. It is very rapid in infancy and later on becomes slow and again rapid during the period of early adolescence.	Development is always from general to specific.

Principle of Growth and Development

1. Principle of uniform developmental pattern:

Development occurs in orderly manner and follows a certain sequence and a regular step by step process. All the developmental direction and sequences are almost the same for all the children, but each child follows his/her own time schedule of growth. For example, a baby creeps before he crawls before he walks.

2. Principle of continuity:

Human beings are constantly changing. One is not the same today as one was yesterday and one will be different from what is now. Thus the process of growth and development continues from birth to death in one's life. It is a never ending process. The changes however small and gradual, continue to take place in all dimensions of one's personality throughout one's life.

3. Principle of lack of uniformity in the developmental rate:

Development, though continuous, does not exhibit steadiness and uniformity in terms of the rate of development in various dimensions of personality or in the developmental periods and stages of life.

4. Principle of developmental speed variations:

It is observed that growth and development becomes very rapid in infancy and early adolescence and later the speed decreases.

5. Principle of cephalocaudal and proximodistal tendencies:

According to cephalocaudal tendency, development proceeds in the direction of the longitudinal axis (head to foot). That is why, before it becomes able to stand, the child first gain controls over his head and arms and then on his legs.

In terms of the proximodistal tendency, development proceeds from the near to the distant and the parts of the body near the centre develop before the extremities. That is why, in the beginning the child is seen to

exercise control over the large fundamental muscles of the arm and the hand and only afterwards over the smaller muscles of the fingers.

6. Principle of proceeding from general to specific responses:

The child first exhibits general responses and learns to show specific and goal directed responses afterwards. For example, a newborn infant cries, his whole body is involved in doing so but as he develops, it is limited to the vocal cords, facial expressions and eyes etc. In the development of language, the child begins with generalized responses, such as by calling all men daddy and all women mummy but as he grows and develops, he begins to use these names only for his father and mother.

7. Principle of integration:

“Development involves a movement from the whole to parts and from the parts to the whole” and in this way it is the integration of the whole and its parts as well as the specific and general responses that enables a child to develop satisfactorily in relation to various aspects or dimensions of his personality.

8. Principle of orderly and proceeds by stages:

Human development follows a known sequence. Each child stands before he walks and babbles before he talks. Physical development occurs in a head to foot direction and proceeds from the central parts to more distant ones. Thus each stage has certain unique characteristics and behavioural pattern.

9. Principle of individual difference:

Every organism is a distinct creation in itself. Therefore, the development which it undergoes in terms of the rate and outcome in various dimensions is quite unique and specific.

10. Principle of learning and maturation:

Every development has got its own limits. A child may be matured for something and may not be matured for others. Therefore it can be said that development emphasises on the factor of maturation. Unless the child gets proper maturation the efforts of coaching etc., to accelerate learning are not desirable.

11.Principle of cumulative:

In the course of development, a single experience matters a lot and it does not go unnoticed and unaccounted because it has been found out that subsequent behavior is the result of previous experiences. The day a child utters his first word, the appearance of his first tooth, his first shave etc., are turning point in life. Thus the development pattern represents sequential advancement rather than series of mere additions and did not reach abruptly.

12.Principle of predictability:

Due to uniformity of the pattern and sequence of development, forecast of the general nature and behavior of the child in one or more aspects of any particular stage of its growth and development can be predicted. For example, with the knowledge of the development of the physical structure of a child it is possible to predict his adult structure and size.

13.Principle of heredity and environmental (Interaction)

The process of development involves active interaction between the forces within the individual and the forces belonging to his environment. The child gets the body structure and many mental and personal qualities due to heredity factor but these qualities are influenced by the environment. Thus, at any stage of growth and development, the individual behaviour is the constant interaction between his heredity endowment and environmental make up.

