

1. write the principles of growth and development

The changes brought about in the individual by the process of growth and development tends to show some well defined principles and they are known as principles of growth and development.

- \* Principle of continuity
- \* Lack of uniformity in developmental ratio
- \* Principle of individual difference
- \* Principle of uniformity of pattern
- \* Principle of developmental direction
- \* Principle of Integration
- \* Principle of Inter relation

Principle of continuity :-

The physical growth is a continuous process over a period of time and it is not reversible.

Development is also continuous process but never ceases.

Eg: An individual starting his life from a tiny cell develops his body, mind and other aspects of his personality through a continuous stream of development

Lack of uniformity in developmental ratio:-

This principle implies that the rate of growth and development is not uniform.

Eg:- physical growth is more speed in early years of life, but slows down in the later years of infancy.

Again, at puberty, there is a sudden rise in the speed of growth.

eg:- An individual might be weak upto 5<sup>th</sup> std. suddenly (i.e., sudden spurt) he/she might start to study well from 6<sup>th</sup> standard.

Principle of Individual difference:-

There exist a wide range of individual difference among children with respect to growth and development, even if they are put into same event.

eg:- There is individual difference in height, weight among the same age group students.

There is individual difference in level of perception, even though the whole class is handled by the same teacher.

Principle of uniformity of pattern:-

It is also called principle of general to specific which follows a definite sequence or pattern in all the children.

eg:- In all phases of growth, the new born baby initially exhibits purposeless movement upto 3 months and later they gain control over part of the body and exhibit purposeful movements.

Development is seen in a child where the child tries to develop its basic cognitive structure to cognitive functions seeing the environment.



Principle of Developmental direction :-

Development of children takes place in 22 directions namely cephalo-caudal and proximal distal.

Cephalo caudal - If the development proceeds from head to feet in a longitudinal axis, it is the cephalo-caudal path of development.

Proximal distal - If the development proceed from center to the periphery it is given by this,

Principle of Integration :-

Growth and development are joined product of both Heridity and environment.

eg:- Heridity is a system which is more strong in deciding the traits of an individual like eyeball, color and etc.

The moral & intellectual factors, social factors which the child is living, will constantly influence and mould his behaviour.

Principle of Inter relation :-

Growth and development in various dimensions are physical, mental, social etc., are inter-related and interdependent.

Growth and development in any one dimension affects the growth and development of the child in other dimension.

② write the Dimensions of Growth and development.

- \* Physical development
- \* Mental / cognitive development
- \* Emotional development
- \* Social development
- \* Moral development

Physical development:-

Anatomical growth and physiological growth are the two components of physical development which leads to motor development

Anatomical growth refers to the development of external organ of an individual like height, weight, body proportions, growth in skeleton changes in the quality and number of bones and general appearance.

physiological growth refers to the ability of internal organs to perform improved functioning in neuromuscular system, circulatory system, endocrine system, digestive system, Respiratory system, Reproductive system, Excretory system.

Motor development refers to the growth and development of bodily organs like limbs and related muscles that activates them to attain functional efficiency.



physical development refers to the development of internal and external organs of an individual to perform improved functioning.

Cognitive development :-

Cognitive development refers to the development of mental processes which includes intellectual abilities like thinking, perceiving, understanding, Reasoning, sensation, memory, concentration, and etc.,

Emotional development :-

It refers to the ability of the child to learn to control various instinct / inner-emotions such as Fear, Anger, Anxiety, stress, Aggression, sadness, Happiness, jealousy, love, affection, sympathy, distress etc., leading to a point of emotional maturity.

Emotional maturity refers to the ability to balance all of emotions and finally express that proper emotions at appropriate situations.

Social development :-

It refers to the ability of the child to behave in accordance with social expectation.

It deals about the social interaction of an individual with other members of the society according to the rules and norms of the society.

Social development helps an individual to seek adjustment of oneself and with the outside world which leads to social maturity.

Moral development:-

It deals with the evolution of moral acts, moral values, value pattern, ethical moral codes and ability of an individual to discriminate right and wrong, good and bad, which helps to mould the character of an individual (i.e., good character building).

### 3. Differentiate Growth and Development.

Growth:-

Growth refers to enlargement of cells, fibres, muscles, elongation of bones, enlargement of body parts and internal organ system which is caused by biological process. It is the process by which an individual attains maturity.

Development:-

Development refers to the overall change in shape, form or structure in functional aspect.

Development is a wider term indicating advancement, a progressive change, a sort of growing forward towards greater maturity, resulting in improved functioning of body part.



| GROWTH                                                                        | DEVELOPMENT                                                                                                               |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <p>* Growth refers to increase in size, weight and height of an organism.</p> | <p>* Development refers to overall change in shape, form or structure resulting in improved functioning of body part.</p> |
| <p>* It is the process by which an individual attains maturity.</p>           | <p>* It is the result of growth, maturity and learning.</p>                                                               |
| <p>* It is purely confined to quantitative aspect.</p>                        | <p>* It deals with qualitative aspect.</p>                                                                                |
| <p>* It is observable &amp; measurable.</p>                                   | <p>* Development cannot be measured directly, though they can be assessed in behavioral situations.</p>                   |
| <p>* Growth is one part of development.</p>                                   | <p>* Development is a comprehensive word which includes growth, maturity &amp; learning.</p>                              |
| <p>* Growth is not a continuous process.</p>                                  | <p>* Development is a continuous process.</p>                                                                             |
| <p>* Growth may or may not lead to development.</p>                           | <p>* Development is possible without growth.</p>                                                                          |
| <p>* Eg:- Growth of Body<br/>Growth of Brain<br/>Growth of Heart</p>          | <p>* Eg:- Devt of Immunity power<br/>devt of Intelligence<br/>devt of Emotions.</p>                                       |

4. Define Growth and Development and explain the characteristics of Growth and development.

Growth :-

It refers to enlargement of cells, fibres, muscles, elongation of bones, enlargement of body parts and internal organ system which is caused by biological process. It is the process by which an individual attains maturity.

characteristics of Growth :-

- \* Growth is a quantitative aspect, which indicates increase in size, weight and height.

- \* Growth could be objectively observed and measured

- \* Growth does not continue throughout the life span.

- \* Growth stops when maturation is attained.

- \* Rate of growth of different parts of the body is different.

- \* Rate of growth is not uniform.

- \* Growth may or may not be development

- \* Growth is one part of development.

Development :-

- \* It refers to the overall change in shape, form or structure in functional aspect.

- \* Development is a wider term indicating advancement, a progressive change, a sort of growing forward towards greater maturity, resulting in improved functioning of body parts.



## characteristics of Development:-

- \* Development deals with qualitative aspect
- \* Development indicates changes in the quality / character rather than the quantitative aspect.
- \* Development cannot be measured directly, since it is qualitative in nature. It can only be assessed in behavioural situations.
- \* Development is a continuous process.
- \* Rate of Development is also not uniform throughout the life span of an individual.
- \* Development is possible without growth

5. Describe the meaning of childhood adolescence and their development.

childhood Adolescence is nothing but the age which states between the childhood and adolescence and it is given by childhood Adolescence. The development of childhood adolescence is given by as follows.,

- \* Learning physical skills necessary for ordinary games
- \* Learning to get along with age-mates
- \* Learning appropriate sex roles
- \* Developing concept for everyday living
- \* Developing fundamental skills in reading, writing & calculating.

- \* Developing attitude towards social groups & constitution.
- \* Accepting ones physique and masculine (or) feminine role.
- \* Establishing new relations with agents of both sexes.
- \* Gaining emotional independence from parents and other adults

- \* Achieving assurance of economic independence
- \* Preparing for marriage and family life
- \* Selecting & preparing for occupation
- \* Desiring and achieving socially responsible behaviour.

6. write the stages of human growth & development

The life span of human being can be divided into following five stages from conception to death and they are

- \* Pre-natal stage
- \* Infancy stage
- \* childhood stage

i) Early childhood

ii) Later childhood

- \* Adolescent stage
- \* Adulthood stage



11

7. How could you develop the moral development of your school children?

The moral development deals with the evolution of moral aspects, moral value, value pattern, ethical moral codes and ability of an individual to discriminate Right and wrong, Good and bad. and which it helps to mould the character of an individual (i.e., good character building).

8. List out the development features of Growth and development

- \* Physical Development
- \* Mental / cognitive Development
- \* Emotional Development
- \* Social Development
- \* Moral Development

9. Mention the principles of developmental direction.

Development of children takes place in 2 directions namely Cephalo caudal and proximal distal

Cephalo caudal is the development proceeds from head to feet in a longitudinal direction.

Proximal distal is the development proceed from center to periphery.

10. what is the meaning of Growth and development?

Growth:-

It refers to the enlargement of cells, fibres, muscles, elongation of bones, enlargement of body parts and internal organ system which is caused by biological process.

It is the process by which an individual attains maturity

Development:-

It refers to the overall change in shape, form or structure in functional aspect.

Development is the wider term indicating advancement, a progressive change, a sort of growing forward towards greater maturity, resulting in improved functioning of body part.