

9.0. HUMAN GROWTH AND DEVELOPMENT ✓

9.1. INTRODUCTION

Human growth and development is one of the oldest branches of (psychology) on how the human organism grows and matures from birth to childhood, adolescence, adulthood and on to aging.

In its attempt to study human growth and development it looks into physical and mental developments and the interaction of those two with the environment in shaping the individual. As such, the study encompasses the physical, mental and social aspects of development.

Success in helping people, which is the aim of social development workers, calls for an understanding of human behaviour. It is expected that this subject, will equip the trainees with basic knowledge in human growth and development which in turn will be of service to them in their daily interaction and activities with the people they serve.

9.2. GENERAL OBJECTIVES

At the end of this subject, the trainee should be able to:

- (a) acquire a better understanding of human nature in general;
- (b) understand theories of human growth and development and their application to practical work;
- (c) identify unique behaviour patterns or problems relative to specific ages and stages of development;
- (d) understand their role in relation to their clients to enable them meet their needs;

9.3. SUBJECT SUMMARY

- (a) Meaning and scope of psychology
- (b) Introduction to human growth and development
- (c) Basic theories of development
- (d) Basic theories of learning
- (e) Personality development

9.4. CONTENT

9.4.1. MEANING AND SCOPE OF PSYCHOLOGY

A. SPECIFIC OBJECTIVES

At the end of this topic, the trainee will be able to:

- (a) understand and explain the meaning of psychology
- (b) identify different branches of psychology

B. TOPIC OUTLINE

- (a) Definition of psychology
- (b) Different branches of psychology
 - (i) human growth and development
 - (ii) tests, measurements and evaluation
 - (iii) attitudes and motivation
 - (iv) statistics and research methodology
 - (v) counselling psychology

C. LEARNING AND INSTRUCTIONAL METHODOLOGY

- (a) lectures
- (b) discussions
- (c) reading of relevant materials

D. ASSESSMENT

- (a) Tests
- (b) Assignments

9.4.2. INTRODUCTION ON HUMAN GROWTH AND DEVELOPMENT

A. SPECIFIC OBJECTIVES

At the end of this topic, the trainee will be able to:

- (a) define human growth and development;
- (b) acquire and demonstrate basic knowledge of human growth and development;
- (c) understand and differentiate key concepts in development;
- (d) analyse and diagnose problem in development;
- (e) distinguish and explain the role of heredity versus environment and the interaction of these two in development and growth.

B. TOPIC OUTLINE

- (a) Definition of human growth and development.
- (b) Key concepts in human development
 - (i) perception
 - (ii) motivation
 - (iii) attitude
 - (iv) maturation
 - (v) readiness
- (c) Problems in human development
 - (i) physiological
 - (ii) psychological or social factors
 - (iii) economic factors
- (d) Heredity and environment

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- (e) The interaction between nature and nurture in shaping the individual (the interactionist view)

C. LEARNING AND INSTRUCTIONAL METHODOLOGY

- (a) Lectures
- (b) Discussions
- (c) Reading of relevant materials
- (d) Use of audio visual resources
- (e) Presentations

D. ASSESSMENT

- (a) Tests
- (b) Assignments
- (c) Presentations

9.4.5. BASIC THEORIES OF DEVELOPMENT

A. SPECIFIC OBJECTIVES

At the end of this topic, the trainee will be able to:

- (a) understand and explain the different theories of development;
- (b) identify and apply appropriate theory or theories in understanding and solving problems;
- (c) analyse and identify the stages of development of a child in order to provide the appropriate service.

B. TOPIC OUTLINE

- (a) psycho-analytic theory
- (b) psycho-social theory
- (c) cognitive theory

C. LEARNING AND INSTRUCTIONAL METHODOLOGY

- (a) lectures
- (b) discussions
- (c) reading of relevant materials
- (d) use of Audio Visual resource

D. ASSESSMENT

- (a) assignments
- (b) tests
- (c) presentation

9.4.4. BASIC THEORIES OF LEARNING

A. SPECIFIC OBJECTIVES

At the end of this topic, the trainee will be able to:

- (a) understand and explain the main schools of thought of learning;
- (b) identify and apply appropriate learning skills relative to client.

B. TOPIC OUTLINE

- (a) Behaviourism - (conditioning approach)
- (b) Cognitive approach - (Gestalt school of thought)

C. LEARNING AND INSTRUCTIONAL METHODOLOGY

- (a) Lectures
- (b) Discussions
- (c) Reading of relevant materials
- (d) Use of audio visual resource
- (e) Use of resource persons

D. ASSESSMENT

- (a) Tests
- (b) Assignments
- (c) Observation

9.4.5. PERSONALITY DEVELOPMENT

A. SPECIFIC OBJECTIVES

At the end of this topic, the trainee will be able to:

- (a) discuss personality development;
- (b) apply the acquired knowledge and skills of personality development in their day-to-day work.

B. TOPIC OUTLINE

- (a) Definition of personality development
- (b) Theories of personality
 - (i) development theories
 - (ii) learning theories
 - (iii) dynamic theories

C. LEARNING AND INSTRUCTIONAL METHODOLOGY

- (a) lectures
- (b) discussions
- (c) reading of relevant materials

D. ASSESSMENT

- (a) tests
- (b) assignments
- (c) presentations
- (d) observations