



# R.K.

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Behind Kalwar Police Station, Kalwar, Jaipur (Raj.)



## ASSIGNMENT



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Unit → T

Que.1 Classify the meaning, definition, scope and importance of human development

Ans. Introduction: After a woman conceives, the process of growth and development of her fetus continues, so she remains active in it, but the question arises that Are growth and development the same? No, growth and development, both of them are different process, so to understand the meaning difference between growth and development, it is necessary to understand the meaning of both these process. The meaning of growth is the qualitative growth of cell. Growth is called growth.

Meaning of Growth: → The meaning of growth is the qualitative growth of cell. Growth of height, weight, width etc. Growth of hands and feet, and growth of hair is called growth. According to Frank - Cellular qualitative growth is growth.



After a woman conceives, the foetus begins to grow. Such growth takes place in the size and structure of the foetus. This growth continues till the child matures. Growth does not only take place in the child's body and structure. Rather, it also takes place in his internal organs and brain. As the child's brain grows, his ability to learn, remember and reason also increases. The ability to reason is the result of brain growth in the child. Maerlock has considered growth as a quantitative change.

Meaning of development: → Development does not mean growing in age or height. It means the development of a child. Development is a continuous process from the stage before he is conceived to the stage when he attains full maturity. It starts even before birth. When a child is in the womb, his development follows a definite sequence. When he comes out of the womb, a new chapter of his development begins.



Grellish does not consider development to be just a concept. According to him, "Development is more than a concept" Development can be observed. In development, new characteristics emerge in the child. New abilities emerge in him. Thus these changes keep happening continuously."

In essence we can say that development is a continuous process in which changes keep happening constantly. This process begins during pregnancy.

Although we do not pay attention to it, the process of evolution continues all the time.

Definition of Development → To make the meaning of development more clear, we are presenting some definitions of development here.

1. L.E. Bilal ⇒ Man is in a process of changing from what he is now to becoming something else every moment. His whole style is changing and it is necessary to keep in mind both the fact



of style and the fact of change at the same time. What the style will be at this particular stage depends first on the style and the influences exerted on the individual by his own reactions to the influences that now form the style through his choices and creation. Once the choice bends on the pattern that is being formed, it can never be erased. Development is a one-way path

2. Monroe → The series of changes through which a child passes from embryonic stage to adulthood is called development

3. Harlock → "Development is not limited to growing up. In fact, it is a systematic and consistent progressive sequence which helps in achieving maturity."

4. James Dreyer → Development is a condition which is continuously expressed in the living being in the form the embryonic stage to the adult stage. It controls the development mechanism in general. It is



is the criterion of progress and it starts from zero."

On the basis of the above definitions, we say that -

- (i) Development does not mean growth.
- (ii) It is a series of changes lasting over a long period of time.
- (iii) There is a system in these changes. There is a sequence.
- (iv) These changes occur in a definite direction.

★ Factors affecting the development of the fetus -

There are many paternal factors that affect the physical condition of the fetus in the womb. It affects mental development. A lot of research has been done on this subject. The food taken by the mother during pregnancy has a great impact on the development of the fetus. The factors affecting the development of the fetus can be describe as follows -

1. Food → Children develop very fast during pregnancy. Children get strength from their mother. Therefore during pregnancy, mother's



Food affect development of children a lot. The fetus needs protein, fat, carbohydrates etc. for strength and power for building muscles. They get all these things from the mother. If these things are present in the mother's food, the child does not develop properly. Due to lack of vitamins in the mother's food, the child is not able to grow healthy. Due to its absence, various types of problems develop in the child later on, such as sickness, physical and mental weakness etc. Due to not getting proper amount of vitamins to the child, the child becomes unhealthy, weak, brainless etc.

### Unit - II<sup>nd</sup>

Que.2 What do you understand by emotion?  
Describe some childhood emotions.

Ans. Meaning of emotion ⇒ All people experience feelings of happiness, sadness, pain etc. when these feelings are in their normal state, they are called Raga (feeling). But when these feelings assume a strong form, they are called emotions. At that time when our emotions get agitated with great intensity and in our inner world.



When someone gives us a stormy blow, then this agitated state of our mind is called 'emotion'. For example, we are going on a scooter. While going our scooter collides with some vehicle. We fell down and abuses get hurt. The sorrow we feel due to this incident is called 'raga'. But if someone abuse us and insults us in front of everyone, then we furious. The fierce form of anger is a 'emotion'.

★ Origin of the word 'Emotion' → 'Samveg' is the hindi version version of the english word emotion. The word emotion originated from Emovere. It is considered to be emotional. It means to get excited or shaken whenever a state a emotion comes, the person becomes restless. At this time the person behave abnormally. his intelligence is not with him. His body becomes sweaty. The name of this excited state is emotion.

Meaning of emotion → Emotion is a process which involves both experience mental and physical activities. It is said that emotion can be called a conscious. Emotion is the process that moves



or excites the body. Emotion excites the life force. In short, emotion refers to the psycho-physical process in which a person experiences a psychological or emotional situation. He gets excited on seeing something. As soon as physical changes come in the person ~~that~~ starts behaving emotionally.

Definition of Emotion → Some important definitions of emotion are as follows—

1. James Trevar — Emotion is a complex state of the organism involving bodily changes of a wide spread and on the mental side a state of Excitement.
2. P. T. Young → "Emotion is an acute, disturbance of the individual as a whole, psychological in origin, involving behaviour, conscious experience and visceral functioning."
3. Coio and Coio → "The emotion can be defined as the stirred up state of the organism."
4. Woodworth → "Emotion is a moved or stirred



up state of the organism. It is a stirred up state of feeling that is way it appears to the individual himself. It is a disturbed muscular and glandular activity that is the way it appears to an External observer.

5. Kimball Yang → Emotion is the aroused psychological and physiological state of the organism marked by increased bodily activity & strong feelings directed to some definite object.

6. Jerseyled → "The terms emotion denotes a state of being moved, stirred up or aroused in some way"

By analysing these definition some things become clear.

- 1) Emotion arise suddenly.
- 2) Emotions create obstacles in the body.
- 3) The basis of emotion is psychology.
- 4) Emotions occur as a result of instrumental or internal stimulation.
- 5) The presence of emotion causes dramatic change in bodily functions.



1. Curiosity → According to Plato, curiosity is the mother of knowledge. A child always desires to know ~~nothing~~ about every object. ~~he~~ knows about which he knows nothing. An emotion of surprise is associated with curiosity. A child has curiosity from the very beginning and due to this curiosity he acquires knowledge. The basic instinct remains even when he grows up. By providing information about the circumstances, the child becomes capable of being part of the society. It is the duty of the parents to satisfy the curiosity of the child and not let any kind of emotion affect them. If they do not satisfy the curiosity of the child, the child will become indifferent towards the process of learning.

2. Fear → Fear is a type of internal feeling. In this feeling, a person tries to run away from a dangerous situation. When a feeling, a person tries to run away from a dangerous situation when a feeling of fear arises. In fact, the following symptoms can be seen in them—

- (a) The child cries.
- (b) The child cries.



- (c) The child starts trembling.
- (d) The child hair stands on ends.
- (e) The child heartbeat slow down.
- (f) The child blood pressure increase.

As children's intellectual development increase, their areas of fear increase. The intensity of fear also starts increasing.

In fact the child is afraid of animals darkness, height light and loud noise. one characteristic of this stage is that the child is afraid when he is alone. But with the increase in age. i.e. in childhood, the stimuli of his fear refer to those objects or persons seeing which the child experiences a feeling of fear. Carmichael has written in his book (manual of child psychology) that the development of fear is at its peak from the age of two to six years. while the child grows up even more they remain afraid of status and prestige. It is worth nothing here that this emotion arises suddenly in the child. when the child is afraid, he finds himself hopeless and helpless. when the emotion of fear arises in such children, they come



and hide near their mother. But with the increase in age, a decrease in this type of response to fear can be seen. While some grow up, they run away from those situations which generate fear. Studies show that the amount of emotions of fear is less in intelligent children. Children of normal circumstances have more fear of violence. The emotion of fear decrease with the increase in the number the fear also increase in the number the fear also increase of friends. Along with this.

### 3. Anger of Aggression

This tendency is manifested from the emotion called anger. Anger results in fighting. This basic instinct develops at the age of eight to nine years. This basic instinct develops at the age of eight is found not only in humans but also in animals. If the cow is not domesticated, then it run to kill the person who tease it if it leaves its calf. The basic of this basic instinct is obstruction. Where when there is an obstruction in the satisfaction of any activity, it is



natural for anger to arise.

The basic of aggression is the reaction and frustration. The more frustrated the child is the more aggressive he will be. The question is whether the child should be punished for his aggression or not. Often due to fear, children do not display aggressive behaviour in front of their aggression is revealed later.

#### 4. Anxiety

↳ Sometime the child may also be anxious. What is anxiety? Anxiety is a painful mental state of a person in which he gets disturbed by the apprehension of future troubles. Anxiety can be called a painful anxiety in which the person is apprehensive about future troubles. Anxiety develops from fear and troubles.

#### 5. Affection

↳ Affection is an internal feeling. In its presence, the owner or the person is attracted towards other people. When the child is about 3 months old, he starts smiling on seeing his mother. But at this



age this emotion is not found in children in its real form. The child's smile is his excited state.

### 6. Worry →

Worry is also a type of emotion which is mainly found in children. Worry can be called a type of imaginary fear. This fear arises in the mind of a child without any reason. It is not based on any kind of work. Children experience this emotion when their imagination has developed enough.

### 7. Jealousy ↘

What is jealousy? Why does jealousy arise? What is at the root of jealousy? Regarding jealousy, Wallner has said - jealousy is the result of breaking of affection, reduction of love and affection. According to Dr. Shield "A jealousy person feels insecure towards the person he loves. A person who is jealous becomes maladjusted to a great extent. Among Indian students, women are often seen to be jealous towards their sister-in-law, elder sister-in-law



etc. In childhood, the feeling of jealousy develops due to contact with society and its reaction.

When a child is 18 months old, feelings of jealousy arise in him when a sibling is born in the family of a boy or a girl, feelings of jealousy arise in him. He starts being jealous of the new born child. On the basis of studies, it can be said that girls have more feelings of jealousy or emotions than boys.

Shyness →

When a child comes in contact with other people, he sometimes feels shy or embarrassed while talking to them. This can also be called a type of fear of strangers. Usually children feel shy of strangers. Due to this reason they hesitate to talk to them. On the basis of many studies.

Unit - III

Que.3 Describe the "Adolescence development"



and problems?

Ans 7 → After childhood the children enters adolescence. People consider this stage to be between 12 and 18 years of age but the age up to 21 years is considered adolescence. The important of adolescence is different in the development of person. As soon as this ~~stage~~ stage begins many changes start taking place in the child and its understood that the child has started attaining maturity. According to a psychologist. Adolescence - The purpose of doing this is for the child to become capable for of reproduction.

Kaltan → It has been said about adolescence. Adolescence is the transition period between of the diet of children and adulthood.



## 1. Physical Development

Many revolutionary changes take place during adolescence. Physical changes are also one of these. At this stage the voice of boys become harsh and the girls voice become sweet. In adolescence, beards and moustaches start shining clearly. Hair also appears on public organs. Menstruation also begins in girls. In adolescence, no external emission start occurring. The hips and breasts of adolescence girls start developing and the shoulders of adolescent boys start bulging. Bones start becoming strong. The brain develops completely. In this stage the height increases completely. According to J.S. Hall. In this stage along with mobility strength also increases.

## 2. Mental Development

Mental development does not take place suddenly



in adolescence now does it take place gradually. The reality is that mental development also take place simultaneously with physical development. According to Feiman a talented child is 12 pounds heavier than the standard of his age and is 3 inches taller. Also, of his age and is to unanimously agreed that children with physical deficiencies, are generally not talented. Due to physical defects their mental development stops.

\* (i) Development in the ability to concentrate

↳ In adolescence, the child is restless and unstable. They focus their attention on a particular object but he is unable to concentrate his meditative state keeps on developing.

\* (ii) Ability to memorise

↳ At this stage



the memory power start developing in adolescents and they remember things about themselves and these they come in contact with and also retain them. The tendency to memorise increases in girls.

★ (iii) Development of imagination → Adolescents are more imaginative during adolescent. If attention is paid their imagination power is directed towards creativity. They can be made painters, poets, writers, story tellers etc. This stage is considered as a dream stage.

~~(iii)~~  
★ (iv) Development of Reasoning and Interest  
In adolescence the development of reasoning power is complete and they want to satisfy their curiosity through reasoning. Their



aim is to solve the problem through reasoning.

### Emotional development

↳ In adolescence, enthusiasm, sympathy, kindness, affection, love, hatred, anger etc. develop. Due to enthusiasm, sympathy, adolescents want to do any work immediately and due to this he does not want interferences in that work.

### (4) Social Development

↳ In adolescence, the interaction of groups is important. His meditative state keeps on developing. Adolescence take place more interest in activities. He is filled with the feeling of leadership. Takes interest in making friends. He also moves towards grouping.



and even commits immoral acts for his group.

★ Social problem of Adolescence → In adolescence the social consciousness of the adolescent increase. The attraction of the adolescent towards the adolescents increases. They form their own groups. There is instability in the moral feeling of adolescent and adolescent start participating in social activities.

★ There are many social problems in adolescence. Some major social problems are follows:

1. Boys and girls have differences with their parents.
2. Teenagers become aware of their future.



3. The main problem of adolescence is adjustment.

Que 4. Write a short note on the characteristic attitude, problem and adjustment of old age.

Any Old age enters a person's life between the ages of 50 to 60. Old age enters as youth passes. If youth is the spring of life then old age is the autumn of life. In this stage the physical, intellectual and mental capacity of a person starts declining and a kind of lethargy starts spreading in them for this reason some scholars have called the old age a disease while some have expressed it as the door of death. Old age ends only with the death of a person. A poet has said -  
That which goes and does not come



back back is called youth.

That which does not come and go is called old age.

This

★ Characteristic of old age:

- 1) Old age comes when youth ends.
- 2) Old age does not come suddenly in a person's life after youth, but it happens gradually.
- 3) Disease like asthma, diabetes, blood pressure, Constipation, diarrhoea etc. occur in old age.
- 4) In old age, one's life attitude and perspective become very strange.
- 5) In old age, a person is surrounded by many imaginary problems.