



## **Developmental stages - Physical, social, cognitive, language, emotional and moral : A study**

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### **Abstract**

The developmental changes that normally take place throughout adolescence have been thoroughly documented in a body of research that is easily available to the general public. Importantly, each area of development is connected with the other, including physical, social, emotional, and cognitive development, along with the influences and experiences that are shaped by sociocultural factors and the natural environment. The following is a synopsis of some of the most significant developmental elements of adolescence as well as the nature of these changes.

**Key Words :** Inclusive Education, Special Education, Disabilities, development stages

### **INTRODUCTION**

#### **Physical development**

The body goes through greater developmental change throughout the early stages of adolescence than at any other period, with the exception of the first two years of life. The rate of development is swift and uneven, and each person will experience their own unique speed and rate of change at their own unique pace. Alterations in skeletal and muscular systems, as well as increases in height, weight, and the size of internal organs, are included in the category of physical alterations. In the early stages of adolescence, the release of hormones that cause puberty and the development of main sex characteristics (genitalia) and secondary sex characteristics (such as breasts and testicles) takes place (e.g. breast development in girls; facial hair in boys). The increased synthesis of hormones has an effect on skeletal development, the formation of hair, and changes in the skin.

Changes in appearance are obvious to everyone and serve to illustrate the breadth and velocity of change. Because of this, some teenagers may feel as if they are more or less mature than their peers. In terms of their physical development, females experience growth spurts around two years before boys do so.

#### **Social development**

The process of forming a sense of identity as well as a function and a purpose is a common way to define the stages of social development that occur throughout adolescence. It is a perception of oneself as it is projected forth. When it comes to developing a sense of self and identity, the importance of one's body image cannot be overstated, and this is especially true for young girls. The adolescent's family, as well as their peers, play an important role in assisting and supporting them as they transition into adult roles. Taking chances is a normal and healthy component of the development process for adolescents. When young people are searching for a sense of self and personal identity, social development and emotional development are tightly connected and play an important role in the process.

#### **Emotional development**

The manner in which a person thinks and feels about themselves and others, as well as their own inner thoughts, play a key role in the formation of their emotions. Because of the fast changes that are being experienced, adolescence is a time when it is especially important for a person to develop and demonstrate individual emotional assets such as resiliency, self-esteem, and coping abilities. Schools are vital places for students to gain critical social and emotional skills, and as such, many schools have



established policies and programmes centred on the concept of student health. These policies and programmes often use a strengths-based approach.

### **Cognitive development**

The process that includes thinking, reasoning, and perceiving is referred to as cognition. The usual patterns of cognitive development are mirrored in the structural alterations that take place in the brain throughout the adolescent years. The development of higher-level cognitive performance that is consistent with changes in the structure and function of the brain, especially in the prefrontal cortex area, is one of the defining characteristics of these alterations.

The changes in the anatomical and functional organisation of the brain have an impact on the capacity for improved memory and processing. In addition, they might be a factor in susceptibility, such as higher risk taking or heightened sensitivity to mental disease.

A better understanding of the changes that take place in the human brain throughout adolescence has been made possible because to the data that has been gleaned from developmental neuroimaging in recent years. These findings suggest that there is a second window of opportunity for the evolution of the brain. The brain is particularly vulnerable throughout the adolescent years, which is also a time of increased brain plasticity. Because of the brain's ability to change its structure and its functions in response to new experiences, this period is optimal for learning and cognitive development.

In the next stage, we are going to bring together the most important parts of adolescent growth by having a conversation about your own life experiences.

### **Temperament**

The child's approach to the world and his interaction with the environment can be broken down into 9 different dimensions, which are activity level, distractibility, the intensity of emotions, regularity, sensory threshold, the tendency to approach versus the tendency to withdraw, adaptability, persistence, and mood quality. Temperament is an innate trait that defines the child's approach to the world and his interaction with the environment. It is possible to describe a kid's temperament as their "style" or "personality," and it is something that is innate to a youngster. It has an effect on both the conduct of children and their interactions with other people. Researchers have classified young children's temperaments into one of three broad groups using the aforementioned characteristics that describe temperament. These categories are as follows:

1. Children who are affable and easy-going, who are able to comply with routines such as sleep and mealtimes, who can adjust to changes and have a calm demeanour fall into this group.
2. Children that are fussy do not adhere to routines and have inconsistent eating and sleeping cycles. They are often fearful of new environments and new people, have emotional responses, and are quickly disturbed.
3. Children who are more likely to be less involved or energetic, who are more likely to have a timid temperament when exposed to new situations and new people, and who are more likely to withdraw from activities or have a negative response may be slow to warm up or cautious. They are able to feel more at ease and begin to open up after being exposed to a new setting or person many times.

This categorization is intended to make conversation easier, but it is important to note that not all temperaments will fall neatly into either of the two groups. A discussion about the child's disposition with his or her parents and other caregivers might help better define the child's capabilities and requirements. On the basis of this information, caregivers might adjust their methods of management



and caring to better suit the child's disposition. This has the potential to shape a kid's behaviour and make it easier for the youngster to successfully connect with its surroundings, which is referred to as "goodness of fit."

### **Attachment**

Bonding between parents and their children is the first step in social and emotional development. Because of this connection, the mother is better able to react promptly to the demands of the child and comfort their infant. During the first year of a new-born's life, the development of "fundamental trust" and confidence in the caregiver's competence to care for the infant is directly correlated to the caregiver's regular availability to the infant. The first stage of psychological development that Erickson describes is basic trust. Attachment, also known as social bonding, occurs when a new born is able to respond to stressful situations by looking for his or her parents or another caregiver.

Even before they begin to speak, new-borns are able to convey their thoughts and feelings via facial expressions and body language. It's possible to make the case that knowing how to emotionally regulate oneself and control one's impulses is more important for subsequent success in life than IQ. During the first 18 months of a person's existence, social and emotional regions of the brain experience significant and fast development. The nonverbal parts of the right brain, such as the amygdala and the limbic system, are responsible for receiving, processing, and interpreting environmental stimuli in a way that generates an emotional response and builds the emotional and stress regulatory systems of the body. These parts of the brain include the hippocampus. The lower limbic system, which is located outside of the cortex, is responsible for the majority of our spontaneous and intuitive emotional reactions. An example of this would be fear, which causes our hearts to race and our knees to go weak. The region of the cerebral cortex that is known as the limbic cortex is located in the top section of the limbic system. It is responsible for controlling conscious awareness of emotions and for refining responses in accordance with the individual's ambient culture. The amygdala is an almond-shaped structure that is located at the junction of the cortex and subcortical areas of the brain. It plays a pivotal role in the sensing of emotions and connects them both to higher and lower limbic structures. Additionally, the amygdala is located at the junction of the cortex and subcortical areas of the brain. The second half of a baby's first year is when the emotional information stored in the lower limbic system begins to travel upward and become part of the baby's conscious experience. During this developmental period, there is an increase in activity in the frontal cortex, and myelination of the limbic circuits also begins. Because of this development in the limbic system, a child's attachment to a caregiver, often the mother, is formed as a result of the caregiver's ability to calm the child and maintain a consistent reaction to the kid's feelings. Attachment is considered to be a defining moment in a person's progression through the stages of emotional development. It creates the groundwork for a child's sense of safety, fosters their self-esteem, and develops the abilities necessary for emotional regulation and self-control.

When we reflect on our lives, we have recollections that bring to mind the transitions that have occurred in our lives over the course of time. It is a known truth that people continue to develop and change throughout their whole lives. For instance, Riya is just recently learning how to speak and walk, but her older sister Shivani is improving her ability to deal with stress as she enters her teenage years. This is all about growth, and this development is multidimensional, which means that change occurs across many various elements of a kid's life. Specifically, this refers to the process of a child growing up. Alterations in one's physical appearance, cognitive abilities, emotions, moral character, and psychosocial functioning may all occur simultaneously. Therefore, the many dimensions of growth may be conceptualised via the lens of these features. Therefore, these components of human existence are



referred to as dimensions of development since they vary throughout the course of a person's lifetime. Let's start with the growth of one's body so that we can have a better grasp on this idea.

### **Physical Development**

Imagine a procedure taking place before we consider the idea of a person's physical growth. Think about a brand-new infant. Right now, she or he has no control over her or his motions; nevertheless, during the next 18 months, she or he will be able to walk; within the next year, she or he will be able to run; and shortly after that, she or he will be able to leap, throw, and kick objects. A child's physical development accelerates dramatically throughout the first two years of their existence, more so than at any other point in their lives. This physical growth provides a fundamental platform for subsequent cognitive and emotional development. The term "physical growth and development" refers to the process that causes a child's body and physiological state to change, both inside and externally, from the time of conception until the time of death. Even though we are not going to go into great detail about an infant's physical development here in this topic, it is important to note that this development lays the groundwork not only for a child's physical development in later years, but also for their social, emotional, and cognitive development. First, let's talk about the features of the several stages of physical growth that occur throughout childhood and adolescence.

### **Conclusion**

The body goes through greater developmental change throughout the early stages of adolescence than at any other period. Alterations in skeletal and muscular systems, as well as increases in height, weight, and size of internal organs are included in the category of physical alterations. The importance of body image cannot be overstated when it comes to developing a sense of self and identity. Adolescence is an important stage in a person's development that includes thinking, reasoning, and perceiving. These changes are mirrored in the structural alterations that take place in the brain throughout the adolescent years. There is a second window of opportunity for the evolution of the brain during this period - the brain is particularly vulnerable during this time. Temperament is an innate trait that defines the child's approach to the world and his interaction with the environment. Researchers have classified young children's temperaments into one of three broad groups using characteristics that describe temperament. Temperaments can be broken down into 9 different dimensions, which are activity level, distractibility, intensity of emotions and regularity. The amygdala is an almond-shaped structure that is located at the junction of the cortex and subcortical areas of the brain. Attachment, also known as social bonding, occurs when a new born is able to respond to stressful situations by looking for his or her parents or another caregiver. A child's attachment to a caregiver is formed as a result of their ability to calm the child and maintain a consistent reaction to their feelings. Attachment is considered to be a defining moment in a person's progression through the stages of emotional development. It creates the groundwork for a child's sense of safety, fosters their self-esteem, and develops the abilities necessary for emotional regulation and self-control. The term "physical growth and development" refers to the process that causes a child's body and physiological state to change, both inside and externally, from the time of conception until death. A child's physical development accelerates dramatically throughout the first two years of their existence, more so than at any other point in their lives.

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