

Lifespan Development

What is Human Development?

- The scientific study of processes of change and stability
- The study of human development seeks to describe, explain, predict, and, when appropriate, intervene in development.

What are the goals of the field of human development?

- Describe behavior - the observation and measurement of behavior and mental process
 - ◆ Anything you can directly observe and measure
 - ◆ Can't observe mental processing (thinking, feeling, sensing, perceiving); make assumptions based on behavior
- Explain behavior - explanation of what the data means
 - ◆ Theorize data; give coherent and integrated set of assumptions and propositions that explain data.
- Predict behavior
 - ◆ Forecasting of later development based on current or prior development
 - A good theory will be predictive
- Intervene - use knowledge to promote welfare of individuals across the lifespan
 - ◆ Applications to understand why people do what they do

Aspects of Development

- Physical
 - ◆ Changes in body, brain, sensory capacity, and motor skills
- cognitive/intellectual
 - ◆ How we learn, memory, reasoning, thinking, language
- Psychological (personality and social)
 - ◆ What makes an individual unique, general characteristics, how one expresses themselves
 - ◆ How you interact with others

Influences on human development

- Heredity = inborn traits or characteristics inherited from biological parents (nature)
- Environment = everything else! The totality of nonhereditary or experiential influences on development
- Not nature OR nurture (nature AND nurture)
- Your development is the result of a blending or interaction of nature and nurture
- You shape your environment
- Maturation - the unfolding of a natural sequence of physical and behavioral changes

Contextual influences on development: Family

- Nuclear: one or two parents and their biological, adopted, or step-children
- Extended: multigenerational kinship network
- Subjective: definitions of family
 - ◆ Family signifies "the subjective meaning of intimate connections rather than formal, objective blood or marriage ties."
 - ◆ "A family is a group of people who have intimate social relationships and have a history together."

Others in your microsystem

- Microsystem = individuals with whom you have face to face contact

Study Guide For The Lifespan

Patrick Vollmar



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