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Ages and Cycles of Human Development

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Abstract

Human life develops and constantly changes throughout the life cycles of human beings. From conception to death, the changes, including physical, psychological, emotional and even health-wise, are observed in every age and development of the human being. Such changes, which are distinctively characterized by every developmental stage of human beings, determine how people behave and react to every life event that they interact with within their lives. In the same way, society expects people while in various ages and stages of life to act and behave in a particular manner depicting growth and development in them. Ages and human development will discuss this paper with and the objective of analyzing the changes that occur in every stage of life of a human being. These changes will be concerning the various age brackets from infancy to death, considering the life cycles of human beings. On the same note, it is also important to observe that as the life cycle of an individual progresses, one becomes disinterested in the things that used to please them in the prior life stages and thereby by putting this factor into consideration, there will be a robust discussion of what leads to these life-changing events that make one lose interest in the things that previously pleased them.

Ages and Cycle of Human Development

Human life has got stages and cycles that come with growth in age. The life cycles due to human development are categorically classified in various into various age brackets, right from the conception to death periods. The stages procedurally follow one another because one must pass from one stage and after completion of the particular stage, then they start to experience changes associated with the next stage of life. Additionally, it is important to note that people experience various level of growth, change and development in every stage but normally, the categorization of these stages to age brackets make it possible to give an insight of what changes that are expected to be observed from people of given ages and age groups of people. On the same topic of Ages and cycles of human development, Bogin (2020) reveals that human beings experience changes due to developmental stages, including pregnancy, infancy, childhood, puberty, adulthood, middle age and senior age, or old age stages in the same sequence. These stages follow each other to the extent that when one has passed through a stage, they lose interest in the factors associated with the previous stage. At every stage of growth and development, there is a greater influence by parents and generally those who are around the child during their developmental periods. Furthermore, a child's behavior is majorly determined by how the child interacts with the others in their environment (DiPietro, 2000). Therefore, this paper focuses on the development of babies, the influence their parents have on their cognitive development, and the explanations given by Piaget's theory in the cognitive stages of development.

Baby Neurons

Baby neurons form a very fundamental basis for the growth of the child's brain. The neurons move and collect, forming a strong and elaborate foundation of the brain that the child will use as an organ of thinking, making every life event associated with emotional and psychological growth easily enhanced. DiPietro (2000) agrees to this in her statement when she correctly noted that the neurons collect to form a powerhouse necessary for thinking and psychological growth before the birth of a child, which is the brain. The neurons are the synapses responsible for detecting changes in their environment by sending messages to the brain. Additionally, the message sent by the neurons to the brain affects the mood and, therefore, the psychological behavior of the child. After the birth, during infancy- which is estimated to be the period when the child is 0-2 years of age, there is an observation of high growth in the neuron formation, which is the reason for the high learning period observed in children at this age (DiPietro, 2000). Children at the age of 0-2 years exhibit a high level of curiosity and learning and through the socialization process, they learn a lot of things like talking and even emotional reactions towards various ecological factors they experience.

Additionally, it is important to note that neural development differs in children at different stages of life. This is because the peak neural development stage declines as the child approach puberty, a process that is also altered when approaching adulthood. These notable changes can be caused by genetic inheritance or child experimentation of things surrounding them (DiPietro, 2000). The reason for the much development of neurons during the infancy period is because, at this time, the children are trying to adapt to the new environments, which necessitates them to learn as many things as possible, unlike during the puberty period when they have learned much-needed things necessary for their survival in their environments (DiPietro, 2000). The changes observed while approaching and during adulthood are because, in this stage,

people have more challenges to face associated with various psychological problems to solve. The neurons, therefore, are very critical factors when it comes to the psychological development of human beings. The importance is attributed to the fact that they send waves of information to the brain hence helping in shaping the behavior of a child. The immaturity and the underdevelopment of the brain and the neurons in children make the children who suffer the fate face challenges of poor mental cognition and various psychological disorders (DiPietro, 2000). So, to make the children have a well-developed brain and neurons, parents should take every measure to ensure that their children are not affected psychologically, which will make the children efficiently grow and develop emotionally.

3 Prenatal Development Periods

For every child to efficiently develop psychologically, they need to grasp knowledge about their surrounding which comes and consequently be aware of how they emotionally adapt to the problems associated with those changes. The prenatal development periods are associated with the grasp of intelligence, which is a way of experimentation through an exhibition of comprehending the feelings of a child's way, as described by (Piaget 1962). The three stages of prenatal development include the pre-embryonic stage, embryonic stage and fetal period (Mischel, 2013). The cognitive development of a baby starts right during these stages and therefore, the wellbeing of their mothers is very critical in the realization of a well-developed mental cognition of a baby. During the prenatal stages of development of a child, maternal stress affects the wellbeing of the child in such a way that when the mother is stressed, she negatively influences the general growth of the unborn child and as a result, the babies can exhibit low birth weight, high chances of child mortality and even preterm birth (Mischel, 2013). Maternal stress causes the rise in cortisol, which results in negative effects on the unborn.

Consequently, the reduction in the development of the unborn lowers the development rate of the unborn child's brain and neurons hence lowering the kid's intelligence level when born. The embryonic and fetal stages of prenatal development are the most critical periods because, at these stages, the general formations of organs of the fetus formed, including the brain and other sensory organs. Harlow's attachment theory agrees that when kids are born usually get attached to their maternal mothers because of the connection they get from the mothers' rhesus factors and so when the mothers are emotionally disturbed during the pregnancy, they pass the same stress to their unborn kids (McLeod, 2009). Therefore, mothers should stay happy and avoid stressors into sire children with emotional maturity and cognition.

Development Theories

The first stage of life, which Jean Piaget describes as the sensory stage, is described to be the stage between 0-2 years of age. According to York (2001), at this stage of life, the children engage mostly their sensorimotor to gather intelligence and develop their cognitive capabilities. Piaget's theory of development focuses on sensory play to emotionally and psychologically improve children's mental capabilities. Therefore, parents and caregivers should ensure they offer their kids sensory play activities to develop psychologically fully.

The stage between 2-7 years of age is described as a preoperational development stage which describes children at this stage to be cognizant and pay attention to complex issues around them, but at the same time, they notably depend on their senses to achieve the purpose they are destined to. According to the Piaget theory of cognitive development, children embrace memory, imagination and general language to perform their cognition (Bashrin, 2015). At this stage, therefore, those around the child should, through the use of language, help them reconnect between their future and past.

Also, the concrete operational stage is witnessed between 7-11 years of age in children. Ghazi & Ullah (2015), while analyzing Piaget's cognitive theory of development, described the stage that children at this period of life exhibit a sense of reality through reasoning logically and having the ability to endure difficulties. To avoid emotional torture, the children should be appropriately guided and advised to make better life choices and decisions.

Decision-making and maturity is a stage of life when one reaches a point of making formed decisions regarding their lives without having the help of another person. People at this stage regard themselves as grown-ups and can make life decisions and decide on the trajectory they want their lives to take (Ajzen, 1996). Here people are regarded as independent-minded and therefore, they face the consequences of their decisions (Yu, 2015).

The last stage of life is death. Here, after achieving life goals like marriage, having kids, educating children, and retiring from work, people psychologically prepare for death. Positive psychology and grief is a way people react to death whereby at this stage, people focus on the positive achievements to psychologically prepare them for death (Roberts et al., 2016). To react to death also, people focus on the positive landmarks achieved by the dead and by that, they substantiate and let go of the feeling of being bereaved. Death is the final stage of life where those who have reached old age psychologically prepare for.

Different Parental Influences

The behaviors of the parents greatly influence the mentality and psychological growth of their children. Authoritative parents make their children fear them and as a result, they develop low self-esteem (Reed et al., 2000). On the contrary, parents who are permissive allow their children to have the space for experimentation, making the children grow mentally. Lastly,

involved parents are usually present in discussion with their children about life changes, making them easy to advise their children appropriately, mostly when the kids are at puberty (Peterson et al., 1985). So, to help children develop their cognition appropriately, parents must choose to be available for their children to help them in the process of growth.

The influence of mother and father in the growth of a child is so great. This is because, in the process of socialization, the people around the child are the parents. Berry & Dasen (2019) describe that the parents' cultural beliefs will greatly influence cognitive development. This is mainly because the parents will teach the child to behave, act and do things as per the beliefs of their culture.

Conclusively, having focused on the development of babies, the influence their parents have on their cognitive development, and the explanations given by Piaget's theory in the cognitive stages of development, it is worth noting that a person's cognitive development starts from the time of conception. The way the mother behaves during this period is important for the child's mental growth because of the attachment the unborn child has with the mother due to the transmission of the mother's rhesus factors. For the maximum growth of a person, therefore, every stage of life must be treated with utmost care to avoid injuring a particular individual's personality during their growth. In this equation of cognitive and psychological growth, parents have the ultimate role to play in ensuring that they raise mentally fit children until such a time that those children will reach maturity.

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