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**Factors That Influence Human Development**

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### **Factors Affecting Human Development**

The conditions within the body can alter the patterns of development with the human body. For instance, health conditions and environmental factors such as sunlight, fresh air, and climatic conditions impact human development. The main factors that influence human development include intelligence, sex, race, nutrition, and culture (Lestari & Sanar, 2018). Intelligence is among the most critical factor influencing child development. This is evidenced by the first time a child begins to walk at a given age. Bright children begin to walk even at 11 months, whereas others begin at age 24 months.

Sex, nutrition, race, and culture are some factors influencing human development. Sex plays a significant role in both the physical and mental development of a child. Boys tend to be bigger than girls during birth, but later on, girls overtake them by maturing at a tender age. Nutrition is very important for the normal development of human beings. Effective nutrition assists in preventing diseases and any form of disturbances that affect children due to poor nutrition (Lestari & Sanar, 2018).

Further, children's developments are dependent on the ethnic groups they come from. For example, children from Europe develop art at a different rate than those from Mediterranean regions. Lastly, various cultures such as customs, traditions, beliefs, and values influence the rate at which children develop. The factors mentioned earlier influence the living standards of the country.

Factors such as intelligence have a positive impact on the living standards of the country. Here, a country full of intelligent individuals tends to have enough skilled human resources in the labor sector. Additionally, different races and cultures are indicators of cultural diversity,

which determine the unity and harmony that exist in the country. Lastly, good nutrition determines the health of individuals in the country, hence the ability to perform their daily activities.

### **Reference**

Lestari, W. W., & Sanar, V. E. (2018). Analysis indicator of factors affecting human development index (Ipm). *Geosfera Indonesia*, 2(1), 11-18.

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