

DEVELOPMENTAL PSYCHOLOGY

Developmental Psychology



Studies human growth across the whole lifespan

PROF SATHYASRI.R
HOD MENTAL HEALTH NURSING DEPT
NEHRU COLLEGE OF NURSING

DEFINITION

- ▣ Developmental psychology is the scientific study of how and why humans grow, change, and adapt across the course of their lives.
- ▣ Originally concerned with infants and children, the field has expanded to include adolescence, adult development, aging, and the entire lifespan.

PHYSICAL DEVELOPMENT

Includes height and weight charts that pediatricians consult to estimate if babies, children, and teens are growing within normative ranges of physical development.

We must aware of changes in children's fine and gross motor skills, as well as their increasing coordination, particularly in terms of playing sports.

The physical development also involves brain development, which not only enables childhood motor coordination but also greater coordination between emotions and planning in adulthood, as our brains are not done developing in infancy or childhood. Physical development also includes puberty, sexual health, fertility, menopause, changes in our senses, and primary versus secondary aging. Healthy habits with nutrition

PSYCHOSOCIAL DEVELOPMENT

Development in this domain involves what's going on both psychologically and socially. Early on, the focus is on infants and caregivers, as temperament and attachment are significant. As the social world expands and the child grows psychologically, different types of play and interactions with other children and teachers become important.

As you may have already noticed, physical, cognitive, and psychosocial development are often interrelated, as with the example of brain development. We will be examining human development in these three domains in detail throughout the modules in this course, as we learn about infancy/toddlerhood, early childhood, middle childhood, adolescence, young adulthood, middle adulthood, and late adulthood development, as well as death and dying.

COGNITIVE DEVELOPMENT

- ▣ If we watch and listen to infants and toddlers, we can't help but wonder how they learn so much so fast, particularly when it comes to language development.
- ▣ Then as we compare young children to those in middle childhood, there appear to be huge differences in their ability to think logically about the concrete world around them. Cognitive development includes mental processes, thinking, learning, and understanding, and it doesn't stop in childhood.

Adolescents develop the ability to think logically about the abstract world (and may like to debate matters with adults as they exercise their new cognitive skills!). Moral reasoning develops further, as does practical intelligence—wisdom may develop with experience over time. Memory abilities and different forms of intelligence tend to change with age. Brain development and the brain's ability to change and compensate for losses is significant to cognitive functions across the lifespan.