Human Development

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Human growth and development depends greatly on social and biological factors. Early developmental stages of children are influenced strongly by the psychological and social conditions of the family and society. Education and environmental factors play an important role in the growth and development of cognitive thinking. Studies have shown that people living in poverty and low socio-economic conditions have fewer chances to explore their abilities. It has been suggested that social factors such as parenting, the atmosphere of societies and economic conditions of the family are all contributing factors that influence the growth of children (Goodway et al., 2019). The developmental process is described by various psychologists and scientists however, the concepts of Carl Rogers, Piaget's theory of development and Bowlby's Attachment Theory would be discussed in detail in this paper. These theories have identified various important segments of the lifecycle that help in the optimal growth and development of children.

# Environment and Genetic Factors

Genetic and biological factors such as genes and genetic combinations are also important for development. For example, if a child has received fewer chromosomes from his parents than normal, it would result in malfunctioning and there would be higher chances of structural abnormality. Therefore, the heredity of a person is equally important for the development as it provides them the essential and favorable conditions to grow. The genetic makeup of a person along with environmental factors influences growth and development (Goodway et al., 2019). A good genetic makeup would enable a person to grow with his maximum capacities, however, a negative environment would engage these capacities in socially impaired behaviors. Therefore, the environment and biological features of a person go side by side in the developmental processes.

Enabling and socially active environment helps children to develop their skills and modify their behaviors. Learning and education of humans are also important factors that contribute to the development (Goodway et al., 2019). Carl Rogers has suggested that people living in low socio-economic conditions would found it difficult to provide their children with all the facilities of life (Park, 2018). Their children will observe financial crises and most probably they would develop cognitive thinking according to the financial conditions of their family. It has been suggested that promoting the environment would enable a person to grow with all his capacities. Parenting and empathy would provide them psychological and emotional strength to grow.

Environmental factors such as socio-cultural elements, education, and financial stability are required for the optimal growth of a child. Good parenting and influencing education will enable a person to adapt to the most suitable and socially acceptable behaviors (Goodway et al., 2019). Pressures and strains present in the societies also shape the characters and behaviors of a person. For example, the opportunity of stealing will engage a child in such conduct. Therefore, strains and pressures of society enable a person to engage in nonconformist conduct (Goodway et al., 2019). Bad society and involvement of a person in the bad company will ultimately engage him socially impaired activities such as violence. Surrounding and environment of a person are important factors that influence the pattern of development of behaviors.

# Theories of Development

Piaget's theory of development has suggested that the behavior of children depends on how they interpret the actions of people. A child has to live in an environment where he encountered people, family, and society. Piaget's theory of development has provided various stages of development (McLeod, 2018). The development of children under age 12 is highly critical which is strongly influenced by the surrounding. Children from age 2 to 3 view people and family members around him. He follows what people do through their actions and behaviors. He perceives information through the cats and conducts of people around him. Children from ages 3 to 5 develop cognitive thinking and they start interpreting the actions of others according to their thinking. Similar cognitive thinking and its development have been provided by the Carl Rogers. At the age of 12, children perceive information and knowledge from societies and interpret it to develop their behaviors (Goodway et al., 2019). Therefore, people living in an environment where violence and aggressive behaviors are more common, these children would develop socially impaired behaviors. For example, single parenting and violence towards children in these ages will engage them in socially impaired behaviors or interrupts their normal development.

According to the concepts of Bowlby's Attachment Theory, attachment of children with their peers and family are major influencing factors for their development. Children attached to their parents gain positive energy from them. This is helpful for them to develop their skills and behaviors. It is the reason that the loss of parents can cause serious damage to the developmental processes. The activities and behaviors of children are stalwartly influenced by the communication of caregivers, mothers or peers. It has been recommended that higher-order development of sentiments and the psychology of children is strongly dependent on sociocultural elements. The development of behaviors in the early stages of children would be retained with them throughout their life (Goodway et al., 2019). Major contributing elements in the development of humans are family interactions, the contribution of educators, society and the environment. Broken relationships and single parenting generate a negative influence on the development of children. According to evidence-based researches, children living in a socially active environment would be engaged in positive and problem-solving attitudes. Therefore, heredity, genetic elements, social environment and contribution of parents are all important in the development and growth of humans.

# References

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