

Course Name - Bachelor of Physical Education

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Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Infancy and Childhood

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Lecture Title

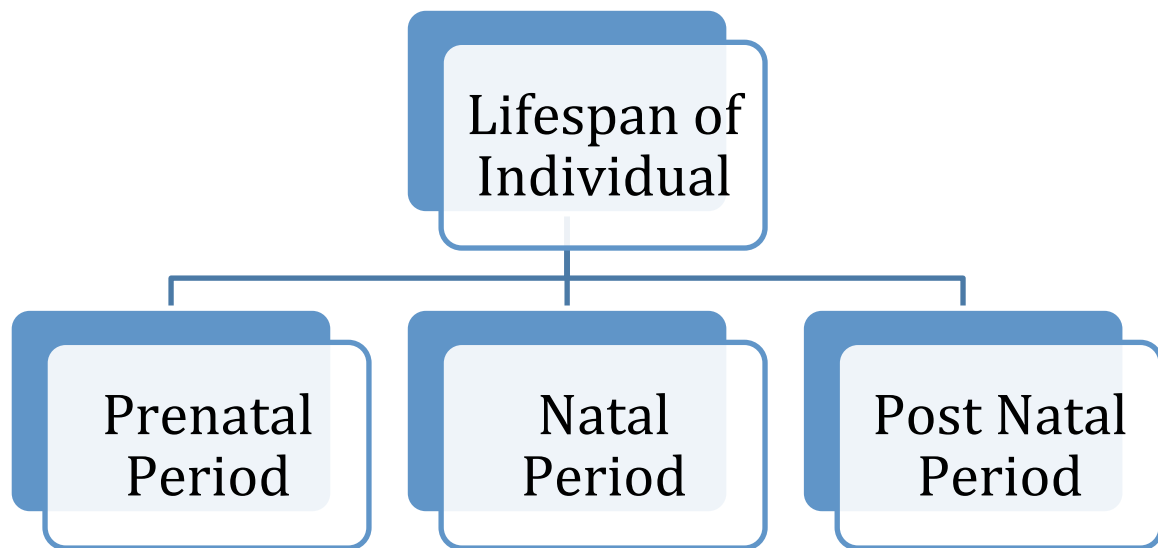
Infancy and Childhood

Welcome to the bachelor course of Physical Education. Today, we will discuss developmental characteristics during infancy and childhood period.

As already discussed in previous lecture, that growth & development in its most general psychological sense refer to certain changes that occur between conception and death.

Growth & Development is commonly described in terms of PERIODS or STAGES. According to dictionary, the stages of development have been defined as the series of changes which the organism undergoes from embryonic stage to Maturity. James Roy defines it as the process of growing up in various phases by which the erratic, impulsive child becomes the reasonable adult. The Span of each stage is hypothetically calculated. A little shift to either side hardly makes any difference. On the basis of common observations and for the sake of convenience, psychologists believe in certain stages, we will discuss stages that are of concern to educationists, i.e. infancy, childhood and adolescence.

Before we take up these stages we should be clear that lifespan of an individual is divided into three parts:-

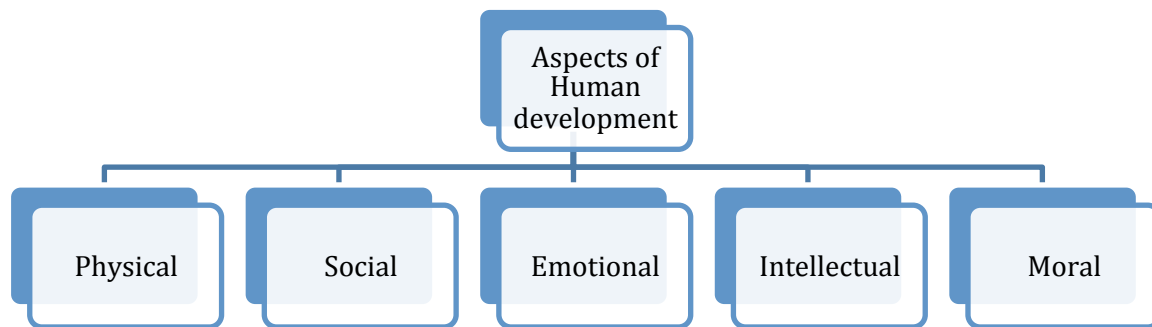


- PRENATAL Period
- NATAL Period
- POST NATAL Period

- 1 **PRENATAL PERIOD** is time spend in womb after the fertilization till birth.
- 2 **NATAL PERIOD:** Though this period is of very small duration, but it has very important impact on growth and development of an individual. This is the period of child's birth.
- 3 **POST NATAL PERIOD:** This is the time after birth till death. This period is divided into various stages by Psychologists.

i)	Infancy	0 to 5 Years
ii)	Childhood	5 to 12 Years
iii)	Adolescence	12 to 17 or 19 Years
iv)	Adulthood	17 to 19 onward
v)	Old Age	60 onwards

Human development during these stages is discussed or studied under five main aspects.



1. **Physical Development:** It includes development of physique of an individual which covers the development of internal as well as external organs of the body.
2. **Social Development:** Denotes the changes in the way an individual relates to others. Child in his early years is selfish. He is not conversant with a healthy social living. During social development we will study how child comes to have a social self.
3. **Emotional Development:** emotional Development involves proper expression of the emotions. A child comes to have a control over his emotions.
4. **Intellectual Development:-** It includes the development of the intellectual power of the child i.e.
 - Power of Reasoning
 - Power of Thinking
 - Power of Imagination
 - Power of Concentration
 - Power of Sensation
 - Power of Perception
 - Power of Discrimination
 - Power of Generalization
 - Power of Creativity, etc.
5. **Moral Development:** This aspect includes the evolution of a moral sense and development of character. It will cover how individual develops his ethical and moral codes.

Educationists and coaches are mainly concerned with the developmental characteristics of Infancy, Childhood and Adolescence period. We will now take up characteristics of these periods one by one.

Infancy Period (0 to 5 years)

Infancy is the most important period of growth & development as first five years are considered formative years of individual's life.

Now we will take various aspects of infancy period one by one.

1. **Physical Development:** Infancy is the period of rapid growth in size and weight.

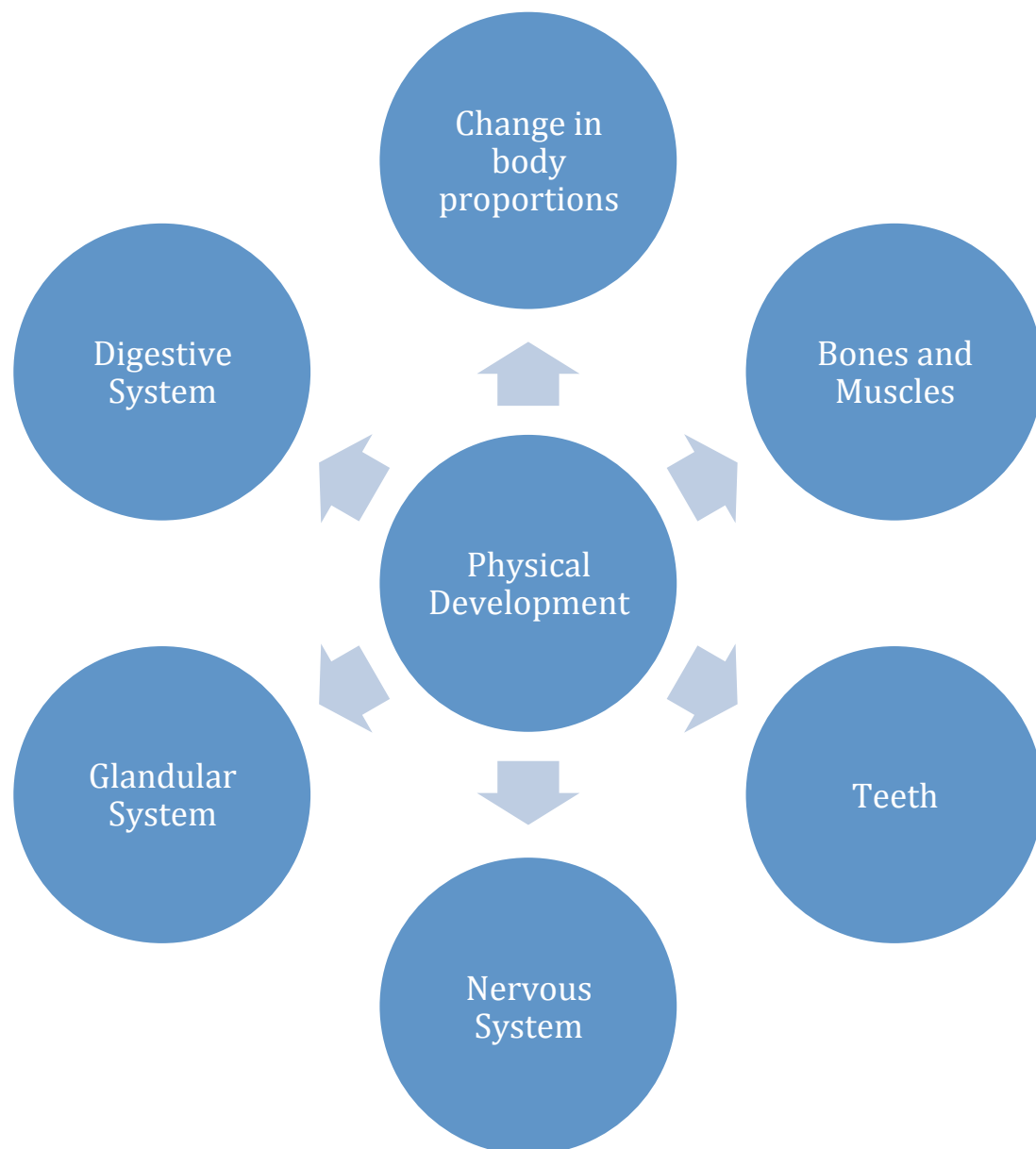
Average height of new born child 19 inches but varies from 17 to 21 inches.

Average weight of new born child 7 pounds but varies from 3 to 16 pounds.

This variation is determined by heredity and environmental factors like Diet, Birth time and Economic status of family.

By the age of two years weight of the child becomes 25 pounds and length becomes 33 inches.

By the age of 5 years child weight is approximately five times the weight at birth.



Changes in body proportion: Changes in the body proportion can be visualized in Infancy period. Head, trunk begins to take proportionate size. At the time of birth Head seems enormous but at the stage of infancy it seems small because at this stage legs and trunk lengthens, Hand and jaw also manifest development.

Bones and Muscles: Bones and muscles undergo a rapid growth and development. Infant starts sitting, standing, walking and running. He starts using his fingers for holding things.

Teeth: Normally the first teeth of child appears at the age of six months. By the time of 1st Birthday normally four teeth appears.

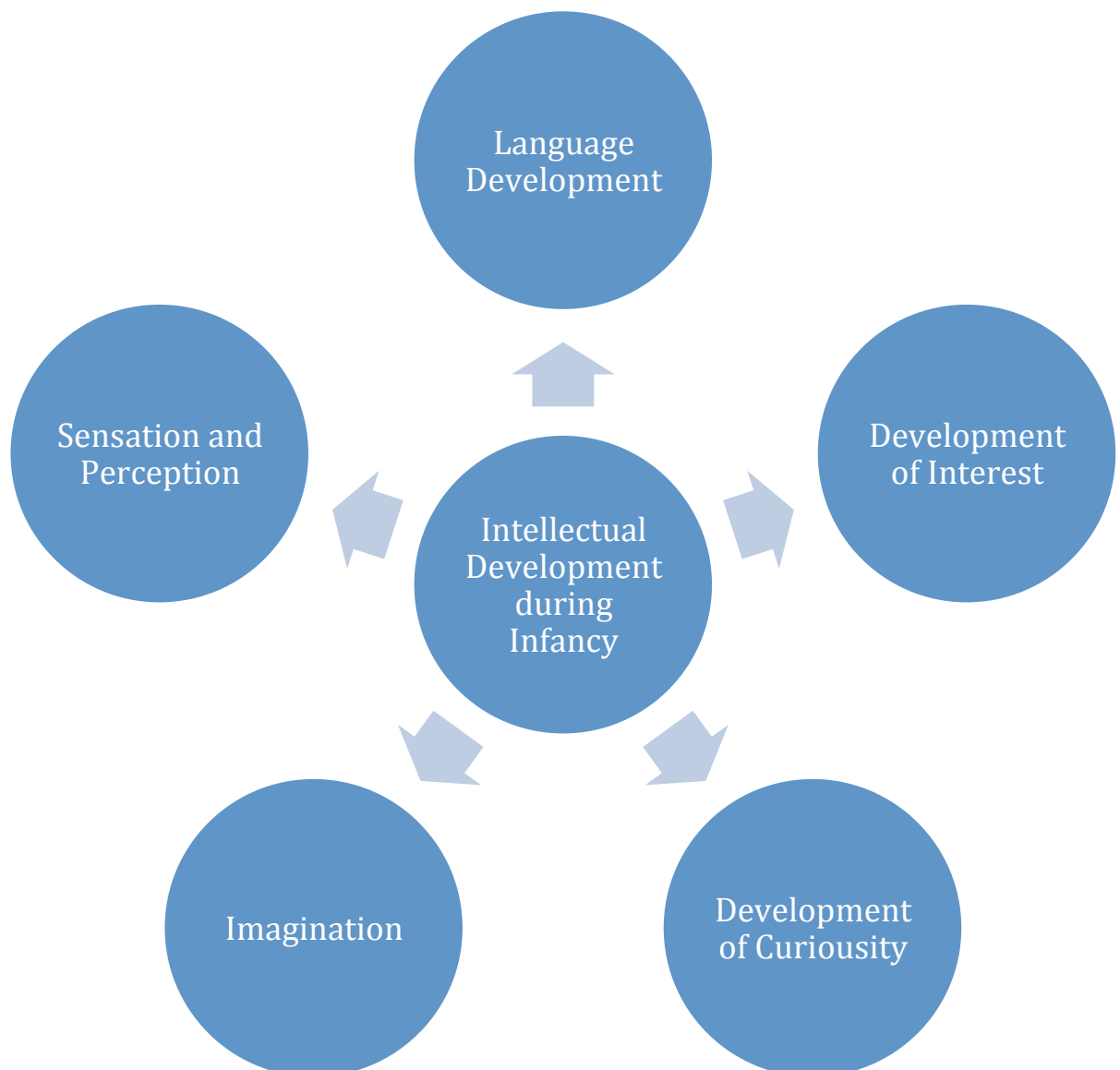
Nervous System: There is rapid growth of nervous system during infancy period. Brain develop at an amazing rate. Sensory organs manifest rapid improvement in structure and function. By the end infancy period, child's sensory apparatus is fully developed. He is able

to perform all functions related to all sense organs i.e. looking, hearing, touching, smelling, tasting and can also experience pleasure, pain, pressure etc.

Glandular System: All the glands begin to function properly.

Digestive System: Digestive system of the child is not fully developed. Digestive organs are very tender and very easily spoiled if not taken care of This is about physical developmental characteristics at infancy period.

2. **Intellectual Development:** Now we will discuss Intellectual development during infancy. As already mentioned intellectual development implies development of cognitive abilities. We will discuss the important cognitive changes during this stage.



1st of all we will take up

Development of Language: New born can only cry to express his emotions of pleasure as well as pain.

- By the end of first year he may utter a few words like Aa, Baba, Maa, Paa etc.
- By the time he is one and half year old, language development pick up the pace and become more rapid. At the age of 2 years, he may speak very short sentence which are usually a result of imitation or repetition of what elders close in the environment have said. In the opinion of Professor Smith, Child
 - at the age of one year is able to speak three words.
 - at the age of two he is able to speak 272 words
 - at the age of five he learns 2072 words

These observations are not very rigid. Slight variations are there.

Now we will take up

Development of Interests: In the very beginning child is interested in only those things which are concerned with gratification of his immediate needs such as hunger, comfort etc. Gradually his area of interest widens. Child starts expressing his interest in bright and moving objects.

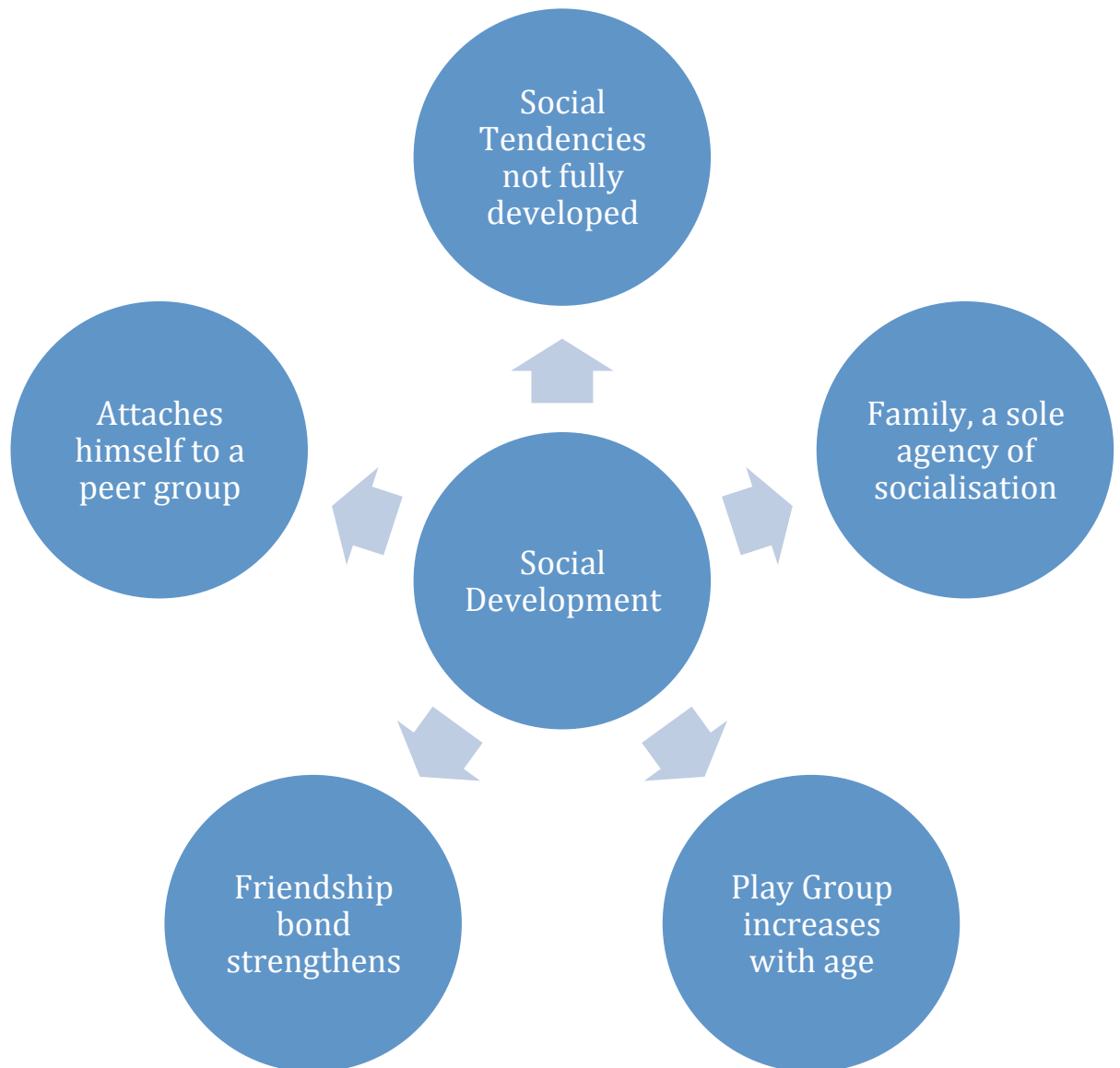
Development of Curiosity: The child becomes curious. He starts asking questions like What is it? Why it so? Etc.

and this curiosity reaches its maximum by the age of six. This period (early childhood) is known as age of curiosity.

Imagination: is another important developmental characteristic of this period. It is the period of flight into imagination. Day dreaming, fairy tales, fantasy, make belief play are at its peak during this period. Child lives in imaginary world to satisfy his instincts and tendencies. So, Parents and teachers should give due regard to child's imagination.

Sensations & Perception: By the age of three, with the development of sense organs he starts having effective sensation of all, whatever is happening around. He can experience many kinds of sensations and can differentiate the sensations. He can explore objects around in an effective manner. At this age, concepts and percepts are developed. He starts organizing his thoughts and makes generalizations. By the age of five, he starts thinking, tries reasoning independently but reasoning is not very consistent.

3. **Social Development:** All human being are not social at the time of birth. It is through the process of socialization that man becomes social animal or social in nature. Social tendencies are present in the child right at the time of birth but these tendencies lie dormant. However this process of socialization starts in infancy.



- Though Social tendencies are present at the time of birth but are not fully developed. Child is Selfish, Self-centered. His activities and interests revolve around himself.
- Up to age of 2 years, social relationships of child are strictly restricted to his home as he is fully dependent on parents for physiological needs. At this time family is sole agency of socialization. It is family which determines his behaviors and social attitudes. Before the age of two, child is engaged in only solitary plays.
- At the age of three, child shows his desire to play with other children. Size of play group increases with age. He becomes choosy. He selects a special friend and rejects the others.
- At the age of four, child starts talking at length and calls names. He learns to fight at this stage.
- At the age of five friendship bonds are strengthened and fights becomes less.
- He attaches himself to a peer group.
- This the time of maximum socialization. Child learns to be:-

Rebellious
Aggressive
Negativistic
Cooperative
Sympathetic

It indicates, first five years are the formative years of child's life.

4. **Emotional Development:** Emotions play a very important role in physical, social and mental development of the child during infancy.

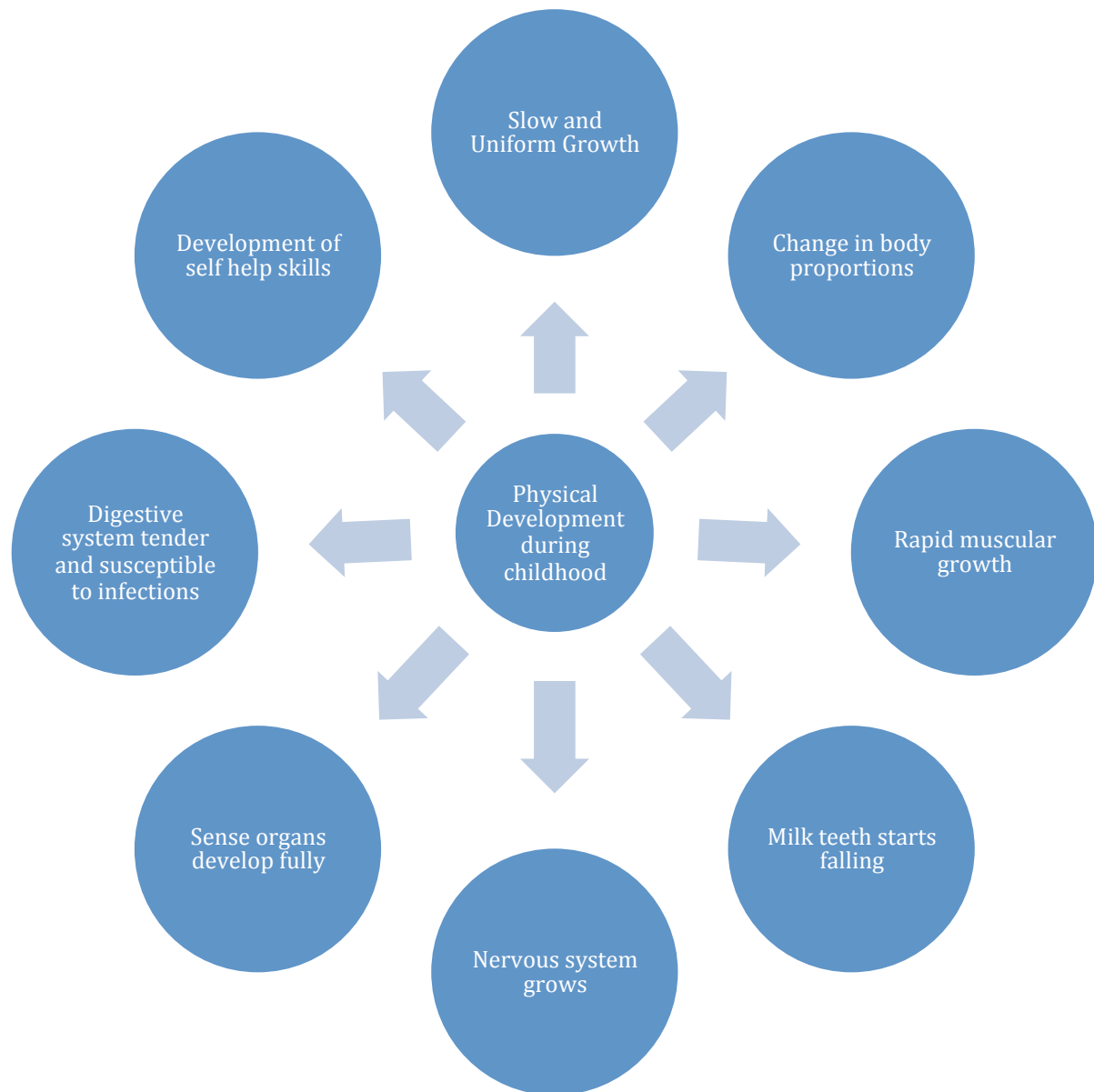
- At the time of birth, emotions of child are not specific. Child manifests diffused emotions which mean he cannot manifest specific emotions of fear, joy, like adults.
- By the age of two, differentiation of emotion begins.
- Anger is the most common emotion at this time. Anger is aroused when adults try to restrict the freedom of the child. This emotion is used by the child for gaining attention from adults.
- Emotion of joy is also common at this stage when they feel comfortable and see familiar faces around.
- Affection is also expressed during this stage. Affection is shown for parents, nurses and elder siblings.
- From 2 to 5 years of age, child is highly emotional. Emotions start to show themselves in differentiated form.
- Emotions at this stage are spontaneous.
- Child is unable to exercise proper control over his emotions.
- Emotions at this stage are very intense.
- Child often runs into temper tantrums.

This is all about the major developmental characteristics of infancy. Now we shall discuss characteristics of

LATE CHILDHOOD PERIOD (5 to 12 years): This is the period between childhood and adolescence. By this period, child has started his schooling. This period is also marked with various Physical, Mental, Emotional and Social Changes.

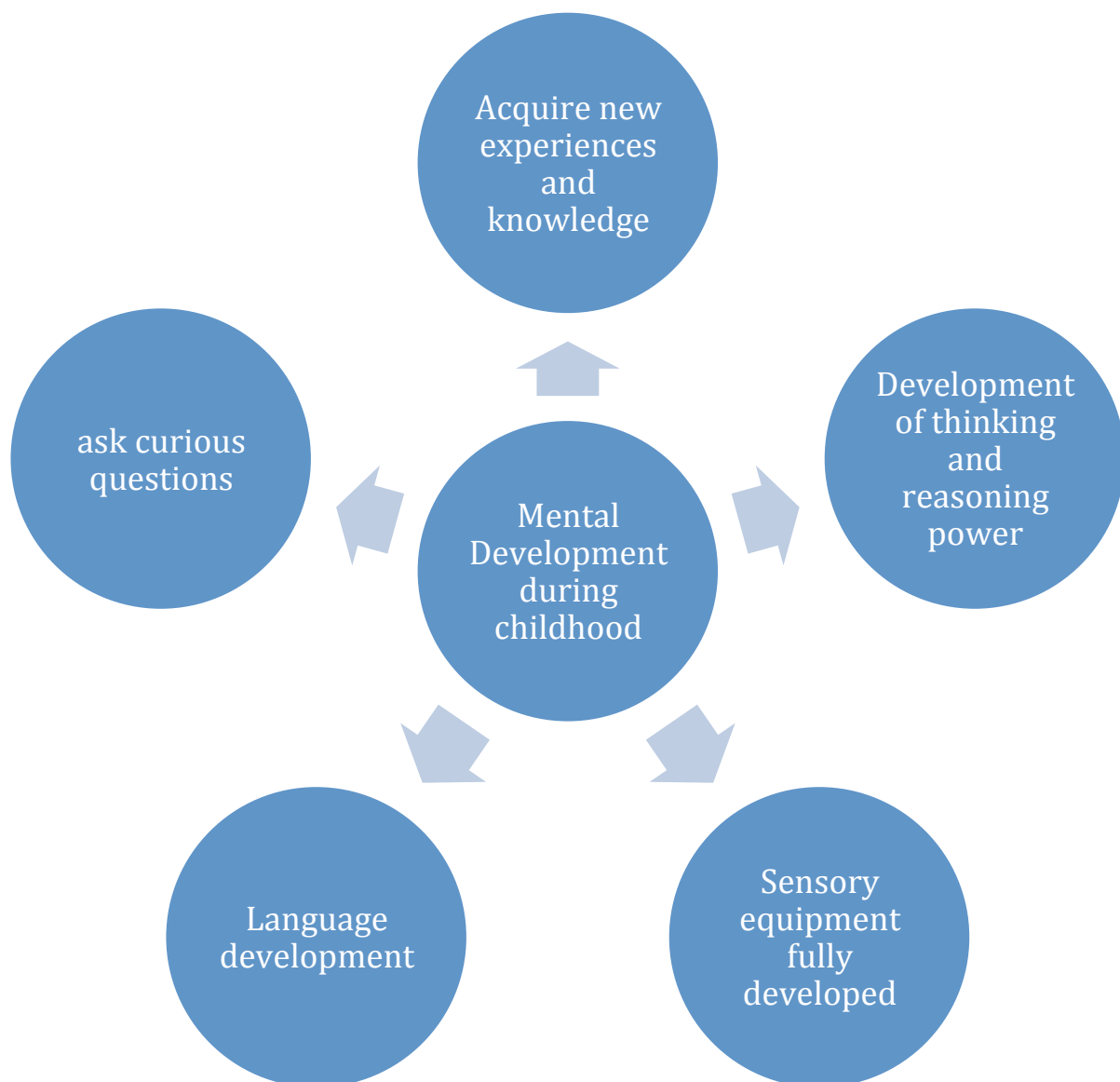
During this period, his environment is widened. Child goes beyond family and peer group. He comes in contact with variety of things. New interests develop and individual proceeds towards maturity. Sex instinct remains dormant during this period that is why this is called the period of latency.

1st of all we will take up **Physical Development** during this period:-



- This is period of slow, steady and uniform growth.
- Height increase to 56 inches and weight to 85 pounds at age of 12 years.
- Body proportions changes considerably.
- There is rapid muscular growth during this period which helps to develop many muscular skills and improvement in muscular co-ordination.
- During this stage, Milk teeth starts falling and permanent teeth start growing.
- Nervous system grows at a relatively rapid rate.
- Sense organs are fully developed during this period.
- Digestive system is still tender and susceptible to infections. They catch infections very easily.
- Children are prone to diseases like measles, chickenpox, mumps, whooping cough, dental caries, etc.
- Self-help skills like eating, bathing, dressing up are sufficiently developed during this stage.

Mental Development: This period (period of late childhood) is period of intellectual advancement.



- Variety of new experiences & knowledge is acquired.
- Development of power of thinking, observation, reasoning, remembering, recalling, and attention takes place.
- Sensory equipment is fully developed.
- Development of language is another important feature of later childhood period.
- He asks curious questions.

As far as **Emotional Development** is concerned later childhood is period of stability and control.

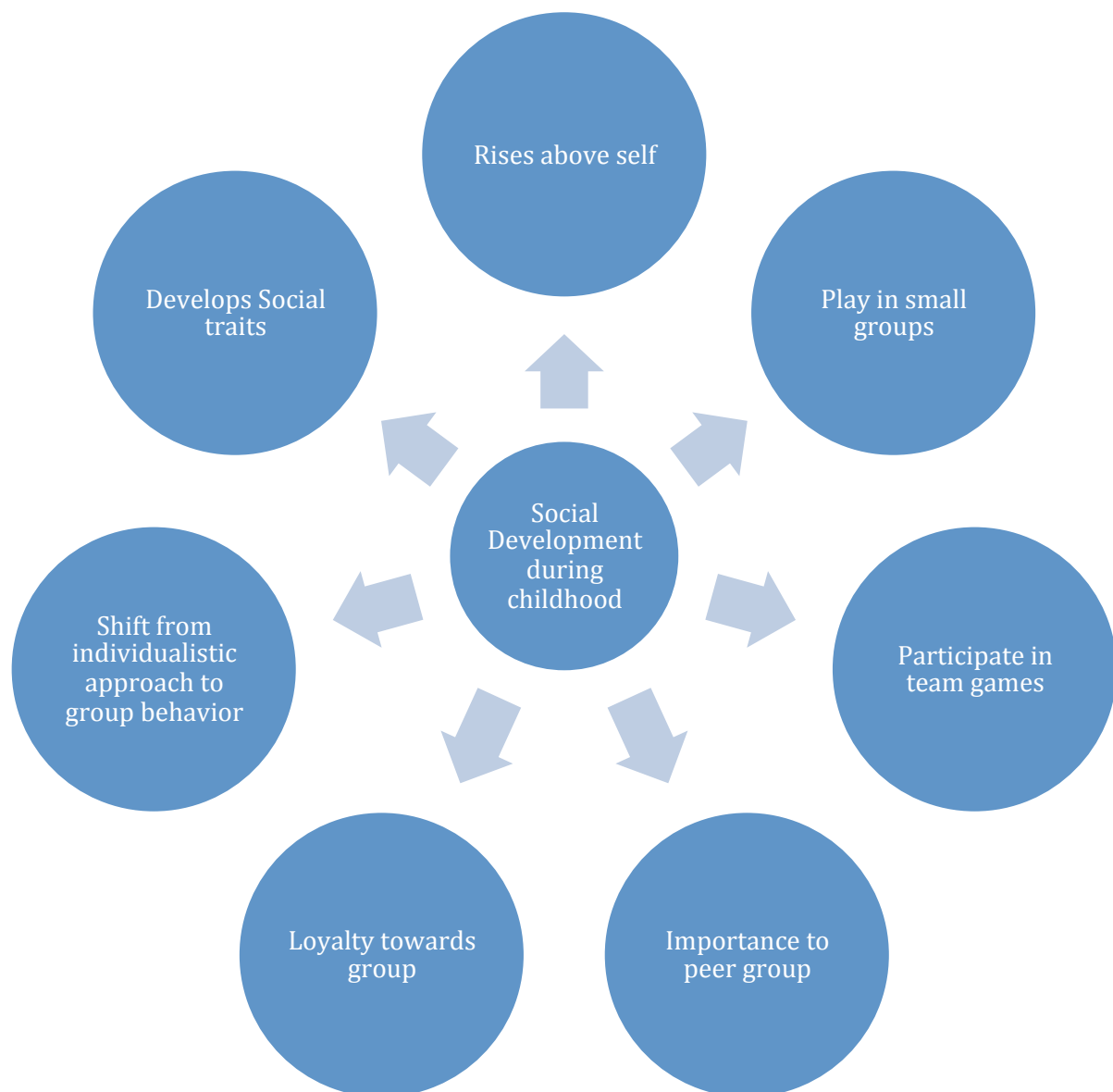
- Emotional expression is rational.
- Emotional expression is mature and modest.

Emotions exhibited in early childhood and later childhood are almost the same but these emotions at two stages differ at two levels i.e. type of situation that makes the child emotional and in the ways in which emotions are expressed.

The common childhood emotions are:-

Fear, Worry, Anger, Jealousy, Curiosity, Affection.

Regarding **Social Development**: A Considerable change in social development takes place. Individual rises above the self.



- Tends to play in small groups.
- Participates in team games.
- Peer group becomes very important to child.
- Growth of loyalty toward group.
- Shift / Transition from individualistic approach to group behavior.

- Individual develops social traits like sympathy, competition and co-operation.

Moral Development: As the child shifts from self to group behavior his morality starts developing.

- Consciousness of right and wrong is determined by religious and moral training received at home and school.
- They develop a strong sense of what they should do and what they should not do.

In the light of various characteristics in different aspects discussed so far, we will now have an appraisal of the educational implications of these characteristics.

- Various aspects of growth and development i.e. physical, emotional, social and mental are interrelated and inter dependent. Poor development in one aspect would adversely affect the development in other aspects. So parents, teachers and coaches should aim at the all-round harmonious development.
- These are individual differences in rate of development. If there are slight variations, we need not worry. However if there is moderate or substantial variation in growth & development of the child, we as parents, teachers and coaches must show concern and take the remedial steps immediately.
- As we know maximum time of the child during these stages is spent in home and school, so parents and teachers should provide healthy atmosphere to ensure proper growth and development.
- Teacher should identify learning difficulties of the child because, if such difficulties are not taken care of, these may lead to serious social and emotional maladjustments.
- As already discussed, imitating the behavior of the adults is an important feature of infancy and early childhood, so the behavior of parents and teachers should be exemplary.
- Good health, proper diet, proper rest is must for proper growth and development. Parents and teachers should plan the activities which ensure appropriate balance in rest, entertainment and activities.
- Repeated failures may frustrate the child and result in emotional disturbance. So parents and teachers should provide frequent success experiences.
- Suitable learning experiences and environment conducive to learning should be provided to ensure complete mental development.

To conclude, we can say that life of an organism starts with conception in the womb of his mother. From conception till death, individual undergoes the process of intensive growth and development. This whole span can be divided into certain specific stages namely infancy, childhood adolescence, adulthood, old age.

Educationist concern only three of these stages i.e. infancy, childhood and adolescence. Each of these stages extends over a larger definite period exhibiting somewhat typical

behavioral characteristics in all dimensions like physical, mental, emotional, social and moral.

Physical growth and development refers to the processes which are responsible for bringing about bodily and physiological changes, which may be internal as well as external in nature.

Mental growth and development refers to the processes responsible for the development of all cognitive and mental abilities like sensation, perception, memory, reasoning, etc.

By Emotional growth and development, we mean appropriate understanding of emotions and mature expression of emotions. Individual also learns to control his emotions.

Social development refers to the process which makes the individual a socially acceptable individual, who have developed social qualities like sympathy, cooperation, sharing, etc.

By moral development, we mean to conform to the norms of the society and develop an ability to differentiate right and wrong.

Next stage is the adolescence stage. This is most crucial. It is the transit period between childhood and adulthood. Adults have to face various difficulties. Education should aim at understanding all these problems and organize the educational program to enable them face all these problems of life. We will discuss about adolescence period in next lecture.

That's all for today!

Thank You