

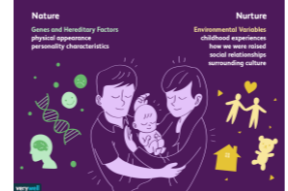

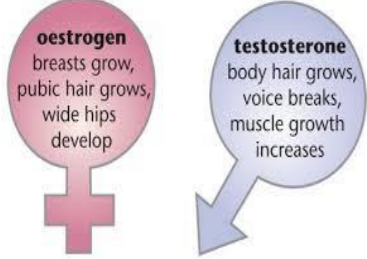
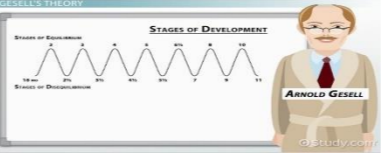
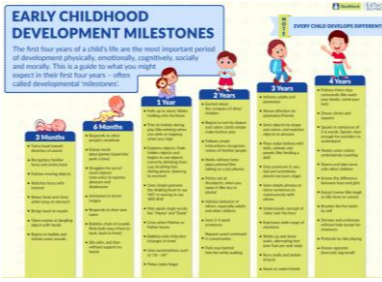



Physical	Intellectual (cognitive)	Emotional	Social	Nature v Nurture	Factors Affecting Development	Aging
<p><u>Fine Motor Skills</u> are control over small muscles in body (hands, fingers, wrists)/hand eye co-ordination</p> <p>Example.....using a pincer grip, holding a pen, buttoning up clothes, feeding yourself throwing a ball etc</p>  <p><u>Gross Motor Skills</u> are...the control over larger muscles in the body (arms, legs and trunk)</p> <p>Example.....holding up head, walking, running, skipping etc</p>	<p><u>Piaget (4 stages)</u></p> <p>1)<u>Sensorimotor –0-2 years</u> learn through senses to explore the world- they are egocentric</p> <p>2)<u>Pre-operational –2-7 years</u> label and organise thoughts, imagination developed and conservation being developed</p> <p>3) <u>Concrete Operational- 7-12 years</u>- apply logic and understanding, problem solving begins and applied to concrete situations. Can learn maths and science</p> <p>4) <u>Formal Operational -12+years</u> abstract and hypothetical skills develop. Strategic thinking developed and can apply knowledge to new concepts</p>	<p><u>Bowlby – attachment</u></p> <p>Children come into the world biologically pre-programmed to form attachments with others- for survival</p> <p>A child has an innate (i.e. inborn) need to attach to one main attachment figure</p> <p>The critical period for developing at attachment (2-5 years)</p> <p>Continual disruption of the attachment between infant and primary caregiver could result in long term cognitive, social, and emotional difficulties for that infant</p>	<p><u>Bandura- Social Learning Theory</u></p> <p>We observe behaviour from around us and Bandura suggests that we copy and imitate</p> <p>Bobo doll experiment- children copied aggressive behaviour from the adults</p> <p>Environments play a strong role in influencing behaviour</p> 	<p><u>Nature is:</u> Nature is how we are influenced by genetic inheritance and other biological factors</p> <p>Examples: hair colour, eye colour, skin colour, height, inherited/genetic conditions such as PKU, Brittle Bone Disease</p> <p><u>Nurture is....</u> Nurture is the influence of external/environmental factors after conception Examples: parents, friends, culture, religion, education</p> 	<p><u>Biological factors</u> <u>Foetal Alcohol Syndrome</u> Foetal alcohol syndrome is a type of foetal alcohol spectrum disorder (FASD), the name for all the various problems that can affect children if their mother drinks alcohol in pregnancy.</p> <p>Symptoms: smaller head, poor growth, distinctive facial features (e.g.) small eyes, thin upper lip, poor attention span, balance problems, learning difficulties or hearing/sight problems</p> <p><u>Lifestyle/Diet during Pregnancy</u> – a poor diet can lead to health problems for the child such as obesity</p> 	<p><u>Social Disengagement</u></p> <p>Cummings and Henry developed the Social Disengagement theory suggested that as people move into later adulthood, they begin to withdraw from the roles that were once important in their lives and start to disengage from social relationships too. This is due to ill health and preparing for end of life</p> 
<p><u>Primary Sexual Characteristics</u> These are present at birth and comprise the external and internal genitalia e.g. penis/vagina/testes/ovaries</p> <p><u>Secondary Sexual Characteristics</u> are features that appear during puberty e.g. breasts, facial hair, hips widening, pubic hair</p> 	<p><u>Schemas</u> -describes a pattern of thought or behaviour that organizes categories of information and the relationships among them.[1] It can also be described as a mental structure of preconceived ideas, a framework representing some aspect of the world, or a system of organizing and perceiving new information</p> <p><u>Accommodation</u>- involves the modification of an existing schema to understand (accommodate) new information.</p> <p><u>Assimilation</u> involves fitting a new experience into an existing schema</p> <p><u>Conservation</u> the child realises that properties of objects—such as mass, volume, and number—remain the same, despite changes in the form of the objects e.g. changing the shape of the glass may not change volume</p> <p><u>Egocentrism</u> <u>Egocentrism</u> refers to the child's inability to see a situation from another person's point of view-children will think everyone see's things like they do (they are not selfish)</p>	<p><u>Ainsworth- 3 types of attachment</u></p> <p>1) <u>Secure Attachment</u> -Children who can depend on their caregivers show distress when separated and joy when reunited. Although the child may be upset, they feel assured that the caregiver will return.</p> <p>2) <u>Avoidant attachment</u>: Children with an avoidant attachment tend to avoid parents or caregivers, showing no preference between a caregiver and a complete stranger. This attachment style might be a result of abusive or neglectful caregivers</p> <p>3) <u>Ambivalent attachment</u>: These children become very distressed when a parent leaves. Because of poor parental availability, these children cannot depend on their primary caregiver to be there when they need them.</p>	<p><u>3 Types of Play</u></p> <p>1) <u>Solo</u> –playing alone – does not have the social skills to play together</p> <p>2) <u>Parallel</u> – next to a person but alone – awareness starts of others. Watches others play but plays alone</p> <p>3) <u>Co-operative</u>- playing together –has social skills to now play together</p> 	<p><u>Gesell Maturation Theory</u></p> <p>Gesell's Maturation Theory focused on the physical and mental development of children. He suggested that children will go through the same stages of development, in the same sequence but each child will go through the stages at their own rate. He suggested that patterns of development is determined by the individual's genetic inheritance</p>  	<p><u>Environmental</u></p> <p><u>Pollution (low air quality)</u> -long-term exposure to air pollution can cause chronic conditions such as cardiovascular and respiratory diseases (asthma)as well as lung cancer, leading to reduced life expectancy.</p> <p><u>Poor housing-(dampness, low temperature, overcrowding)</u> linked to a range of health conditions, including respiratory infections, asthma, lead poisoning, injuries, and mental health</p> <p><u>No access to HSC services-</u> (due to opening hours, rural/city locations/transport) No accessing services can mean illness go untreated making illnesses worse</p> 	<p><u>Active Theory</u></p> <p>Havighurst developed the activity theory in response to the Social Disengagement Theory. The Activity Theory suggests that individuals in later adulthood are most fulfilled and at their happiest when they participate in social interactions and remain active. They adapt to activities to keep a sense of who they are.</p> 
<p><u>Menopause</u> The menopause is when a woman stops having periods and is no longer able to get pregnant naturally. Periods usually start to become less frequent over a few months or years before they stop</p>	<p><u>Chomsky (LAD)</u> Everyone is born with a language acquisition device which is the ability to develop a language</p> <p>Critical period –0-6</p>	<p><u>Konrad Lorenz</u> Konrad Lorenz was an ethologist who carried out research into imprinting, which is present in ducklings and geese. With imprinting, offspring follow the first large moving object they see.</p>	<p><u>Bullying</u>- repeated negative behaviour intended to cause harm</p> <p>Bullying can affect physical and emotional health (both short and long term). It can lead to physical injury, social problems, emotional</p>	<p><u>Stress Diathesis Model</u> (Blend of Nature and Nurture on Development)</p> <p>The stress-diathesis model is the explanation that a disorder or behaviour trait is the result of an</p>	<p><u>Social Factors</u> <u>Family Dysfunction- Divorce-</u> disrupt attachment and cause insecurity <u>Parenting styles-</u> strict/relaxed styles can impact on child's freedom or lack of independence</p>	<p><u>Societal effects of aging (effects on community)</u> Increased costs on the NHS of an aging population – older people cost the NHS more due to illnesses</p>


altogether. This is because oestrogen levels decline

Common symptoms include:
 hot flushes
 night sweats
 vaginal dryness and discomfort during sex
 difficulty sleeping
 low mood or anxiety
 reduced sex drive (libido)

Perimenopause:
 refers to the time during which your body makes the natural transition to menopause, marking the end of the reproductive years- oestrogen levels start to decline

The critical time in which humans need to develop basic skills such as language – if not it can lead to an interruption of learning language (Genie)

Noam Chomsky



- Innatist Theory
- The Language Acquisition Device (LAD)
- Children have an innate knowledge of the basic grammatical structure that is the basis to all languages
- The Universal Grammar (UG)
- The Critical Period – essential for first language acquisition

Lorenz allowed goslings to imprint on him, and as a result, they followed him around.

Links to attachment and bonding from birth- SKIN TO SKIN



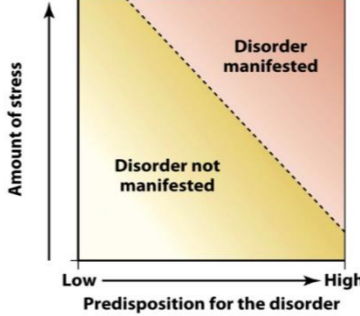
problems, and even death (suicide) Those who experience bullying are at increased risk for mental health problems and problems adjusting to school. Bullying also can cause long-term damage to self-esteem



interaction between genetic predisposition (increased genetic likelihood) and stress, caused by life events and factors (grief, abuse, neglect)

Genetic Factors


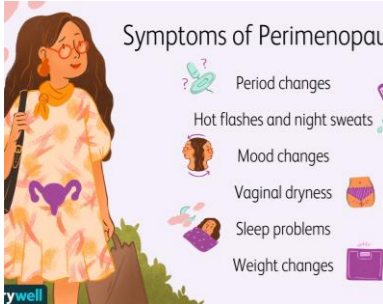
Genetic Predisposition – increased likelihood of developing a condition due to genetic inheritance.



Bullying- affects self-image/self-esteem – can lead to anxiety/depression/self-harm/suicide

Culture/Religion/Beliefs
 Christian- ask for last rights
 Jehovah's Witness- may refuse blood transfusion
 Jewish patients- Sabbath (may have requirements on this day)
 Muslim patients-consider modesty during personal care, dietary requirements (no pork/ halal meat/fasting) and spirituality needs

More services required for the elderly:
 Meals on wheels
 Winter fuel payments
 Day centres
 Residential homes

Types of Intelligence

Fluid intelligence
 refers to the ability to reason and think flexibly- people apply knowledge to unknown situations using logic (early and middle adulthood)

Crystallized intelligence
 refers to the accumulation of knowledge, facts, and skills that are acquired throughout life due to many life experiences (older adulthood)

Self-Image:
 Refers to the way an individual sees himself or herself (physically and mentally). Developed over time and influenced by the experiences they have encountered.

Self Esteem
 Refers to a person's feelings of **self-worth** or the **value** that they place on themselves

Self-Concept
 How someone sees themselves and the perception that they hold about their abilities. Various factors that can affect self-concept; these include age, sexual orientation, gender and religion. Includes both self-image and self-esteem.

Peer Pressure
 Peer pressure is the influence of a group or individual on another person to alter their behaviour (to be accepted in that group)

Positive- encourage in school, join in clubs, contribute to society

Negative- smoking, bullying, drinking, vandalism or sex



Examples of genetically inherited conditions

Cystic Fibrosis – mucus in the lungs and digestive system affecting breathing and digestion of food

Brittle Bone Disease – lack of collagen protein in the bones causes brittle bones

Phenylketonuria (PKU)- a person cannot break down phenylalanine (protein) from foods

Huntington's Disease – people born with a faulty gene that causes the brain to become damaged over time affecting physical and intellectual development

Economic Factors

Income – low income can impact diet, education, life chances and opportunities

Employment – improve self-esteem, fitness and improve income
 No employment- reduce self-esteem and self-image, cause anxiety and low social status

Lifestyle- can lead to health issues
 Smoking- lung disease
 Drinking- liver disease/addictions
 poor diet – obesity
 (can all lead to low self-image/low self esteem)

Education- can lead to employment and improve income, self-image and self esteem

No education- lack of employment and social opportunities

Physical signs of aging:
 Cardiovascular disease- affecting the heart or blood vessels

Degeneration of nervous tissue- e.g. multiple sclerosis (MS)

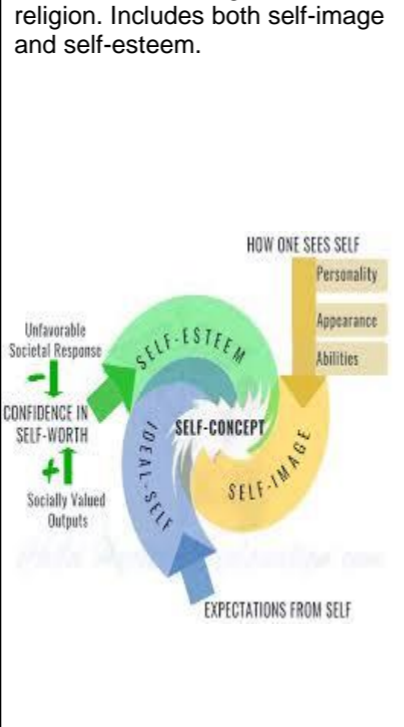
Osteoarthritis – pain in joints from reduction in cartilage in the joints

Degeneration of senses- e.g. sight and hearing

Dementia- conditions affecting the brain e.g. Alzheimer's- loss of memory, thinking speed and language

Dementia (affecting memory)

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of **dementia**.



Klinefelters Syndrome - boys born with extra X chromosome and can affect physical and sexual development


Duchenne Muscular Dystrophy – disease that causes muscle weakness and wasting due to a fault on the person's dystrophin gene

Examples of generic conditions

Downs Syndrome- Extra chromosome on the 21st pair- due to a change in the sperm or egg Affects physical features such as poor muscle tone, flattened facial features and almond shaped eyes. Links to intellectual disabilities.

Predictable Life Events
 Events you can predict in life
Examples include:
 Marriage
 Education
 Driving
 Having a family
 Retirement
 Moving house

Unpredictable life events
 Events you cannot predict in
Examples include:
 Death of a partner
 Serious accident
 Redundancy
 Divorce
 Imprisonment



The effects of life events on health.
 Holmes-Rahe social readjustment rating scale and the effects of life events on a person's stress levels and health.