TOPIC 2
LIFE CYCLE
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- Focus on development across life cycle (through stages of life).
- It begins with conception and ends with death.
- Divided into various stages; based on growth & changes.
- In general, there are common/universal characteristics for each stage; however, there are also unique characteristics amongst individuals: (characters, time, duration).
STAGES IN LIFE:

1. Conception & pregnancy
2. Birth
3. Infant (1st two years following birth)
4. Early childhood (toddler) (3 – 6 years of age)
5. Middle childhood (7 – 12 years of age)
6. Early adolescence (13 – 15 years of age)
7. Late adolescence (16 – 19 years of age)
8. Early adulthood (20-30's)
9. Middle adulthood (40-50's)
10. Late adulthood (above 60)
CONCEPTIONS & PREGNANCY

- Prenatal stage; the 1st stage of life
- Starts with the conception between ovum & sperm forming zygote
- Developmental stages during prenatal:
  a) Germinal Period - starts from conception to implantation (takes about 14 days).
  b) Embryonic period - from 2 weeks to 8 weeks after conception
  c) Fatal period - from 8 weeks to the end of pregnancy
A normal pregnancy lasts for 9 months & 10 days; divided into 3 trimesters (basically for medical purposes):

1. **1st Trimester** pertama (early pregnancy – 3rd month) – very crucial stage
2. **2nd Trimester** (4th – 6th month)
3. **3rd Trimester** (last 3 months)

- Fetus develops throughout pregnancy
- Influenced by both genetic & environmental factors
- Mothers-to-be experienced tremendous changes – physical, emotional; particularly due to the changes in hormonal level
DEVELOPMENTAL TASK & CHALLENGES

Prenatal stage:
- Pregnant women must receive good prenatal health care –
  - scheduled medical check-up;
  - Food intake (nutrition), life-style, hygiene, food supplements, medicine/drug/smoking/alcohol
- Support from spouse is highly needed
Challenges:
- Environment may influence fetal development
- **Teratogens** = an agent in the environment that can cause fetal defect/abnormalities/death (miscarriages)
- The effect is varied, depending upon:
  - Amount & period of exposure.
  - Time of exposure.
  - Genetic factors (of mother & fetus).
  - The present of other teratogens.
CRITICAL PERIOD DURING PRENATAL:

1. Germinal/(zygote) = before implantation; teratogens < effect; If exposed; the cells collapsed (miscarriage)
2. Embryonic: Most critical stage - major development occur rapidly during this period
3. Fetal: Not as severe, but main organs can be easily damaged: brain, eyes; genital
**Types of Teratogens**

*(Examples)*

- **Medication** (e.g.: thalidomide, diethylstilbestrol, aspirin) – may cause bodily defect; harm reproductive function; cancer, low birth weight, death
- **Drugs** – various physical & mental damages
- **Cigarettes** – (primary & secondary): low birth weight; premature birth, miscarriage; death; cancer
TYPES OF TERATOGENS

(EXAMPLES)

- **Alcohol** – brain damage, abnormal feature (facial), eyes are widely apart, thinner upper lip, small head size
- **Radiation** – cancer, miscarriage, abnormal physical growth, brain damages, physical & mental retardation; harm formation of skull & eyes
- **Others**: rubella, STD - HIV/AIDS, bacteria/parasite i.e. toxoplasmosis (raw meat, cat’s feces)
OTHER FACTORS:

- Food & nutrition
- Stress/depression (emotional health)
- Rh. factor (mismatch between fetus & mother) Rh. factor – is a blood protein
- Mother’s age
- Number of pregnancy / gaps in-between
CHILDBIRTH = 3 STAGES

• **Stage 1 ➔ dilation stage**: longest stage; the force of the uterine muscle push the baby to cause opening in the mouth of the cervix

• **Stage 2: baby passes birth canal ➔ hard contractions**: baby is pushed towards vagina -- birth

• **Stage 3: ➔ passage of the placenta (afterbirth)**

• Birth can be normal (through vagina, without aid; or with aid (forceps/vacuums) or cesarean birth

• Support from spouse is needed; good bonding for both parents at early stage (attachment)
Infant Stage (0-2 years following birth)

- Infants develop tremendously - physical (motor); senses; emotional; social & emotional
- Primary social agents play significant role to establish various development of the infant
- Infant learns to trust or distrust people; learns how to express love & affections; tries to master stages of development (esp. physical)
- Infants temperaments can be detected at this stage
Early childhood (3 - 6 years)

- Preschool age (++, toddler)
- Rapid growth – physical; social, cognitive & language.
- Develops self concept, identity (early stage); gender role; loves to play with others
- Effective Parents-child relationship is critical
**Middle Childhood (7-12 years)**

- Ability in reading, writing, maths is developed
- Tries to think logically, to understand the “world”
- School is another important micro system
- Rapid growth in psycho-social & moral dev.
- Good family relationship is critical
Early Adolescence (13 - 15)

- Transitional period between childhood & adulthood
- Rapid growth – earlier among girls (puberty)
- Sexual maturity; formal operations thinking
- Wanting freedom, autonomy; prefer peers?
- Earlier & established relationships since small will ease the adjustments for adolescents & parents
LATE ADOLESCENCE (16 - 19 YEARS)

- Formation of self identity is critical aspect of development at this stage
- Plan for future career; academic pursuits; working
- Establish relationship with partners of opposite sex ➔ special relationship
EARLY ADULTHOOD (20's & 30's)

- Biggest challenge: to establish intimate relationship; determine career of choice & get the job
- Various major life decisions: marriage, becoming parents, establishment of career
- Some early adults face divorce at this stage; remarriage
- Many major life decisions at this stage will influence later stages
**Middle Adulthood (40’s - 50’s)**

- Running out of time
- Self reflect, causes mid-life crisis
- Obtain > freedom esp. if all children left home
- Obtain personal & social responsibilities, successful career
- Adaptations are done esp if there are changes (in any other aspects) – I.e promotions → moving to another state
Late Adulthood (> 60)

- Need to adjust & adapt since major changes occur in almost all aspects of life
- Focus on health care to maintain overall well-being
- Some late adults use their time wisely by giving back to the family/society/country using their knowledge & experiences.
CHALLENGES ACROSS LIFE-CYCLE:

- Various capacity, types, durations, timing
- Various factors may influence them or influence the impact of the challenges
- Risk factors; protective factors
- A resilient person can survive best