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).

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:
  - **Germinal Period** – starts from conception to implantation (takes about 14 days).
  - **Embryonic period** – from 2 weeks to 8 weeks after conception
  - **Fetal 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
DEVELOPMENTAL TASK AND CHALLENGES

Emphasized the interrelationship of physical, social, emotional, and intellectual aspects of development.

DEVELOPMENTAL TASKS ....

Definition:
- A developmental task is a task to be performed or achieved during a certain period in a person’s life.
- It represents culture’s definition of "normal" development at different points in the life span.
**Definition:**
- It consists of a set of skills and competences that are acquired as the person gains increased mastery over the environment.
- Many developmental tasks are related to the society in which an individual lives.

**DEVELOPMENTAL TASKS**

- Most people accomplish developmental tasks in a certain order.
- Successfully accomplish one task before going on to a task at the next level.
- Interrelationship of the factors.

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### PSYCHOSOCIAL CRISIS

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