

CLASS – 11

PSYCHOLOGY

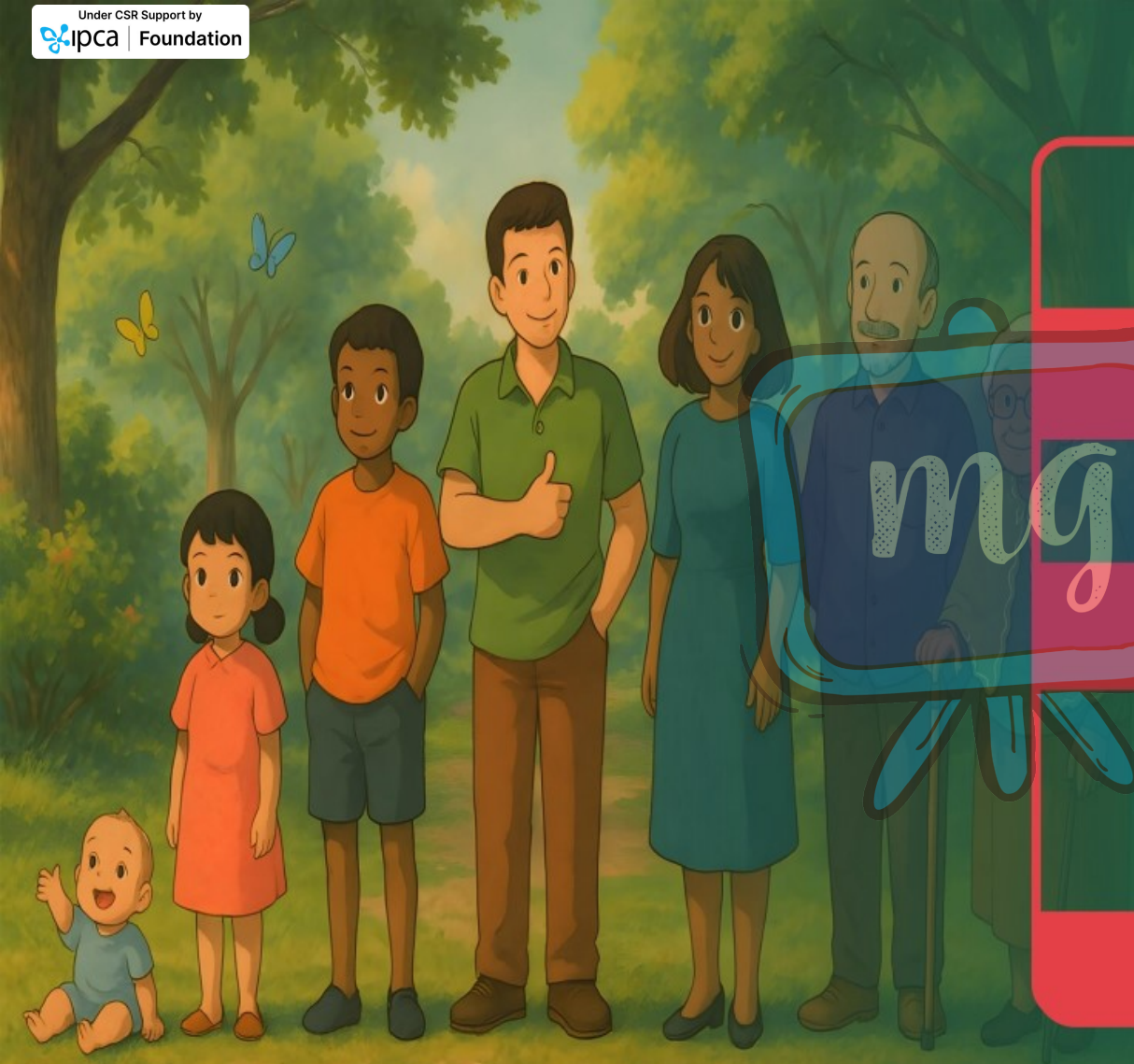
Chapter – 3

Human Development

Part – 8

Exercise

Sonal Koul



EXERCISE

1

What is development? How is it different from growth and maturation?



EXERCISE

1 | What is development? How is it different from growth and maturation?

Answer :

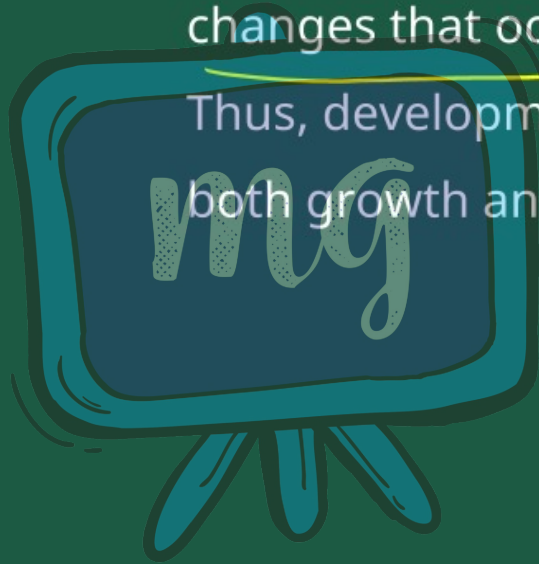
Development is the pattern of progressive, orderly, and predictable changes that begin at conception and continue throughout life. It includes physical, cognitive, and socio-emotional changes that are both gains and losses.

- Growth refers to quantifiable physical increases in height, weight, etc.

EXERCISE



- **Maturation** refers to genetically programmed changes that occur in an orderly sequence. Thus, development is broader and includes both growth and maturation as components.



EXERCISE

2

Describe the main features of life-span
perspective on development.



EXERCISE

2

Describe the main features of life-span perspective on development.

Answer :

According to the Life-Span Perspective, development:

1. Is lifelong – occurs from conception to old age.
2. Is multidimensional – includes biological, cognitive, and socio-emotional domains.
3. Is multidirectional – gains in one area may come with losses in another.

EXERCISE



4. Is plastic – modifiable and flexible within individuals.
5. Is influenced by historical conditions.
6. Is multidisciplinary – studied by psychology, sociology, neuroscience, etc.
7. Occurs in context – affected by environment, culture, heredity, and socio-historical conditions.

EXERCISE

3

What are developmental tasks? Explain by giving examples.



EXERCISE

3

What are developmental tasks? Explain by giving examples.

Answer :

Developmental tasks are the specific skills and competencies expected to be achieved during a particular stage of life.

Examples:

- ▮ Learning to walk and talk during infancy.
- ▮ Developing moral reasoning and self-concept during childhood.

EXERCISE

- Forming identity and selecting a career during adolescence.



EXERCISE

4

'Environment of the child has a major role in the development of the child'. Support your answer with examples.



EXERCISE

4

'Environment of the child has a major role in the development of the child'. Support your answer with examples.

Answer :

Environment affects how genetic potentials are expressed.

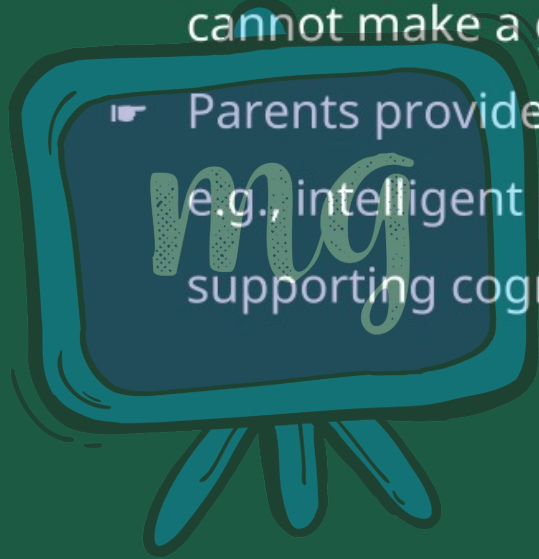
Examples :-

- A child genetically predisposed to be introverted may become more social in an extroverted environment.

EXERCISE



- ▮ Good nutrition improves development, but cannot make a genetically short child tall.
- ▮ Parents provide both genes & environments – e.g., intelligent parents often provide books, supporting cognitive development.



EXERCISE

5

How do socio-cultural factors influence development?



EXERCISE

5

How do socio-cultural factors influence development?

Answer :

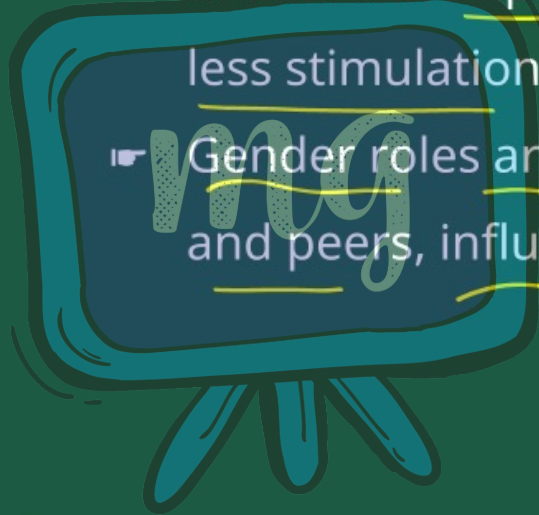
Development is influenced by the microsystem, mesosystem, exosystem, macrosystem, and chronosystem (Bronfenbrenner). Socio-cultural context includes family, school, peers, caste, class, geography, culture, media, etc.

EXERCISE



Example :

- Children in impoverished environments with less stimulation face difficulties in learning.
- Gender roles are shaped by media, parents, and peers, influencing self-concept.



EXERCISE

6

Discuss the cognitive changes taking place in a developing child.



EXERCISE

6

Discuss the cognitive changes taking place in a developing child.

Answer :

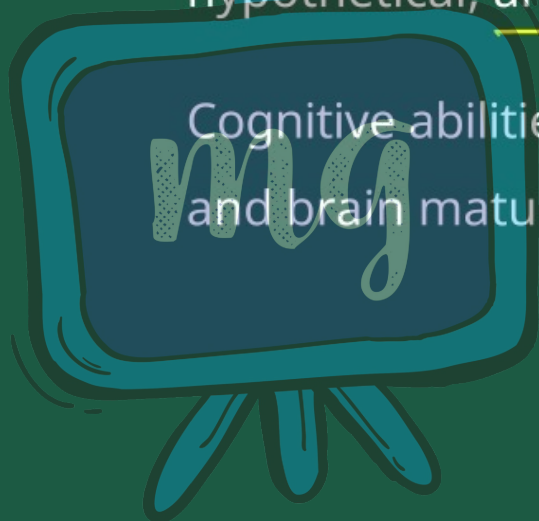
As per Piaget :

- Sensorimotor stage (0-2 years) : learning through senses; no object permanence.
- Preoperational stage (2-7 years) : symbolic thought, egocentrism, centration.
- Concrete operational stage (7-11 years) : logical thinking, reversibility.

EXERCISE

- ▮ Formal operational stage (11–15 years) : abstract, hypothetical, and idealistic thinking.

Cognitive abilities grow with age, social exposure, and brain maturation.



EXERCISE

7

Attachment bonds formed in childhood years have long-term effects. Explain taking examples from daily life.



EXERCISE

7

Attachment bonds formed in childhood years have long-term effects. Explain taking examples from daily life.

Answer :

Attachment is the close emotional bond with caregivers.

- Secure attachment : forms when parents are responsive and affectionate — leads to confidence and social competence.

EXERCISE

- **Insecure attachment** : arises from insensitive parenting — may cause anxiety and fear in relationships.

Example : Harlow's monkey experiment showed preference for comfort (cloth mother) over feeding (wire mother). **Also Eric Erikson** Theory of Trust vs. mistrust.

EXERCISE

8

What is adolescence? Explain the concept of egocentrism.



EXERCISE

8

What is adolescence? Explain the concept of egocentrism.

Answer :

Adolescence is the transitional period from childhood to adulthood marked by puberty and identity formation.

▮ Egocentrism in adolescence (as per David Elkind) includes:

✧ Imaginary Audience : belief that others are constantly watching and judging.

EXERCISE



✧ Personal Fable : belief in one's uniqueness
and that others can't understand their
experiences.



EXERCISE

9

What are the factors influencing the
formation of identity during adolescence?
Support your answer with examples.



EXERCISE

9

What are the factors influencing the formation of identity during adolescence?
Support your answer with examples.

Answer :

Factors include :

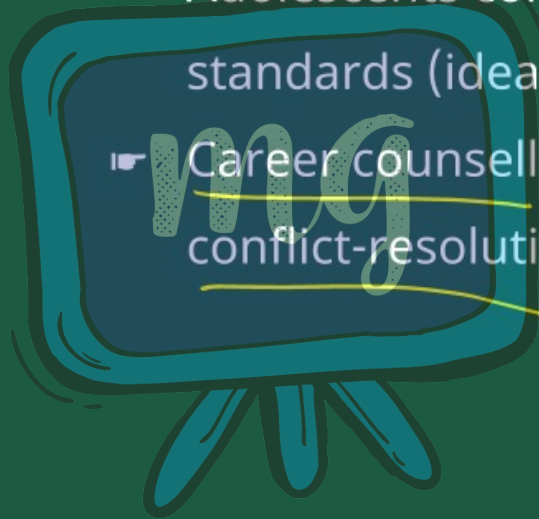
- ▮ Cultural background
- ▮ Family and social values
- ▮ Peer influence
- ▮ Vocational aspirations

EXERCISE



Example :

- Adolescents compare themselves to ideal standards (ideal parent, ideal body).
- Career counselling, social acceptance, and conflict-resolution shape identity.



EXERCISE

10

What are the challenges faced by individuals on entry to adulthood?



EXERCISE

10

What are the challenges faced by individuals on entry to adulthood?

Answer :

Challenges include :

- Transition to independence
- Career selection and adjustment
- Marriage and family roles
- Parenting responsibilities
- Coping with work-life balance
- Adapting to physical and cognitive changes

EXERCISE



Example :

Managing responsibilities at work and home,
dealing with marital adjustments, and
maintaining social relationships.

