**BTEC Diploma Health & Social Care – Unit 4 Answer framework**

ASSIGNMENT 1 **Submission date** …………………………………

You are a writer for a monthly journal called ‘the health visitor’ who has been asked by the editor to produce an article that describes the stages of an individual’s life and what might happen in the future in terms of growth and development.

You should make sure you write the article with the view that the readers will be predominantly trainee health visitors.

**Before you start this assignment -** you will need to gather lots of information on the normal development of a person during the life stages. This will enable you to fully reference your work. (You will also have teaching input about the life stages and areas of development)

***Top Tip***

**The more you find out the easier it will be to complete this assignment.**

**TASK:**

Your editor would like you to describe the process of development that a person will go through. In order to do this, you firstly need to identify the main areas of human development and describe the major features of development for each of the life stages. You are asked to look in some detail at the physical and psychological effects of ageing. You can use illustrated material here to highlight specific development features. **This provides evidence for UNIT 4 -P1, P5 & M3**

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| **P1** **Describe** physical, intellectual, emotional and social development for each of the life stages of an individual |
| **P5** **Explain** the physical and psychological changes that may be associated with ageing. |
| **M3** **Discuss** the effects on self-esteem and self-confidence of the physical changes associated with ageing. |

***Ensure your work is referenced using a variety of sources. Make sure you are putting information into your own words.***

1. Title:This could be something like ***‘ Development throughout life’.***
2. Subtitle**: Introduction**

Introduce your article. - Explain what the article is about – *see example below.*

***Development throughout a persons life***

***Introduction:***

***This article is an investigation into the process of development through the life stages which should help potential health visitors when working with a range of individuals. I hope to give you an insight into human development throughout the life stages.***

1. Subtitle: **Development in the life stages.**

Identify the different Life stages that a person passes through. (don’t forget to include the age range for each stage)

Briefly explain the terms Growth and Development.

Briefly explain that there are different areas of Development - Physical, intellectual (including language), emotional and social and write a sentence about these.

1. Subtitle: **Conception**

*Using your research from the internet and textbooks,* write a short paragraph to describe what happens in this stage.

1. Subtitle: **Pregnancy**

*Using your research from the internet and textbooks,* write a short piece to describe the physical development during pregnancy up to birth.

1. Subtitle: **Birth & Infancy – 0-3 years**

*Using your research from the internet and textbooks you will now cover to development in this stage*

Subtitle: **Physical Development**

Explain that birth takes place about nine months following conception.

Explain that babies are born with primitive reflexes.

Identify these reflexes.

Now describe the gross and fine motor skills that develop during this stage. Using your research from the internet and textbooks, write piece to describe the key physical developments at this stage.

Subtitle: **Intellectual Development**

Explain that a key theorist in intellectual development was Piaget and he suggested that intellectual development was a process of maturation and infants learn from experience.

Briefly explain Piaget’s Sensorimotor stage.

Now cover language development explain that Chomsky (1959) and Pinker (1994) both believed that the ability to develop language is genetically programmed and that language develops due to maturation.

Identify the key areas of language development up to 3 years.

Subtitle: **Emotional Development**

Now cover emotional development include information about Attachment in this section and the work of Bowlby

Subtitle: **Social Development**

Now cover social development – interacting with carers.

1. Subtitle: **Childhood – 4-9 years**

*Using your research from the internet and textbooks you will now cover the areas of development in this stage*

Subtitle: **Physical Development**

Identify the key physical development milestones in this life stage.

Subtitle: **Intellectual Development**

Briefly explain Piaget’s Pre-operational and Concrete operational Stages.

Explain the key areas of language development from 4 years onwards.

Subtitle: **Emotional Development**

Now cover emotional development include information about understanding self and others in this section

Subtitle: **Social Development**

Now cover social development – first social learning and how play develops.

1. Subtitle: **Adolescence – 10-18 years**

*Using your research from the internet and textbooks you will now cover to development in this stage*

Subtitle: **Physical Development**

The key physical development you will cover here is puberty. Don’t forget to cover the changes that occur in both genders.

Subtitle: **Intellectual Development**

Briefly explain Piaget’s Formal Operational Stage.

Subtitle: **Emotional Development**

Now cover emotional development include information about Identity in this section

Subtitle: **Social Development**

Now cover social development – secondary social learning.

1. Subtitle: **Adulthood 19– 65 years**

*Using your research from the internet and textbooks you will now cover to development in this stage*

Subtitle: **Physical Development**

You may find it easier to split this in young adults and older adults. Remember to include in detail the physical changes that occur in the later stages of adulthood (age 40+ years and don’t forget to include the menopause in women.

Subtitle: **Intellectual Development**

Now cover intellectual development

Subtitle: **Emotional Development**

Now cover emotional development include information about Intimacy and Staying involved.

Subtitle: **Social Development**

Now cover social development – interacting with carers.

1. Subtitle: **Older Adulthood – 65+ years**

*Using your research from the internet and textbooks you will now cover to development in this stage*

**P5** Subtitle: **Physical Development and changes in Older Adulthood**

Explain the changes that may occur and the effects these changes may have on a person.

For example changes to the skin and the development of wrinkles,

You then need to consider how a person may react to these changes.

What effect may these physical changes have on their confidence and self esteem? Why? Don’t forget to back up what you are saying with evidence.

Subtitle: **Intellectual Development, Emotional and Social Development**

Consider the psychological effects of ageing, include Eriksons ‘ego integrity’.

Discuss the general issues that may influence ageing – see table 4.9 pg168 – Stretch & Whitehouse book one.

You then need to consider how a person may react to these changes.

What effect may these physical changes have on their confidence and self-esteem? Why? Don’t forget to back up what you are saying with evidence.

M3 **Discuss** the effect may these physical changes have on the individual’s **confidence and self-esteem**? How? Why?

Choose a range (at least 5) of **Physical changes** and focus on the impact of those changes on confidence and self-esteem.

For example:

Muscular-skeletal changes -What about loss of mobility due to conditions such as arthritis? How might they be affected in terms of confidence and self-esteem? What must it feel like when you can’t do the things you once could?

You then need to give some detail on Erikson’s ‘ego integrity’.

For example:

**Erikson’s ‘ego integrity’.**

**Stage: Maturity (65 to death)**

* **Basic Conflict:** [Ego Integrity vs. Despair](https://www.verywellmind.com/integrity-versus-despair-2795738)
* **Important Events:** Reflection on life
* Major Question: "Did I live a meaningful life?"

**Integrity versus despair** is the eighth and final stage of Erik **Erikson's** stage theory of psychosocial development. This stage begins at approximately age 65 and ends at death. Psychologists, counsellors, and nurses today use the concepts of Erikson's stages when providing care for ageing patients.

At the **integrity versus despair** stage, the key conflict centres on questioning whether or not the individual has led a meaningful, satisfying life. During the integrity versus despair stage, people reflect back on the life they have lived and come away with either a sense of fulfillment from a life well lived or a sense of regret and despair over a life misspent. Successfully resolving the crisis at this stage leads to the development of what Erikson referred to as [ego](https://www.verywellmind.com/what-is-the-ego-2795167) integrity. People are able to look back at their life with a sense of contentment and face the end of life with a sense of wisdom and no regrets. Erikson defined this wisdom as an "informed and detached concern with life itself even in the face of death itself."

Those who feel proud of their accomplishments will feel a sense of integrity. Successfully completing this phase means looking back with few regrets and a general feeling of satisfaction. These individuals will attain wisdom, even when confronting death.

Those who are unsuccessful during this phase will feel that their life has been wasted and will experience many regrets. The individual will be left with feelings of bitterness and despair.

Erikson's theory differed from many others because it addressed development throughout the entire lifespan, including old age. Older adults need to look back on life and feel a sense of fulfilment. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair. At this stage, people reflect back on the events of their lives and take stock. Those who look back on a life they feel was well-lived will feel satisfied and ready to face the end of their lives with a sense of peace. Those who look back and only feel regret will instead feel fearful that their lives will end without accomplishing the things they feel they should have.​