

## **Principles of Growth and Development**

The developmental process of a child begins from the very time when he occurs in the womb, and it continues unless he attains maturity. As **Munroe** has said that development is that stage of series of changes in which a child passes from the stage of being an embryo to adulthood. As a result of development, new abilities and new characteristics appear in a person. The psychologists have propounded several principles on the manner how this developmental process occurs. These principles are called the principles of development. They are as follows :

**1. Principle of Continuous Development :** The process of development is a continuous process which goes on continuously. Though the rate of development is not uniform always, it becomes slow or fast, but does never stop before attaining its zenith. As a consequence of which, there is no sudden change in a person. Physical and mental qualities do not occur in a child all of a sudden, he does not develop proficiency in language in one day; rather their foundation starts to be laid from the very childhood.

**2. Principle of Uniform Pattern :** According to this principle, every species follows the standard of development according to the type of its species. The standard of development of all human children the world over is uniform, there is no difference among them. A child, whether he is born in India or America or Europe, he attains his physical, mental, linguistic, dynamic and emotional development in an equal measure.

**3. Principle of Specific Pattern :** The development of a child runs in a specific pattern. In movement development, the child first learns how to sit, than stand and then walk. In the same way, he learns to control his head, and then from higher limbs to downwards gradually. He first gets the front teeth then on the side. in the same way, language, social and emotional development occur in a specific pattern.

**4. Principle of General to Specific Responses :** A child's development is from general responses to specific responses. He is able to show only general responses in all fields of development. A newborn shakes his whole body when agitated. In the same way, an infant lifts his full hand, only after that he learns to move a part of the hand and show specific movement. The child at first produces meaningless sounds, only after that he is able to pronounce some meaningful words; in the beginning the child moves his whole body, but after having grown he moves only his eyes or mouth only. Gradually, he learns various emotions such as anger, pain, jealousy, happiness, etc. and gains control over them.

**5. Principle of Different Rate of Growth :** According to this principle, the development of all organs is not uniform but by different rates. Various organs at the time of birth are in different proportion. Hands and legs are fully developed in adolescence. The brain finds its full weight in about sixth year, though its constitution goes on even after that. The game-related interests are supreme in childhood, and the opposite sex-related interests reign supreme in adolescence. The creative imaginations develop at a fast rate during childhood. Thus, the different physical and mental organs develop at different rates.

**6. Principle of Correlation :** According to this principle, we find correlation in almost all qualities of a child. The child who is rapid in the development of one quality, is also rapid in the development of another quality; and the child who is slow in the development of one quality is also slow in the development of another quality. A person with higher intellectual development than normal, is also of higher quality in his development of size, height, sociality, etc.; and the child who is lower in intellectual development is also lower in development in other fields. Thus we see that all kinds of developments are correlated.

**7. Principle of Integration :** According to the principle of integration, a child first learns how to move the whole limb, and then how to move its various parts, and at last he learns how to integrate various parts of the limb. A child's mental, emotional and physical developments are mutually related. Thus, mental development influences physical and emotional development, and physical and

emotional developments influence mental development. According to Kuppaswami, in development there is movement from the whole to the parts and then from parts to the whole. The integration of various organs makes naturalness of the movements possible.

**8. Principle of Interaction of Heredity and Environment :** According to this principle, a child's development takes place due to interaction of heredity and environment. According to Skinner, it has become clear that heredity determines those limits beyond which the development of the child cannot take place. In the same way, it has also been proved that polluted environment, malnutrition and serious illnesses can complicate inborn traits and make him weak. From the coming together of acquired hereditary traits and environment-related traits is determined the quantity of child's development, its form, etc.

**9. Principle of Self-Removal of Undesirable Behaviour :** According to this principle, in each stage of development the children can be seen doing some undesirable behaviours, but such behaviours are eradicated after crossing that stage of development by themselves. The children are very naughty in childhood, they quarrel among themselves, tease one another. In fact, this naughty behaviour is due to the rapid rate of their development, and after some time these naughty tricks come to an end by themselves. Several children make their body and clothes dirty very soon and are very careless about their physical cleanliness, but the same children become aware of their physical beauty and cleanliness of their clothes in adolescence.

**10. Principle of Individual Differences :** According to this principle, individual differences are found in different fields of development. Development of each child has its own private form. We can clearly see differences in physical development, mental development, dynamic development, emotional development and social development among boys and girls of the same age. In the field of development, there is something unique or specialty which makes a boy or girl different from all others. Some psychologists have prepared a graph of physical development of different children and have concluded that the direction of development for all children is almost normal, however their rate of development was different.

The knowledge of above principles is necessary for the parents and teachers. By the knowledge of these principles, the parents and teachers will be able to provide adequate motivation and arrange suitable education for them.