

REVIEW STUDY ON HUMAN DEVELOPMENT AND THEIR CHARACTERISTICS**Purna Majumdar PhD**

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Abstract

Human development is the development of qualitative changes of human beings. This development is a continuous process which continues from conception till death. Different types of changes that have come in the lifetime of human are known as development in common language. The process of development includes physical, mental, social, emotional etc. aspects. The gradual changes in the path of progress in human life have been given the noun of development. Development is basically related to mental activities and development is a continuous phenomenon in both positive and negative forms.

Keywords

*Human Development,
Adolescence,
Early Childhood,
Economic Development,
Heredity.*

1. Introduction

Human development theory has its roots in ancient philosophy and early economic theory. Aristotle noted that 'wealth is clearly not the good we seek, for it is only useful for something else'. The theory grew in importance in the 1980s with the work of Amartya Sen and his Human Capabilities Perspective, which earned him the Nobel Prize in Economics in 1998. Notable early activist economists who formulated the modern concept of human development theory were Mahbub ul Haq, Inner Kirat and Amartya Sen.

According to H. Sorensen, 'Development refers to the system of maturity and functional improvement which is related to qualitative and quantitative changes.' Ira. Yes. According to Gordon, 'Development is a process that continues from the time a person is born till the time he achieves full development.' According to Skinner, 'development is the product of the interaction of the organism and its environment.' According to Harlock, 'Development is not limited to growth, but it consists of a progressive sequence of changes, which leads to the goal of maturity. As a result of development, new characteristics and new abilities appear in a person.

Objectives of Study

To adopt and implement an integrated approach to improve social policy, programs and services.
To build national level capabilities for progress in human development and social development.
To develop and strengthen various types of networks and partnerships related to human development.
To improve programs and services related to social and human development and establish harmony in them.
To strengthen knowledge and approaches for better human development.
Making appropriate arrangements for education at primary, secondary and higher levels.
Promoting adult education and making proper arrangements for it.
Promotion of work-training.
To arrange such health facilities which can increase the life-expectancy, strength, enthusiasm and efficiency of the people.

Characteristics of Human Development

Along with physical changes in human development, mental changes also take place. In this, more emphasis is given on qualitative changes than on quantitative ones.
Human development is a progressive process.
Human development is a maturity oriented process.
Compared to growth, human development is a wider concept, in which all the changes that occur during the lifetime of a person are also included.
Human development is a continuous and gradual process, in which each stage is related to its previous stage in some way or the other.
As a result of human development, new characteristics and abilities appear in a person.
The rate of development varies in different stages. This rate is at its highest level at the time of birth of a child and slows down in adulthood.
Human development is influenced by both environment and heredity

Different Stages of Human Development

The stages of human development from conception to the whole lifetime have been divided into these parts.
Pre-gestation stage - This stage starts from conception till birth. During pregnancy, the process from pregnancy

to the birth of the child is completed in three stages. First the organism is created from the embryonic condition. Its existence is due to the combination of Pitrusutra and Matrusutra. In the embryonic stage, first the head and later the shoots of the organs come out. The second position is embryonic. In this, various parts of the body develop from 2 weeks to 10 weeks. The third position is the fetus. In this, the mother experiences the operation and movement of the child's organs. This condition remains till the birth of the child.

Infancy - This stage lasts for the first 10-14 days after birth. Physical development takes place very rapidly during infancy. In the first year of life, well-nourished infants nearly triple their birth weight (20 lb or 0.9 kg) and increase their body length by a third (28 to 29 in, 71 to 74 cm). Although infants are able to feed soon after birth, they are limited in how much they can digest at one time. Their stomach cannot digest much food at a time. They compensate for this in the form of consuming small amounts of food several times a day. Babies take small meals every three to four hours. Babies have very little ability to regulate their body temperature at birth. In fact, by the age of eight to nine months, they are unable to even maintain their normal body temperature. That's why parents need to take special care to keep them warm in such condition.

Childhood - This stage starts from 2 years and lasts till 10 or 12 years. In girls it is up to 10 years and in boys it is up to 12 years. Psychologists have divided it into the following two parts

Early childhood: This stage starts from 2 years till the age of one year.

Late childhood: This stage starts from 6 years till the age of 10 years in girls and starts from 6 years till the age of 12 years in boys. From this stage sexual maturity comes in boys and girls.

Adolescence - This stage is 11 to 13 years in girls and 12 years to 14 years in boys. In this stage the body of the girl takes the form of an adult's body.

Puberty - This stage is from 21 years to 40 years. In this stage, a person marries and settles his family and gets engaged in some business and moves forward by strengthening his self-development.

Adult stage - This stage is of 40-60 years. In this, the person's own achievements and aspirations are greatly strengthened.

Old age - This stage is from 60 years till death. In this state, the physical and mental strength gradually declines and the person's attachment to social work goes on decreasing.

Indicators of Human Development

Human development is a broad concept under which various socio-economic and political elements come. But UNDP has given mainly three indicators of human development:

Development of healthy life

Development of educated life

Economic development

Development of a Healthy Life

An indicator of the development of a wide and healthy life. The healthy average age of the citizens of any nation reflects the healthy lifestyle of that nation, so the development of health facilities is an important step in this direction.

Growth of Educated Life

An indicator of knowledge i.e. a literate population. The number of people enrolled in various educational institutions in any nation reflects the educated life there. In addition, it is measured by the ratio of adult literacy rate and overall primary, secondary and higher enrollment in a country.

Economic Development

Per capita income of any nation is the indicator of economic development. The economic development of the people is another indicator of human development which shows the good standard of living of the people. The higher the per capita income of the people in a country, the higher will be the human development in that country.

Pillars of Human Development

Human development depends on four main concepts. Which are known as the pillars of human development.

Equality

Under this, there should be a system of equal access to the opportunities available to every human being in the society. The opportunities available to the people should be equal without consideration of discrimination of gender, race, income and caste in the context of region and India.

Sustainability

It refers to the continuity in the availability of opportunities. Therefore, for each generation to get equal opportunities, environmental, financial and human resources should be used in such a way that future

generations are not deprived of it.

Productivity

Here productivity refers to human labor productivity or productivity in terms of human work. It should be developed through continuous enhancement of such productivity by building capabilities in the people. For any nation, its citizens are the real resource. In this way, by making efforts to increase their knowledge or by giving them better health facilities, the possibilities of increasing their working capacity increase.

Empowerment

The ability of citizens to get power to choose their option is called empowerment. Its main basis is determined by independence and capacity. Good governance and people-oriented policies are required to empower the people. Empowerment of socially and economically backward people has special significance.

Factors affecting Human Development

The development of any human being is affected by many elements and this is the reason why the process of development is considered positive and negative. Under this there are some factors whose positive effect affects human development while some factors affect human development negatively. The following factors are studied below.

Heredity

Every human being is born with certain abilities or qualities. These innate abilities or qualities are received by him at the time of conception from his parents and previous generations. Through this complex biological process, these qualities that are transferred from parents to the next generation are called its heredity. In other sense, we call heredity that which is the contribution given to a person by his nature. "It is by heredity that a person gets all the physical characteristics like face, color, eyes, hands-feet, length etc. as well as his body. Glands and various institutions that control the internal functioning of the body are also found. Human beings are innate in mental characteristics, especially instincts, intelligence and aptitude. Full development of these innate powers can be possible only in proper environment.

Environment

Human environment is the physical and social conditions in which it is born and develops. The environment plays an important role in developing the innate powers of a human." In the absence of suitable environment, the innate powers remain undeveloped whether they are physical powers or mental. Many environmental elements affect human development, speed of development and its behavior.

Diet

Nutritious and balanced food is required for the normal development of a person. It is essential to have all the essential elements of a person's development in food, otherwise physical weakness and disease can become a hindrance in his development. Right food is necessary for a person in all stages, but "It is essential in childhood and childhood."

Pure Air and Sunlight

Pure air and sunlight are of great importance in the development of a person. Many diseases can be cured by sun bath and pure air. Especially in the early years of the child, the health status, size and maturity age are greatly affected by it. Sunlight gives life force and germs of diseases also die. Vitamin "D" is obtained from sunlight, in the absence of which children get dry disease and it is also necessary for other chemicals of the body like calcium. Sunlight is also very beneficial for skin diseases." Pure air purifies the blood of the body which is very essential for a healthy body. Pure air is very important in skin diseases and tuberculosis. "

Lineage or Family

The condition of the family, its place in the family and the circumstances of the family affect the development of a person. The thinking and mentality of the child is formed on the basis of the level of the family. The socioeconomic status of the family also plays an important role in the development of the child.

Social Relation

The development of the child is affected by his family, society and social environment. According to that, the structure of the child is affected by the culture of that country and the society of the child determines its social relations and gives a new direction to its development. The behavior of the child is affected by the activities of the members of his society like family members, neighborhood and school and on the basis of that the child reacts. All these have an effect on all aspects of the child's development. The methods of upbringing provide direction to his behavior. According to psychology, the child's response is influenced by the behavior and whether the behavior is good or bad is influenced by the upbringing. The availability and non-availability of facilities in parenting also affect the development of the child. It also affects the mutual relationship and level of

the child with his parents. If the child is intelligent, then readiness is seen in learning new activities and maturity comes soon. On the contrary, the physical development of mentally retarded children may happen, but the speed of their social, emotional, moral and mental development remains very slow. Terman studied the condition of the child walking and working for the first time. In the 13th month, intelligent children were found, normal in the 14th month, retarded children in the 22nd month and stupid children in the 23rd month. Similarly, in the study of speaking, the children who spoke at 11, 16, 34, 51 months respectively were found to be intelligent, normal, retarded and stupid in that order.

Secretion of Glands

The study of glands has presented new results in the field of development. The secretion of glands has an effect on the development of the child. This effect occurs in both pre-natal and post-natal conditions. For example, calcium is circulated in the blood by the thyroid glands of the thyroid gland in the neck. Its defect causes extreme sensitivity in the muscles. Thyroxine, which comes out of the thyroid glands, is essential for mental and physical growth. Due to its lack, the child becomes foolish. Similarly, secretions from the thymus gland located in the chest and the pineal glands located at the base of the brain lead to sexual development. Due to defects in this, sexual maturity comes early in the child.

2. Conclusion

Human development theory has its roots in ancient philosophy and early economic theory. According to H. According to Gordon, 'Development is a process that continues from the time a person is born till the time he achieves full development.'. According to Skinner, 'development is the product of the interaction of the organism and its environment.' According to Harlock, 'Development is not limited to growth, but it consists of a progressive sequence of changes, which leads to the goal of maturity. Human development is the development of qualitative changes of human beings.

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