HUMAN GROWTH, BEHAVIOUR AND COUNSELLING

ASSIGNMENT

Course Code: - BSW 124
Total Marks – 100

Note:

(iii) Answer any **five** of the following questions in about **500 words** each.
(iv) All questions carry equal marks.

1. Present the developmental aspects of babyhood. 20

2. What are the challenges faced by youths in the changing society? Illustrate with suitable examples. 20

3. Discuss the role of environment in personality development. 20

4. Present the key features of Erik Erikson's Psychological Theory of Personality. 20

5. Explain how understanding human behaviour and psychology is relevant for social work practice. 20

6. Define abnormality. Specify the causes of abnormality and how to assess the psychological disorders. 20

7. Write a note on the process involved in counselling. 20

8. Discuss the practical issues involved in counselling. 20

1. Present the developmental aspects of babyhood. 20

Answer

Babyhood generally refers to the period from birth to about two years of age. It is a very important stage because a baby changes from being almost completely dependent on adults to becoming an active child who can move, communicate and form relationships. Growth is especially fast during these years. Physical changes, learning, emotions and social experiences take place together. Although children follow a broad developmental sequence, the exact age of each milestone may differ from one baby to another.

Physical growth and health

During babyhood, height, weight, muscles and the nervous system develop rapidly. In the first year, most healthy babies gain weight quickly, and their body proportions gradually change. The head is relatively large at birth, but the trunk and limbs become stronger with growth. Teeth usually begin to appear during infancy, although timing differs. Sleep and feeding patterns also become more regular. Breastfeeding, adequate complementary foods after about six months, immunisation, hygiene and timely medical attention are important for healthy development. A child's progress should be considered through regular growth monitoring, not by comparing one baby harshly with another.

Motor development

Motor development means increasing control over body movements. Early movements are largely reflexive, such as sucking, grasping and turning towards touch. As the brain and muscles mature, babies gain control over the head, shoulders, trunk, hands and legs. They commonly learn to hold the head steady, roll over, sit with and later without support, crawl or move by other methods, stand and eventually walk. Fine motor abilities also improve. The baby first reaches for objects with the whole hand and later learns to pick up small items using the thumb and fingers. Everyday opportunities to reach, grasp and play safely support this progress. Milestones are guides rather than strict deadlines; persistent delay or loss of a previously gained skill needs professional assessment.