SOCIOLOGY

UNIT :- 2 INDIVIDUAL

* INTODUCTION

An individual is a person, with unique identity may be similar to siblings but not exactly same except in case of twins. An individual particularly different from other persons and possessing his or her own needs or goals and functions in society . Humans Are social animals cannot live in isolation or vacuum. But being individual the structural and unit of the society is studied separately.

* REVIEW OF HUMAN GROWTH AND DEVELOPMENT
  + Growth : it denotes the net increase in size or mass of tissue. It is a quantitative measurement.
  + Development : it specifies the maturation of function. It is a quantitative measurement.

**Rules of Development**

* + Development is a continuous process
  + Development depends upon the maturation of nervous system
  + The sequence of attainment of milestone is same in all children.
  + The process of Development progresses in cephalocaudal manner
  + Direction is proximo- distal direction
  + Certain primitive reflexes have to be lost before attainment of relevant milestone.
  + The initial disorganized mass activity is gradually replaced by specific and willful actions

**Rules of growth**

* + Growth is a continuous and orderly process.
  + Growth pattern of every individual is unique.
  + Different body tissue grow at different rate.

**Stage of growth and development**

**Infant ( infancy) :**  The period from one month after birth till one year of age is termed as infancy and the baby in this phase is termed as an infant. This is the period of rapid growth. When the baby is born, he/ she is completely dependent on the mother and family members but as the child grows the dependency gradually decreases. The child starts recognizing the care provider and learns the basic social behaviour in infancy. The milestone of Development are usually classified into categories; motor development, language development , and social / emotional development . Infant shows the emotion of jealously, love and affection, stranger anxiety and anger. Some of the milestones of the infant are like the infant holds the neck (3 – 4 months), sitting with support (6- 8 months ), stands with support (8 – 10 months), and stands without support and starts walking by the age of 12 months. The birth weight triples and length increase by 50% with respect to the birth length.

**Toddler :** The child in the period from one to 3 years of birth is called as toddler. The growth is relatively slower in this period as compared to an infant. The most important event of this phase is toilet training: bowel and bladder training this age is prone for accidents and the toddler and the toddler needs independence also that further predisposes him for the injury. The restriction and overprotection of toddler should be avoided , as it increases the dependency in later life and toddler may not like to be restricted.

**Pre – school child :**  The child from 3 years to 6 years of the age is called as preschool child. Along with the increase in height and weight and child’s cognitive ability also increase and the child becomes more attractive. The informal teaching is initiated from home therefore the home is also termed as the first institutions. The child is commonly found to be co – operative and sympathetic in this age.

**School going child :** This is the phase in which the child not only receives formal education from school but also learns from society and family , such as how to behave in a group, the expected and unexpected social behaviour. They identify the individual and peer group of same sex. They learn though either trial and error or by competitive spirit.

**Adolescence :** The period of physical , physiological, and psychological transitions is known as adolescence and the individual is termed as adolescent. This is the phase in which a child enters the childhood, the important event if adolescence is appearances of secondary sexual characteristics such as breast changes and initiation of menstruation (menarche) in female and masculine changes in males. They prefer to take decisions by themselves and may not like the interference of parents in their life on the other side parents side parents may have ambivalence and conduct related problemss with the adolescents.

**Young adult :** This is the phase of life of an individual in which he/ she attains the physical and psychological maturity. Adult is full of energy , enthusiasm , innovations and ambitions in life. Adults establish new family relations such as marriage and form their own family and they are no more dependent on their parents and earn their bread and butter by themselves

**Middle aged adult :** life again starts changing in terms of responsibilities of the family, certain psychological and physical changes are evident such as decreases in basal metabolic rate and cognitive function. Individual plans for later adulthood such as retirement plan or investment plan.

**Elederly or later adulthood :** Individuals assumes the responsibilities such as head of the family. This phase start with the retirement from job , people experience certain change in this age such as loss Of memory, diminished vision and hearing , less interest , loss of self – confidence and weak. There is increased risk for injuries and infections in this age. However mental problems like dementia is also common.

**Factors affecting growth and development**

* **Prenatal factors**
  + Genetic factor
  + Maternal factor
* **Neonatal risk factors**
  + Intrauterine growth restriction
  + Prematurity
  + Perinatal asphyxia
* **Postnatal factors**
  + Nutrition
  + Infectious diseases
  + Environmental toxins
  + Acquired injury to brain.
* **Psychosocial factors**
  + Violence and abuse
  + Maternal deprivation
* **Protective factors**
  + Breastfeeding
  + Maternal education
* **EFFECTS OF SOCIAL ENVIRONMENT ON HUMAN GROWTH AND DEVELOPMENT**

The process of human growth and development is a continuous process which is described by various factors. These factors affect the growth and development either directly or Indirectly. Nowadays the technology helps to predict the growth rate in utero and also predicts the expected height and weight of the child in later life. There are the following factors which affect the human growth and development.:

* **Race and ethnicity :** Racial factors such as height , weight , color, and other physical features also influence the growth and development of a human being. There is different pattern of body growth and development among various cultural groups. For ex. A child of American white race will be white, their height , their hair and eye colour , facial structure are all governed by the same race.
* **Genetics and heredity:** Heredity and genes certainly play an important role in the transmission of physical and social characteristics from parents to child as they from the genetic makeup. Different characteristics of growth and development like body structure, height, weight, color of hair and eyes are highly influenced by genes and heredity.
* **Sex :** sex is a very important factor which influences growth and development. There is huge difference in growth and development between girls and boys. Physical growth of girls in adolescence period is faster than boys. Overall the body structure and growth of girls are different from boys for ex. Boys have more muscular body than girls, the other secondary sexual characteristics such as voice quality and growth pattern also very significantly among males and females.
* **Socioeconomic status :** socioeconomic status also affect the growth and development. It has been seen that the children from different socioeconomic levels vary in average body size at all ages. The families with high socioeconomic status provide the better food, sanitation and environment to the growing child.
* **Family size :** it also influences growth rate as in big families with limited income and sacarcity of resources sometimes because of which the children do not get the proper nutrition and which in turn affect the growth and development of the child.
* **Nutrition :** growth is directly related to nutrition. The human body requires an adequate supply of calories for its normal growth and this need of requirements vary with the differents phases of development .as per studies, malnutrition is referred as a large – scale probem in india.
* **Hormones :** There are large number of glands present inside the human body.these glands secete one or more hormones directly or indirectly into the bloodstream.these hormones are chemicals capable of increasing or decreasing the metabolic rate ofthe body.
* **Environment :** air quality, water , sanitation , housing , ventilation , food and pollution , etc. Affects the health of an individuals. For ex. The increasing air pollution affects the health of every individual, and as a leading cause of asthma and obstructive respiratory disorders in children.good environment promotes the growth and development.
* **SOCIALIZATION PROCESS**

The process of socialization include the elements and agencies of socialization.

Social order is maintained mainly by the socialization. If the individual do not behave in accordance with the norms of the group, it disintegrates.the working of process of socialization starts long before the child is born. The social conditions prevailing at the time of the birth lay down the kind of life he is to lead.