

Unit 1

Understanding Personal Development and Relationships

This unit consists of:

- The stages and patterns of human growth and development.
- The factors which affect human growth and development.
- The development of self-concept and personal relationships.
- The major life changes and how people handle the effects of these changes.
- The role of relationships in personal development.

This six life stages are:

- **Infancy** (0 –2 years)
- **Childhood** (3–8 years)
- **Adolescence** (9–18 years)
- **Early adulthood** (19–45 years)
- **Middle adulthood** (46–65 years)
- **Later adulthood** (65+ years)

This four aspects of human growth and development are:

- Physical growth and development (P)
- Intellectual/cognitive development (I)
- Emotional development (E)
- Social development (S)

Commonly remembered by the acronym PIES

Factors affecting growth and development include:

- Physical factors
 - *genetic inheritance, illness, diet etc.*
- Social, emotional and cultural factors
 - *family, friends, education, employment etc.*
- Economic factors
 - *income, wealth, employment etc.*
- Physical environment factors
 - *pollution, noise, housing conditions etc.*
- Psychological factors
 - *stress, relationships with partners and friends etc.*

The effect of personal relationships on personal growth and development

- The different types of relationships:
 - *family*
 - *friendships*
 - *intimate personal and sexual relationships*
 - *working relationships*
- The importance of relationships across the six life stages.

The development of self-concept

- The meaning of self-concept.
- **self-image + self-esteem = self-concept**
- The factors which affect self-concept.
 - *gender and appearance*
- How these factors affect a persons self-concept.