Human Development

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I have not used AI to support my work

Maslow's Hierarchy of Needs

Physical/psychological needs:

The first section to Maslow's theory is the basic needs such as food, water, air and sleep. This can also be linked to biology as Maslow believed that a portion of these obligations should include the effort to reach the goal of homeostasis. This means for the body to be able to adjust when it is confronted with environmental changes. These needs as seen as significant because they are essential for physical growth and offer fundamental nutrients for health (Managinglifeatwork, 2024). Psychological needs were seen by Maslow as to be the most crucial for a child's development. Maslow believed that if these needs were not met a person would not be able to fulfill other needs (WebMD, 2024). An example as to why these needs are important can be if someone is lacking the essential needs of sleep or food, they are then unable to concentrate as they are seen as energy for the brain and body.

Safety and security:

These consist of well-being, health and personal security. According to Maslow these needs are seen to be the second most important on his scale but despite this, NIH (National Library of Health) disagree and believe that safety needs should be seen as more crucial because they consider personal security and well-being to be more fundamental compared to psychological needs. Safety needs can also be known as a safe environment. Relating to young children and their development, when a child does not feel safe or secure in a setting, they are likely to react with apprehension, doubt and even anxiety (ThoughtCo, 2024). For an adult, safety and security can also be financial security and job security. For young children, a version of safety for them could be with the parents. Bowlby's theory can also come into play here. Bowlby had the theory of attachment. As well as his theory being recognised as fitting in with the need for love and acceptance, it is just as prominent for safety and security. Bowlby adhered attachment to be survival driven and forged the phrase, "secure base" to symbolise a place of security for a young child (Counselling Tutor, 2019).

Love and acceptance/belonging:

These needs can be associated with romantic relationships, friendships and relationships with family. The need to feel loved and/or accepted is seen by Maslow as the third most essential need. This need can also link to the Mary Ainsworth theory. The Mary Ainsworth theory is also known as the attachment theory. For a young child this can be the attachment to the parent/guardian. She believed that children need to establish a "secure dependance on their parents before seeking unfamiliar situations" (Study.com, 2023). The Mary Ainsworth theory can also link in with safety and security. Attachment theory recognises the effect from losing or not receiving an essential bond can have on someone, especially young children. Unstable relationships in the early stages of life can lead to complications with relationships in the future (NSPCC, 2021). According to Bowlby, children can have bonds with multiple caregivers, but it is the bond with the people who cared for them in the earliest stages that matter the most (NSPCC, 2021). Having a loving surrounding has been shown to advance immune systems and improve physical health.

Self-esteem:

According to Maslow's theory, self-esteem needs to consist of the need to feel self-confident and to also feel valued by the people surrounding them. According to Alfred Adler when the needs of self-esteem are not met it may lead to "feelings of inferiority" (ThoughtCo, 2024). Adler's theory was for oneself to be able to overcome feelings of inferiority by assisting in ways that benefit them to create a more positive outcome. Acceptance and recognition from others can be an obstacle when wanting to achieve this goal. Children can take more criticism compared to adults. Despite this, when said rejection is met with parental anger it can have a much stronger affect (McKay and Fanning, 2000, pg. 20). Maslow noted two different types of self-esteem as 'higher', and 'lower'. 'Higher' self-esteem is the feeling within oneself. The feeling of knowledge and independence whereas 'lower' self-esteem is seen as the recognition and acceptance from others (Interaction Design Foundation, 2021). Self-esteem can also be determined by achievements and how they are received, whether that to be at work, in school or in the safety of their home.

Self-actualisation:

This need is about having the feeling of being satisfied with oneself. It can look different for everyone and be shown in multiple ways. Some ways that self-actualisation can be demonstrated can be reaching a goal and helping others. For oneself to feel this need, they are able to feel that they are where they need to be in life. They are satisfied with where they are and what they are achieving. Relating to Maslow's Hierarchy of Needs, he believed that this need was rather difficult to achieve, and this is why this need comes in last out of all of the needs. Some famous names that were able to reach this need according to Maslow were Mother Theresa, Abraham Lincoln and Albert Einstein (ThoughtCo, 2024). Self-actualisation is seen as important as it is portrayed as a way of accepting oneself. When this need is met the fear of being successful is lessened. Working with others and building relationships becomes more important. It is also seen as a way to improve purpose and benefit well-being.

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The Concept of Holistic Child Development

This essay will be on holistic development. It will go on to explain what holistic development is and why it is important for a child's development. Examples will be illustrated and explained in detail. To sum up holistic development in a simple way is to say that holistic development is how a person develops as a whole. To go into more detail, it is the development of physical, emotional, mental, social and intellectual growth of a person (HEI Schools, 2022). For a child, holistic development focuses more on just their academic growth but their personal ones too such as their overall well-being. Holistic development is essential in a young child's life as it will then go on to support and benefit them in their adult life. To be able to achieve holistic development to its best ability there are 3 processes. These being biological, cognitive and social-emotional. Biological development can be the brain, physical growth and even body weight. Cognitive development relates to a child's language and agility. Social-emotional development relates to charisma (HEI Schools, 2022).

What is a concept? A concept can be simply explained as a thought. Relating to holistic development, a concept can be seen as an idea that is thought because of physical action taken. For example, a child wants to go outside to play for their lesson. The child is then able to become familiar with the environment and becomes more confident with the outside space and exploring. This can lead to the skill of independence in later life (Vocabulary.com, n.d).

An example of holistic development and its concept can be relationships. Relating back to Maslow's Hierarchy of Needs, love and acceptance and safety and security are seen as two of the most important needs for a child to be able to develop. By looking at relationships it is clear how Maslow's theory can fit in. By having relationships with others, it creates the need for emotional support. This also creates attachment. As well as benefiting Maslow's theory with love and acceptance, the creation of relationships also creates new experiences. These experiences can shape the child in their later life. Whether this be with friends or family members. Vygotsky's theory can also be used in this manner. Vygotsky's theory is the cognitive development of a child through physical experiences (Gowrie NSW, n.d). Trust is also a benefit of relationships. A trust is built up over time and depending on the experience of the relationships had can have major effects on a child once they transition to an adult.

Another example that can be used to show the benefits of holistic development for a child is love. Words that can be associated with love are affection, emotion, commitment and growth. For a young child, these are all crucial towards improving their development. This again links back to Maslow's Hierarchy of Needs. It goes hand in hand with the needs of

love and acceptance as well as safety and security. Relating to affection for a young child comes with behaviour. They learn different behaviours and when and where it is appropriate to use them. How a child perceives affection in their early years will go on to impact their life in later years. For example, if a child does not receive the affection that they so desperately need for a parent or loved one, they may go on to struggle to seek it in their adult life. They may not even be able to understand or comprehend the true feeling of affection once they are an adult if they did not receive it as a child. Relating to emotion, it is very similar to affection. Having the feeling of support around emotions can make a child feel at ease and also make them feel safe with them around them. If a child is made to feel that their feelings are not valid, they may go on to become very closed off in their adult years leading to holding in their feelings and true emotions. This can lead to poor mental well-being. It has been proven that bottling up emotions or not feeling comfortable enough to express them can lead to a poor mental well-being and can even cause physical damage. It can lead to stress and fatigue to the body (VeryWell Mind, 2024). This also links back to Maslow's theory. It ties in with the psychological needs which Maslow believed to be the most crucial need for a young child.

Holistic development is seen as important as it notices how children are diverse individuals. It illustrates the understanding that a child needs all aspects of skills and needs to be able to develop. According to Queen Margaret University (2023) holistic development is crucial for young children as it creates a strong foundation and setting for a life full of learning and understanding. Holistic development benefits young children in reaching their full potential. Linking back to Maslow's Hierarchy of Needs, holistic development can also lead to a positive outlook on oneself. It creates a feeling of safety and knowledge of oneself. This relates to Maslow's theory of safety and security, self-esteem and self-actualisation.

To conclude this essay, the holistic development for a child is extremely important and should not be ignored or neglected. It is incredibly beneficial for them, not only when they are growing up and learning but also for once they have

grown into an adult. The approach taken for their holistic development will leave a long-lasting impact on their adult life, so it is necessary to take it seriously.

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Maslow's Significance in Child Development

This essay is going to highlight Maslow's significance in the understanding of child development. Maslow is known for his Hierarchy of Needs pyramid, in which he goes on to illustrate with evidence the basic needs humans and especially children need in order to develop. This essay will go on to show three examples in early years practice where Maslow's theory comes into play.

The first example is going to be basic needs and the understanding of them. These basic needs can include food and water. Everyone has different wants and needs; despite this they all have the same basic needs. Staring off as young children we all aim for the same thing, to have food, water and a shelter over our heads. Referring to Maslow's hierarchy of Needs, this example comes under psychological needs. Psychological needs are what Maslow found to be the most important and came as number one on his pyramid of needs. Without having these basic needs, we as humans can not survive (NASA, n.d). By having these basic needs, children are able to feel safe and secure in their environment. This links back to Maslow's second most important need, which is safety and security. There are multiple different ways as to how a practitioner can support children's basic needs. One being that they are able to be aware of their own actions around the children. For example, that they are able to listen to the children once they are approached with a problem. Linking in with the UNCRC, children have the right to the freedom of speech. Showing that the practitioner is willing and able to listen to the child will make the child feel heard and respected. Another example can be effective planning for physical events. Thinking about things such as clothing and food. Not all children have access to clean or appropriate clothing, which is seen as a basic need for a child. Children look up to adults as role models (Croner-1, 2023). By being a form of a role model for a child may create a form of attachment for them. This links in with Bowlby's theory of attachment. A simple way that a practitioner can come into play with the help of giving basic needs is by making sure that the children get food that they need. It is said that food is energy for the brain and body, without food we as humans are not able to concentrate and work to our full potential.

The second example is play. Play is seen as a fantastic way for children to learn. Not only as a group but also independently. Allowing children to play freely gives them the chance to explore and learn new things. Allowing children to play as a group creates new bonds of friendship. It allows them to use new learning statergies such as problem-solving and teamwork (Early Childhood Education Ethiopia, 2022). Play is seen as a way for children to grow their confidence. This can relate to Maslow's Hierarchy of Needs. The need for self-esteem, which Maslow included in his pyramid, can be tied in with confidence. An example as to how a practitioner can support the motion of play is by planning activities that include

it. Such as planning a lesson for the outdoors. This could even be a walk outside. By going outside the children are able to see new things and should be able to be comfortable asking questions about them. Such as, “why are the leaves falling off the trees?”. Using play sparks a child’s interest.

The third example is the importance of transitions in a child’s life. A transition is known as a change in the child’s life and can vary from changing from a potty to a toilet, moving schools and the loss of a loved one. These are all different examples but are equally as important. Some children are notably more exposed to transitions than others. According to Wiltshire Local Offer (n.d), research has shown that children who have had positive experiences with transitions as a child have gone on to have better outcomes as an adult. It has been proven to improve a child’s development when regarding their cognitive, social and emotional development. The loss of a loved one can leave a long-lasting impact on a child. They may not understand the meaning of death, but they will definitely notice a change as children pick up on every little detail. Along with this, they may feel confusion, anger, regression and may go on to have closed off behaviour if not dealt with properly. The ways a practitioner can support a child during this time can be to encourage communication, use distractions, allow the child to express themselves freely and to create a safe environment for them. This can link back to Maslow’s theory. It ties in with the need for safety and security. Distracting the child with games during lessons can also be seen as an effective way to help the child in their time of need. Honesty around the situation is also seen as a beneficial way for a practitioner to do but it is also important that the practitioners are aware that children with different cultures and traditions react to death differently and should be able to handle them differently according to the situation.

To conclude, it has been evidently shown how significant Maslow is in the development of a child. His theory is included in all aspects of a child’s development. Not only is his theory vital for children but also for adults. His theory was created for humans to be able to progress to their best and most full potential. Since being published in 1943, Maslow’s Hierarchy of Needs continues to be credible and suitable for the development of young children.

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