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GROUP PRESENTATION  
ASSIGNMENT COMPONENT 1

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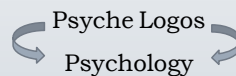
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## **Psychology**

- Psychology is the scientific study of human behaviour and mental process.
- New discipline, separated from Philosophy in the early 19<sup>th</sup> century.
- Psychology study of conscious and unconscious phenomena, including feelings and thoughts.
- First psychology laboratory opened by Wilhelm Wundt 1879. (Gross, 2015)



### **Goals of Psychology:**

- |             |                               |
|-------------|-------------------------------|
| 1. Describe | What happens?                 |
| 2. Explain  | Why happens?                  |
| 3. Predict  | What will happen if continue? |
| 4. Control  | How to control?               |

(Bouchrika 2018)

Defining psychology is not that simple, it is a very complex field of study which changed a lot in history. Psychology is the scientific study of human behaviour and mental processes. "Study of the mind" The word Psychology is originated from two Greek words: psyche which means mind and logos which means knowledge/ study. Psychology is a new discipline which was separated from philosophy in 1879 when the first psychology laboratory opened by Wilhelm Wundt at University of Leipzig in Germany. Wundt and his colleagues analysed and examine their own conscious mental processes (introspection). Everyone did the same exercise at the same surroundings, with the same impulses and same verbal instructions. They measured and recorded their findings. This was

the point when psychology as a new discipline was born. In 1900, Sigmund Freud, who originally was a neurologist, first published his psychoanalytic theory of personality. He believed that people's unconscious mind plays a critical role in mind studying. He developed psychoanalysis which is a form of psychotherapy. (Gross, 2015)

Aim of the psychology, find possibility of change which means prevent unwanted outcomes and find the person's desired goals (Bouchrika 2018).

## **Developmental Psychology/ Lifespan Psychology**

- Age related scientific study.
- The process how human mind develop intellectually and change in during lifespan.
- 19<sup>th</sup> century scientists mostly focused on child hood periods.
- 20<sup>th</sup> century they focused on the age related changes which humans go through in their entire lifetime.

| Psychosexual theory of development | Psychosocial theory of development  | Cognitive theory of development                            | Moral theory of development     |
|------------------------------------|-------------------------------------|------------------------------------------------------------|---------------------------------|
| Sigmund Freud                      | Eric Erickson                       | Jean Piaget                                                | Laurance Kohlberg               |
| 5 stages                           | 8 stages                            | 4 stages                                                   | 6 stages                        |
| 0-puberty on                       | 0-60+ years                         | 0-12 years                                                 | 0-20+ years                     |
| Physical pleasure                  | Social interaction and relationship | Sensation/Action/Communication/Logical thinking/ Reasoning | Seeking and maintaining justice |

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(Boyd and Bee, 2019)

Developmental Psychology is a scientific study of the human mind, focuses on how different age stages affect their developmental processes. Study that Abilities that most children tend to display by a certain point in development.

Mental development contains how we are thinking, solving problems, decision making and how we can do teamworking. People have characteristic attributes and although people change by the time, somehow these attributes can be present in their whole life. Therefore, we think that what people experience in their early years of mental development plays an important part in their whole life. 19<sup>th</sup> century scientists mostly focused on childhood periods, early years development. In the 20th century they focused on the important age-related changes which humans go through in their entire lifetime. Cognitive processes: How people achieve something, continue to have something, through their senses and using their abilities: attention, memory, problem solving, decision

making, their language. When people generally think.

## **Piaget's Cognitive Developmental theory**

Jean Piaget was a Swiss philosopher, natural scientist and developmental theorist.

**Cognitive development:** thinking, problem solving, decision making, teamworking

- Piaget focused on how children grow intellectually.
- Everyone goes through all of the stages in their first 12 years.
- 4 stages: actions, representing things with words, thinking logically, and using reasoning.
- During the developmental stages children experience qualitative changes, how they thinking.

### **Stages of Piaget's Theory**

| Periods     | Stages               | Description                 |
|-------------|----------------------|-----------------------------|
| 0-2 years   | Sensory motor        | Sensation/ vision           |
| 2-7 years   | Preoperational       | Language/ words             |
| 7-11 years  | Concrete operational | Logical thinking            |
| 12- + years | Formal operational   | Developed but still growing |

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(Boyd and Bee, 2019)

Piaget was looking for an answer to how children think differently from their parents. He proposed that intelligence grows and develops through stages. He addressed 4 stages, and he believed all humans go through all of them by the time they turn 12 years old. That is the time when the human mind is developed, is able to understand but still growing. Piaget believed that children not just grow more quantitative knowledge, they have qualitative changes in their thinking during this process.

0-2 when babies pick up what they see. Their cognitive capacity is only that much. They haven't developed yet.

2-7 Learn to use words, language. They pretend to play, copying their parents but they cannot see things from the perspective of others.

7-11 Children's thinking becomes more logical and organised and, in this stage, their previous egocentrism disappears. They have better thinking and see things from the perspective of others.

(Boyd and Bee, 2019)

### **Importance of Piaget's theory**

Piaget presented the first systematic study of cognitive development of children. His theory allows us to understand how and when children learn things. His study also reveals children's different cognitive abilities in different age stage.

### **Influence of Piaget's Theory**

Piaget theory believes children need to explore things through experiment and question to each other. It provides opportunity to generate new ideas through discuss and debate with each other.

### **Impact of Piaget's Theory**

Each children have their own way of learning. From child's error, Parents and teachers can understand the way a child is seeing the world and provide support or guidance where needed. Piaget suggested that appropriate learning materials and experiences stimulate child's thinking level.

### **Piaget's theory in the preschool years:**

Piaget's theory of cognitive development is widely used in children's pre school period. Piaget placed pre-schoolers in the pre-operational stage which is before mental action stage.

### **Piaget Theory in Education**

Children's learning process depends on how parents and teachers teach children and how children learn and interact with the environment around them. Piaget's theory admits that a child's rational capability is a mixture of genetics and environment.

### **Piaget Theory in Nutrition Education**

Nutrition plays an important part to kid's health and mental development. Better nutrition can ensure infants to adult sound mental health and stronger immune system, lower risk of disease and long-life expectancy. Healthy children are quick learner and more productive.

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Piaget states three abilities or standard children must learn before mental activity exist in children as various ideas and life-long habits built during preschool period. So, this stage is very important for children cognitive development.

Parents and teachers play important role to boost children's intellectual development through environmental factors. Parents and teachers must use proper learning materials and experiences to help them discover the world around them.

Piaget's theory of development can be used as a structure in nutrition education. During four stages of mental development children's parents can provide children age suitable food and can develop a balanced diet habit for their kids.

## **Piaget 's Cognitive Development** **Infancy stage \sensorimotor 0-2 yrs.**

1) Substage from birth to about one month

2) The Substance period from one month to four month

❖ The sub-stage from 8 to 12 months is the period with very valuable acquisitions for this period because it begins to generalize the previously learned experiments. This period marks the emergence of a complex behaviour, also called goal orientation.

3) Sub-stage from 4-8 month

4) The sub-stage from 8 to 12 months

❖ The sub-stage from 12-18 months (about 1 year and a half) is the period in which the child varies an action to obtain a similar result, the same .This period represents solving problems through activities such as cause - effect, cause and error.

5) The sub-stage from 12-18 months (about 1 and a half years)

6) The sub-stage from 18 months to 24 months

❖ The sub-stage from 18 months to 24 months is a formidable period of progress and development of the child in terms of marking the transition from the preoperative stage of early childhood, memorizing them through symbols of words, numbers and pictures.

❖ The child's imagination plays a very important role because it involves actions before performing them.

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The sensorimotor stage is the earliest in Piaget's theory of cognitive development. This period has been described as a period of extraordinary changes in childhood development. The development of the sensorimotor stage shows that it is the first of the four-stage presented and studied by Jean –Piaget in cognitive development in children ,governed by the way in which sugaring learns about the world around them .

The sensorimotor stage shows that it is the first of the four stages presented and studied by Jean-Piaget in cognitive development in children, governed by the way sugaring learns about the world

around them. The child interacts with the environment through his senses and the motor actions he performs through his body.

Repeating innate reflexes allows them to interact with the body itself first and with the outside, and later with concrete senses and actions. He begins to create the first internal schemes to structure the learning he acquires from the world around him.

The model of life offered by the family encourages him to develop his cognitive potential in his development .

Obstacle can intervene only when the child has neurological problems that can delay his cognitive development.

It is recommended in the first two years of life for children of their age not to give them access to screens such as tablet or phone as they may impair their vision.

In conclusion, the 6 substances, children acquire the ability to think, to remember, laying the foundations of knowledge about objects and spatial relationships.

## **Characteristics of the stages of cognitive development in children**

1. The sensory-motor stage begins at birth and lasts for about two years. Its main features are:

- The child knows the world through his senses and movement. Everything he sees, hears or feels is a way of learning for him. Each movement is a small experiment, which allows him to explore what is around him.
- Sucking, grabbing objects, looking around, listening are the first ways of knowing for the little one
- The child begins to realize that he is a separate being from the people and objects around him
- He is beginning to understand that his actions can make a difference
- The child is learning the language. The first words are spoken around six to seven months, then the vocabulary gets richer as the baby grows.
- The child understands the permanence of the object: the fact that an object or a person continues to exist, even if he no longer sees them. This is a cornerstone for the child's knowledge, which is now ready to name the objects around him and to have the first representations of the world, that is, to be able to name an object, even when he is not present.

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Child development is defined as a process of change, in which the child acquires extensive knowledge, more refined skills, develops a much more varied behavior through acquired activities and various skills. Infant progression is similar for all children, but there may be a variable rate of development for each child depending on the health of each child with their own individual developmental pattern, even if the pattern is generally for all children, The pace of development can vary from child to child due to many intermittent growth and development factors. In this context, the creation of a stimulating and safe environment for the full development of children at an early age is a prerequisite for continued success in their development. Therefore, the child's personal progress may be different in different areas: a child may learn to walk early, but may start talking late. Early age is the period of acquiring skills through trial and error, active research of the various properties of objects: shape, size, simple causal relationships, the nature of movements,

etc. This period underlies the formation of logical thinking, the ability to reason. , to compare, to observe differences and similarities between objects and phenomena. Early cognitive development, along with social and emotional communication, as well as active speech, contributes to the adaptation and effective activity in the expansion of daily activities from the child's daily activities by propelling the development of a unique individual pattern.

## *The Role Of Piaget's Theory*

### *Lifespan Psychology In Our Lives*

1. Understanding of human nature.
2. Growth, development and environment.
3. Educational Purpose.
4. Improve Communication Skills.
5. Improve Relationship.
6. Increase Confidence.



(UExcel, 2022)

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1. Lifespan psychology helps us to understand and know that human beings in general think and act differently at every specific stage of their life.
2. Growth and development and all what are in the child's environment contribute to every stage of their cognitive and physical development. When a child is born, their thought is based on their sensory organs and their environment. The cognitive development and behavior changes as they grow.
3. "Educators use this knowledge from psychology to shape their curriculum and activities in order to produce an environment where children can learn through experience". (Habib et al. 2021).
4. Through lifespan psychology we are able to understand actions and gestures when talking to people and that makes communication easy.
5. As we gain knowledge it enriches our behaviors and actions thereby promoting relationship.

6. By learning about oneself and personality, it gives a sense of confidence

## **Importance of Piaget's Theory to Healthcare Practitioners**

Able to identify developmental delay.

Understanding the concept of health and mental or physical illness.

"Clinical psychology helps to gain insight into other people's behavior" (Wahass, 2005).

Piaget schema help to organize workload mentally.

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1. Through knowledge acquired from development of individual from infant to death.
2. "health means a state of complete physical, psychological and social well-being" (Wahass, 2005). Any defect will cause abnormality.
3. Through psychology healthcare practitioners are able to gain understanding of people's behavior. Able to understand the science of behavior.
4. Psychologists are able to develop methods and ways of counselling patients to help retrain the brain function into a desirable one.

## **Evaluation of Piaget's Cognitive Developmental Theory**

### **STRENGTHS:**

Most widely known theory of cognitive development

A great impact on developmental psychology

Great base for another psychologist to discover and  
expand the cognitive theory

Used in many practical applications

### **PRACTICAL APPLICATIONS:**

Primary Science program

Teaching and learning

Help determine autism or Asperger's syndrome

Parents can use Piaget's theory in many ways to support  
their child's growth

## **Critical evaluation of Piaget's Cognitive Developmental Theory**

### **WEAKNESSES**

- ❖ The cultural, educational, and social effect is avoided
- ❖ Paid too little attention to the impact of social factors
- ❖ Lev Vygovski theorized that interaction with other adults (parents, teachers) has a great influence on cognitive development. Piaget failed to acknowledge this influence.
- ❖ Piaget didn't select a great variety of participants to provide reliable results
  - ❖ There is not enough evidence of his experiments
  - ❖ Strict age guidelines; not applicable to every child

## **Conclusion**

- Developmental Psychology focuses on human growth and changes across the lifespan.
- Jean Piaget spent his career determining the cognitive ability among children in their early life until a later age.
- Piaget's theory of cognitive development is important to understand children's mental health.
- Piaget's Theory is helpful in Healthcare.
- This theory is not free from criticism.
- Practical Application of The Theory: teaching, learning process and parenting support.

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