

# Table of Contents

## CHAPTER 1 BASIC CONCEPTS OF CHILD AND ADOLESCENT DEVELOPMENT

|   |    |
|---|----|
| 1.1 ORIENTATION.....  | 1  |
| 1.2 THE GOALS OF CHILD PSYCHOLOGY.....                      | 3  |
| 1.3 VIEWS ON CHILDREN: AN HISTORICAL OVERVIEW.....          | 3  |
| 1.4 DEVELOPMENTAL STAGES AND DOMAINS<br>OF DEVELOPMENT..... | 7  |
| 1.5 DEVELOPMENTAL ISSUES.....                               | 9  |
| 1.5.1 Nature or Nurture?.....                               | 9  |
| 1.5.2 Continuity or Discontinuity?.....                     | 10 |
| 1.5.3 Passive or Active Involvement?.....                   | 11 |
| 1.5.4 Universality or Cultural Context?.....                | 12 |
| 1.6 THEORIES OF DEVELOPMENT.....                            | 14 |
| 1.6.1 The Biological Perspective.....                       | 16 |
| 1.6.2 The Psychodynamic Perspective.....                    | 20 |
| 1.6.3 The Learning Theory Perspective.....                  | 24 |
| 1.6.4 The Cognitive-Developmental Perspective.....          | 28 |
| 1.6.5 The Contextual Perspective.....                       | 34 |
| 1.7 RESEARCH IN CHILD DEVELOPMENT.....                      | 46 |
| 1.7.1 Kinds of Research.....                                | 47 |
| 1.7.2 Methods of Gathering Information.....                 | 49 |
| 1.7.3 General Research Designs.....                         | 53 |
| 1.7.4 Research Designs for Studying Child Development.....  | 57 |
| 1.7.5 Cross-Cultural Research.....                          | 60 |
| 1.7.6 Conducting Research on the Internet.....              | 61 |
| 1.7.7 Research Ethics.....                                  | 63 |

## CHAPTER 2 PRENATAL DEVELOPMENT AND THE BIRTH PROCESS

|  |    |
|--|----|
| 2.1 THE PRENATAL PERIOD.....               | 70 |
| 2.1.1 The Beginnings of a New Life.....    | 70 |
| 2.2 THE PRENATAL STAGES.....               | 87 |
| 2.2.1 The Germinal Stage.....              | 87 |
| 2.2.2 The Embryonic Stage.....             | 88 |
| 2.2.3 The Foetal Stage.....                | 89 |
| 2.3 PRENATAL ENVIRONMENTAL INFLUENCES..... | 94 |
| 2.3.1 The Age of the Parents.....          | 95 |
| 2.3.2 Nutrition of the Mother.....         | 96 |
| 2.3.3 Radiation.....                       | 97 |

|   |     |
|---|-----|
| 2.3.4 Infectious Diseases During Pregnancy..... | 97  |
| 2.3.5 The Use of Medication and Drugs.....      | 99  |
| 2.3.6 The Emotional State of the Mother.....    | 102 |
| 2.4 THE BIRTH PROCESS.....                      | 104 |
| 2.4.1 The Natural Birth Process.....            | 104 |
| 2.4.2 Caesarean Birth.....                      | 105 |
| 2.4.3 Childbirth Complications.....             | 107 |
| 2.4.4 Childbirth and Culture.....               | 108 |

## **CHAPTER 3 NEONATAL PHASE AND INFANCY**

|   |     |
|---|-----|
| 3.1 THE NEONATAL PHASE.....                           | 113 |
| 3.1.1 The Physical Appearance of a New-Born Baby..... | 114 |
| 3.1.2 Assessment of a New-Born Baby.....              | 115 |
| 3.1.3 Adjustment to Basic Life Processes.....         | 116 |
| 3.1.4 Perception.....                                 | 119 |
| 3.1.5 Sleep and Dreaming.....                         | 121 |
| 3.1.6 Feeding.....                                    | 122 |
| 3.1.7 Neonatal Learning.....                          | 124 |
| 3.1.8 Individual Differences.....                     | 125 |
| 3.2 INFANCY.....                                      | 126 |
| 3.2.1 Physical Development.....                       | 126 |
| 3.2.2 Cognitive Development.....                      | 142 |
| 3.2.3 Personality Development.....                    | 163 |
| 3.2.4 Social Development.....                         | 182 |

## **CHAPTER 4 EARLY CHILDHOOD**

|  |     |
|--|-----|
| 4.1 PHYSICAL DEVELOPMENT.....                  | 207 |
| 4.1.1 General Physical Development.....        | 207 |
| 4.1.2 Influences on Physical Development.....  | 210 |
| 4.2 COGNITIVE DEVELOPMENT.....                 | 213 |
| 4.2.1 Theories of Cognitive Development.....   | 214 |
| 4.2.2 Language Development.....                | 233 |
| 4.2.3 Cognitive Development and the Media..... | 242 |
| 4.2.3 Education in Early Childhood.....        | 245 |
| 4.3 PERSONALITY DEVELOPMENT.....               | 248 |
| 4.3.1 Theories of Personality Development..... | 248 |
| 4.3.2 Emotions.....                            | 249 |
| 4.3.3 The Self-Concept.....                    | 260 |
| 4.3.4 Self-Esteem.....                         | 261 |
| 4.3.5 Culture and the Self.....                | 263 |

|       |                                 |     |
|-------|---------------------------------|-----|
| 4.3.6 | Gender.....                     | 264 |
| 4.3.7 | Racial and Ethnic Identity..... | 273 |
| 4.4   | SOCIAL DEVELOPMENT.....         | 276 |
| 4.4.1 | Family Relationships.....       | 277 |
| 4.4.2 | Peer Relationships.....         | 288 |
| 4.4.3 | Moral Development.....          | 305 |

## CHAPTER 5 MIDDLE CHILDHOOD

|       |   |     |
|-------|---|-----|
| 5.1   | PHYSICAL DEVELOPMENT.....                         | 313 |
| 5.1.1 | General Physical Development.....                 | 313 |
| 5.1.2 | Motor Skills.....                                 | 315 |
| 5.1.3 | Sexuality in Middle Childhood.....                | 317 |
| 5.2   | COGNITIVE DEVELOPMENT.....                        | 319 |
| 5.2.1 | Piaget's Theory: Concrete Operational Stage.....  | 319 |
| 5.2.2 | Development of Information-Processing Skills..... | 321 |
| 5.2.3 | Language Development.....                         | 324 |
| 5.2.4 | Cognition and Academic Achievement.....           | 327 |
| 5.3   | PERSONALITY DEVELOPMENT.....                      | 355 |
| 5.3.1 | Theories of Personality Development.....          | 356 |
| 5.3.2 | Self-concept, Self-esteem, and Self-efficacy..... | 358 |
| 5.3.3 | Emotional Development.....                        | 363 |
| 5.4   | SOCIAL DEVELOPMENT.....                           | 367 |
| 5.4.1 | The Role of the Family.....                       | 367 |
| 5.4.2 | Peer Relationships.....                           | 381 |
| 5.4.3 | Influence of Media and Online Behaviour.....      | 398 |
| 5.4.4 | Discrimination, Prejudice and Stereotyping.....   | 405 |
| 5.4.5 | Moral Development.....                            | 411 |
| 5.4.6 | Religion and Spirituality in Children.....        | 424 |

## CHAPTER 6 ADOLESCENCE

|       |  |     |
|-------|--|-----|
| 6.1   | WHAT IS ADOLESCENCE?.....                                      | 435 |
| 6.1.1 | Demarcating Adolescence.....                                   | 435 |
| 6.1.2 | A Stormy Phase?.....   | 436 |
| 6.2   | PHYSICAL DEVELOPMENT.....                                      | 438 |
| 6.2.1 | Adolescent Growth Spurt.....                                   | 438 |
| 6.2.2 | Brain Development.....   | 439 |
| 6.2.3 | Sexual Maturation.....   | 443 |
| 6.2.4 | The Psychological Effects of Physical Changes.....             | 451 |
| 6.2.5 | Body Image and Eating Disorders: Anorexia, Bulimia and Obesity | 452 |
| 6.2.6 | Adolescent Sexuality.....                                      | 456 |

|       |   |     |
|-------|---|-----|
| 6.3   | COGNITIVE DEVELOPMENT.....  | 472 |
| 6.3.1 | Theories of Cognitive Development.....  | 473 |
| 6.3.2 | Language Development.....   | 486 |
| 6.3.3 | Practical Cognition: The Effects of Adolescents' Cognitive Abilities on Certain Areas of their Development..... | 488 |
| 6.4   | PERSONALITY DEVELOPMENT.....  | 497 |
| 6.4.1 | Temperament and Personality Traits.....   | 497 |
| 6.4.2 | Identity Development.....   | 498 |
| 6.4.3 | Self-concept: Adolescents' Understanding of Self.....   | 512 |
| 6.4.4 | Emotions.....   | 516 |
| 6.4.5 | Career Choice.....  | 518 |
| 6.5   | SOCIAL DEVELOPMENT.....   | 520 |
| 6.5.1 | The Parent-Adolescent Relationship.....   | 520 |
| 6.5.2 | Peer Group Relationships.....   | 531 |
| 6.5.3 | Adolescents and Cyberspace.....   | 543 |
| 6.5.4 | Moral Development.....  | 550 |

## **CHAPTER 7 ADVERSITIES, RESILIENCE, AND RIGHTS**

|       |                              |     |
|-------|------------------------------|-----|
| 7.1   | ADVERSITY.....               | 570 |
| 7.1.1 | Family Influences.....       | 572 |
| 7.1.2 | Maltreatment.....            | 590 |
| 7.1.3 | Poverty.....                 | 599 |
| 7.1.4 | Substance Abuse.....         | 601 |
| 7.1.5 | Epidemics and Pandemics..... | 606 |
| 7.1.6 | Suicide.....                 | 611 |
| 7.1.7 | Community Violence.....      | 613 |
| 7.1.8 | Death.....                   | 619 |
| 7.2   | RESILIENCE.....              | 624 |
| 7.3   | THE RIGHTS OF THE CHILD..... | 630 |

|                        |            |
|------------------------|------------|
| <b>REFERENCES.....</b> | <b>637</b> |
|------------------------|------------|

|                   |            |
|-------------------|------------|
| <b>INDEX.....</b> | <b>710</b> |
|-------------------|------------|