

## **An Evaluation of How Life Span Approach Explains Human Development - Essay Sample Essay**

### **Introduction**

Traditional theories of human development were majorly involved in the study of the developmental stages that children underwent. These theories, however, did not pay any attention to other developmental changes that occurred after adolescence because the theorists believed that they had a very insignificant contribution to the overall development of an individual. However, during the latter half of the 20th century, psychologists began realizing that people kept on changing even after they had gone past the adolescent stage. This new knowledge influenced the work of later psychologists most notably Paul Baltes (1936-2006) to develop theories which came to be known as the lifespan approach to human development. The lifespan approach argues that human development does not end at puberty. Instead, it's a lifelong process which only terminates when an individual dies (Gonchap, 2012). The lifespan approach has seven main features. These features are: development being a lifelong process, development being multidirectional and multidimensional, human development exhibiting plasticity, development encompassing gains and losses, human development being multidisciplinary, development being history embedded, being contextual as well as influenced by socio-cultural factors (Gonchap, 2012). This paper aims to use Baltes and Erikson's theories to evaluate how lifespan approach explains human development. It will also compare these lifespan theories with Piaget's theory to determine whether indeed the lifespan approach is better than traditional theories when it comes to human development.

According to Baltes Theory, human development does not stop at puberty; it continues even during the aging times (Baltes, 2005). This development, although grouped in several stages, occurs continuously. It starts when children are born and begin exploring the world around them using trial and error methods. The nurture theory comes into play when the people around them show them what to do and what not to do. The children gradually develop the ability to self-regulate based on their advanced knowledge of what is wrong and what is right. As children enter adolescence, they discover that they can optimize specific activities in their lives by making sacrifices (Dacey & Travers, 2002).

Finally, when people age, they begin to consider the consequences of whatever choices they make. This logical approach towards life issues is due to their past historical experiences. Baltes also argues that as an individual grows, several dimensions influence their development and their social-emotional, cognitive, spiritual and biological factors (Health Research Finding, 2018). Also, Baltes theory argues that although some aspects like cognitive function and eyesight decline as one gets older, other elements increase and these include the ability of the brain to reorganize itself for it to become more efficient (Baltes, 2005). Plasticity is also displayed as a person is exposed to different environments, e.g., a person with poor eyesight will detect the location of sounds with more precision than the one with fully functional vision.

# Sample Human Development Essay

**Puja Mehta**



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## **Table of Contents Sample Human Development Essay**

1. Understanding the eBook Sample Human Development Essay
  - The Rise of Digital Reading Sample Human Development Essay
  - Advantages of eBooks Over Traditional Books
2. Identifying Sample Human Development Essay
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sample Human Development Essay
  - User-Friendly Interface

4. Exploring eBook Recommendations from Sample Human Development Essay
  - Personalized Recommendations
  - Sample Human Development Essay User Reviews and Ratings
  - Sample Human Development Essay and Bestseller Lists
5. Accessing Sample Human Development Essay Free and Paid eBooks
  - Sample Human Development Essay Public Domain eBooks
  - Sample Human Development Essay eBook Subscription Services
  - Sample Human Development Essay Budget-Friendly Options
6. Navigating Sample Human Development Essay eBook Formats
  - ePub, PDF, MOBI, and More
  - Sample Human Development Essay Compatibility with Devices
  - Sample Human Development Essay Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Human Development Essay
  - Highlighting and Note-Taking Sample Human Development Essay
  - Interactive Elements Sample Human Development Essay
8. Staying Engaged with Sample Human Development Essay
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Human Development Essay
9. Balancing eBooks and Physical Books Sample Human Development Essay
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Human Development Essay
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Sample Human Development Essay
  - Setting Reading Goals Sample Human Development Essay
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Sample Human Development Essay
  - Fact-Checking eBook Content of Sample Human Development Essay
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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