



## HAPPINESS VARIES AT DIFFERENT PERIODS OF DEVELOPMENT

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### **Abstract**

At different points in the development process, happiness is varied. The happiest time in a person's life is when they are a child, and the most miserable time is when they are a teen. The way a kid is raised has a significant impact on his or her patterns of happiness, which differ from child to child. Findings by psychologists in their hunt for happiness indicators have been startling. Despite popular belief, many of the things that spring to mind when thinking about what makes us happy don't seem to have much of an impact. Social connections have been shown to be the most closely associated with high levels of happiness. Study after study has found that those who have strong social ties tend to report higher levels of happiness and contentment. Relationship quality and relationship satisfaction seem to have the strongest relationships with subjective well-being, as they do in other areas.

**Keywords:** Development, Physical Growth, Intelligence, Maturation etc.

### **Introduction**

As a whole, human growth is a result of the combination of biological, cognitive, socio-emotional, and ecological processes. Human development is supported by a genetically predetermined framework. Many of the body's functions are determined by an individual's genetic make-up, such as his or her ability to learn and adapt. Developmental variations in height, weight, sex, and other bodily features are all part of the biological processes of growth. Every person makes an effort to maintain good bodily and mental health. To preserve one's self, there exist biological distinctions among people. As an example, a youngster who is physically stronger than the less physically strong child is better able to deal with challenges that arise throughout the course of their development. In the same way, a kid who is emotionally strong and stable is more likely to encounter difficulties in life than a youngster who is emotionally weak. Both physical and mental toughness have a hereditary component. Some children are born with a desire to live longer, while others are born with a strong desire to die.

The demands of children are also affected by biological variables. When a youngster is hungry, he needs food; when he is thirsty, he needs water; and so on. These requirements are linked to the maintenance of one's life. However, the way in which these requirements are met is influenced by a variety of social factors. A person's actions and biology are inextricably intertwined. As a result, the two are intertwined. Damage to one's physical health can lead to mental health issues, and vice versa.

The biological endowments of a human being allow him to engage with the many environmental stimuli in which he lives as a member of society. Culture, nationality, and other factors all have a role in shaping human behaviour. The individual's conduct and culture are inextricably linked. Thus, human growth and behaviour are the result of a complex interplay of biological, social, and psychological factors. As an example, if a kid is born with an intrinsic gift for mathematics,



but the environment does not encourage the development of that skill, the innate ability may not be fully developed.

### **Effects of biological factors on human development and behaviour:**

The following traits can be used to better understand human development and behaviour:

1. Species' behaviours are passed down from generation to generation, making it easier for new generations to learn from their predecessors. That is to say, the particular pattern of conduct has been passed down from generation to generation. Goats, for example, like to live as a herd and travel as a unit.
2. Biochemical Processes Influence Human Behavior: Biochemical processes influence human behaviour as well as human growth and development. There is a shift in human growth and behaviour if there is a change in the structure or process of the human body. For example, if a person's brain has been damaged, his or her behaviour may alter, maybe becoming more aggressive or emotional. Humans' behaviour can be altered by the consumption of certain medicines, which alters the brain chemistry.
3. In families, it has been noticed that if one member of the family has a mental condition, other members of the same family may have the same problem to some extent since they contain some comparable genes that are passed down through generations.
4. The evolution of genes is a major factor in the evolution of human behaviour. Humans and chimps have almost identical DNA. As a result, chimpanzees are the closest living relative to humans, and the history of gene evolution shows that they share many of our features and habits.

### **Principles of Human Development**

It is the belief of developmental psychologists that precise information of a child's growth pattern is essential to their comprehension. The pattern and process of growth and development may be characterised by a number of fundamental concepts. A typical development process is characterised by the following concepts. Developmental concepts and features are universal, even though children's personalities, attitudes and conduct are unique to them.

1. **Development involves change:** - From the moment of conception to the moment of death, the human being undergoes transformation. A variety of modifications can take place, including changes in size, proportions and the loss or acquisition of former traits. As Abraham Maslow has put it, "Self-actualization" is the ultimate objective of these changes in growth. At birth, each person is born with a unique set of abilities and potentials. Self-actualization is achieved throughout the course of one's lifetime by making use of one's natural or inborn skills. Children's attitudes regarding change are influenced by their awareness of these changes, social attitudes toward this change, and how society treats children when these changes occur.
2. **Development is a continuous process:** - A person's development continues throughout his or her whole lifetime. This is a dynamic process that is influenced by the physical surroundings of the subject. The underlying structure for the next stage of development is laid down in a previous stage. A child's understanding of the world is restricted. But as



he matures, he expands his knowledge base and adds new talents to the ones he already has, and these new skills serve as the foundation for even greater success and mastery. If the youngster can write and draw, for example, he must have mastered the ability to grasp a pencil and crayon. As a result, a person gains a wealth of information and experience as he matures.

3. **Development depends on maturation and learning:** - The concept of maturation is used to describe the way in which organisms grow and develop in a sequential manner. Children get new talents as a result of the progressive changes in their biology. Most of the maturation process occurs in the brain and neurological system. Maturation is mostly explained by changes in the brain and neurological system. Most of what a kid's future growth will be is determined by his or her environment and the lessons the youngster learns as a result of those experiences. There are many benefits to providing your child with an enriching and diverse environment.
4. **Individual Differences in the Development Process:** - Even while all children develop in the same way, their rates of development differ. It's important to remember that a child's ability to learn and adapt to his or her surroundings is unique to each individual. Both genetic and environmental factors contribute to the uniqueness of each child. The development of a person is influenced by both biological factors and external circumstances, resulting in disparities in development. In light of the fact that children develop at different speeds, we should be mindful of the dangers of depending solely on age or stage features to categorise children.
5. **Happiness varies at different periods of development:** - Various dangers can impede progress. Physical, environmental, and psychological hazards exist. These dangers might come from the child's surroundings or be passed down via the family. They have an adverse effect on a child's physical and psychological well-being. Some of the child's characteristics may include being a bully, being an aggressive person, or having adjustment difficulties. There are many examples of this, such as children who are slurring or stammering as a result of their parents' indifference.
6. **Development is predictable:** - A person's growth throughout the course of a lifetime may be predicted. Because of both genetic and environmental influences, this development takes occur in a set pattern. It is possible to forecast the course of development in certain areas such as: distinct facets of the motor process; emotional behaviour; speech; social conduct; conceptual growth; objectives; intellectual growth; and so on. As an example, a child's height and weight continue to develop up to a particular point in their lives. In general, it has been established that the developmental stages of all children have a similarity. Prenatal and postnatal periods, as well as other developmental milestones, are commonly followed by all children. A person's postnatal phase encompasses infancy, childhood, and adolescence.
7. **Early development is more critical than later development:** - Like sunrise reveals day, Milton asserts that "childhood displays man." He sees "childhood as the stage of man's starting as a human being" in the same way. When parents meet their child's basic needs,



such as providing him with food, attention, and affection, he will have a positive outlook on people and situations for the rest of his life. There are no problems with him developing good attitudes or adjusting effectively to the environment. Maladaptation's may arise if a kid has had a series of bad events in the early years of his or her life. By the time a child is 2-3 years old, Glueck believes that he or she is a delinquent. Different researchers believe that the years spent in preschool are crucial to a child's development since a solid foundation is built during this time that cannot be undone.

8. **Development involves Social expectations:** - Childhood, like sunrise, reveals the man. The scene of man's birth, according to Erikson, is childhood. He argues that if parents satisfy their child's demands for food, attention, and affection, his outlook on life is good. He gains favourable views, security, emotional stability, and adaptability. Negative early life events can cause maladaptations. Delinquents can be diagnosed as young as 2-3 years old, says Glueck. Various researchers believe that the preschool years are crucial in child development because they provide the framework for future growth.
9. **Development has potential hazards:** - Various threats to growth can impede its progress. Physical, environmental, and psychological hazards can all pose a threat to one's well-being. These dangers may be a result of the child's upbringing or of a genetic predisposition. They harm a child's physical and psychological well-being, as well as their social and emotional growth. Growth retardation, aggressiveness, and adjustment difficulties are all possibilities for the youngster. A youngster may continue to struggle with slurring or stammering if parents do not intervene.

### Conclusion

Infancy, childhood, adolescent, and young adulthood are all phases of human postnatal development. The biocultural approach to human development focuses on the continual interplay between the body's genes and hormones and the sociocultural environment that surrounds the body during all stages of human development. It is clear that the biocultural viewpoint increases our knowledge of human development from anthropology, developmental psychology, endocrinology, primate behaviour and human biology.

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