

# BTEC National H&SC Unit 1 Aim B – factors affecting human growth and development

## Key terms

Attitude	Assumptions used to make sense of social experiences.
Cardiovascular problems	Disorders of the heart or blood vessels.
Cognitive impairment	Problems remembering, concentrating, making decisions.
Congenital	Present at birth
Diathesis	Predisposition or vulnerability to a mental disorder.
Empathy	Understand another's emotions.
Genetic predisposition	Inherited genes that determine physical growth, health, and appearance.
Hypothermia	Low body temperature of below 35°.
Lifestyle	How a person chooses to spend their time and money
Maturation	Genetically determined onset of a programmed sequence - puberty
Median	A middle number of an ordered sequence (maths skills).
Nature	Genetic inheritance and other biological factors
Negative reinforcement	Behaviour is not repeated to avoid an unpleasant consequence.
Neural tube defects	Congenital defects of brain, spine and/or spinal cord – spina bifida
Nurture	External social and environmental factors after conception
Parenting styles	Definition of strategies used by parents to bring up their children.
Pollutant	Substance that contaminates air / water and makes it unsafe.
Positive reinforcement	Behaviour is repeated due to intrinsic or extrinsic rewards.
Primary socialisation	Learning of norms, attitudes, and values from family.
Puberty	Period of rapid growth, reach sexual maturity.
Respiratory disorders	Conditions affecting the respiration system – trachea, bronchi, pleural cavity
Secondary socialisation	Influences of media, religion / culture on behaviour.
Susceptibility	Increased likelihood of developing a disease due to genetic inheritance
Values	Principles that guide thoughts and decisions.

## Genetic factors

Cystic fibrosis / colour blindness / Phenylketonuria (PKU) / Down's syndrome are all caused by a genetic factor.

Genetics may also cause a disposition for susceptibility for a disease e.g. diabetes, cancer. Other biological factors include in utero environment – foetal alcohol syndrome or Rubella.

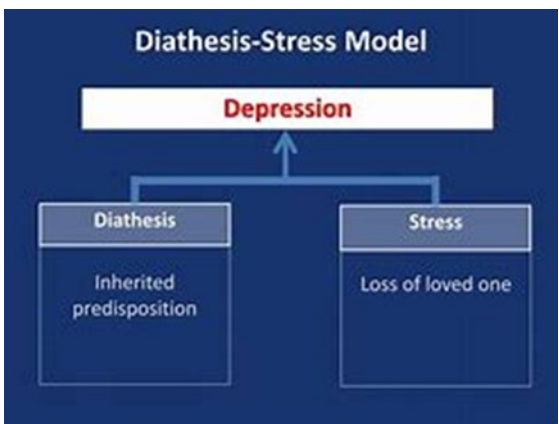
## Nature / Nurture

Nature theorists – Bowlby and Chomsky

Nurture theorists – Bandura.

## Theorists:

Gessell: maturation pattern is predetermined, and the sequence will develop at an individual pace. It is not helpful for SEND or cultural differences.



## Major life events: Holmes-Rahe life stress inventory

Life events may be predictable or unpredictable. All events are potentially stressful and have an impact on the health and well-being of the person.

Individuals cope with stress differently so a generalised scale is not always useful!

## Environmental factors

Pollution causes respiratory disorders, cardiovascular disorders and allergies these may prevent physical activity and affect growth and development.

Poor housing and access to care services. Transport and opening hours affect access, which affects the health and wellbeing of the person.

## Social factors

Primary socialisation is at home, so if the home cannot provide this the child may become stressed or dysfunctional in social situations through life.

Self-esteem and confidence are affected by divorce, parenting styles and bullying.

Culture, religion and beliefs may affect medical interventions and create tension in a patient / professional

## Economic factors

Poverty affects nutrition and social integration of individuals and families. It has an impact on life expectancy, educational outcomes and overall income potential.

It can affect lifestyle choices such as smoking, alcohol consumption, attitude to exercise and substance abuse.

**The Holmes and Rahe Stress Scale**  
Also known as the Social Readjustment Rating Scale (SRRS)

1. Death of spouse (100)	28. Son or daughter leaving home (29)
2. Divorce (73)	29. Trouble with in-laws (29)
3. Marital separation (65)	30. Outstanding personal achievement (28)
4. Jail term (63)	31. Serious illness or deep grief (27)
5. Death of close family member (63)	32. Death of a close friend (24)
6. Personal illness or injury (53)	33. Change in living conditions (24)
7. Marriage (51)	34. Reversal of personal habits (24)
8. Moving (39)	35. Trouble with boss (23)
9. Menstrual difficulties (39)	36. Change in work hours or conditions (23)
10. Retirement (36)	37. Change in residence (23)
11. Change in health of family member (36)	38. Change in school (23)
12. Pregnancy (30)	39. Change in social activities (23)
13. Sex difficulties (29)	40. Change in church activities (23)
14. Death of non-family member (29)	41. Change in social activities (23)
15. Business readjustment (29)	42. A financial crisis or mortgage (23)
16. Change in financial state (28)	43. Change in sleeping habits (23)
17. Death of close friend (27)	44. Change in number of family gatherings (23)
18. Change to a different kind of work (26)	45. Change in eating habits (23)
19. Change in number of arguments with spouse (25)	46. Vacation (23)
20. A large mortgage or loan (24)	47. Christmas (23)
21. Foreclosure of mortgage or loan (24)	48. Christmas (23)
22. Change in responsibilities at work (23)	49. Most hassles of the year (15)

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Key terms	
	Assumptions used to make sense of social experiences.
	Disorders of the heart or blood vessels.
	Problems remembering, concentrating, making decisions.
	Present at birth
	Predisposition or vulnerability to a mental disorder.
	Understand another’s emotions.
	Inherited genes that determine physical growth, health, and appearance.
	Low body temperature of below 35°.
	How a person chooses to spend their time and money
	Genetically determined onset of a programmed sequence - puberty
	A middle number of an ordered sequence (maths skills).
	Genetic inheritance and other biological factors
	Behaviour is not repeated to avoid an unpleasant consequence.
	Congenital defects of brain, spine and/or spinal cord – spina bifida
	External social and environmental factors after conception
	Definition of strategies used by parents to bring up their children.
	Substance that contaminates air / water and makes it unsafe.
	Behaviour is repeated due to intrinsic or extrinsic rewards.
	Learning of norms, attitudes, and values from family.
	Period of rapid growth, reach sexual maturity.
	Conditions affecting the respiration system – trachea, bronchi, pleural cavity
	Influences of media, religion / culture on behaviour.
	Increased likelihood of developing a disease due to genetic inheritance
	Principles that guide thoughts and decisions.

Environmental factors

Pollution causes

Poor housing

Social factors

Primary socialisation

Self-esteem and confidence are affected by

Culture, religion, and beliefs may affect

Economic factors

Poverty

Genetic factors

Cystic fibrosis

Genetics may also cause a cancer. Other alcohol syndrome or

for susceptibility for a disease e.g. diabetes, factors include in utero environment – foetal

Nature / Nurture

Nature theorists –

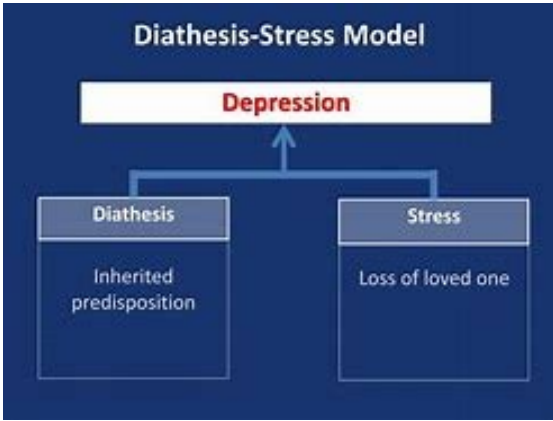
Nurture theorists –

Major life events: Holmes-Rahe life stress inventory

Life events may be

or

All events



The Holmes and Rahe Stress Scale	
Also known as the Social Readjustment Rating Scale (SRRS)	
1. Death of spouse (100)	18. Loss of a loved one (50)
2. Divorce (73)	19. Personal illness (50)
3. Marital separation (65)	20. Family problems (45)
4. Jail term (63)	21. Personal injury or illness (40)
5. Death of close family member (63)	22. Change in living conditions (30)
6. Personal health or illness (53)	23. Change in family structure (20)
7. Marriage (50)	24. Change in residence (10)
8. Physical injury (40)	25. Change in work habits (10)
9. Work readjustment (39)	26. Change in work habits (10)
10. Retirement (39)	27. Change in work habits (10)
11. Change in health of family member (30)	28. Change in work habits (10)
12. Pregnancy (30)	29. Change in work habits (10)
13. Jail confinement (20)	30. Change in work habits (10)
14. Loss of new family member (20)	31. Change in work habits (10)
15. Business readjustment (19)	32. Change in work habits (10)
16. Change in financial state (19)	33. Change in work habits (10)
17. Death of close friend (17)	34. Change in work habits (10)
18. Change in a different kind of work (16)	35. Change in work habits (10)
19. Change in number of arguments with spouse (15)	36. Change in work habits (10)
20. Change in living conditions (14)	37. Change in work habits (10)
21. Change in work habits (13)	38. Change in work habits (10)
22. Change in work habits (12)	39. Change in work habits (10)
23. Change in work habits (11)	40. Change in work habits (10)
24. Change in work habits (10)	41. Change in work habits (10)
25. Change in work habits (10)	42. Change in work habits (10)
26. Change in work habits (10)	43. Change in work habits (10)
27. Change in work habits (10)	44. Change in work habits (10)
28. Change in work habits (10)	45. Change in work habits (10)
29. Change in work habits (10)	46. Change in work habits (10)
30. Change in work habits (10)	47. Change in work habits (10)
31. Change in work habits (10)	48. Change in work habits (10)
32. Change in work habits (10)	49. Change in work habits (10)
33. Change in work habits (10)	50. Change in work habits (10)