

NATIONAL INSTITUTE OF TECHNICAL TEACHERS TRAINING AND RESEARCH

TARAMANI, CHENNAI – 600 113

SWAYAM COURSE ON “STUDENT PSYCHOLOGY”

WEEK-5: PHYSICAL AND COGNITIVE DEVELOPMENT

INTRODUCTION

In this module, we are focusing on the physical and cognitive development of Adolescents.

This module will provide information on the issues and the various strategies for physical and cognitive development of students.

PHYSICAL DEVELOPMENT ISSUES

- PUBERTY/MATURATION
- BODY IMAGE
- NUTRITIONAL DISORDERS

1. PUBERTY/MATURATION

- Early maturation is positive for boys and negative for girls

2. BODY IMAGE

- This is the period in which physical appearance assumes greater importance. They spend lot of time concerned with appearance, particularly to fit into the peer group. They would also like to have a unique style

2. DISTORTED BODY IMAGE LEADS TO NUTRITIONAL DISORDERS

- Requires Calcium and Vitamins
- Obesity
- Thin frame (ANOREXIA NERVOSA is a severe eating disorder in which individuals refuse to eat, affects women)
- Bulimia, binge eating, followed by vomiting

PHYSICAL DEVELOPMENT AREAS

1. Promoting Body Self Image
2. Resilience Training

3. Nutrition and Diet
4. Stress Management
5. Time Management

1. PROMOTING BODY SELF IMAGE

- Adults should hear them
- Adults should be role models
- Adults should allow them to express emotions
- Accommodate their requests
- Have some mild code for appearance in place
- Creating awareness about the changes
- To improve awareness on technology, use in editing/airbrushing images
- Encourage to choose healthy behaviours (Exercises)
- Choosing good cognitive habits – to have a good script not to believe everything in media

2. RESILIENCE TRAINING

WHAT IS RESILIENCE?

It is the ability to accept any change that comes through. It is also the ability to bounce back from any situation.

RESILIENCE DEVELOPMENT

- Be empathetic.
- Communicate with respect.
- Be flexible.
- Give your undivided attention.
- Accept your kids for who they are.
- Give kids a chance to contribute.
- Treat mistakes as learning opportunities.
- Stress your children's strengths.
- Let your kids solve problems and make decisions.
- Discipline to teach.

3. NUTRITION/DIET

1. **Water:** Drinking sufficient water as it improves energy level in both body and brain.
Add a slice of lemon and honey to cleanse the body of harmful toxins
2. **Healthy Snacks:** The role is to replace and restore energy for body to enhance learning. It is essential to maintain blood sugar levels to maintain peak performance. Healthy snacks include fruits, nuts and seeds, tea cake, oat based energy bars.
3. **Stress relieving foods:** Broccoli and leafy vegetables like spinach and celery, Fruits such as Bananas, oranges, apples, apricots and black currants, Nuts and seeds and Herbal teas.
4. **Power Lunches or Garden Fresh Lunches** – Focus on eating mainly protein food, eat protein and vegetables to stimulate clear thinking in the afternoon. Fish, eggs, sprouted beans, pulses, nuts and Soya proteins.

TIPS FOR EATING

1. Drink 2 to 3 litres of water everyday
2. Never skip breakfast
3. Have regular meals
4. Power lunch/garden fresh lunch
5. Avoid binge eating
6. Take time to eat
7. Watch your position

4. STRESS MANAGEMENT

STRESS

- Stress is individual's response to pressure
- Hans Selye (1956) is the founding father of stress
- He notes "Stress is not necessarily something bad – it all depends on how you take it.
- Body has only finite reserve of adaptation energy to apply to the stressors of life
- It is like a bank account form which we can only draw
- It is a nonrenewable source of energy, which we can draw till the end
- Some people squander it more often resulting in ageing and premature ends

- Other exercise more discretion and selection
- Eustress – Positive stress, stress of winning or achieving
- Distress – Negative stress, harmful and unavoidable part of human life, results in diseases, especially heart.

STRESS IN STUDENTS

EXTERNAL STRESSORS

- Academic Performance
- Physical and Psychological changes
- Family problems
- Relationship with peers
- Unrealistic expectations

INTERNAL STRESSORS

- Anger
- Frustration
- Guilt
- Phobias
- Worries

5. TIME MANAGEMENT

- Time is a unique resource – it is fixed for everyone
- Once gone, it's gone for ever
- Time is what we want and what we use worst
- Ordinary people think of spending it, great people think of using it
- Time Management saves time
- Monday is the productive day and Friday is the least productive day

TIME MANAGEMENT STRATEGIES

- Spend time on Planning
 - Set goals (Short term & Long term) and Prioritize goals

- Prioritize: Pareto Rule (80:20 rule)
- Use “To Do” List
- Consider your biological prime time
- Eliminate the urgent
- Practice the art of intelligent neglect (Trivial tasks)
- Avoid being a perfectionist

- Do the right thing

- Doing the right thing is effectiveness
- Doing things right is efficiency
- First focus on effectiveness, then focus on efficiency

- Learn to say “No”
- Prevent Interruptions
- Stop Procrastination

