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**KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR**  
**FIRST YEAR, FIRST SEMESTER EXAMINATION**  
**FOR THE BACHELOR OF COMMUNITY DEVELOPMENT AND SOCIAL WORK**  
**KCD 2104: HUMAN GROWTH AND DEVELOPMENT**

Date: 15<sup>TH</sup> APRIL 2024

Time: 2:30PM-4:30PM

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

**A case study of Modern Parenting and its conundrums**

Parenting in the modern age is undoubtedly a complex and demanding task. This has been occasioned by a shift from authoritarian styles to more empathetic, balanced, and child-centred approaches. This has placed an even more unique role on developmental study professionals, who have a responsibility to facilitate human life by keenly *studying human growth and development*. And with the focus now being on nurturing children's emotional intelligence, encouraging independence, and creating a positive and inclusive environment for their growth and development, developmental study professionals are called upon to acquaint themselves even more with the progression of human life, particularly by study, which is more like a long journey that has its vicissitudes: the ups and downs, including finding *habitation in community institutions like children's homes, schools, and homes for the elderly*. That has a beginning and an end. The human life is all about two *characteristically undistinguishable aspects: human growth and human development*. Scholars record that human growth and development exist even before conception, with human development ending after death.

Like a journey, human growth and development are *full of interactions and are shaped by a multiplicity of factors*. What one is and what one becomes is thus a product of these interactions. From birth, one grows and develops from an infant to an adult. However, becoming an adult does not stop human development, as it continues until death records scholarly literature.

Community development professionals must therefore be cognizant of the nitty-gritty of human *development, including its stages*, in order to be effective career movers and shakers in the spheres of social and community development.

- a) Highlight FOUR characteristics of human development that developmental study professionals ought to acquaint themselves with. (4 Marks)
- b) Describe THREE factors that play a role in shaping human growth and development of an individual. (6 Marks)
- c) Community development professional must study human growth and development in order to be effective. Highlight FOUR reasons why learning human growth and development is a pre-requisite to being an effective developmental study professional. (4 Marks)
- d) Outline the FIVE stages of human growth and development that developmental studies professionals must be familiar with. (5 Marks)
- e) Explain the following concepts in the context of community institutions as contributors in growth and development
  - i. 'Institutionalization'. (2 Marks)
  - ii. 'Orphanage economy'. (2 Marks)

- f) Outline three aspects of child development in which school plays a crucial role in the overall well-being of a child. (3 Marks)
- g) Briefly describe FOUR advantages of Old Age Homes in a modern-day society. (4 Marks)

### **QUESTION TWO (20 MARKS)**

- a) Parents and teachers greatly impact human growth and development. As a community development professional, outline THREE of the four main domains of human development that you would advise teachers and parents to focus on in order to effectively discharge their responsibility. (6 Marks)
- b) Adolescence, the transition between childhood and adulthood, is a stressful period of life characterized by discernible changes. Highlight TWO types of human development for an adolescent: most problems during this stage are attributed to. (4 Marks)
- c) Human growth and development are subject to peer pressure, and dealing with peer pressure can be difficult. As professionals, outline THREE strategies you would recommend to your fellow students at KWUST University to use to overcome negative peer pressure. (6 Marks)
- d) Explain the following concepts in the context of growth and development
- i. 'Generation gap' in relation to Adolescence. (2 Marks)
  - ii. Senescence in relation to the elderly. (2 Marks)

### **QUESTION THREE (20 MARKS)**

- a) Developmental psychologists principally characterize human growth and development as a predictable and orderly process. Outline THREE principles that characterize the pattern and process of human growth and development. (6 Marks)
- b) Briefly describe the concepts below as they apply to the human development of an individual.
- i. Negative VS Positive Peer Pressure. (2 Marks)
  - ii. Direct VS Indirect Peer Pressure. (2 Marks)
- c) As a community development professional, you know that human growth and human development are two different concepts. Outline THREE distinguishing features of human growth from human development. (6 Marks)
- d) Characterize the ideals of a juvenile justice system. (4 Marks)

### **QUESTION FOUR (20 MARKS)**

- a) In some community contexts, institutionalization is wrongly perceived as being a safe haven for those with either special needs or socioeconomically disadvantages. Outline FOUR Negative impacts of institutionalization on human development. (8 Marks)
- b) The Dean of Students at KWUST University asks you, as a community development professional, to talk to your fellow students about addressing relationship problems. Outline a THREE-item agenda you would use to advance your talks. (6 Marks)
- c) Research point to family structures having influence on health outcomes of minors. Highlight THREE family structure categories that are likely to impact on health outcomes. (6 Marks)

### **QUESTION FIVE (20 MARKS)**

- a) Youth are the future of any nation. They are the driving force behind a country's economic, social, and political development. However, contemporary youth face a multiplicity of challenges and problems hindering their growth and development. Outline FOUR Contemporary Challenges for Youth. (8 Marks)
- b) Briefly describe four activities provided at the home of the elderly to help the elderly cope with the vagaries of old age. (8 Marks)
- c) In the formative years of human Schools contribute to the cognitive and academic development. Highlight FOUR ways in which this contribution is realized. (4 Marks)