

2.1.1 (c) Human Development: The Factors Affecting Growth, Development and Well-being

For the exam, you will need to understand how the different factors may inter-relate and affect an individual's well-being, **positively** or **negatively** throughout their life-cycle.

The physical factors

- genetic inheritance can be as simple as eye and hair colour, to more complex genetic inheritance factors such as a pre-disposition to medical conditions, and some illnesses e.g. cystic fibrosis and Down syndrome
- diet, nutrition and hydration, including breastfeeding, bottle feeding, weaning
- the amount and type of physical activity e.g. benefits of exercise versus risks of little or no exercise
- opportunity for play
- experience of illness or disease – all illnesses have physical effects, some short term and some long term
- disability.

The environmental factors

- housing conditions
- availability of health and social care, and childcare services
- pollution – chemical
- noise e.g. loud music
- radiation, air water e.g. sewage.

The economic factors

- income – wages/salary, benefits, savings, bills, debts, poverty
- better clothing
- able to buy healthier food and have a healthier diet
- material possessions (wants vs needs).

31%

*of children in Wales live
in a poor household*

The social and emotional factors

- gender
 - family (family type, size and lifestyle)
 - relationships, including family (with parents and siblings, and as parents), friendships, personal intimate and sexual relationships, working relationships
 - adverse childhood experiences (ACEs)
 - abuse, including controlling/coercive behaviour in family and/or personal intimate sexual relationships
 - educational experiences
 - employment e.g. benefits of being in employment versus adverse effects associated with unemployment
 - cultural and racial diversity e.g. benefits and challenges of living in a multicultural society
- **ACEs** = Adverse Childhood Experiences are traumatic experiences that occur before the age of 18 and can affect individuals into adulthood.

Poor living conditions can cause negative effects such as

Damp – respiratory problems
Overcrowding – anxiety/depression/stress
Poor heating/lack of heating – colds/flu/poor health
No open spaces/garden – lower fitness levels from lack of exercise

Abuse – 5 different types

1. Emotional (financial)
2. Physical
3. Sexual
4. Psychological
5. Neglect

Negative effects of noise pollution
Stress/anxiety, high blood pressure, disrupted sleeping patterns, hearing loss.

Relationships can have **positive** and/or **negative** effects e.g.
Trustworthy ✓
Can hurt your feelings ×