The purpose of this reflection paper is to differentiate between and understand the relationships between the bio-psycho-social (including spiritual) aspects of lifespan development as they impact human services. Development is a process involving patterns of movements and changes a person experiences from birth to death. Each development stage is denoted by periods of time characterized by certain features people will go through at these certain stages in life.

There are eight periods of development; each stage influenced by biological, cognitive, socioemotional and spiritual processes people experience throughout their lifespan. The eight periods of development are: “Prenatal period (conception to birth), Infancy (birth to 18-24 months), Early childhood (2-5 years), Middle and late childhood (6-11 years), Adolescence (10-12 to 18 years), Early adulthood (20s to 30s), Middle adulthood (40s to 60s), and Late adulthood (60s-70s to death)” (Santrock, 2010, p. 15). As people transition through the periods of development, it makes the process “lifelong, multidimensional, multidirectional, plastic, multidisciplinary, and contextual; involves growth, maintenance, and regulation of loss; and is constructed through biological, sociocultural, and individual factors working together” (Santrock, 2010, p. 6).

Biological processes “produce changes in an individual’s physical nature” (Santrock, 2010, p.14). “Cognitive processes refer to changes in the individual’s thought, intelligence, and language” (Santrock, 2010, p.14). “Socioemotional processes involve changes in individual’s relationships with other people, changes in emotions, and changes in personality” (Santrock, 2010, p.14). “Spirituality involves a sense of connectedness to a sacred other (God, nature, a higher power)” (Santrock, 2010, p.492).

How people transition through the developmental periods vary. Some people will share similar experiences at certain stages like some, like all or vaguely like no others; mostly
developmental periods are about individuality and a person’s uniqueness. Although at certain stages of life, all humans will experience the same development levels. A one year old begins to walk, young children engage in fantasy play, and adolescence experience rapid physical changes (Santrock, 2010). Living a long life, people will experience physical changes such as hearing, vision loss and personal family and friendship losses. There are certain general courses of development that people follow, but changes occur in people’s development because of genetics, socioeconomic status, race, ethnicity, and gender.

Reference