

ROLE OF FAMILY AND SCHOOL
IN COGNITIVE, AFFECTIVE AND
PSYCHOMOTOR DEVELOPMENT
OF THE CHILDREN

Dr Jasvir Kaur

INTRODUCTION

Child is the main constituent of any future generation and a childless society will be wiped out in a near future.

Parents, teachers, siblings, elders and friends play an important role in child development and more importantly, the family and teachers have a critical role. In the early childhood, the family provides the most significant attachments as well as the care and stimulation required for children's growth and development. The quality of care-physical, affective and social-results from steady life conditions, both socio-economic and psychosocial development.

- According to Dewey, school is a miniature society. We can also say that school is enlarged ideal home. Some consider parents to be a child's first teacher while teachers are their second parents. It is centre of learning for the child, therefore the learning experiences whether formal or informal, he gets inside the school, control and shape his behaviour. A man can be identified by the name of the institute from where he gets his education.

- **Sports and Physical exercise:** Physical exercise should be compulsory for all students in the school. Students should be involved in a variety of sports, both indoor and outdoor. Yoga plays a great role in physical as well as emotional wellbeing and hence should be encouraged in the school. A well-qualified sports teacher must be available in the school in order to strengthen the value of sports in physical fitness of adolescence.
- **Co-curricular activities:** Activities like woodwork, spinning and weaving, book binding, gardening etc. may be introduced in the school. Co-curricular activities provide an outlet for pent up emotions and redirection of emotional behaviour. This is especially important at a stage when an individual is undergoing a 'storm' of emotions.
- **Nutrition education:** Adolescent girls may become so obsessed with their weight that they develop severe eating disorders such as anorexia nervosa or bulimia. Anorexia nervosa refers to starvation; bulimia refers to excess eating and vomiting. This necessitates the importance of nutrition education.

- Sex education: Drastic sexual changes take place during adolescence and to help them understand these and have a healthy attitude about sexuality, sex education must be a part of curriculum. Sex education plays a very important role in helping adolescents develop into a responsible adult. Sex education for adolescents is imperative for developing ethical, moral, wholesome and correct attitude towards the opposite sex and hence being a responsible social citizen.

Seating and lighting arrangement: Appropriate seating arrangements and good lighting should be ensured to impress upon the adolescents the importance of studying under healthy surroundings.

- Qualified teachers: Teachers of adolescents should understand components, principles, and theories of adolescent physical and motor development, as noted in research. Teachers of adolescents need to be very sensitive about the social changes taking place in the life of her adolescent students. School should take utmost care while recruiting teachers to ensure that the teacher has knowledge and appropriate skill to handle the matters of adolescents.

- Friend and guide: Teacher should act like a guide or a mentor to students so that they feel confident to ask questions and concerns regarding their growth and development. A sympathetic, affectionate and inspiring behaviour of a teacher may bring in the child the needed enthusiasm, motivation, confidence and will power to develop in a desired way.
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- Creative and Democratic concept of discipline: Traditional methods of discipline may lead to revolt and aggression in some cases and withdrawal in others. Therefore, creative and democratic ways of discipline are the need of hour. Adolescents should be made responsible for handling their own affairs and should be given authority to act responsibly
- Rich and varied curriculum: The curriculum in the school should relate to the real life of adolescents. If the learning in school is unrelated to their modern needs, it could lead to emotional disturbance.
- Freedom for self-development: For development of a creative mind, freedom of self-development and freedom for activity must be given in a school, of course under guidance from teacher

- Due regard to Individual differences: Adolescents differ mentally, physically and emotionally. A teacher must study the specific needs of each student and respect individual difference between them.
- Use of dynamic methods of teaching: To ensure that the adolescents are motivated to study and develop in the desirable direction, dynamic teaching methods have to be adopted by a teacher.
- Guidance and counselling: A teacher should help adolescents explore career goals and options. She should ask questions about their future career goals and set up opportunities for them to "job shadow" others.
- Encourage involvement in Group activities: A teacher should remember that adolescents are trying to gain a sense of achievement - a sense of being uniquely good at something. She should give group assignments for both within the school as well as outside the school to facilitate that.

- Praise adolescents for their efforts as well as abilities: A teacher should leave no positive behaviour displayed by her students unacknowledged. Praise helps them develop a sense of confidence in attempting, persisting to and accomplishing a task.
- Social skills: The school plays an important role in helping children learn to interact positively with their peers and teachers. They learn about healthy relationship skills and develop them further through interactions, both in the classroom and on the playground. " Children spend a large portion of their day at school, and it's vital that a school's curriculum is designed to help its students form solid social relationships or to "connect with other children and adults in a caring and empathetic manner."

- **Character Building and Self-Concept:** Character building is not an alternative to academic achievement, but rather an essential adjunct of it. Just as the school provides lessons on reading, writing and arithmetic, from the very beginning it also focuses on helping kids learn about compassion, respect, empathy and integrity.
- **Broadening Horizons:** The school can introduce a child to a multitude of opportunities. From early on, children are often exposed to different nationalities, cultures and traditions, helping to shape their viewpoint of the world around them. Field trips and interactive projects let your child try out new things, while each different subject in school gives her a taste of what could await her in the future.

- Observe and imitate behaviour: students observe the whole activities that goes on in the school environment like behaviour of the teachers their temperament etc. after observing the students also try to imitate others specially their teachers.
- Due regard to Individual differences: Adolescents differ mentally, physically and emotionally. A teacher must study the specific needs of each student and respect individual difference between them.
- Motivate students : Teacher should motivate the students to take part in various activities and sports. •
- PTM: Teacher must also share the importance of physical health and nutrition with parents during parent-teacher interactions

Conclusion

Psychological, social and cultural environment of the school also affect growth and development of the child. Ideally, the school's role is to bring each student to her individual, maximum academic potential. While its effectiveness may vary from school to school, it's not enough to teach the ABCs and 123s and call it a day. A significant amount of schoolwork throughout the grades is dedicated to helping children become expert problem solvers and solution-seekers, skills that will come in handy in just about every personal and professional aspect of a child's adult life. Therefore, in addition to an academic skill, problem solving is an essential life skill. It's "the ability to analyze a situation, propose a solution and, should that solution not work, be able to re-strategize to try again," A single incident or accident may make or destroy the life of the child.