

The essentiality of the domains of development essay

[Life](#), [Relationships](#)



The domains of development are interrelated since each has the common goal of establishing progress in an adult. The said domains are the physical, cognitive and social development. The physical development serves as a guide in understanding the theories by identifying the changes that one adult undergoes. The growth of the body structure can be related to how the adult finds his identity or handles his ego.

An illustration of this is when an adult knows that he is attractive. There is a possibility that he will be very confident about his self. The development of the sensory, motor and nervous system are also encompassed by the first domain. The next domain is the cognitive development in which the focus is the intellectual capability of an adult. The way he or she thinks, perceives and gives out reasons are part of the activities in this domain. The concept of memory, language and the ability to solve problems are accommodated in the cognitive development. The adult theories can be comprehended through knowing why the adult acts in a particular manner because of the way he or she thinks.

Lastly, the social development is the domain that tackles how the adult interacts with other people while building relationships. Another focus of the domain is the development of personal traits. Thus, the character of an adult on why he is an introvert or an extrovert can be understood. An example on how one domain affects the others is visible in the case of someone who has bipolar disorder. The social ability of a person who has this disorder is definitely affected since his cognitive state is unstable. He

may have mood swings which will result to fighting and getting irritated with other people.

There will be a hard time in terms of establishing a definite social circle. The physical development can also be affected since someone who has this disorder does not sleep much and ignores the danger in risky activities.

From the example, it can be concluded that the fall of one domain causes instability of the remaining ones. References: Bright Tots. (2004).

Developmental Domains. Retrieved August 18, 2010 from

<http://www.brighttots.com/domains.html>