

## **CONCEPT OF MATURATION**

**e-content**

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## **CONCEPT OF MATURATION**

**Objective:** Student would be able to understand the meaning of maturity in terms of overall development.

**Learning Outcome:** Student would learn about the basic concept of maturity, its definition, physical and psychological maturation.

This concept was pioneered by American Psychologist Arnold Gesell (1925). Maturation can be defined as the changes in thinking, sense of responsibility, and better ability to adjust to meet successfully the daily issues. Maturation occurs in fixed sequences or stages that are governed by genes. This implicates that maturation is directly linked to the genetic context of the humans. It is also learned that the role of the environment cannot be ignored. Here environment stands for social experiences, relationships, and social transactions where individuals learn various rules and rituals, whereas this “genetic blueprint” for development determines the sequence, timing and form of emerging action-patterns. Maturation is seen in human beings that follows an orderly sequence and is largely dominated by genetic blueprint which is responsible for producing commonalities in our growth and development. Maturation is the process of becoming mature overall, both psychologically and behaviourally. The emergence of individual and behavioral characteristics through growth processes over time. In the process of maturation development can be observed to any of the following: Fetal development, Developmental biology, Psychological development.

According to Garry and Kingsley (1957), “Maturation is the process whereby behaviour is modified as a result of growth and physical structure.” In simple words, maturation can be understood as the mental, physical, emotional growth and development which is essential for successful adjustment of all individuals.

Concept of maturation is important in all the conditions no matter baby is in the uterus of the mother or is out. Maturation for a fetus becomes significant if we have to ascertain its upcoming healthy development. There are different stages and conditions which are considered essential before reaching to different stage for further achievements of skills. It is important to note that maturation implies that sequence based and simultaneous occurrences of various psychological and physical changes in the individual are required.

### **Nature of Maturation**

Maturation is a stage of completion of growth and strengthening of acquired mental, social and emotional development. Maturation is essentially a process of refinement and modification from within and inborn ripening and progress of capacities of the organism. Maturation is an essential precondition of learning. Its absence will stop any further acquisition of skill. It is the basis of learning and it is via learning that makes human development complete. Maturity is essential for overall physical and intellectual training and

expertise. Attainment of physical and mental maturity is essential to get proficiency in daily tasks and challenges. As maturity is an automatic process, there is no need of external arousing objects or stimulus.

**There are mainly two types of Maturation:**

1) **PHYSICAL MATURATION**- Refers to the physical growth and development that human go through till old age. For example; a child mainly depends on his/ her reflexes in the early stages of development. Growth in weight, height, body mass, expansion of muscle tissue is seen in the process of maturation. Children as they grow older, develop their motor skills and co- ordination skills, control of gate, along with Gross motor skills and Fine motor skills.

2) **COGNITIVE MATURATION**- This can be understood as the way we change our thinking patterns, problem solving, attitude, judgments throughout the lifespan. Some important aspects of cognitive maturation are information processing, language development, reasoning skills, memory, etc. Cognitive maturation begins right at Infancy and continues through adolescence (Turkheimer, 2003). Maturation and practical understanding continue even after completion of adolescent age and where individual keep learning new skill and enrich their fund of knowledge about self and environment.

**Factors influencing the maturation**

- Physical health of the baby and mother
- Nutritional values in the food
- Exposure to various stimuli
- Training opportunities

**Characteristics of Maturation:**

**1. Sum of gene effects:**

Maturation is the net sum of gene and its effects operating in a self-limiting life cycle. It is primarily based on heredity. It is the process of describing underlying potential capacity of an individual (Gottesman, 2005).

**2. Automatic process:**

To great extent maturation is automatic process of transformation where various required changes occur to the baby. Maturation is an automatic process of somatic, physiological and mental differentiation and integration.

**3. Growth and development:**

Maturation brings growth and development occurring simultaneously and in a time bound manner. Achievement of maturity is necessary either before any unlearned behaviour can occur or before baby has learned any particular behaviour (Gottlieb, 1991). It involves both structural and functional changes in the body as well as brain. It helps an individual with

structural change to reach at the stage of functional readiness wherein baby can best adjust in the environment.

Summary: Maturation is a process through which baby moves towards achievements essentials for future challenges. Process of maturation involves physical and psychological adaptive changes in the baby. Maturation involves internal and external changes in the body as well as brain. Direct exposure to the environment sharpens the knowledge of the baby for achievement of maturation.

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