



# Intellectual development of human beings through practical circumstances

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## Abstract

The study aims to investigate the intellectual development of human beings through practical circumstances. This, in turn, focuses on the analysis of the mental and physical well-being of people while considering their cognitive ability to handle personal issues. This addresses the fundamental aspects of the well-being of human beings in consideration of their physical and mental health. However, the research highlights personal effectiveness in the light of potential circumstances to ensure intellectual development. In this regard, the study keeps a tab on factual findings from previously done research works in order to validate the research requirements of the current study.

**Keywords:** *Intellectual development, Mental and Physical well – being, Mental health, Cognitive ability.*

## 1. Introduction

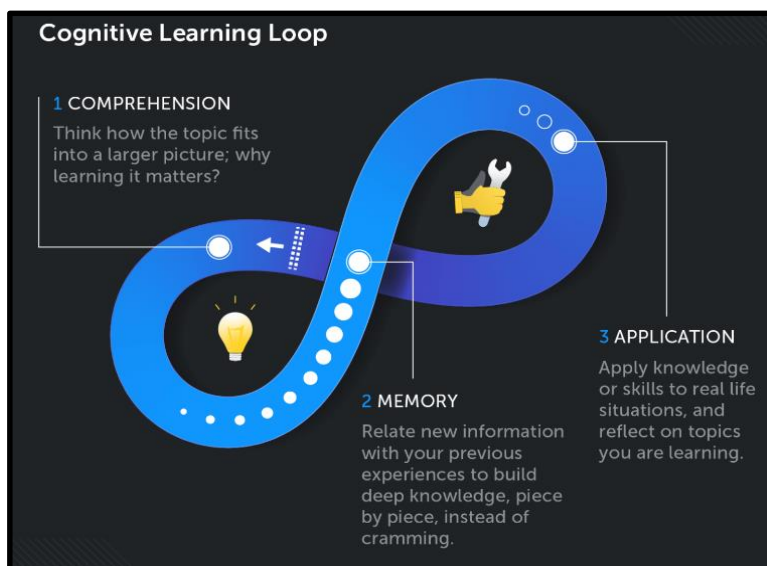
### 1.1 Introduction

The study introduces the intellectual development of human beings based on practical circumstances. This addresses the fundamental aspects of the well-being of human beings in consideration of their physical and mental health. However, the research highlights personal effectiveness in the light of potential circumstances to ensure intellectual development. In this regard, the study keeps a tab on factual findings from previously done research works in order to validate the research requirements of the current study. This, in turn, gives rise to an adequate analysis of findings by addressing the research. Moreover, recommendations are taken into consideration based on the problems associated with the intellectual development of human beings.

### 1.2 Background of the study

The background of the study is based on the intellectual development of human beings while considering practical circumstances. This, however, addresses the cognitive ability of people to enhance reasoning among the people. It has been reported that intellectual development allows children to make out potential relationships between adequate ideas in order to grasp analytical skills. As reported by Kivimaki *et al.* (2020), the development of physical and mental health conditions tends to promote the well-being of people while considering their

cognitive ability. However, it has been encountered that the cognitive development of human beings ensures the need for potential consideration of mental well-being.



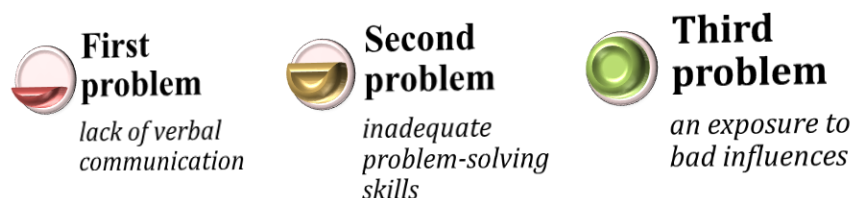
**Figure 1.1: The intellectual ability of human beings**

(Source: Kivimaki *et al.* 2020)

The figure above illustrates the cognitive loop to encounter the ability to handle abrupt conditions. This revolves around the potential impacts of intellectual development on human beings. However, the practical circumstances are associated with chronic disorders coupled with physical illness to address well-being. This, in turn, regulates the importance of measuring intellectual development among human beings.

### 1.3 Problem statement

The problem statement associated with the research addresses the issues faced by human beings while developing cognitive skills. In this regard, the *first problem* is concerned with a “*lack of verbal communication*”, which, in turn, fails to make sense of the surroundings around human beings. This, however, lowers the scope for language development as a mark of intellectual improvement. Rorty, (2020), has reviewed the contingency of language in terms of individuals’ ability to cope with communication. However, the *second problem* is related to “*inadequate problem-solving skills*” among human beings. Consequently, the identification of problems at an early age lacks and thereby fails to find the best way for the issue.



**Figure 1.2: The problem statement of the research**

(Source: Self-created)

The *third problem*, on the other hand, addresses “*an exposure to bad influences*”. The children are found to be experiencing illiteracy as they are disposed of basic education. As reported by Owada *et al.* (2019), the rate of illiteracy among school-aged children is 4.7% and is influenced by the prevalence of bad influences. However, the current study highlights the problem statement to identify key issues concerning cognitive development.

#### **1.4 Research aims and objectives**

##### *Aim*

The study aims to investigate the intellectual development of human beings through practical circumstances. This, in turn, focuses on the analysis of the mental and physical well-being of people while considering their cognitive ability to handle personal issues.

##### *Objectives*

- To evaluate the impacts of intellectual development on the well-being of human beings
- To identify practical circumstances in consideration of the intellectual development of human beings
- To measure the physical and mental state of well-being through the adoption of cognitive ability
- To evaluate the need for human interaction in the cognitive measures of human beings

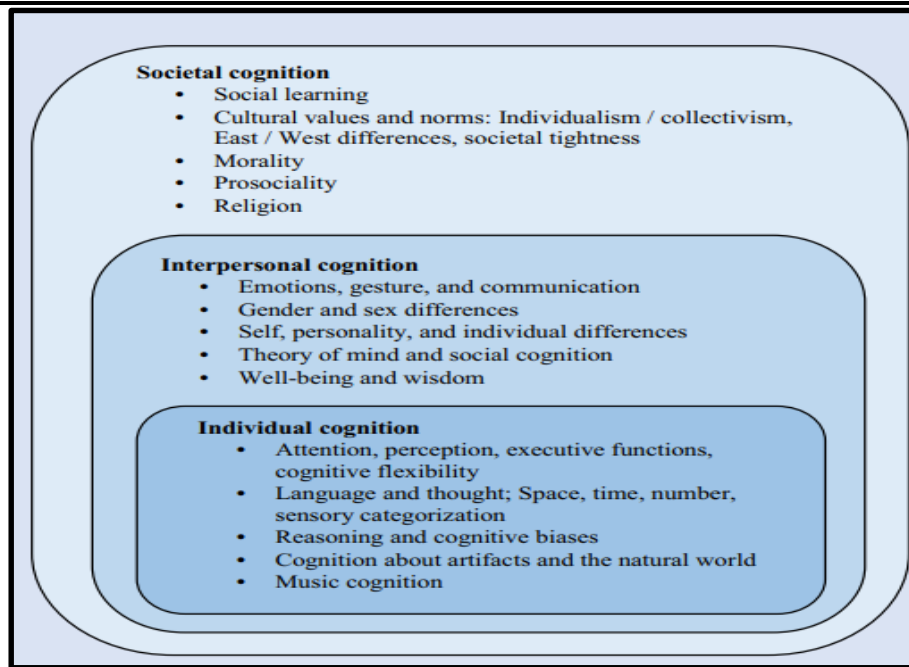
## **2. Literature search outcome**

### **2.1 Introduction**

This section of the study gives rise to the potential analysis of previously done research works in order to capitalize on the perceptions of the current study. This, in turn, specifies the need for discussing possible themes based on the intellectual development of human beings. However, this section addresses the factual findings of relevant scholarly articles in consideration of the evaluation of practical circumstances to ensure the intellectual development of human beings.

### **2.2 Drivers of social and cultural foundations of cognitive development**

The cultural foundation of human memory is associated with an interaction between the ecology and its organism through the course of profound cultural and collection foundation. The process of memory representation, memory reconstruction, remembering, and perceptual encoding and memory expression depends on the social foundation of intellectual development. In this regard, Wang, (2021), has reviewed human memory in the sense of cultural foundation. The authors have demonstrated that cultural elements such as language, moral values and beliefs ensure cognitive psychology among human beings.



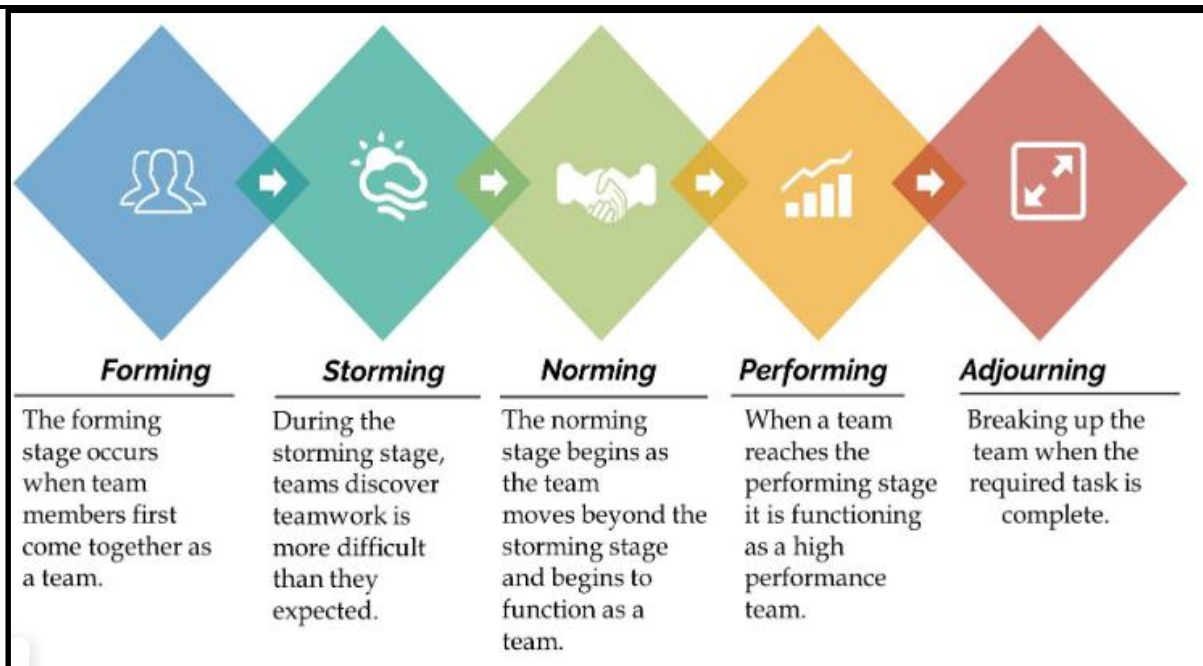
**Figure 2.1: Cross-cultural cognitive psychology**

(Source: Barrett, 2020)

Societal cognition deals with cultural values while considering individual development. Figure 2.1 depicted above refers to cross-cultural cognitive psychology in terms of human development. It has been found in the figure that individual cognition focuses on executive functions through cognitive biases and reasoning. This, however, revolves around artefacts as well as the natural world.

### **2.3 Toward an intellectual developmental approach to counselling supervision**

The context of supervision gives rise to an instructional process, which incorporates coaching students. This usually addresses the performance of students in terms of direct practice to realistic simulation of individual action. The focus of the supervisory process facilitates the intellectual development of human beings. However, Mamurov *et al.* (2020), have investigated lifestyle among students. The authors have identified the fundamental aspects of counselling to make an impact on students' lifestyles and thereby influence their cognitive development.



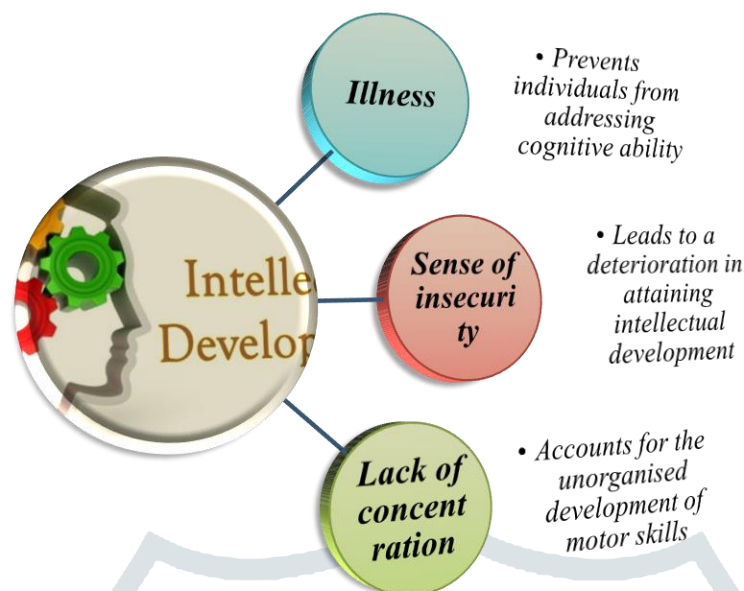
**Figure 2.2: Counselling supervision for the intellectual development of students**

(Source: Mamurov *et al.* 2020)

It has been encountered that the intellectual development of human beings relies on an adequate approach to supervision. This, however, relates to the fundamental aspects of individual performance based on a set of processes. Figure 2.2 depicts five stages of group development as a part of ensuring cognitive ability among people. It is reported that the performing stage of the process acts as a driving factor as it enables the functioning of students while considering their personal effectiveness. Moreover, this addresses the cognitive ability of people to enhance reasoning skills among the people. It has also been reported that intellectual development allows students to make out potential relationships between adequate ideas in order to grasp analytical skills.

#### **2.4 Factors affecting the intellectual development of human beings**

The intellectual development of human beings involves changes and growth in the brain, health, wellness, and skills. However, this is affected by several practical circumstances in order to identify cognitive ability among people. It has been encountered that *illness* can be crucial to prevent individuals from addressing cognitive ability. In addition, a *sense of insecurity* among individuals leads to a deterioration in attaining intellectual development. In this regard, Shahi *et al.* (2020), have reviewed behavioural factors which affect talent management. It is reported that inappropriate approaches to behavioural concerns among individuals create discrepancies in ensuring cognitive development.



**Figure 2.3: Factors affecting the intellectual development of human beings**

(Source: Self-created)

Moreover, a *“lack of concentration”* towards language development accounts for the unorganised development of motor skills. This, however, affects the intellectual development of human beings in consideration of personal effectiveness. Furthermore, practical circumstances such as *biological, socio-economic* and *environmental* play a big impact on cognitive development among children. Otakhonova, (2021), has researched the underlying principle of cognitive development to enable intellectual ability among people. It has been addressed that the human memory looks after the cultural foundation through the evaluation of cultural elements such as language, moral values and beliefs. This, in turn, considers practical circumstances in relation to cognitive psychology among human beings.

## 2.5 Theoretical underpinnings

**Cross-cultural communication theory:** This theory is employed to recognise cultural variations among human beings in order to develop a feeling of communication in various settings. This idea explains the selection of a diverse variety of people from various places to assist organisations in better analysing the intellectual development of employees. However, according to Liu, (2022), "cross-cultural management theory" is inspired by corporate executives of every franchise to learn about cultural language and so create a better understanding among people and businesses. This theory, however, is employed in this research study because it emphasises the significance of cross-cultural communication in international business development and, as a result, developing the cognitive ability of people to meet customer requirements.

**Piaget’s theory of cognitive development:** According to “Jean Piaget’s Theory of Cognitive Development”, children’s intellect varies as they develop. Children’s cognitive development is not simply about absorbing knowledge; they also need to construct or develop a mental representation of their circumstances. As per the

opinion made by Hansfstingl *et al.* (2019), Piaget's theory ensures learning approaches among children with a focus given to their cognitive ability. As far as practical circumstances are concerned, this theory is taken into consideration here as it relates to the cognitive development of human beings by overcoming circumstances.

### **3. Materials and methods**

#### **3.1 Overview**

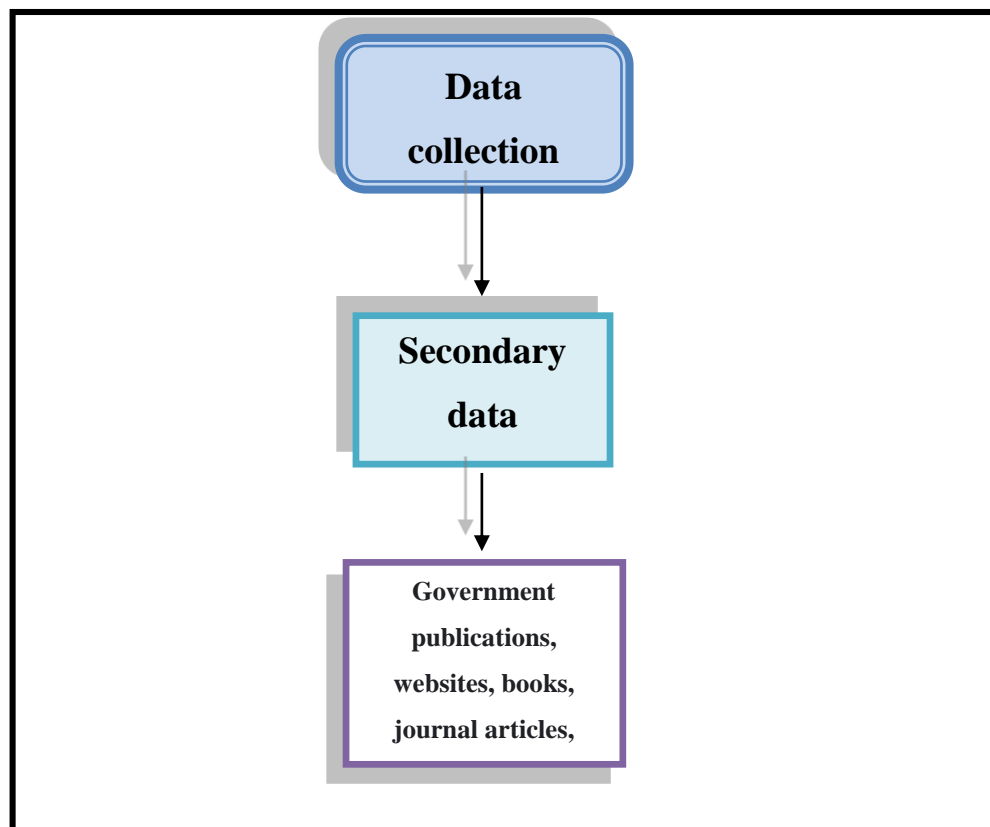
The methodology of this section introduces adequate research procedures based on the critical analysis of data. This section addresses factual findings from the data based on the current topic. This, in turn, capitalises on the secondary analysis of data coupled with a qualitative evaluation of the information gathered. Moreover, this section is related to the collection of data followed by its analysis. Furthermore, ethical consideration keeps a tab on maintaining authenticity throughout the research.

#### **3.2 Search strategy**

The strategy of the research is based on the outcomes associated with the impact of brand identity. This addresses key research findings. This, in turn, focuses on the demonstration of practical methods for researching while taking into account research requirements. However, this part of the experiment emphasises how important it is for the qualitative method. This examines the quantitative methods used in response to secondary data analysis. Dannels (2018), claims that a researcher can stress qualitative information from earlier studies. Therefore, the collection and interpretation of data in the qualitative technique have been considered to analyse descriptive data.

#### **3.3 Data collection procedure**

Two separate categories of data sources are usually taken into consideration to conduct the research. Scholarly publications, organisational reports, and government documents are related to the secondary data source. In the present study, secondary data sources have been used to conduct the research.



**Figure 3.1: Data Collection Method for the research**

(Source: Self-created)

The use of secondary data in this study offers several advantages, including “*cost-effectiveness*” (Ruggiano and Perry, 2019). “*Easily accessible data sources*” used in this research provide a key justification for the study. However, the secondary data's components have been acquired, and the price of the data is maintained in control.

### 3.4 Data analysis

The study has addressed “*secondary qualitative data*” to evaluate the factual findings of research works related to the current study. It has implemented the critical understanding of secondary data sources based on their significant justification. This, however, focuses on the secondary analysis of data coupled with a qualitative evaluation of the information gathered as encountered by Johnson and Sylvia, (2018). From this perspective, the research collects data from *Google Scholar* and *ProQuest* to enhance the scope for better searching of articles. In this regard, the research focuses on the collection of data from scholarly articles, relevant journals and websites to meet research requirements.

### 3.5 Ethical consideration

The study reports proper following of ethics to maintain authenticity in the same. This research proves to be ethically proper about different secondary data collection methods. “*No data branching*” is performed while conducting the research. However, the study has complied with different journals and articles leading to “*no copyright issue*” associated with the investigation of the research. However, the study has encountered the “*Data Protection Act*” to ensure reliability and authenticity. According to Hasan, (2021), ethical consideration helps



understand the proper presentation of different information with their “*trust source of extraction*”. Throughout its duration, this research maintained academic integrity and complied with all applicable ethical standards. However, there is no data exploitation and is considered genuine data. Furthermore, the research observes “*no misuse of data*” and “*breaching*” throughout the investigation.

## 4. Results and discussion

### 4.1 Introduction

This section of the research identifies the fundamental aspects of the current study with an aim to discuss crucial findings in previous sections. This comes up with a potential attribute of qualitative research based on informative themes related to the current study. In addition, the discussion is made on key findings from the research upon which further conclusion are made.

### 4.2 Findings from qualitative research

#### *Theme 1: Interaction of cognition in the form of the intellectual development of human beings*

The cognitive ability of human beings has come a long way in interacting with intellectual development. In brief, creativity has always been essential to life and success, and the evolution of the human species may be seen as a tale of creativity. This, however, relies on creative thinking abilities, and creativity has become a critical concern for most organisations and corporations as reported by Issacs, (2018). The majority of people give rise to the need for employing creativity to deal with physical dangers, life and work in their complex and rapidly changing world.

#### *Theme 2: Effects of practical circumstance on adult intellectual development*

The presence of indisputable “age-related impairment” in cognition does not undermine the belief that behaviour may improve cognitive performance. Instead, Tullius *et al.* (2022), have ensured that the process of normal ageing develops a zone of feasible functioning that reflects individual strengths as well as age-related requirements. Individuals may determine whether they perform in the upper or lower ranges of this zone by indulging in positive intellectual, physical, and social activities.

#### *Theme 3: Easing cognitive ability among human beings through intellectual development*

“Mindfulness and compassion skills” (MC skills) play a significant role in maintaining a healthy stress response by facilitating the development of adaptive appraisal and coping resources. This includes processes, which proceed and follows the sense of intellectual development. However, MC skills, in particular, are anticipated to improve productive stress response via adaptive appraisals and skilful deployment of coping resources, and healthy post-coping reflections. As reported by Dvorakova *et al.* (2019), the role of compassion and mindfulness skills ensures the well-being of students and thereby develops their cognitive ability to cope with resources.

### 4.3 Discussion of key findings

This section discusses key findings from the research from the perspective of intellectual development as it paves the way for the fundamental aspects of creative thinking among human beings. This, however, highlights the practical circumstances surrounding human beings while considering the growth of their cognitive ability. It has been discussed that intellectual development is related to internal disputes as well as external concerns pertaining

to growth and upbringing to make an impact on adult intellectual development. As reported by Meadows, (2019), the cognitive development of human beings is affected by external surroundings following the role of environmental influence. The study, in this regard, has discussed the cognitive ability of people to enhance reasoning skills among the people.

## 5. Conclusion and Recommendation

### 5.1 Conclusion

It can be concluded that intellectual development ensures the cognitive ability of human beings in the context of the mental and physical well-being of people. The research has addressed the critical understanding of individuals' perceptions based on the practical circumstances faced by them. This, however, has shed light upon the critical analysis of intellectual development involving human beings in order to specify research needs. However, this has given stress to the identification of authentic information from scholarly articles and thereby enabling research strategy. In addition, recommendations encounter the act of improvements concerning intellectual development while considering the mental and physical well-being of people.

### 5.2 Limitations of the study

The study has been found to be limited to the authentic collection of data. It is encountered that the research is based on secondary qualitative analysis. However, the primary analysis would have been beneficial as it relates to a collection of different opinions from interviews or surveys concerned. Moreover, the study lacks Time Management as there was little time identified throughout the research. Time management acts as a driving factor to ensure the collection of data with time (Vinichenko *et al.* 2018). A lack of time management, however, has lowered the scope for completing adequate and relevant data based on the impacts of practical circumstances on the intellectual development of human beings with an aim to enable personal effectiveness.

### 5.3 Future scope

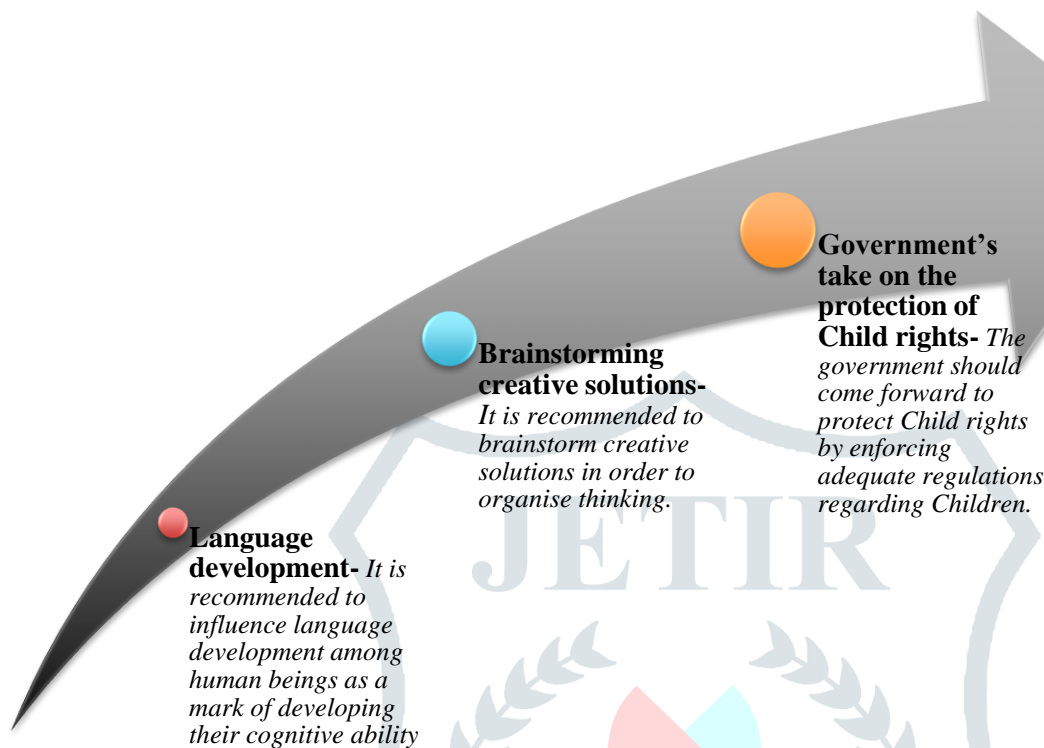
Through practical circumstances on the intellectual development of human beings, the current study has placed a strong emphasis on examining the perspectives of the "well-being of human beings" as the key result of their mental health. Therefore, the focus of future research should be on determining how practical conditions affect the physical and mental health of people in consideration of "civil society", "good behaviour" and "intellectual environment" (Butt *et al.* 2020). However, the study has neglected the impact of various forms or types of intellectual aspects of cognitive measures such as personal effectiveness, adaptive learning and stress-free life. This, further, enhances the scope for influencing the development of intellect among individuals while measuring "resilience intervention" through consumer interaction.

### 5.4 Recommendation

The study keeps a tab on recommendations based on the areas of improvement while considering the issues associated with the intellectual development of human beings. This, in turn, provides scopes for future prospects of cognition related to practical circumstances.

- **Language development:** It is recommended to influence language development among human beings as a mark of developing their cognitive ability. In consideration of the issue faced by human beings while

addressing verbal communication, it is desirable to recognise listening and speaking concerns to enable language development. From this perspective, Sania *et al.* (2019) have investigated language development to lower the early life risks among human beings.



**Figure 5.1: Recommendation for intellectual development of human beings**

(Source: Self-created)

- **Brainstorming creative solutions:** In consideration of a lack of problem-solving skills among people, it is recommended to brainstorm creative solutions in order to organise thinking. Ritter and Mostert, (2018), have addressed the idea-generation technique for individual brainstorming. This, in turn, will integrate creative thinking skills with learning attributes.
- **Government's take on the protection of Child rights:** The government should come forward to protect Child rights by enforcing adequate regulations regarding Children. However, it is recommended to follow *"The United Nations Convention on the Rights of the Child"* (UNCRC) by respective governments across the globe (Unicef.org, 2022). This will pave the way for fundamental child rights.

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