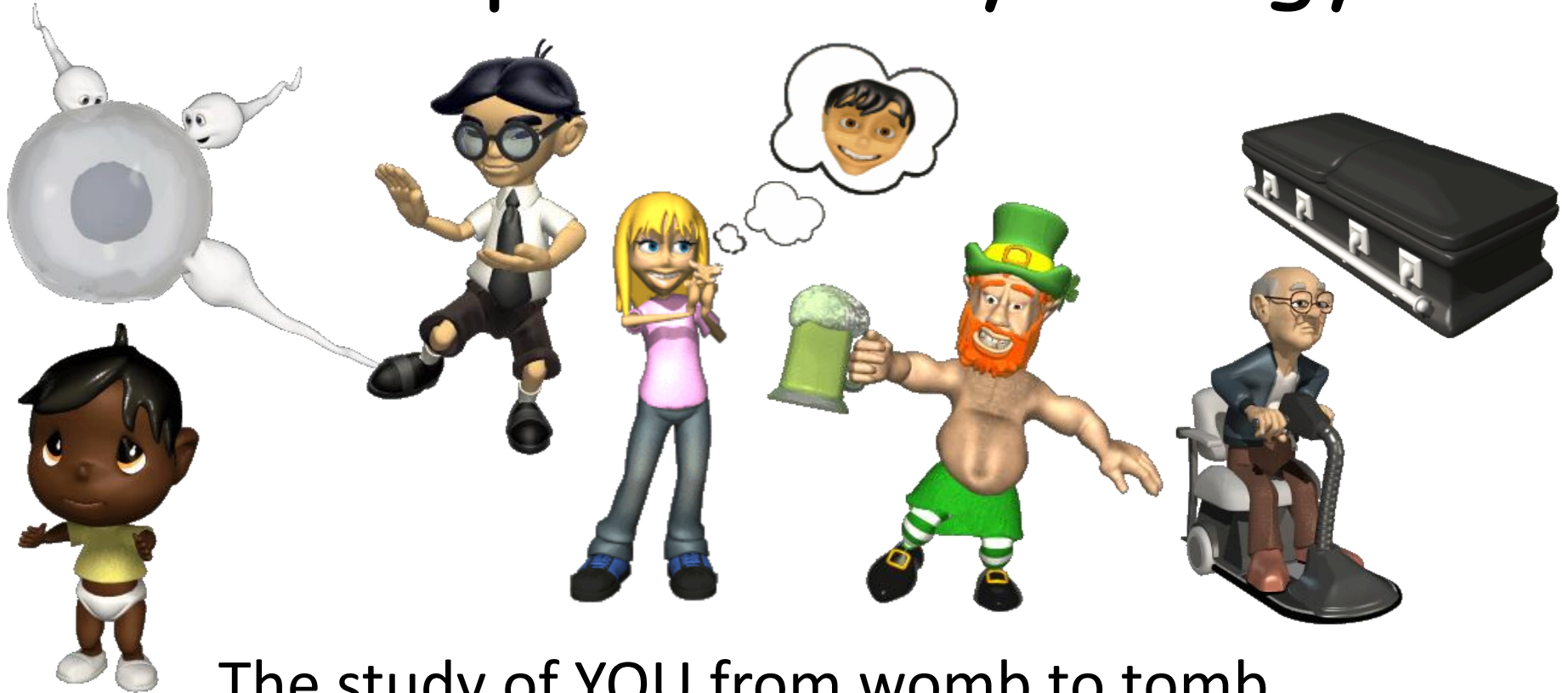




# Developmental Psychology



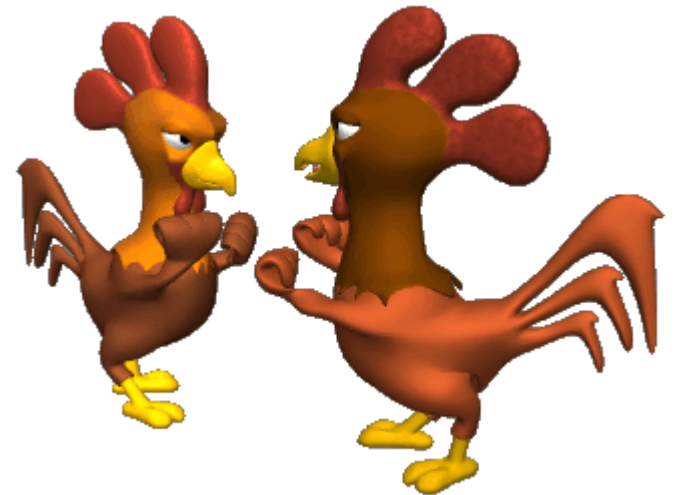
The study of YOU from womb to tomb.

We are going to study how we change physically, socially, cognitively and morally over our lifetimes.

**ERIKSON PSYCHOSOCIAL STAGES OF DEVELOPMENT**

# Erik Erikson

- A neo-Freudian
- Worked with Anna Freud
- Thought our development was influenced by our experiences with others.
- Stages of Psychosocial Development: each stage centers on a social conflict.
- If a stage is not resolved, it will continue to affect the person's development throughout life



# Trust v. Mistrust (0-1)



- If needs are dependably met, infants develop a sense of basic trust.
- The trust or mistrust they develop can carry on with the child for the rest of their lives.

# Autonomy v. Shame & Doubt (1-2)

- Toddlers learn to exercise their will and do things for themselves, or they doubt their abilities.
- Control Temper Tantrums
- Big word is "NO"
- Can they learn control or will they doubt themselves?



# Initiative v. Guilt (3-6)



- Preschoolers learn to initiate tasks and carry out plans, or they feel guilty about their efforts to be independent.
- Word turns from "NO" to "WHY?"
- Want to understand the world and ask questions.
- Is their curiosity encouraged or scolded?

# Industry v. Inferiority (6-puberty)

- Children learn the pleasure of applying themselves to tasks, or they feel inferior.
- School begins
- We are for the first time evaluated by a formal system and our peers.
- Do we feel good or bad about our accomplishments?
- Can lead to us feeling bad about ourselves for the rest of our lives...**inferiority complex**.





# Identity v. Role Confusion (puberty-20s)



- Teenagers work at refining a sense of self by testing roles and then integrating them to form a single identity, or they become confused about who they are.
- Who am I?
- What group do I fit in with?
- If I do not find myself I may develop an **identity crisis**.



# Intimacy v. Isolation (20s-40s)

- Young adults struggle to form close relationships and to gain the capacity for intimate love, or they feel socially isolated.
- What are my priorities?
- Marriage: At least a 5 to 1 ratio of positive to negative interactions is a clear indicator of a healthy relationship.



# Generativity v. Stagnation (40s-60s)



- In middle age, people discover a sense of contributing to the world, usually through family and work, or they may feel a lack of purpose.
- Am I happy with what I created?
- Mid -life crisis!!!

# Integrity v. Despair (60s and up)

- Reflecting on his or her life, an older adult may feel a sense of satisfaction or failure.
- Was my life meaningful or do I have regret?

