A Look at Theories: Part II

Human Growth and Development
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Think of theories as windows
Erikson believed that “each stage of life is associated with a specific psychological struggle, a struggle that contributes to a major aspect of personality.”
Psychosocial Theory - Erikson

- Childhood is very important in personality development
- Accepted many of Freud's theories, including the id, ego and superego
- Unlike Freud, felt that personality continued to develop beyond five years of age
Erikson

- Children are not simply biological organisms that endure.
- Children develop in the context of society’s expectations, prohibitions and prejudices.
- Personality is shaped over the life span; experiences later in life can heal problems in early childhood.
Erikson

- Trust versus Mistrust (birth to 1 ½ years)
- Autonomy versus Shame/Doubt (2 to 3 years)
- Initiative versus Guilt (4 – 5 years)
- Industry versus Inferiority (6 – 11 years)
- Identity versus Role Confusion (12 – 18 years)
- Intimacy versus Isolation (18 – 35 years)
- Generativity versus Stagnation (35 – 65 years)
- Integrity versus Despair (over 65 years)
Erikson

- Trust versus Mistrust (birth to 1 ½ years)
  - Children either learn that the world is a safe and nurturing place or they learn to be mistrustful and frightened

- Autonomy versus Shame/Doubt (2 to 3 years)
  - Children begin to have some control over their own bodies and to some extent, their lives, which allows for great independence and self-confidence
Erikson

- Initiative versus Guilt (4 – 5 years)
  - Children expand their world; learn to control their new environments; acquire feelings of competence and independence; develop leadership skills

- Industry versus Inferiority (6 – 11 years)
  - Children begin to have more social interactions; develop a sense of pride in accomplishments
Erikson

- Identity versus Role Confusion (12 – 18 years)
  - Main task of the adolescent is to achieve a state of identity; to know who he/she is and wants to be
- Intimacy versus Isolation (18 – 35 years)
  - Exploring relationships, moving to commitment and long-term relationships; failure brings isolation
Erikson

- Generativity versus Stagnation (35 – 65 years)
  - Being in the world; thoughts of future generations. What have we done to help those we love and the world at large?
- Integrity versus Despair (over 65 years)
  - Reflecting back on life; few regrets or bitterness?
Erikson's Stages of Psychosocial Development

Psychosocial Development - Part I
(click on link)
Maslow

- **Physiological**
  - Breathing, food, water, sleep, homeostasis, and excretion

- **Safety**
  - Security of: body, employment, resources, morality, the family, health, and property

- **Love/Belonging**
  - Friendship and family

- **Esteem**
  - Self-esteem, confidence, achievement, respect of others, and respect by others

- **Self-actualization**
  - Morality, creativity, spontaneity, problem solving, lack of prejudice, and acceptance of facts
Maslow

- Basic physiological needs
  - Air, food, water, shelter, clothing, rest and sleep

- Safety
  - Feelings of safety, ease and freedom from anxiety

- Love and belonging
  - Friendships, family and intimate relationships

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Maslow

- Esteem
  - Self-worth, confidence, achievement and respect of others

- Self-actualization
  - Achieving who we can be; creativity, aesthetic needs and fulfilling potential
Maslow's Hierarchy of Human Needs

Maslow's Online Game
(click on link)
Kohlberg’s Levels of Morality

- Level I – Pre-conventional (4 – 10 years)
  - Stage 1: Punishment and obedience. Children obey to avoid being caught and punished
  - Stage 2: Naive instrumental behaviorism. Children obey rules but only for pure self-interest. “You scratch my back, I’ll scratch yours.”
Kohlberg’s Levels of Morality

- Level II: Conventional (10 – 13 years)
  - Stage 3: Mutual interpersonal expectations. Children seek approval of others and adopt the “good boy-good girl” mentality. They base moral judgments on whether or not someone meant to do well.
  - Stage 4: Law-and-order mentality. Children are concerned with authority and maintaining the social order. Correct behavior is “doing one’s duty.”
Kohlberg’s Levels of Morality

- Level III: Post-conventional (13 years and older)
  - Stage 5: Social contract. Laws are obeyed because they have been accepted by society as a whole
  - Stage 6: Universal ethical principles. Individuals follow their own conscience about what is right. Behavior is the same no matter who is present.
Kohlberg's Theory of Moral Development

Kohlberg's Theory of Moral Development
(click on link)
Bio-Ecological Systems Theory

- Microsystem
- Mesosystem
- Exosystem
- Macrosystem
- Chronosystem
Urie Bronfenbrenner’s Theory

Ecological Systems Theory
(click on link)
Life Course Theory

- Glen Elder - born 1934
  - Studied not only children
  - Searched for patterns of development
  - Observed the impact of society
Death and Dying

- Elizabeth Kubler-Ross
- Five stages of grief
  - Denial
  - Anger
  - Bargaining
  - Depression
  - Acceptance
Owning Our Grief

Transformative Power of Grief
(click on link)
Conclusion

- Theories help us understand human behavior
- Theories give us questions to ask about human nature
- Theories offer aspects with different views
Questions?
References and Resources

Images:
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Periodicals

Textbooks:
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- Free Online Puzzle Maker
  Free puzzle maker—make crossword and word search puzzles instantly online!  
  http://www.puzzle-maker.com
- Maslow's Online Game
  Maslow's Hierarchy of Needs.  
  http://www.purposegames.com/game/maslows-hierarchy-of-needs-quiz
References and Resources

YouTube™:

- **Ecological Systems Theory**
  Urie Bronfenbrenner (1917-2005) developed the ecological systems theory.

- **Erikson’s Stages of Psychosocial Development - Part 1**
  This video reviews the first four stages of Erikson’s developmental construct.

- **Kohlberg’s Theory**
  Theory of Moral Development.

- **OjaiWomen – Alana Sheeren – Owning Our Grief**
  Alana Sheeren believes in love, beauty and the transformative power of grief. After the stillbirth of her son she began writing about her personal journey into grief and whole-self healing.
  [http://youtu.be/gqX3Ygy8N0o](http://youtu.be/gqX3Ygy8N0o)