



ANNOTATED BIBLIOGRAPHY

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Introduction

Erik Erikson proposed theory of psychosocial development of human beings. He explained that human being goes through eight stages of development throughout his life from infancy to death. These stages has crisis situation as well which is either resolved or not. Erikson focused more on social aspects in this theory and how it becomes determinants of each stage.

Source 1:

Suchitra Ramkumar, Erikson theory of development: A teacher's observations.

Ramkumar, S. (2002). Erik Erikson's Theory of Development: A Teacher's Observations. Issue 6 Journal of krishnamaruti schools

<http://www.journal.kfionline.org/issue-6/erik-eriksons-theory-of-development-a-teachers-observations>

Erikson's stages that distinctively describes eight stages. The main idea of Erikson's theory proposed that a conflict that arises at each stage which what he called "crisis situation" can be resolved or not within that stage. These issues correlates with other stages as well. The cognitive patterns presented with one stage has a connection with patterns presented in another. Each issue become determinant for next issue of how it will resolved or taken care of. Trust vs Mistrust presents infancy with needs that needs to trust his family, guardians and people around him. The second stage autonomy vs shame deals with independence that can be provided to toddlers and sense of shame is developed. Similarly, initiative vs guilt describes beginning of decision making and its negative consequences. Same pattern follows as each stages progressesThrough this source, each stage was understood well because of comprehensive description

Source 2

Dr Kaushik Bharati and Dr Sunil Shroff, December 2016. Erikson's theory of psychosocial development: Why is still relevant today?

Bharti, K., Shroff, S. (2016) Erikson's theory of psychosocial development: Why is still relevant today?. Medindia

<https://www.medindia.net/patientinfo/eriksons-theory-of-psychosocial-development-why-is-it-still-relevant-today.htm>

The term psychosocial is used to describe two significant terms, psychology and social factors. They have a unique relationship with each other. The German- American psychologist, Erik Erikson came up with model of development that explained cognitive behavior and personally of any individual from infancy till death. The innovated approach about this theory that it was explained in eight major stages. He has focused more cultural and social aspects of development. Each stage of Erikson's theory explains crisis situation that relates to society. There are some strength and weaknesses to this theory including not well explanation of origin of crisis and progression of one stage to another. This source explained concisely about the theory including its stages and implications.

Source 3:

Rhona Lewis, April 2020. Erikson's 8 stages of psychosocial development, Explained for parents.

<https://www.healthline.com/health/parenting/erikson-stages>

A specialised child psychoanalysis psychologist Erikson developed the psychosocial development theory. This theory explains how someone's personal needs mesh with needs of society and became a part of individual's life. Erikson declared that there are 8 stages of development build on each other. In each stage of development individuals face crises. If we resolve that crises, it can help the individuals to become psychological strong and healthy People. For example at Stage 1; Trust vs. mistrust (Birth to 12-18 months old), when a child is properly cared they trust their parents as they can rely on their parents to fulfill their needs. When their needs are not fulfilled by any reason, child can't trust their parents and start looking the world with anxiety and mistrust. Like the stage one, other seven stages also have crises, if we can able to resolve them. It will help the individuals to become more confident. This theory also has limitations, as Erikson didn't describe how to resolve these crises.

Source 4

Gabriel A. Orenstein; Lindsay Lewis, November 2021. Erikson stages of psychosocial development

<https://www.ncbi.nlm.nih.gov/books/NBK556096/>

In 1950 Erikson stages were drawn upon Freud's theory of psychosexual. Erikson extended his theory by adding the perspective of social influence and development of adulthood in psychosocial aspect. Erikson theory consists of eight stages. He explained, how each stage of individuals influenced by the social, biological and psychological factors throughout their lives. The stages consists of two aspects one is positive and the other is negative, the individual can develop a virtual (ego) or maldevelopment during the period of childhood to adulthood. Mental health professionals can utilise the theory of Erikson while treating the patient who is suffering the problem of adjustments in life. Providing the appropriate social, culture and psychological awareness to patient can bring new innovative aspects of life to spend.

Source 5

All Answers Ltd. (November 2018). Application of Erikson's Psychosocial Development Theory in Patient Care Plan.

<https://nursinganswers.net/essays/application-of-eriksons-psychosocial-development-theory-in-patient-care-plan.php>

Erikson theory of psychosocial development provide comprehensive plan for caring patient in clinical as it is easy to understand and can apply to the individuals belong to every age category. Author of this essay describe, Being a nurse care it is important to provide the component of proper culturally care. Health care professionals should maintain the legal and ethical standards while treating any patients. The relationship between patient and mental health worker is important in order to get benefit from this therapy. People who are under the care participating involuntary can develop a positive relationship with therapist, if they are given proper treatment plan so they can develop trust against health workers. If they can't trust the health workers, rapport couldn't build between them and in result they can't get benefit from the therapy.

I chose this source because it shows implications of Erikson's theory in patient care plan and explains it comprehensively.

Source 6

Kendra Cherry, April 2021. Integrity vs. despair in psychosocial development.

<https://www.verywellmind.com/integrity-versus-despair-2795738>

The last and final stage of Erikson's model is integrity versus despair. This stage starts at 65 approximately and ends when individual dies. Healthcare professionals such as nurses, doctors, therapists uses this theory when taking care of older adults. In this stage, Erikson's refer integrity as individual's sense of accomplishment that a person feels after spending his life all through seven stages. Integrity brings peace and

satisfaction and it makes people more wise. On the other hand, despair refers to regret and shame. This is the crisis situation of this stage. Person feels unproductive and have sense of hopelessness. It can compromise person's whole well being. Person doesn't feel satisfied and their depression level increases. However, despair can be reduced by getting help, being positive and focusing on new experiences.

This source describes the last stage of Erikson's theory in detail including its benefits and consequences.

Conclusion:

Erikson theory describe that older adults need care while the feeling of satisfaction from their previous life in order to spend their remaining life happily. If they can able to build their relationship of trust with their health care, they can re-explore the stage of conflict and that's how conflict can be resolved. In order to gain the trust of older adults health care professionals should, keep their data confidential and follow the standards of ethics.