Psychological Development of Shona

Erikson's Psychosocial Theory: Initiative vs. Guilt

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Module: Psychology in Health & Social Care – LCHS4010

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Shona's Case Study

- Shona is a three year old.
- She has recently joined a nursery
- She becomes anxious when separated from her carers
- She has less verbal communication
- She finds it difficult to play in a group
- She needs help with her emotional and social development
- Staff need to understand her individual growth needs

Erikson's Psychosocial Theory

- Erikson created the psychological theory of development
- He suggested that people grow through different stages throughout their lives
- Each stage involves a difficulty in development or problems
- How children experience these problems can change their confidence and future growth
- Shanon is currently at the Initiative vs. Guilt stage at three years old

Initiative vs. Guilt

- **What is Initiative?**
- Initiative means that the children begins to:
- Explore their surroundings
- Make choices
- Start activities by themselves
- Grow
- Use imagination
- Interact with others
- Staff should support children's initiatives
- Adults should help children grow their interests
- Using imagination is an important way of learning about themselves
- **What is guilt?**
- Excessive criticism, punishment, or threats can lead to guilt

Applying the Theory to Shona

How does Initiative vs. Guilt relate to Shona?

Limited Verbal Communication

- Shona may find it difficult to express her ideas
- Staff should give her different ways to talk to others
- She should be supported to express herself without pressure

Problems With Group Play

- Shona might lack courage when talking with others
- Small-group activities could help her slowly get courage
- Play can help her learn social skills

Anxiety When Separated From Carers

- Starting nursery might make Shona feel unsure
- Supportive staff can help her feel safe
- Slowly growing her expectations can help grow courage

Supporting Shona's initiative

- Nursery staff can:
- Give Shona simple choices
- Encourage her to chose activities
- Allow her to start her own play
- Give chances for creative play
- Use stories, music and role play
- Compliment her efforts and ideas
- Give her time to complete activities
- Avoid negative comments
- Encourage her to talk to other children slowly
- Example:
- Instead of-
- "Don't do that, you're doing it wrong."
- Say-
- "That's an interesting idea. Would you like to show me?"

The Importance Of Play

Play supports Shona's growth, as though play she can:

- Develop imagination
- Practise talking
- Learn sharing and taking turns
- Build relationships
- Express how she feels
- Grow problem solving skills
- Get more confident
- Grow physical skills

Start with **individual play → play with one child → small group → larger group**.

This gives her time to develop confidence without overwhelming her.

Nature, Nurture & Supporting Shona

Nature

- Nature and personality
- Genetic and biological factors
- Individual growth

Nurture

- Family and carers
- Nursery Environment
- Relationships with adults and children
- Events and opportunities to play
- **Supporting Shona**
  - Give her simpler choices
  - Support her ideas and interests
  - Use play to build courage
  - Give her time to talk
  - Introduce group activities over time
  - Praise her efforts and avoid negative comments

Strengths & Limitations of Erikson's Theory

Strengths

- Helps explain children's emotional and social development
- Shows the importance of courage and independence
- Shows importance of play and relationships
- Useful for planning support for children like Shona

Limitations

- Children grow at different stages
- One theory can't explain every child's behaviour
- Biological factors are not fully explained
- Shona's behaviour might have many different causes

References

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