



# Human Development Stages

## Adulthood – age 20 to 35

Module: BMHP4003\_LON Group 3  
Lecturer: Diya Ganguli  
University of Wales Trinity Saint David



## GROUP 2

|                                       |                                                                                |         |
|---------------------------------------|--------------------------------------------------------------------------------|---------|
| Ana-Maria Neagu (Team Leader)         | Introduction; Cognitive and Behavioural Patterns                               | 2009930 |
| Mihaela Ganchev                       | Stages and main Features of the Adulthood                                      | 2013873 |
| Sabrina De Los Angel Moncayo Casanova | The emotional Development                                                      | 2007929 |
| Maryna Krainiuk                       | Erikson's Theory of Human Development                                          | 2011437 |
| Ivelina Succaria                      | Practical implementation of Erikson's theory of human development & Conclusion | 2010919 |



# Introduction

- Psychology is the science that deals with the study of behaviour and the mind.
- Psychology is the study of the human spirit.
- The science that studies the behaviour and deep motivations of the human.



# Psychology types

There are four major types of psychology :

- Clinical;
- Cognitive;
- Behavioural;
- Biopsychology;

# Stages and main features of the Adulthood

## What is a Lifespan stage?

- Change and grow from conception to death
- Scientifically studied lifelong process: **physical**, **cognitive development** & **psychological**  
(Staff wirters, 2021)



## Stages before & after ours:

- **Before:** Children start to understand and develop emotionally. Also, they can have sense of right and wrong.
- **After:** Adults can reflect on their achievements and their limits



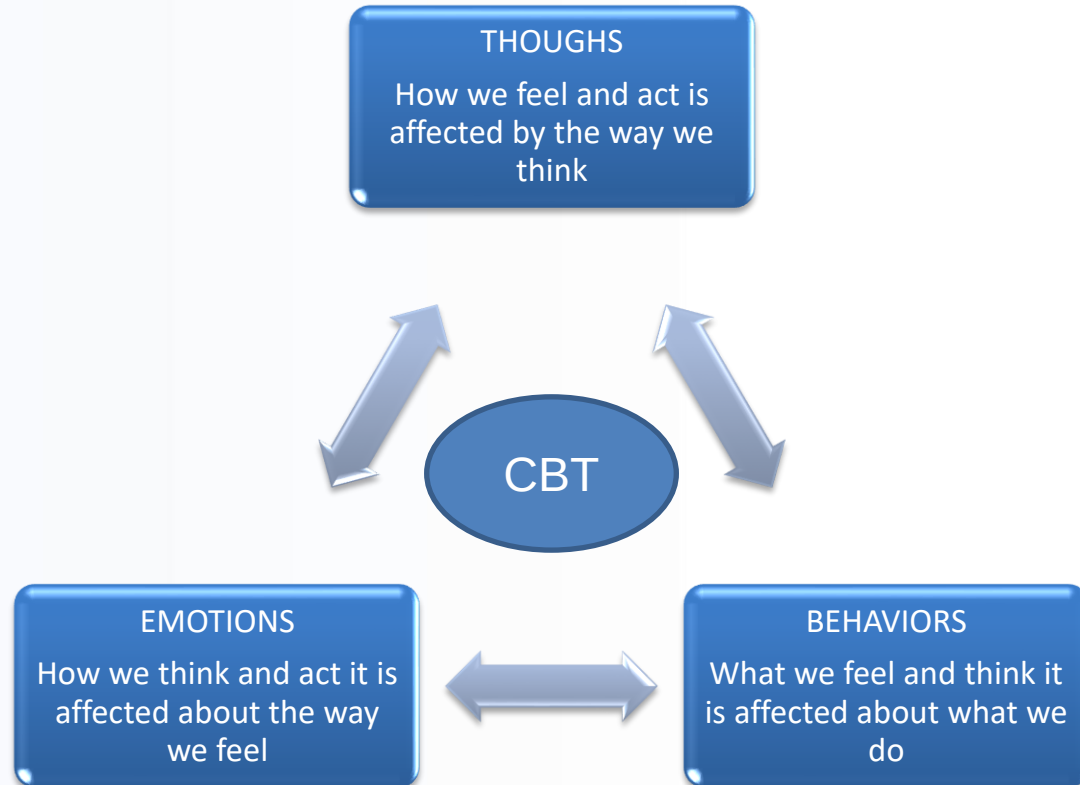
## Main Features of the Adulthood

- Age of identity exploration
- Age of instability
- Age of self-focus
- Age of feeling in between
- Age of possibilities (*Munsey, 2006*)

## Features of the stage we focus on

- Finding intimacy
  - Establishing a career
  - Becoming a parent
  - Developing emotional stability
  - Finding yourself (Identity)
  - First experience with Independency
- (*courses.lumenlearning.com, n.d.*)

# Cognitive and Behavioural Patterns





## EMOTIONAL DEVELOPMENT- YOUNG ADULTS (20-35 YEARS)



- Individuals in their early twenties desire to create personal relationships.
- Close friendships, love connections, starting a family, or all three can lead to intimacy.
- Erickson thought that developing a strong sense of self early in life was crucial to going into intimate relationships.



# EMOTIONAL DEVELOPMENT IN YOUNG ADULTS (20-35 YEARS)

- This is the time when a person begins to make more concrete decisions about their career, friendships, values, and way of life.
- There are frequently lifestyle modifications, which can be modest or severe. Marriage or having children, for example, have an impact on one's lifestyle, and these changes have varying effects on how a person grows depending on how they approach the event.

(UWTSD, 2021)





# EMOTIONAL DEVELOPMENT IN YOUNG ADULTS (20-35 YEARS)

As we transition from infancy to young adulthood, we are born with the tools we need to become emotionally mature and self-reliant.

**INDEPENDENCE:** separation  
from family of origin

(Bosurgi, 2018)

Learn to  
function alone

Learn basic  
life skills

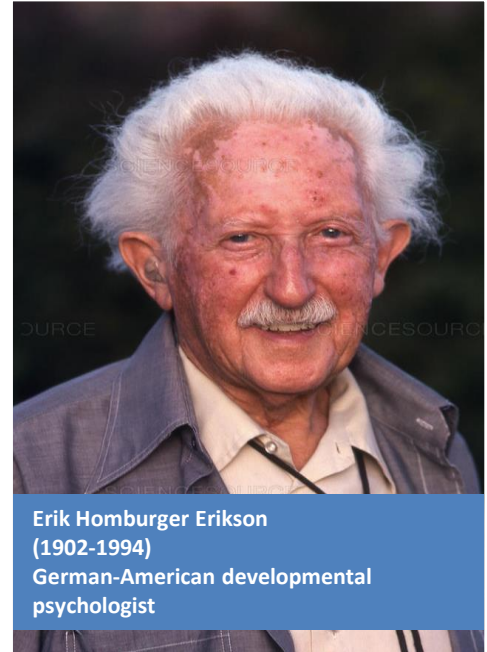
[independence from parents - Bing images](#)



Living independently at a young age teaches young person's crucial skills in self-reliance and accountability. However, the age at which a young adult is ready to live freely is determined by his or her maturity.

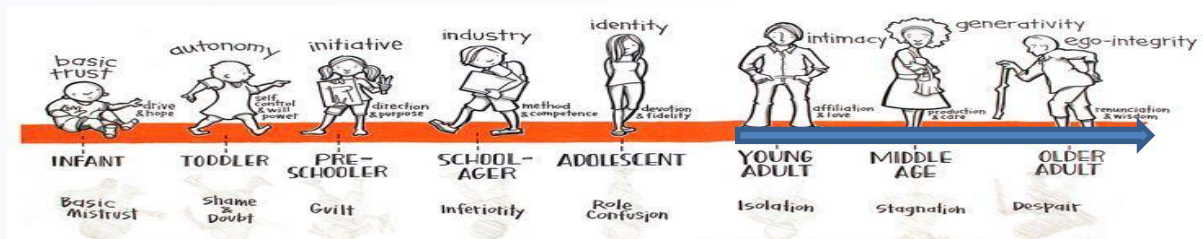
# Erikson's Theory of Human Development

- Erik Erikson's theory of psychosocial development is a fundamental theory of personality development in psychology.
- Shows impact of social experiences across the whole lifespan.
- Human development is described through eight lifespan stages.
- Individual's ego is the core element in his theory.
- In moment of conflict the individual has equal chances to either grow or fail.



Erik Homburger Erikson  
(1902-1994)  
German-American developmental  
psychologist

Woolfolk, 1987



# Stages of Adulthood

Erikson, 1993

| Stage                    | Psychosocial Issue          | Virtue | Successful Outcome                                                         | Unsuccessful Outcome                                                                          |
|--------------------------|-----------------------------|--------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Young Adulthood (20-35)  | Intimacy vs. Isolation      | Love   | Adults have the ability to build love, long-term connections with others.  | Failure at this stage might lead to emotions of isolation and loneliness.                     |
| Middle Adulthood (35-55) | Generativity vs. Stagnation | Care   | Making a difference in the world gives grownups a sense of accomplishment. | Failure at this level may cause people to feel disconnected from the rest of the world.       |
| Older Adult (55+)        | Ego Integrity vs. Despair   | Wisdom | Older adults look back on their lives with a sense of satisfaction         | People may look back on their lives with regret, grief, and anger if they fail at this point. |

# Intimacy vs Isolation

Erikson, 1963

## Erikson's Sixth Stage of Development

- **Age:** Early Adulthood ( 20 to 35 years)
- **Conflict:** Intimacy vs. Isolation
- **Important Events:** Relationships
- **Core ego strength:** Love
- **Main Question:** "Am I love and wanted?",  
" Shall I share my life with someone or live alone?"

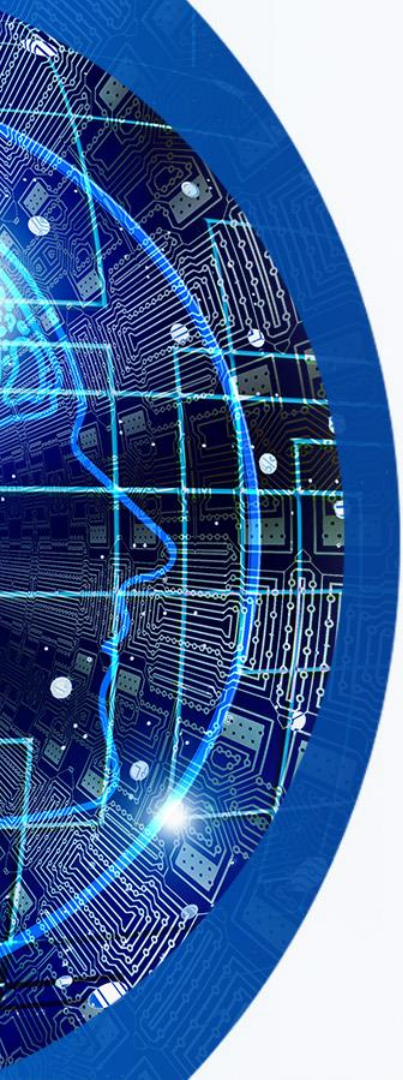




# Practical implementation of Erikson's theory of human development

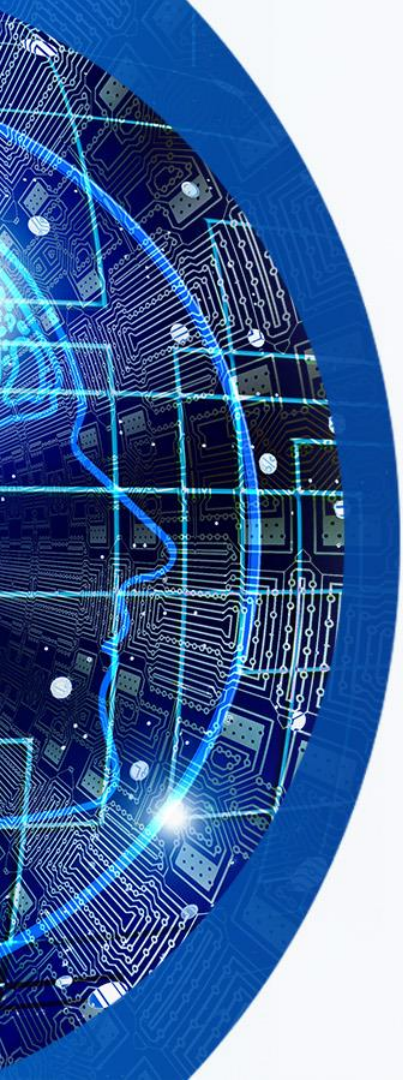
Erikson's theory is a base and a significant influence of numerous clinical researches, tools and psychological treatment methods.

1. The first implementation was based on Erikson's first six stages. A tool, called Modified Erikson Psychological Stage Inventory (MEPSI), was created and used to assess psychosocial development. (Darling-Fisher CS, 2019), (Rosenthal DA, Gurney RM, Moore SM, 1981)
2. The concept of stages in human development has been used to create a model of psychodynamic psychotherapy. Each of the used stages is used as a basis of treatment for different mental disorders or illnesses (Vogel-Scibilia et al., 2009). For example, it is used to create plans for personal development and treatment of individuals who refuse to accept their illness and do not trust the idea of recovery. These plans are based on the stage of trust vs. mistrust and the parallels between it and the recovery period (Knight ZG. 2017).



# Practical implementation of Erikson's theory of human development -POSITIVITIES

- Each of the stages consists of two psychological tendencies, which are opposing in their nature and lead to two endings – one positive and one negative, depending on the stress put on them. (Gabriel A, 2020)
- The set of challenges that define each stage create a biological, psychological and societal system, which requires the individual to build a view of self in the society and create new ways of relation to the others. (Lopiga et al.)
- Any failure in successful development could be fixed at a later stage, which means that the individual may go back, alone or with the help of a specialist, and resolve any problems. (Shultz & Shultz, 2005)



## Practical implementation of Erikson's theory of human development – LIMITATIONS

1. Culture crisis resolution variations are different, and it results in variations in the seemingly solid stage order Erikson gives (Smith, 2016).
2. Erikson does not pay enough attention on the emotional and cognitive development (Sumaira Ayub, 2015).
3. The theory is built on ethical principles and observations rather than on scientific data (Sumaira Ayub, 2015).



# Conclusion

*“Identity formation neither begins nor ends with adolescence: it is a lifelong development largely unconscious to the individual and to his society”. –Erik Erikson*



# References

- Knight ZG. (2017). *A proposed model of psychodynamic psychotherapy linked to Erik Erikson's eight stages of psychosocial development. Clin Psychol Psychother.* Sep;24(5):1047-1058. [PubMed]
- Woolfolk, A.E.,(1987). *Educational Psychology.* (3rded). New Jersey: Simon and Schuster.
- Erikson, E.H.,(1993). *Childhood and Society.* (2nd ed.). New York: Norton.
- Erikson, E.H., (1963) . *Psychological Issues.* New York, NY: International University Press.
- Gabriel, A. (2020). *Eriksons Stages of Psychosocial Development* [Online].. Available at: [www.ncbi.nlm.nih.gov/books/NBK556096/](http://www.ncbi.nlm.nih.gov/books/NBK556096/)  
Assessed 20.07.2021
- Shultz, D.P. & Shultz, S. E. (2005). *Theories of Personality.* USA: Thomson Learning 23 Inc.
- Vogel-Scibilia, S.E., McNulty, K.C., Baxter, B., Miller, S., Dine, M. and Frese, F.J. (2009). The Recovery Process Utilizing Erikson's Stages of Human Development. *Community Mental Health Journal*, [online] 45(6), pp.405–414. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2791471/> . Accessed 22 Jul.2021.
- Darling-Fisher CS. Application of the Modified Erikson Psychosocial Stage Inventory: 25 Years in Review. *West J Nurs Res.* (2019) Mar;41(3):431-458.
- Rosenthal DA, Gurney RM, Moore SM. (1981). From trust on intimacy: A new inventory for examining Erikson's stages of psychosocial development. *J Youth Adolesc.* Dec;10(6):525-37.
- Staff Writers (2017) *What is lifespan development?*, *Bestcounselingdegrees.net*. Available at: <https://www.bestcounselingdegrees.net/resources/lifespan-development/> (Accessed: August 1, 2021).



- Smith, M.-L. (2016). *Erik Erikson Psychoanalysis*. [online] [www.marieluisesmith.com](http://www.marieluisesmith.com). Available at: <https://www.marieluisesmith.com/erik-eriksons-usefulness-theories-of-personality/#:~:text=Limitation%20of%20Erikson%E2%80%99s%20Theory.%20One%20of%20the%20limitations>. Accessed 28 Jul. 2021.
- Sumaira Ayub (2015). *Critical Analysis on Psychosocial Theory of Erik Erikson*. [online] Academia.edu. Available at: [https://www.academia.edu/13435846/Critical\\_Analysis\\_on\\_Psychosocial\\_Theory\\_of\\_Erik\\_Erikson](https://www.academia.edu/13435846/Critical_Analysis_on_Psychosocial_Theory_of_Erik_Erikson). Accessed 28 Jul. 2021.
- Dr Lopiga, RV, Alavado, A., Perez, M., Silvio, N., Tugade, G. (2011). “(PDF) *Testing Erik Erikson’s Psychosocial Stages.*” *ResearchGate*. [online] [www.researchgate.net/publication/332247728\\_Testing\\_Erik\\_Erikson%27s\\_Psychosocial\\_Stages](http://www.researchgate.net/publication/332247728_Testing_Erik_Erikson%27s_Psychosocial_Stages). Accessed 25 Jun.2021
- Gray, P. (1999). *Psychology* (3rd ed.). Worth.
- Lefton, L.A., 2000. *Psychology* 7th ed., Boston, MA: Allyn and Bacon.
- Christina Varga, 2012. *PSYCHOLOGY. Globe and mail*, pp.Globe and mail, 2012–03-27.
- Velarde, M a.D, Fry, G & Tveit, M, 2007. *Health effects of viewing landscapes – Landscape types in environmental psychology*. Urban forestry & urban greening, 6(4), pp.199–212.
- Munsey, C. (2006). Emerging adults: The in-between age. <https://www.apa.org>. [online] Jun. Available at: <https://www.apa.org/monitor/jun06/emerging>. Accessed on 20 July 2021
- [courses.lumenlearning.com](https://courses.lumenlearning.com). (n.d.). *Physical Development in Early Adulthood | Lifespan Development*. [online] Available at: <https://courses.lumenlearning.com/wmopen-lifespandevelopment/chapter/physical-development-in-early-adulthood/> (Accessed on 10 July 2021)



- Allpsychologycareers (2021). *Allpsychologycareers.com* Retrieved from Allpsychologycareers: <https://www.allpsychologycareers.com/psychology/early-adulthood-development/>
- Bosurgi, L. (2018). *Lucabosurgi.com*. Retrieved from Lucabosurgi.com: <https://lucabosurgi.com/adult-emotional-dependency-aed/>
- UWTSD. (2021). *Moodle*. Retrieved from Moodle: <https://moodle.uwtsd.ac.uk/course/view.php?id=6668>