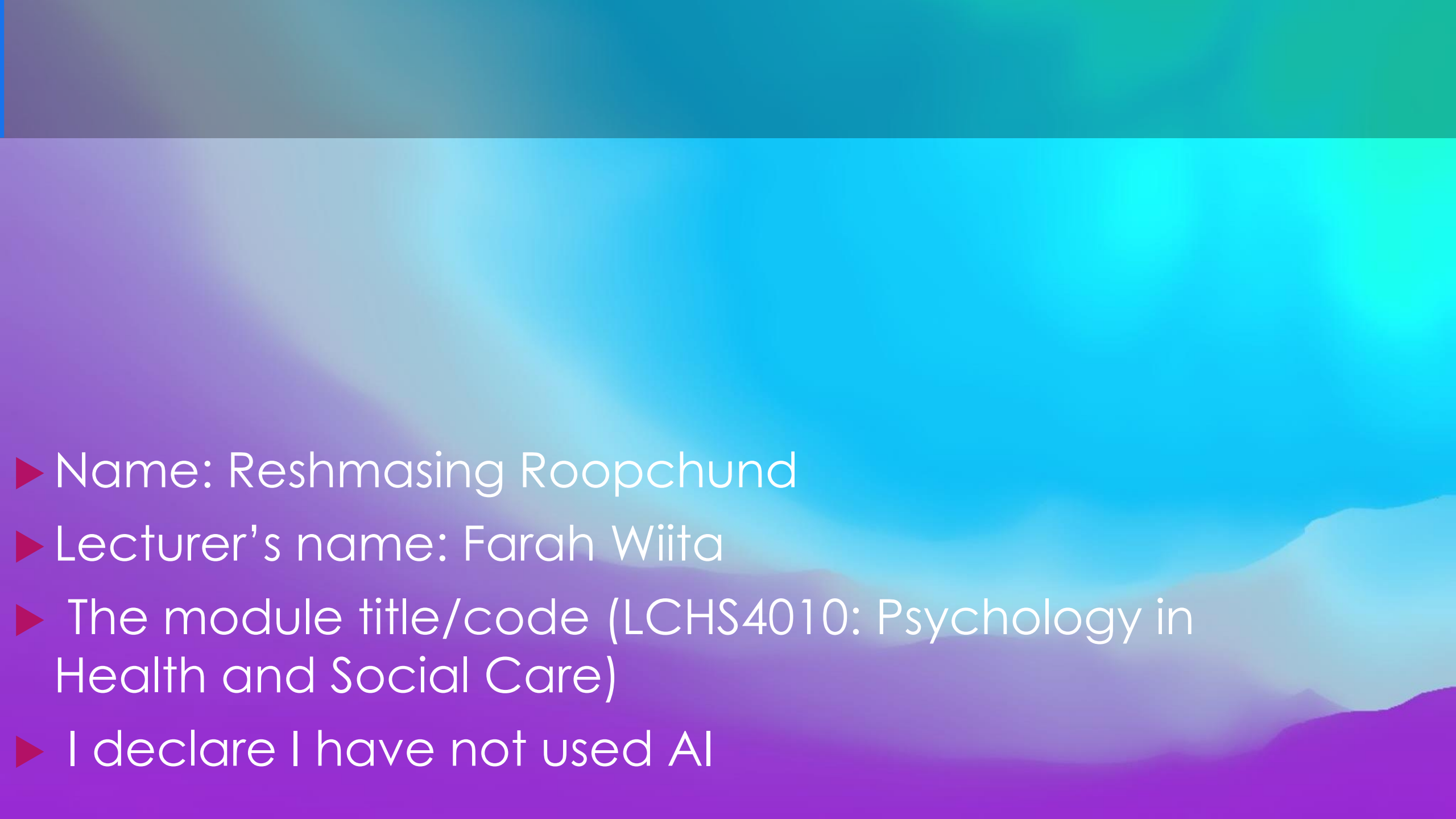


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 - ▶ Lecturer's name: Farah Wiita
 - ▶ The module title/code (LCHS4010: Psychology in Health and Social Care)
 - ▶ I declare I have not used AI

Introduction

- ▶ Jenny is a 16-year-old girl, caring for her mother.
- ▶ The one theory I'll be analysing her situation through is Erikson's Theory.
- ▶ This presentation aims to show identity development through age, by using Jenny as example, to identify where she could need support.

Theory of Development – Erikson's Theory

- ▶ Erikson argued that a person's development is subject to them getting older, across 8 stages of their life. This includes industry and inferiority at school age (6-11 years old) identity and role confusing at adolescence (12-18 years old), and other stages.
- ▶ (Erikson, 1950)
- ▶ (Erikson, 1968)
- ▶ (Syed and McLean, no date)

Erikson's Stages of Psychosocial Development

Stage	Age (years)	Crisis
Infancy	0-1	Trust vs. Mistrust*
Early Childhood	2-3	Autonomy vs. Shame & Doubt
Preschool	3-5	Initiative vs. Guilt
School Age	6-11	Industry vs. Inferiority
Adolescence	12-20	Identity vs. Role Confusion*
Young Adults	Mid-20s	Intimacy vs. Isolation*
Adulthood	25-60	Generativity vs. Stagnation*
Old Age	60+	Ego Integrity vs. Despair

Erikson's Theory and Jenny's Circumstances

- ▶ Jenny is 16 right now – Erikson says at this age she would be figuring out her identity and may be confused about herself, often asking who she is really and why she behaves the way she does, at this point she learns from peers and role models
- ▶ Jenny started being a carer at 11 years old – Erikson says at this age she would be asking what skills and abilities she may be good at, through development; encouragement (increases improvement), discouragement (leads to loss of motivation from negative feedback), schools are a big influence
- ▶ In applying Erikson's Theory, Jenny is not experiencing these stages of life as expected.

Analysis of Impact

- Industry vs inferiority – loss of confidence in academic pursuit or little socialisation, feeling inadequate due to lack of skills, comparing herself to other 11-year-olds, low literacy competence, loss of resourceful opportunities
- Identity vs Self Confusion – as Jenny only socialises with her mother, her identity is labelled as a responsible caretaker, only associating to looking after her mother. Limited interactions with others do not develop her sense of personal identity – hobbies, interests, career path explorations, leisure activities develop her identity; Jenny may feel burn out and frustration as a result.

(Erikson, 1950), (McLeod, 2025)

What Can Jenny Do?

- ▶ In Jenny's situation, I would encourage her to have her mother looked after by the healthcare community and continue her education path to build the skills and confidence for future success, in relation to Erikson's 'Industry vs Inferiority' point.
- ▶ Regarding her identity, I would suggest to focus on herself, her own health, her interests, and socialising with school friends at similar age to develop her identity.
- ▶ I would additionally suggest to reach out to early interventions, such as open access youth services, which can help support Jenny from long-term future. – *(Early help and early intervention / NSPPCC Learning, 2023)*
- ▶ The Children's Society also provides good support for mental health. – *(The Children's Society, 2026)*

Nature vs Nurture

- ▶ The nature vs nurture debate has been going on since scientific development linking to people's development and how this affects them, 'Nature' argues that genetics and brain chemistry has an effect to a person's development, while 'nurture' argues that upbringing patterns, whether from the people who are taking care of a person or the environment they are in, affect a person's development.
- ▶ Erikson's theory was more leaned on nurture and experience of an individual's life, believing that development is linked to the responsibility of carers and environments.
- ▶ (Moyle, 2005)
- ▶ Connecting this to Jenny, it is more likely that 'nurture' would have affected her more significantly than nature, in terms of development.

Jenny's Psychological Development

- ▶ In her environment, Jenny may face mental health issues such as depression, anxiety and stress due to neglecting her own care and prioritising her mother's.
- ▶ Still applying Erikson's Theory, Jenny is more likely to face self confusion, not exploring her interests and skills that she may want to pursue in the future/her career, which affects her mental health even more.
- ▶ (The Children's Society, 2018)

Strength of Erikson's Theory

- ▶ Why the theory is useful:
- ▶ Erikson evaluates the development throughout an entire lifespan, which is beneficial in understanding each stage and which strategies help in each one; different from other theories solely focusing on childhood development.
- ▶ The theory is also applicable to real-life experiences and accessible to individuals in various cultural and social environments, such as Jenny's.

Weaknesses of Erikson's Theory

- ▶ What weaknesses are there:
- ▶ Erikson does not analyse unique experiences that affect development, such as gender-specific circumstances or different cultural backgrounds, such as limited access to education, that would not be the same. They are more likely to experience the stages differently; hence each stage is not a one-size-fits-all mould.
- ▶ (Sorell and Montgomery, 2001)
- ▶ It also does not show biological development, such as hormonal development through age and how this affects identity.

Conclusion

- ▶ Jenny's a 16-year-old girl who is looking after her mother
- ▶ According to Erikson, she should be at the stage of figuring out her identity, interests, skill strengths, and socialising
- ▶ I suggested that it'd be best for her mother to be looked after by health and social care professionals, and she focuses on her educational prospects, as well as allowing social interventions like open access youth services to support Jenny.
- ▶ Erikson's theory is helpful in identifying strategies to help individuals in each stage, but it does not evaluate individual focus, such as different genders
- ▶ This shows how experiences impact identity development, from childhood, adolescence, to adulthood.

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