

PSYCHOLOGY IN HEALTH AND SOCIAL CARE LCHS4006_LON

Assignment 1

Group 5

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WHAT IS DEVELOPMENTAL PSYCHOLOGY?

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Developmental psychology is a branch of psychology that focuses on how people change and grow throughout their lives, from infancy through old age. It involves the study of physical, cognitive, emotional, and social development, as well as how these different aspects of development are interconnected. Developmental psychologists are interested in understanding how experiences and environment shape a person's development, and how individuals differ in their developmental trajectories.



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*THE HUMAN LIFE SPAN
AND DEVELOPMENTAL
STAGES*

HUMAN DEVELOPMENT

Human development is normally described as the process of how and why human beings change over the course of their entire life. This originally was focused on infants and children then later on developed to include all ages up to elderly .

There are many different forms of human development but the main 4 that we will focus on and have learned are

- ☐ Physical
- ☐ Intellectual/Cognitive
- ☐ Emotional
- ☐ Social

Human Development

https://socialsci.libretexts.org/Bookshelves/Human_Development Social

Sci LibreTexts April 5, 2023 August 16, 2020



DEVELOPMENTAL STAGES AND LIFE SPANS.

Depending on what theory you base your development on each life span has its own developmental challenges and accomplishments.

Here I have inserted the different life spans in a general base as each different theory and scientists have their own way of measuring the human life span development and what it consists of however they are all the same and fairly around the same ages.

Life spans:

Infancy= birth to 2 years old

Early childhood= 3 to 5 years old

Childhood= 6 to 12 years old

Adolescence= 13 to 18 years old

Early adulthood= 19 till your 20s

Adulthood= 30 to 60 years old

Elderly= 60+ years plus

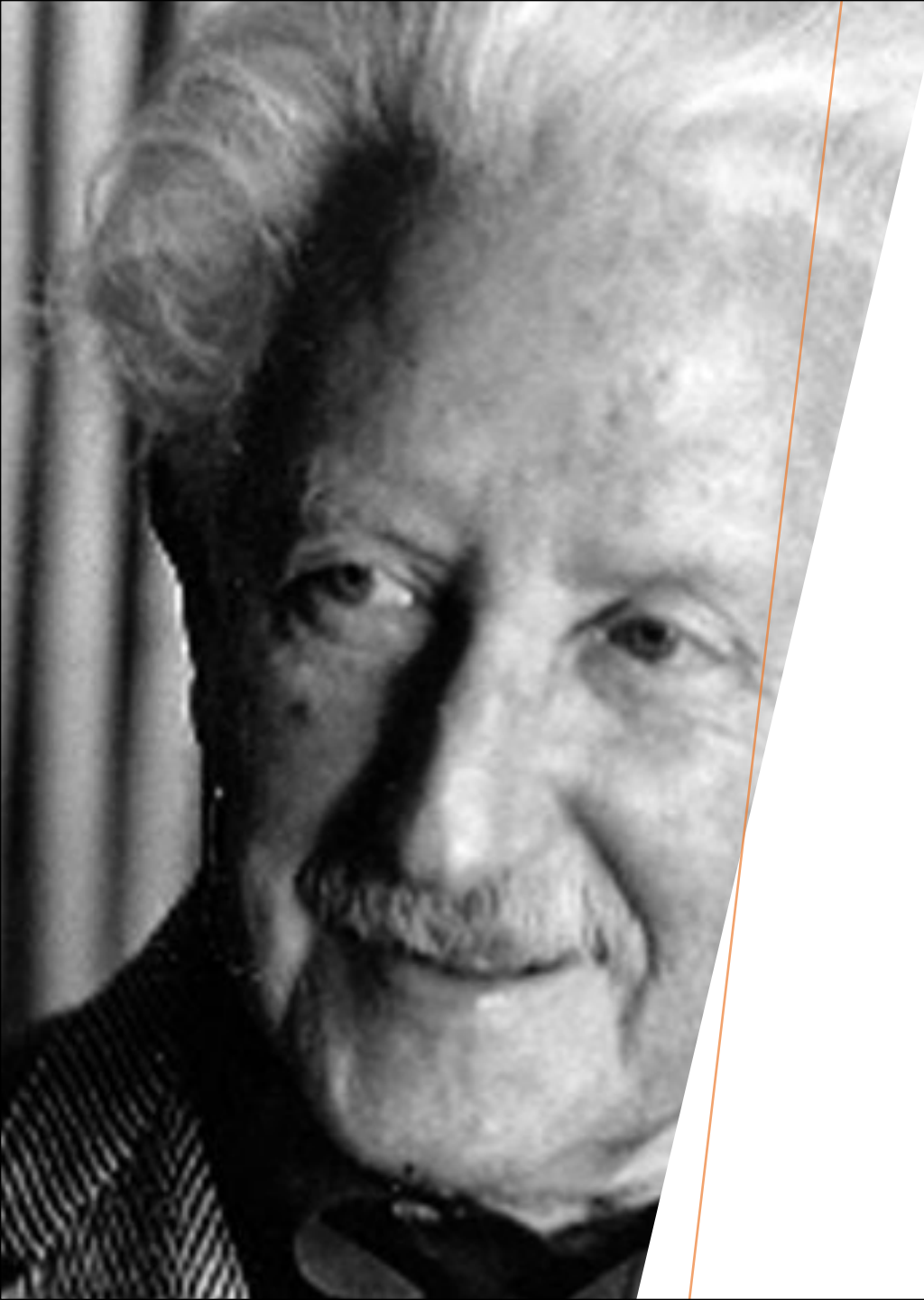
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A photograph of the Mount Rushmore National Memorial in South Dakota. The four large granite faces of George Washington, Thomas Jefferson, Abraham Lincoln, and Franklin D. Roosevelt are carved into the mountain. The sky is blue with some white clouds. In the foreground, there are green pine trees and a rocky slope.

BIOGRAPHY OF ERIC ERICKSON

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ERIC ERICKSON

Eric Erikson was a German-born American psychologist who developed a theory of psychosocial development, which states that human development occurs in stages, each with a different crisis that must be resolved for healthy development to occur. Erikson's theory has been influential in understanding human development and has informed many areas of psychology. Erikson also faced many challenges in his early life, including his parents' separation and his struggle with his own sense of identity. Despite these challenges, Erikson was a bright and curious child who trained as a painter and sculptor before turning his attention to psychology. He died in 1994, leaving behind a legacy.

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*ERIKSON'S THEORY
STRENGTH AND
LIMITATIONS*



STRENGTH

- Be able to classify every stage of life from birth to very old age
- Develop ego identity
- How to manage or meet challenge on every step of human progress
- Provides broad framework where explained how lifespan can be developed.

LIMITATIONS

- Lack of explanation on the transition, from one stage to the an other
- No consideration of other cultures

ONE LIFESPAN PSYCHOLOGICAL THEORY

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- One lifespan psychological theory is Erik Erikson's theory of psychosocial development. This theory proposes that individuals go through psychosocial development throughout their lifespan, each with a unique crisis that must be resolved in order to progress to the next stage. The stages are:
- 1. Trust vs. Mistrust (infancy): Infants must develop a sense of trust in their caregivers in order to feel secure.
- 2. Autonomy vs. Shame and Doubt (toddlerhood): Toddlers must develop a sense of autonomy and independence while still relying on others for help.
- 3. Initiative vs. Guilt (preschool): Children must learn to take initiative and explore their world while respecting the rights and feelings of others.
- 4. Industry vs. Inferiority (elementary school): Children must develop a sense of competence in academic and social skills to feel capable and productive.

- 5. Identity vs. Role Confusion (adolescence): Adolescents must explore their identity and values to form a sense of self and purpose.
- 6. Intimacy vs. Isolation (young adulthood): Young adults must develop intimate relationships with others in order to feel connected and fulfilled.
- 7. Generativity vs. Stagnation (middle adulthood): Middle-aged adults must contribute to society and future generations to feel productive and fulfilled.
- 8. Integrity vs. Despair (late adulthood): Older adults must reflect on their lives and accept the permanence of death in order to find a sense of integrity and wisdom.
- Erikson's theory emphasises the importance of social and emotional development throughout the lifespan, and how unresolved crises at any stage can impact later development. It has been influential in the field of developmental psychology and has been used to understand and support individuals at different stages of life





INFANCY 0-2

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- **Physical changes**

Infants turn into toddlers from ages 1-2 after birth. Both babies and toddlers experience rapid growth and significant physical changes. As children get older, they go through biological changes that are referred to as physical development. Infancy and toddler physical development is influenced by a number of factors, including changes to the body and brain, the emergence of reflexes, motor skills, sensations, perceptions, and learning abilities, as well as health concerns. Usually newborns weigh between 5 1/2 to 10 pounds and measure 18 to 22 inches long during the first four weeks of life, which is known as the neonatal period. Babies that are born prematurely or post-term are more likely to have difficulties like illness, brain damage, or even death.

- **Behavioural changes**

As early as the first three or four months of life, infants show behavioural characteristic of emotional states. They appear to experience shock, anxiety in response to discomfort, relaxation, and enjoyment as their first four emotional states. By the time a child is a year old, new emotional states like worry, fear, and sorrow have developed.

Infancy (2023) Encyclopædia Britannica. Encyclopædia Britannica, inc. Available at: <https://www.britannica.com/science/infancy> (Accessed: April 2, 2023).

Developmental psychology (no date) CliffsNotes. Available at: <https://www.cliffsnotes.com/study-guides/psychology/development-psychology/physical-cognitive-development-age-02/physical-development-age-02> (Accessed: April 2, 2023).

- **Intellectual development**

Infants mostly use sound to communicate and react to the world through their senses. Infants are egocentric in that they only observe things from their point of view. A baby crying is a typical form of infant communication.

- **Emotional development**

An infant "bonds" with those who care for it during the first two years of life. A baby needs to develop a deep bond with their caring adult and experience positive love and affection. This connection influences the growth of the child and develops a sense of security.

- **Social development**

Infants learn a lot about social interaction by the time they are two years old, beginning with their primary carers and later expanding to include siblings, extended family, and other people they come into contact with. Early in life, infants engage in solitary play and are unable to think about others, but by two years old they can play simultaneously with others and develop the ability to share.

Developmental psychology (no date) CliffsNotes. Available at:

<https://www.cliffsnotes.com/study-guides/psychology/development-psychology/physical-cognitive-development-age-02/physical-development-age-02> (Accessed: April 2, 2023).