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Introduction

In this report I will be reflecting on the chosen life span that my group presented which is also linked to the psychosexual theory introduced by Sigmund Freud. Additionally I will be explaining how the psychological theory is applied to day to day life and the impact that it has had on my life. Furthermore I will be discussing the different psychological perspectives such as behavioural and cognitive aspects that are linked to human development. Lastly I will be discussing how I can apply the physiological theories to my intended profession as a behaviour analyst and how they can help me understand the clients that I will come into contact with in the future.

Reflection on Group presentation

For the presentation we were asked to choose one lifespan and present the different stages of development that occur within that specific age range. The meaning of lifespan is the amount of years that a person lives for. "The length of time for which a person, animal, or thing exists" (dictionary.Cambridge, 2023). My group had decided that to use Sigmund Freud's theory on human development, specifically the ages 3-6. In Freud's psychosexual theory the ages 3-6 is called the phallic stage. "Sigmund Freud proposed that personality development in childhood takes place during five psychosexual stages, which are the oral, anal, phallic, latency, and genital stages. During each stage, sexual energy (libido) is expressed in different ways and through different body parts." (Saul McLeod PhD, 2023) However the class was introduced to Erickson's theory on development also. The differences between Erickson and Freud's theory are that Erickson's theory is more universalised. Erickson theorised that human development is mainly to do with the brain and the different social experiences that an individual has encountered. "Erickson's theory is centred in psychosocial development rather than psychosexual development." (Kendra Cherry, 2023) With Sigmund Freud's theory on the phallic stage is the third stage in the psychosexual development of humans and it is at this stage that children start to learn the difference between boys and girls. Additionally at this stage the libido is focused on the genital area for both genders, also manipulation of certain areas in the body become a main source of pleasure for the children at this stage. "When the libido is focused on the genital area (penis or clitoris) and discovery and manipulation of the body become a major source of pleasure." (dictionary.apa.org) the phallic stage is called phallic as it is associated with the penis (Phallus). Within this stage once the child becomes aware of their sexual differences

it's sets off the emotion between the erotic attraction, rivalry, resentment fear and jealousy. This is called the Oedipus which occurs in boys and Electra complex which occurs with girls.

Oedipus complex

The Oedipus complex is the most important stage according to Freud, however this concept is not one that everyone is fond of as it is one of Freud's most controversial ideas for human development. The word Oedipus is linked to an ancient Greek myth where a young man kills his father in order to marry his mother. The boy believes that the only way to be with their mother is to eliminate the father. However there is the fear that the father will find out what the son has planned and take away the one thing that is the boy loves the most. During this time the thing that the boy loves the most is his penis, this is because the penis is the most pleasurable body part to the guy that he wants to keep. It is at this point the the boy develops castration anxiety. This is the fear of the boy losing his penis." Castration anxiety is a psychoanalytic concept introduced by Sigmund Freud to describe a boy's fear of loss of or damage to the genital organ as punishment for incestuous wishes toward the mother and murderous fantasies toward the rival father."(Graeme Taylor,2016) Learning this from Freud's theory was very fascinating as I did not believe that children were sexually aware of such things at a young age. In order for the boy to resolve this issue they begin to imitate the father and join in on dad type masculine behaviour. This is what they call identification, this means to adopt internal values and behaviours of another individual. This is how the boys from ages three to six resolve the Oedipus complex. An example of this is the Hans case study." Little Hans' father was a supporter of Freud and when his son developed a phobia, he referred him to Freud. Freud agreed to help and believed Hans' phobia was due to things going on in his unconscious mind."(tutor2u.net) The Little Hans case also relates to the ice burg theory with the superego, the ego and the Id. The ice burg theory is also referred to as the theory of omission, which was created by Ernest Hemingway. It's named as so because only a small fraction of the Ice burg is visible. Hemingway's theory of the ice burg is that majority of the unconscious mind is the highest fraction of the ice burg and subsequently the strongest part of the ice burg as well. The way how the ice burg relates to human life day to day is that "What a person does is 'the tip of the iceberg'-- what we don't see are the emotional, social, cultural, and other factors that lie beneath the surface and cause that behaviour."(Jennifer Lear,2021). From this the Ice burg theory tells me that the things that individuals keep deep down are represented in the bottom of the ice burg . This is because from above the Ice burg looks small however from below there is a lot that is unseen.

Electra complex

The Electra complex for girls is less satisfactory than the Oedipus complex. For a very brief moment the girl starts to have a desire for the father but quickly realise that she does not have a penis. The girl then develops an envy of the penis and starts to wish to be a boy. However the desire for a penis is quickly substituted for the desire of a baby and blames the mother for not being born a boy. "The girl blames her mother for her "castrated state," and this creates great tension." (Saul McLeod, PhD, 2023) the girl then starts to repress the feelings felt towards the mother and takes in the female gender role that they see in their mother which helps them identify themselves. These two complexes relate to nurture more than nature as nurture has a correlation between environmental factors and psychological outcomes that are caused from the environment around them.

From this presentation it helped me understand that we see the different developmental stages within the human lifespan when you observe the different ranges of ages. Working as a childminder with my mother helped me understand that different age ranges develop differently and it helps shape the individual and certain traits that they will carry out to adulthood.

Psychological perspectives

In the phallic stage there are cognitive skills that are developed. Cognitive skills are the skills that help your brain to function and think. "Cognitive skills are the core skills your brain uses to think, read, learn, remember, reason, and pay attention." (mindmattersjo.com). With all these skills working together it helps take incoming information and moves it to the bank of knowledge where all things learnt and experiences are stored for memory. The cognitive skills that they develop are pre-academic skills such as numbers, letters, various colours, shapes and can count to a variety of different numbers. Language and other cognitive skills are essential for children because it helps the child communicate and engage with other individuals. The different skills help support the child's social development, literacy and cognitive skills. From the ages three to five a child will illustrate abstract thought and show their thoughts and feelings through more complex conversations. The ability to discuss many topics is apparent at least by the end of 5 years old. There will be an understanding of basic grammar and stories." (Samina Latif Ph.D, 2021) knowing these skills now helps me know what skills I would have to use if I was to be working with three to six year olds. It would have to depend on the objective of the child in that's specific age however the main skills would be learning and academic skills, self care, social skills and communication and language building up the child's literacy skills are the primary objective as it allows the child to be able to express themselves as an individual and give them the ability to make friends in their own individual way.

Conclusion

From all this information that I have gathered it has helped me understand that being a behaviour analyst I cannot treat every individual the same as not being very one develops at the same time and there are different ways to communicate to different age ranges .additionally from this I can identify the different individuals that are developing differently from the standard developmental skills of a human. As a behavioural analyst building key skills is important as if I have bad communication skills or don't have good listening skills i will not be able to show the best of my ability for my desired job.

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