

Understanding Psychological Development Across The LifeSpan

Introduction

The aims and objectives of this literature is to present the reader with the concept of psychosocial and cognitive development across the lifespan. The scientific study of the human mind and how people behave is defined as psychology (Gross, 2015). According to Gross (2015) both psyche and logos from the word psychology has their root meaning from the Greek words. Hemmings, J., (2018) stated that, psychology encompasses of cultural, behavioral, and psychological elements that all contribute to a person's physical health and sickness. Health psychology is a relatively new addition to the practice of incorporating psychology into the study of health (Ogden, 2012). Sarafino and Smith (2012) scholarship underscores the psychological factors that impact the health of an individual in their lifespan development. From conception to death, Lifespan Development or Human Development are also known as developmental psychology, is the scientific study of how individuals change and evolve (Lally and Valentine-French, 2019). Developmental psychologists are experts in this subject of psychology. They see development as a lifetime process that can be scientifically investigated in three areas: physical development, cognitive development, and psychosocial development.

There are numerous views about how babies and children grow into happy, healthy individuals. Jean Piaget, Erik Erikson, Lev Vygotsky, John Bowlby, Erica Burman, Renee Renée Baillargeon are many among the lists of child developmental psychologists of our time. Eric Erikson proposed a psychosocial development hypothesis. He posited that human concept of self is shaped through our social interactions and the accomplishment of social tasks. Jean Piaget proposed a theory of cognitive development that explains how children think and reason as they move through various stages of lifespan.



Erikson's Theory Of Psychosocial Development

Erik Erikson (1902-1994) was a famous developmental psychologist – psychosocial development and the concept of the issues of personality crises. Erikson's theory denote the effects of social experiences over the course of a person's lifespan. Erikson was fascinated by how human development and growth were influenced by social contact and relationships. Each stage in Erikson's theory builds on the next stages and prepares the way for subsequent phases of development. Erikson felt that people go through a conflict at each stage that acts as a turning point in their development. These conflicts, according to Erikson, are concentrated on either developing or failing to develop psychological quality. The potential for personal growth is high during these periods, but so is the possibility of failure. People who successfully manage emerge from the stage with psychological strengths that will benefit them for the rest of their live. They may not develop the needed abilities for a strong sense of self if they are unable to successfully deal with these conflicts.

Erikson's Psychosocial Stages		
Age range	Psychosocial crisis	Positive resolution of crisis
Birth to 12 to 18 months	Trust versus Mistrust	The child develops a feeling of trust in caregivers.
18 months to 3 years	Autonomy versus Shame/Doubt	The child learns what can and cannot be controlled and develops a sense of free will.
3 to 6 years	Initiative versus Guilt	The child learns to become independent by exploring, manipulating, and taking action.
6 to 12 years	Industry versus Inferiority	The child learns to do things well or correctly according to standards set by others, particularly in school.
12 to 18 years	Identity versus Role Confusion	The adolescent develops a well-defined and positive sense of self in relationship to others.
19 to 40 years	Intimacy versus Isolation	The person develops the ability to give and receive love and to make long-term commitments.
40 to 65 years	Generativity versus Stagnation	The person develops an interest in guiding the development of the next generation, often by becoming a parent.
65 to death	Ego Integrity versus Despair	The person develops acceptance of how one has lived.



Piaget's Theory Of Cognitive Development

Jean Piaget (1896-1980) was another prestigious child developmental psychologist in the 20th century. He was primarily concerned in biological implications on "how we learn" and characterized different stages of development, including language, morals, memory and reasoning. He claimed that our ability to undertake "abstract symbolic thinking" is what sets us apart from other species. His idea has two important components: the process of learning and the phases we go through as we gain this capacity through time. During his work, Piaget became fascinated by how youngsters reason. He noticed that young children's responses were qualitatively different from older children's, implying that the younger ones were not dumber but rather answered the questions differently because they thought differently.

Piaget's Stages of Cognitive Development			
Stage	Approximate age range	Characteristics	Stage attainments
Sensorimotor	Birth to about 2 years	Children experience the world through their fundamental senses of seeing, hearing, touching, and tasting.	Object permanence
Preoperational	2 to 7 years	Children acquire the ability to internally represent the world through language and mental imagery. They also start to see the world from other people's perspectives.	Theory of mind; rapid increase in language ability
Concrete operational	7 to 11 years	Children become able to think logically. They can increasingly perform operations on objects that are real.	Conservation
Formal operational	11 years to adulthood	Adolescents can think systematically, can reason about abstract concepts, and can understand ethics and scientific reasoning.	Abstract logic

Nature Vs Nurture & The Comparison in Psychosocial & Cognitive Development

Erikson's hypothesis appears to be correct on the surface. It's crucial to keep in mind that the psychosocial phases are simply one hypothesis on how people develop personalities. Both theorists have a vastly different theories - Erik's idea focuses on the eight stages of the life development process. He claims that an individual's growth is influenced by how the environment interacts with them, while the cognitive development theory of Piaget examines a person's thought processes. While their theory differs, they do share common similarities. They were both stage theories and believed that certain environmental obstacles would help development at various stages, albeit they couldn't agree on what those problems were or their source. Their stages were similarly comparable in that they extended into maturity and did not end in childhood, albeit Erikson's adult stages were more defined, while Piaget's last stage was from the age of 11 onwards. Finally, the two psychologists agreed that, in the conflict between nature and nurture, nurture had a greater impact on development. They both believe that environmental and social influences moulded and impacted their unit of analysis—personality for Erikson and cognition for Piaget—and that these elements played a significant part in a person's development.



According to Erikson's theory of psychosocial development, the staff support to older adults in stage 8 of lifespan development.

Erikson's theory offers several elements of nursing care in which staff can apply to assist adults who have learning impairments. Learning difficulties are sometimes blamed on underlying psychological issues or developmental disabilities (Kapur, M. 2011). Learning might be hampered by family issues. Secondly, staff can support older adults in the examination of a older's symptomatic behavior in connection to prior traumatic experiences and conflicts with current developmental objectives, psychosocial development theory can be used. Finally, Trust is the building block in which the entire stages of Erikson's is laid on. Therefore staff is advised to establish trust, support them whenever needed, give them independence and dignity with self respect.

Piaget applied core variety of terms in his theory to convey cognitive development and how it is attained at different stages. They are listed as :

Schema: to describe the building elements of knowledge.

Assimilation: is the process of adapting an existing schema to a new context or item.

Accommodation: is the process of altering methods when an established paradigm doesn't function in a certain context.

Equilibration: All growth is propelled ahead by a force called equilibration. Piaget did not think that development was linear. Instead, it advanced in leaps and bounds as new experiences were gained.

NOTE!

Piaget studied human thought in a manner consistent with his training in biology. He is more interested in the commonalities of children's groups, rather than how or whether one child is different from another. In other words, Piaget's logical thinking is the ability of all human beings as biological species (Kendra, 2014), not individual differences.



Anotated Bibliography

Gross, R., (2015) *Psychology The science of mind and behavior*. 7th edn. London: Hodder Education, p10-11.

- Gross R. has degrees in psychology and philosophy, as well as education and mass communication sociology. Following a career as a teacher, the phenomenal success of his first book, *Psychology: The Science of Mind and Behavior*, allowed him to shift gears and concentrate on writing. Richard is a frequent speaker at student and teacher gatherings.
- This book lays a strong foundation for students to obtain information they'll need to move on from the author's introduction to psychology. The book simplifies understanding by highlighting common misconceptions in contemporary psychology. The intricacy of the subject-matter - the concept of psychology - was clarified by the author. He explained how we all use psychology into our daily lives. This book helped me comprehend and assess classic and modern psychology, covering almost every area related to psychological ideas and most especially the Bias in psychological theories and research.

Hemmings, J., (2018) *How psychology works Applied Psychology visually explained*. New York: Dorling Kindersley Limited, p.10.

- The author is a behavioral psychologist who studied at Warwick and London Universities. She has written many popular books on relationships, contributes to major newspapers and magazines, appears often on television and radio, and operates a London-based counseling business. She also works as a consulting psychologist for a Television station in the United Kingdom.
- Hemmings Jo book gives a detail on definition of psychology and connects its origin to ancient Greek and Persian thinker far back 150 years ago. She defined psychology as the scientific study of the human mind and how people act. She outlined the various branches of psychology and related them with the key to unlocking people's memories, thoughts, and emotions. She provides an inside view of psychological mental disorders with various analytical surveys.

Kapur, M., (2011) *Counselling children with psychological problems*. Delhi: Pearson.

- Malavika Kapur is a Visiting Professor at the National Institute of Advanced Studies (NIAS) at Bangalore's School of Humanities. She was the Head of the Department of Clinical Psychology at the National Institute of Mental Health and Neurosciences (NIMHANS) until her retirement in 2003, and from 2003 to 2010, she was an honorary professor at NIAS.
- In the face of profound, ever-evolving changes in the social environment, the children in twenty-first-century third-world countries have frequently been the most vulnerable. The importance of child care has never been greater. This book serves as a comprehensive reference on the practical and methodological elements of counseling children with psychological issues. The book elaborated on the neglected issues of children in the third world. I would advised students of Psychology who are interested in Learning Disorders, Hyperkinesis and Other Disruptive Behaviours to read this book.

Kendra, C. (2014) *Piaget's Stages of Cognitive Development*. available at <http://psychology.about.com/od/piagetstheory/a/keyconcepts.htm> (Accessed: 10 June 2021)

- Kendra Cherry, MS, is an author and educator who has spent over a decade assisting students in understanding psychology. She has written hundreds of papers on a wide range of psychological issues, including personality, social behavior, child treatment, IQ, research methodologies, and so on.
- According to Piaget's theory, his views are concerned with growth and learning. The education within the theory of Cognitive is extrinsic. Development focuses on the learner's capacities, whereas learning focuses on the fulfillment of those capabilities. This website is relevant to my paper because of the differences and similarities between Piaget's theory and Erikson's theory. According to Piaget's theory of implication, all children go through the same developmental process, although at varying paces.

Lally, M. and Valentine-French, S., (2019) *Lifespan development*. 2nd ed. San Francisco: Martha Lally, Suzanne Valentine-French, p.9.

- Martha Lally is an instructor in the College of Lake County's Psychology department.
- This book details the progressive stages in developmental psychology. The authors literature covers all aspects of the lifetime in an acceptable manner. In both short and long form, the table of contents serves as an effective index. There is a clear history of theoretical development, historical background, and application to contemporary culture and data. The authors applied simple analogies to convey their teaching which make it an easy to use book for students. The limitation of the book is that it does not encompass all area of psychology.
- Suzanne Valentine-French is an instructor in the College of Lake County's Psychology department.

Ogden, J., (2012) *Health psychology*. 5th edn. Maidenhead: McGraw-Hill, p.41.

- She has written five books and has over 130 academic papers to her credit. For years, she has studied and written on eating habits and weight control. Obesity management, issues of women's health, and healthcare communication are among her research interests. She has been a regular contributor to publications, radio, and television, including Channel 4's Secret Eaters and The Truth About Fat.
- In Ogden Health psychology book I studied the importance of health behaviors and how it relates to predicting mortality and human lifespan. The author investigated "What is health?" from a psychological standpoint, with an emphasis on health and sickness cognitions. She also provided the views of how the young healthy adults define healthy in terms of Physiological/physical, Psychological, Behavioral, Future consequences, and the absence of illness. She suggested that healthiness is most people's natural condition and that it serves as the foundation for their ideas about illness. She also presented the health psychology in symbiotic to health inequalities.

Piaget, J. and Inhelder, B., (2000) *The psychology of the child*. New York: Basic Books

- Piaget Jean was a Swiss psychologist who was the first to examine the development of understanding in children in a systematic way. Many consider him to be the most influential figure in twentieth-century developmental psychology. His learning theory is

credited as the founding father of child psychology, and it is at the centre of contemporary knowledge of the human learning process. Author of more than fifty books and hundreds of articles, he is a prolific writer.

- The writers gave the readers an in-depth look at how a child develops in a psychological setting. Although the book explains both biologically and cognitively development of a child, the authors did not eliminate the influence the environmental has on the child after birth. I gave more understanding of cognitive process the children pass through to the adult stage.
- Inhelder was a Swiss psychologist who was most known for her collaboration with Jean Piaget, a psychologist and epistemologist, and their contributions to child development.

Sarafino, E. P., and Smith, T. W. (2012) *Health Psychology Biopsychosocial Interactions*. 7th edn. New York: John Wiley & Sons, Incorporated.

- Sarafino is a Ph.D. holder and a professor at The College of New Jersey's Department of Psychology for more than three decades. His research has spanned the fields of health, developmental, and behavioral psychology, with a focus on asthma research. His research has spanned the fields of health, developmental, and behavioral psychology, with a focus on asthma research.
- This book serves as an introduction to the area of health psychology, as well as a general overview of psychology and health - stress, coping, health promotion, substance use, health disparities. In this book I also learned how suicide is related to health psychology. Suicide is a visible physical expression of a mental illness. Mental activities that contribute to suicidal conduct have real-world repercussions for physical health, therefore they must be approached from a health psychology standpoint. The authors also elaborated on concept of health and psychological illnesses.
- Smith graduated from the University of Kansas with a Ph.D. He joined the faculty of the University of Utah's Department of Psychology after completing a pre-doctoral internship in clinical psychology and a post-doctoral fellowship in behavioural medicine at Brown University Medical School.