



Certificate of Higher Education in Skills for the Workplace (Health and Social care)

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INTRODUCTION

Psychology

- The study of mind and behavior from a scientific standpoint. It refers to an individual's or a group's mental traits. It is a science of behavior and experiences on human beings (B.F. Skinner)
- It compasses the biological influences, social pressures and environmental factors that affect how people think, act and feel. (Kendra Cherry, 2020)
- Developmental Psychology
- The study of developmental psychosocial is essential to understanding how humans learn, mature, and adapt. The study of the psychological changes that occur in people as they grow older. Looks how thinking , feeling and behavior change throughout a person's life (Dr. Saul Mcleod,2017)

Group Topic

- Erikson's theory of Psychosocial Development infancy stage (trust vs. Mistrust)
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LIFESPAN PSYCHOLOGICAL THEORY

- Erik Erikson was an ego psychologist who developed one of the most popular and influential theories of psychosocial development. (Cherry, 2021)
- Erikson was fascinated.
- Erikson's theory of psychosocial development is one of the most popular theories in the field of psychology. Like Sigmund Freud, Erikson believed that personality develops gradually in a series of stages. (Theodore, 2020)
- Erickson has 8 stages to his theory

ERICKSONS STAGES OF PSYCHOSOCIAL DEVELOPMENT

A brief summary of each stage

- Stage 1 Infancy- Trust vs Mistrust
 - Stage 2 Early Childhood-Autonomy vs shame & doubt
 - Stage 3 Preschool-inactive vs guilt
 - Stage 4 School age-industry vs inferiority
 - Stage 5 Adolescence- identity vs role confusion
 - Stage 6 Young adult –intimacy vs isolation
 - Stage 7 Adulthood- Generativity vs stagnation
 - Stage 8 Old age –Ego integrity vs despair
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- Each stage in Erikson's theory builds on the preceding stages and paves the way for following periods of development. In each stage, Erikson believed people experience a conflict that serves as a turning point in development. (Cherry, 2019)

Erikson's Stages of Psychosocial Development



IMPORTANCE OF ERIKSON'S THEORY OF PSYCHOSOCIAL DEVELOPMENT

- It provides a holistic view of development throughout the entire lifespan.
 - It has an impact on growth due to social relationships.
 - The most important the trust vs mistrust stage.
 - Because of one's perspective of the world this is the most crucial period in one's life.
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- ERIKSON'S THEORY OF PSYCHOLOGICAL DEVELOPMENT
 - ERIK ERIKSON'S an ego psychologist was established on influential theories of development.
 - Sigmund Freud's work and his theories, influenced his thinking.
 - His theory was centered on psychosocial development rather psychosexual development (Cherry, K2021)

INFANCY 0-1 TRUST VS MISTRUST

- The first stage of psychologist Erik Erikson's psychosocial development theory is the trust against distrust stage (Cherry, 2021). According to Erikson, an infant is a youngster from birth to roughly 18 months old, when the child is still learning how harsh the world is and who to trust.
- A newborn would most likely cry to communicate their wants because they are unable to express themselves vocally; tears can imply a multitude of things. They are hungry, fatigued, or just plain uncomfortable.
- If trust is built, they will: - think that their person is looking out for them; - know that their needs will be satisfied; - have faith in the system

INFANCY 0-1 TRUST VS MISTRUST

- Erik Erikson's theory centered on psychosocial development.
- He believes that the theory builds on the preceding stages and that personality developed in many levels. Thereby, it is very important to be mindful of the very first stage: the trust vs mistrust, where development begins.
- Failure to build a good foundation, a child could possibly grow up to be fearful of the world.(VeryWellMind, 2022)

ROLE OF LIFESPAN IN PSCHOLOGY

- Erikson proposed that character evolves in a predictable pattern from childhood through maturity, based on eight phases of psychosocial development
- According to the theory, positively achieving individually this phase leads to the development of a nourishing individuality and the realisation of fundamental standards
- At each stage, the specific practises a psychological crisis, which can have a positive or negative impact on their individuality to develop.
- In the event of impending problems, the ego may rely on straightforward traits. (McLoud ,2018)

UNDERSTANDING OF PSYCHOLOGY LIFESPAN IN OUR DAILY LIFE IN HEALTH PRACTICE

- Erik Erikson's psychosocial development theory is used to create a complete and holistic treatment plan for patients.
- Erik Erikson's stages are simple to understand and apply to all age groups. For example, the number of teenagers seen in clinics at this stage identity versus role confusion relates to them perfectly because they are struggling to find where they fit in with family, peers, and society.
- These young individuals who receive adequate support and encouragement become independent and develop a strong sense of self. (nursinganswer, 2020).

CRITICAL EVALUATION OF ERIKSON'S THEORY

• STRENGTHS

- Erickson theory unlike Freud's theory and other theories, it covers the full life span.
- It allows us to look at infants' social nature and the role that social connections play in their development.
- Erikson's literature on identity and its development over time has inspired a large portion of diversified study in the field of psychology devoted to identity in the last 50 years (Schachter and Galliher, 2018).

WEAKNESSES

- The theory fails to explain what kinds of experiences are required at each stage in order to properly settle conflicts and go to the next.
- Erikson's theory was formed by individuals of the 1960s white majority. Erikson's theory has been criticized by some as being insensitive to racial, gender, and ethnic issues.
- While much has been written about Erik Erikson's influence on education, there has been little published about his contribution to the general theoretical notion of what it means to be a human being (Maree, 2021).

PRACTICAL APPLICATION ON ERICKSON'S THEORY

- They use Erik Erikson's psychosocial development theory in the clinics to help construct a comprehensive and holistic plan of care for each patient.(NursingAnswers.net, 2022).
- Erikson's theory of development gives parents a way to assess if their child is progressing at the right rate or at all stages of development. This theory can help reflect on occurring issues and be a guide for parents to assess teaching and child rearing practices.
- There are numerous examples of how Erickson's theory has influenced and used in life, from infants to adults who are confident and conscious of their feelings.

CONCLUSION

- Erik Erickson is a German-American whose psychosocial development theory claims that we must go through many phases in our life that impact our behavior and learning later. If we get fearful, we may begin to distrust our environment.
- The most important factor in a child's growth is the caretaker who provides for the kid's necessities, ensuring that the youngster is fed and soothed, as well as being snuggled and kept warm. The first experience a youngster has is ingesting something, which might be the food we eat. Erikson's eight phases of life are a guide to help people find who they are. Each person will go through these stages at a different pace, since some people grow quicker than others.

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