

Psychology in H&Sc BMHP4003 LCHS4006_LON

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Introduction into Erik Erikson psychosocial development theory

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Introduction to psychology

The word psychology was formed by combining the Greek psychē (meaning “breath, principle of life, life, soul,”) with -logia (which comes from the Greek logos, meaning “speech, word, reason”).

Psychology is the study of mind and behavior. It encompasses the biological influences, social pressures, and environmental factors that affect how people think, act, and feel.

The most obvious application for psychology is in the field of mental health where psychologists use principles, research, and clinical findings to help clients manage and overcome symptoms of mental distress and psychological illness.

Psychology is both an applied and academic field that benefits both individuals and society as a whole. A large part of psychology is devoted to the diagnosis and treatment of mental health issues

Psychology has four main goals

Describe

- The first goal of psychology is to describe the actual phenomenon in which humans and animals behave in different situations

Explain

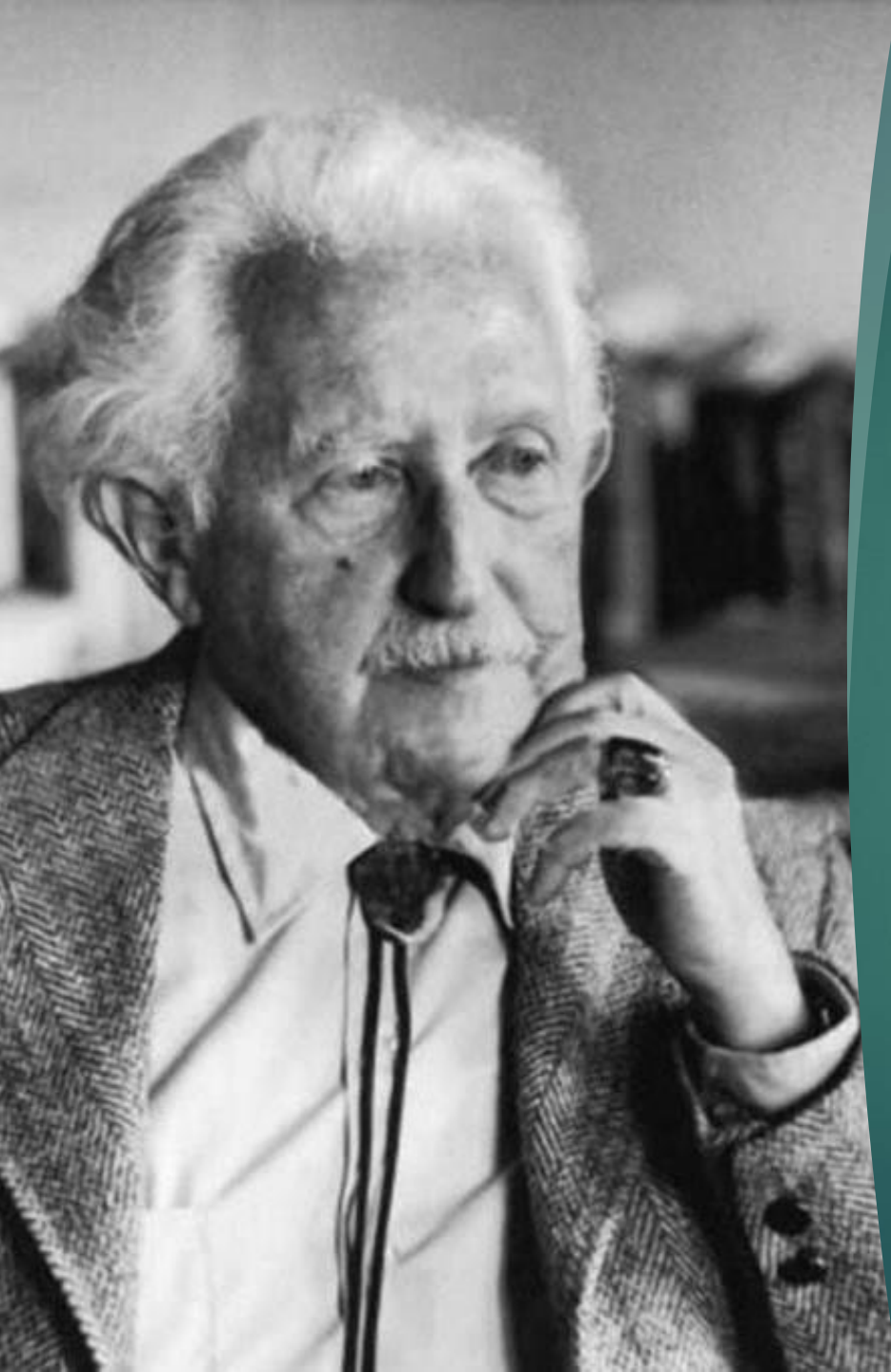
- Once a specific behavior has been described, psychologists then attempt to go beyond the obvious and explain why people act the way they do

Predict

- Making predictions based on how people previously thought and acted is the third goal of psychology. By analyzing past observed behavior, psychological studies aim to predict and anticipate how a certain behavior will appear again in the future

Control

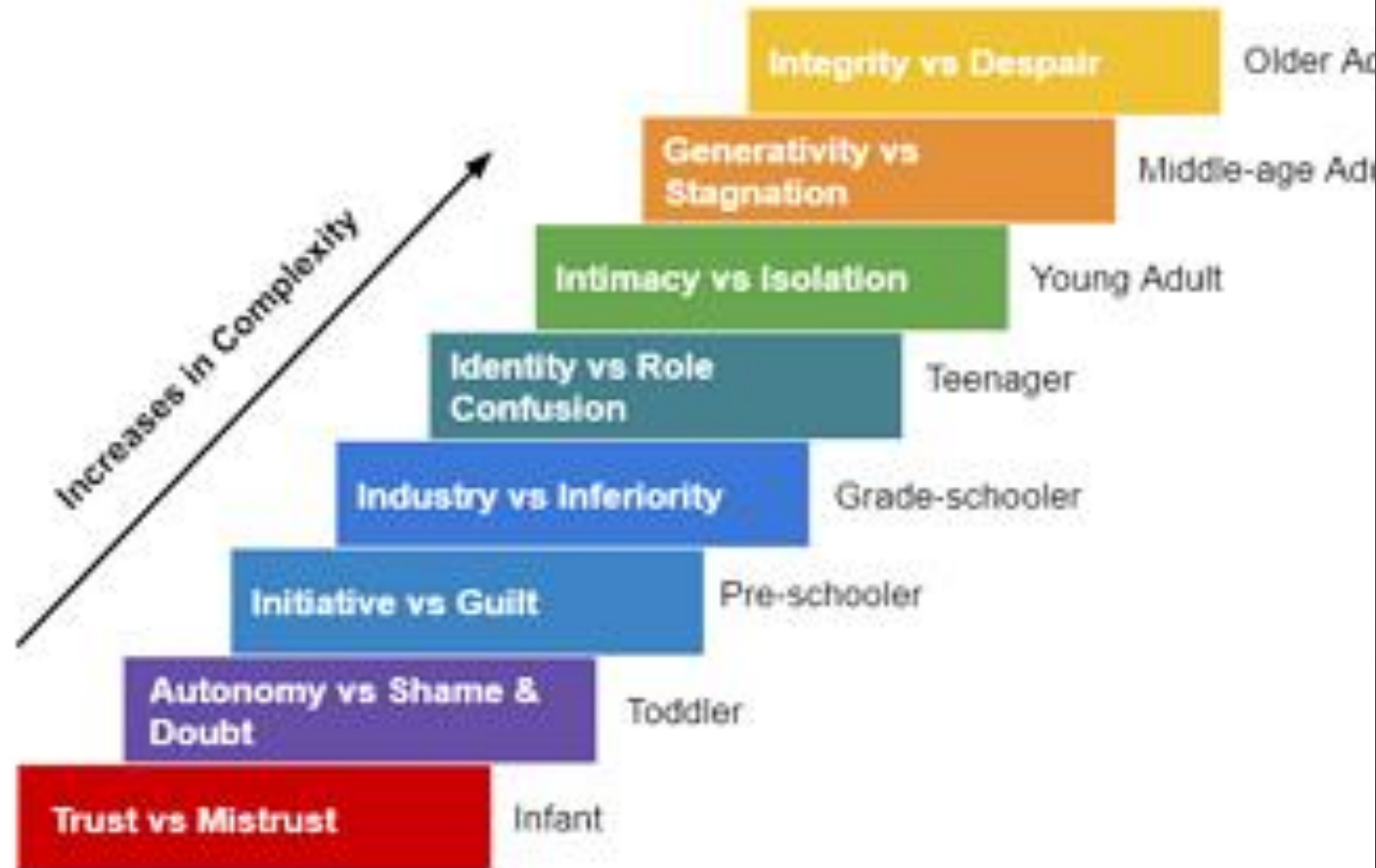
- Aside from treating mental illnesses and enhancing well-being, changing or controlling human behavior is a huge focus of psychology. Various psychological studies about human behavior are used to influence, change, or control behavior using previously gathered data about human behavior.



Erikson's Theory of psychosocial development

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Stages of Psychosocial Development



8 stages of
psychosocial
development



Erik Erikson's lifespan theory

- ▶ It provides a holistic view of development throughout the entire lifespan. It also reflects the importance of social relationships on development
- ▶ The theory gives more importance to infancy and childhood stage than adulthood despite covering the entire life span
- ▶ The theory is even more relevant today than the first time it was developed, considering the increasing pressure on family life and relationships
- ▶ Erikson believed that the most important stage in his theory is trust vs mistrust, infant stage, as this period shapes one's view of the world.

(Dr. Kaushik Bharati, July 2022)

Erikson's theory

- ▶ The theory was developed based on Freud's controversial theory of psychosexual development
- ▶ The psychosocial theory emphasize that the ego makes positive contribution to the individual development by mastering attitudes, ideas and skills at each stage of development.
- ▶ Erikson was mostly interested in how social interaction plays a role in human's growth
- ▶ Each stage of Erikson's theory describes a psychological conflict that must be overcome for a child to develop into a healthy, well adapted adult
- ▶ After passing each stage the person will feel a sense of mastery, referred to as ego strength or ego quality

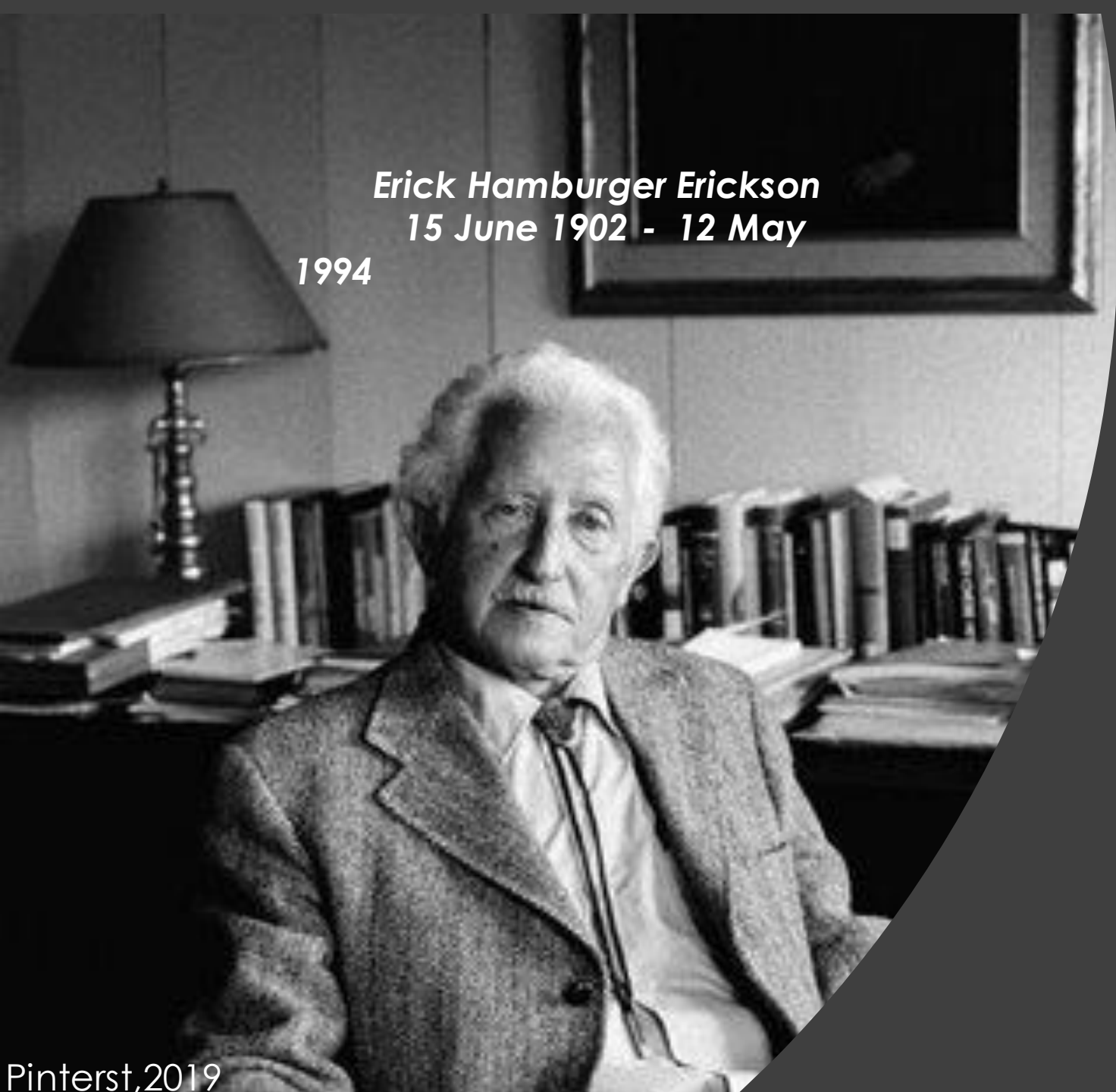
(Orenstein GA, StatePearls Publishing, 2021)

Childhood stage



Childhood stage includes:

- Toddler stage, early childhood (2-4 years) conflict between **autonomy and shame**. Toddlers achieve and adequate sense of self and personal control
- Preschool age (4-5 years) **initiative vs guilt**, children should be allowed to complete certain task on their own
- School age (5-12 years) **industry vs inferiority** children become more competent and more adapt to carry out complex assignments (Maree, J.G. 2021)



Erick Hamburger Erickson
15 June 1902 - 12 May

1994

- In the social jungle of human existence, there is no feeling of being alive without a sense of identity. (Erik Erikson, 'Identity Youth And Crisis', 1968.)
- The father of psychosocial development theory.
- Erickson's theory of psychosocial development is important because it's giving a wide view from the evolution through the whole life can be seen.
- The role of Erickson's theory is to resolve the initial conflicts, to strengthen the individual's ability to deal with them.

Toddler stage (2-4 years)



- Conflict between autonomy and shame
- Physical development, child start to walk and discover that has different ability which gives the feeling of independence.
- Stage where toddler starts to choose between toys, clothes, food and many others.
- In general, at this stage child would do exactly the opposite of what they had been told.



Evaluation of the Erikson's theory

- Ideas about aging have been useful in the field of gerontology, and his ideas about identity and about ego are consistently cited in textbooks on adolescent psychology.
- Integrated the social dimension and psychosocial development to the stages described by Freud.
- Extended the concept of personality development from infancy to old age.
- Explored the impact of culture, society, and developmental history and personality.

Evaluation of Erikson's theory

What kinds of experiences must people have to successfully resolve various psychosocial conflicts and move from one stage to another?

Does not study issues such as personal traits or personal motivation.

CONCLUSION

Psychosocial theory is more relevant our days than when it was developed because we consider our mental health state very important.

It is applicable to all life stages from infancy to old age

Erikson believed that the infant stage was the most important as it shapes one's view about the world.

Each stage of his theory has a conflict that individuals must overcome to emerge from that stage with psychological strengths.

After passing each stage the person will feel a sense of mastery, referred to as ego strength or ego quality

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