



PSYCHOLOGY FOR HEALTH AND SOCIAL CARE (BMHP4003_LON)

Assessment 1

Topic: Lifespan. Infancy stage.

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1.Introduction - Infancy

Development from
infancy through
toddlerhood

One of the most
important stage

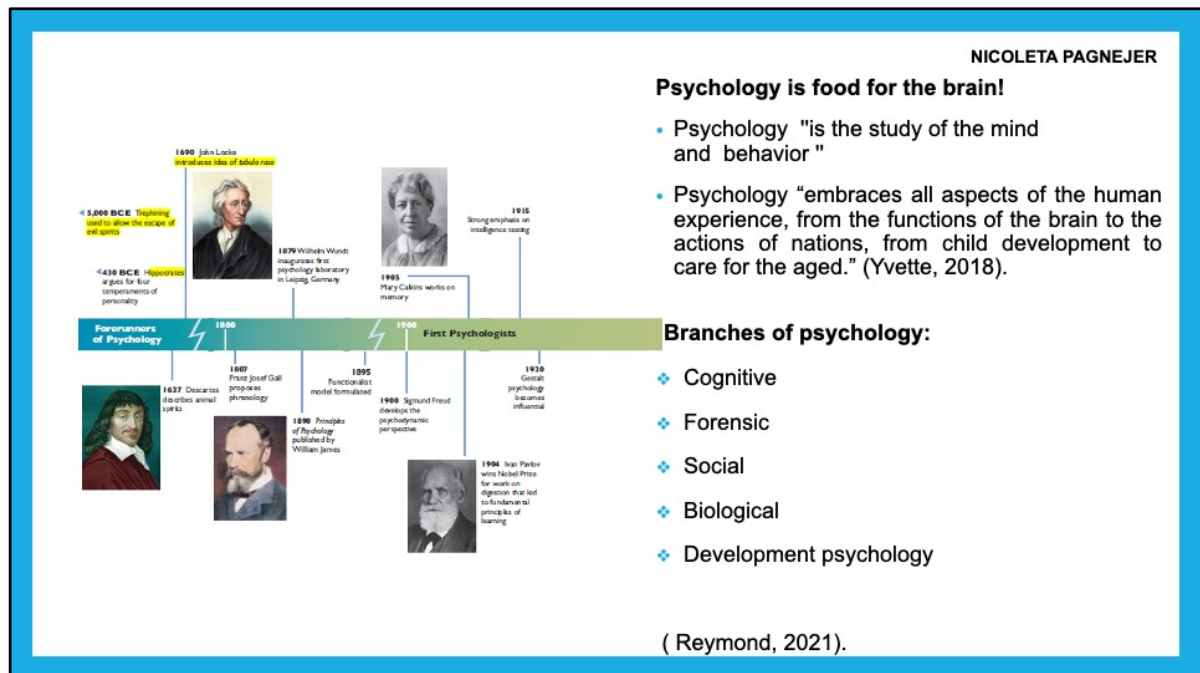
Changes are
dramatic and
noticeable

We will examine life
stages,
emotion, behavior,
and Freuds
Theory.

(Bruer, 1999)

Welcome to the story of development from infancy through toddlerhood; from birth until about two year of age.

From birth to roughly two years of age, this is the stage of development from infancy to toddlerhood. We chose this period because researchers have given it more consideration than any other, possibly because the changes are so significant and obvious during this whole time, and perhaps because we believe that what happens during these years builds the foundation for the remainder of one's life. However, it has been claimed that the significance of development in these periods of time has been overstated (Bruer, 1999). However, higher education learning, healthcare experts, and parents have put the most focus on this step of development. Change is unavoidable. We grow as individuals during our lives, from the time we are born until we die.



- Psychology study people's behavior, their performance and knowledge to understand, treat and improve.
- People, their behavior in society, what they do and who they are, how they live and react, and how they might better be all studied by psychology. As a consequence, anything a person does becomes intertwined with the subject. (2021, Reymond) The beginnings of psychology may be traced back to the early Greeks, despite the fact that it did not become a separate discipline until the late 1800s. Rene Descartes, a French philosopher, coined the term dualism in the 17th century, claiming that the body and mind are two separate entities that interact to produce life experiences. Psychology was previously considered a part of philosophy, but it has now grown into a science based on experimental research.

2. Life-stage – Infancy.



Human infancy - period between birth and the age of two years (Keller, 2007).

- The beginning of infancy study - Tiedeman's 1787 memoirs about his young son(Keller, 2007).

- **Who is an infant:**

- New-born (0 - 1month) - born with assist it in learning about the world.
- Toddler-hood (up to 2 years) - physical and motor development, perceptual, and cognitive skills (Kuther, 2020).



Infants' development is shaped by the environment in which they are cared for, and this environment is shaped by the investment that parents make in their children. (Keller,2007)

Bell 1968 and Rochat, 2004 stated that an infant is` a human being with needs, preferences, desires, emotions and even a free will, a human being that not only receive care, but also one that experts a substantial influence of a caregiver environment`.

Human infants are prone to receive environmental information through genetic programs, which is critical for developing their cognitive and psychological development.

Because infants are helpless, they must attract and sustain the attention and motivation of those who care for them in their social context. This was described as a babyiness, which is characterized by a huge head in comparison to the rest of the body, a round face, large eyes, and a wide forehead. These characteristics have been shown to suppress violence while also generating positive emotions and protective motivation. (Keller, 2007)

Children go through stages of social and emotional development, according to Freud, and children who have terrible experiences may become "stuck" at a particular stage. (Mukherji, 2014).

Characteristics of an infant:

- New-born, infants display attachment behaviors.
- transmit sadness by crying, communicate happiness by gazing, smiling, and vocalizing.
- New-born prefer their mother's voice, recognize it from the first minute of life.
- Body contact- emotional warmth and social cohesion, as well as a sense of connectedness and belonging.
- body stimulation. (Keller, 2007).

Infancy – Cognition.

Milestone	Age of Onset
Coos responsively	Birth-3 months
Smile responsively	3-4 months
Smile at self in mirror	3-4 months
Laugh out loud	3-4 months
Shows displeasure	5-6 months
Babbles	6-8 months
Understand simple commands	12 months
Follow directions	2 years
Put two to three words together	2 years
Use sentences	3 years



Cognition - the ability to receive and store knowledge, as well as solve problems, develops as the brain grows.

Child's cognitive development = how quickly he or she learns.

(Hutchinson, 2011)

Cognitive capacities cannot be immediately observed; instead, they must be interpreted from children's actions, behaviors, and words. Many hypotheses exist about how new-born and children learn, some of which are based on behavior, others on social context, and yet others on the environment.

A Social Learning Theory was proposed by Bandura. Children learn by copying what they see other people doing in their own context, according to Bandura. Children will mirror their behavior after that of others.

Vygotsky believed that children's learning takes place in a social context, that the two are inseparable linked, and that language (and the use of language) is crucial to cognitive development.

Piaget felt that children's behaviors were 'interiorized,' and that their cognitive ability was built up through a succession of assimilations and accommodations.

Skinner claimed that children repeated behaviors that were positively reinforced (e.g., when they were praised or given a reward) and that punishment could be used to reduce undesired behavior.

Children learn best when they are given proper responsibility, given the freedom to make mistakes, make decisions, and make choices, and when they are regarded as autonomous and capable learners. Children learn best when they are actively involved and interested, with the help of a knowledgeable and trusted adult. •Rather

than being taught, children learn best by doing. Children are capable learners from the moment they are born (Brodie, 2018).

Montessori(2009) described 'sensitive periods,' or times when infants are especially engaged or open to learning in a particular area. Children have a sensitive phase for movement from birth to four years old, according to Montessori, during which they learn about their environment through movement while developing gross and fine motor skills and coordination. (Brodie, 2018).

3. Emotions and Behaviour Patterns

Emotional Development.

- What is emotional development? (Mahak, 2018)
- Essential conditions before birth. (Gertraud, 2011)
- Emotional development before/after birth. (Justone Norfolk, 2019).
- Cultural factors. (Maryville University 2021)



A newborn baby has already developed certain reflexes; However, they continue developing a lot of habits as a result of observing and understanding How to process what they feel. But the basics are picked up in the infancy. (Mahak 2018)

Good life conditions of the parents is very important, as it's giving the opportunity for a psychological and physical preparation for the parents before the newborn arrives. Not only life conditions but, pregnancy circumstances plays a big role in the relationship between the baby and parents such as the baby wanted or unwanted. (Gertraud 2011)

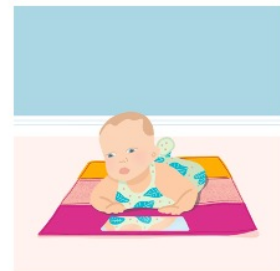
The relationship between the baby and parents is already developed throughout the pregnancy.

After birth babies develop a deep trust with their main care givers and shows feelings like smile, cry, eye contact and reaching out to let you know they need love and care. (Justonenorfolk 2019).

Cultural background gives children a sense of who they are. Beliefs, food language and religion can affect the way they develop emotionally, socially and physically. (Maryville University 2021)

Behavior Development

- Social interaction in the first month. (Lynne Murray 2014)
- Visual behaviour. (Heidi Marsh 2017)
- Temperament in infancy. (Xian Abulizi 2017)
- Social behaviour.(Kristin Valentino at al 2011)



In the first few weeks there is not much face-to face social engagement. Mostly physical contact and signs as parents feed and bath their babies.

In this early-stage babies has the capacity of imitate others facial movement as a result of responding to people in their environment. (Lynne Murray 2014.).

Infants are attracted to their close visual environment especially when there is an intentionally act around them. They give high attentions to body movements, voices and by age 2-3 months looking for eye contact when the social partner suddenly stop interacting. Therefore, they try to reengage the social partner with smile and gazing. These reactions in infants is the understanding that

If they receive eye, contact from the social partner means they are going to be entertained.(Heidi Marsh 2017)

Infants' environment can shape or interact with their temperament. During infancy, a baby rapidly develops her temperament and after birth the positive emotionality is increasing from age 2 months. (Xian Abulizi 2017)

Play activity is a very important tool to contribute in early childhood to the social, emotional and motivational development. (Kristin Valentino at al 2011).

4. Psychosexual stages of development Sigmund Freud (1856- 1939).

- Personality develops through 5 stages which are related with one's **sexuality**.
- Emphasizes the importance of **early childhood** (period of instinct development).
- **Instincts** develop as **libido (pleasure - seeking energy)** moves throughout the body (erogenous zone).
- Libido will move (successfully or unsuccessfully) - depends on the interaction with the environment.
- If the libido fails, it stays in a certain zone of pleasure, **fixation** occurs - which later influence on adult personality. (Very well mind, 2020)

(Png Find, 2019)



Sigmund Freud (1856-1939) was an Austrian neurologist. (Wiydicks, 2020) He studied the human nervous system. Based on research and knowledge from his practice, he created a **theory of psychoanalysis** – a theory about personality and an approach to psychotherapy.

His theory was based on the processes that take place in the unconscious part of the mind and affect a person's behavior. The goal of psychoanalysis was to make the unconscious conscious. How this was a revolutionary discovery, and especially at that time, his insights were largely unaccepted in scientific circles because they were not based on visible evidence but his beliefs.

According to his theory, the essential characteristics of an adult are a consequence of mental maturation in **early childhood**. Especially from **birth -5 years of age**, is the period when **instincts** mature. Instincts develop as **libido** moves through the body. According to Freud's theory, the newborn child is a pure **ID - a psychic representation of the biological**. As a child matures, his pure biological energy is affected by other environmental factors. Depending on the interaction with the environment (especially with child relationship with mother and father), this *impact on the environment* can be successful or unsuccessful for the child. If the libido is successfully satisfied the child will develop into a healthy person. If the libido is not satisfied, it remains in a certain zone of pleasure and **fixations** occur, which influence

adult personality. (Jay, n.y.)

CHILD PSYCHOSEXUAL DEVELOPMENT - STAGES:					BOZICA KATIC
STAGES	CHARACTERISTIC OF STAGES	DEVELOPMENT OF PERSONALITY COMPONENTS	LIBIDO FOCUS FOR PLEASURE ON DIFFERENT EROGENE ZONE	CONFLICT NEED TO BE RESOLVED	CHARACTERISTICS OF PERSONALITY (IF LIBIDO IS FIXED)
ORAL (0-18 MONTHS)	INFANT ACHIEVE PLEASURE THROUGH MOUTH ACTIVITIES	ID (NATURAL IMPULSE)	MOUTH	WEANING	DEPENDENCY, AGGRESSIVE, DOMINANTING
ANAL (18-36 MONTHS)	CHILD LEARN BOWEL AND BLADDER CONTROL	EGO (REALITY PRINCIPLE)	ANUS	TOILET TRAINING	TIDINESS OBSESSIVENESS GENEROSITY UNTIDINESS
PHALLIC (3-6 YEARS)	CHILD BECOMES AWARE OF SEXUALITY	SUPЕРЕГО (MORAL PRINCIPLE)	PENIS or CLITORIS	COPING WITH INCESTUOUS SEXUAL FILLING.	VANITY SELF OBSESSION SEXUAL ANXIETY
LATENCY (6 YEARS – PUBERTY)	CHILD DEVELOP BUT SEXUAL URGES ARE QUIET	-	DORMANT SEXUAL FILLING.	-	-
GENITAL (PUBERTY – DEATH)	CHILD LEARN TO DEAL MATURELY WITH OPPOSITE SEX	-	GENITAL	-	-

The movement of libido through the body, while seeking pleasure, takes place through 5 psychosexual phases: oral phase (birth -18 months), anal phase (18-36 months), phallic phase (3-6 years), latent phase (6 years - puberty) and genital stage (puberty - ...). (McLeod, 2019)

According to Freud's theory, the human personality consists of three components that develop in the stages of early childhood:

ID - original, pure (without the influence of the environment), biological, psychic energy that the child brings at birth

EGO - the principle of reality or compromise between superego and ID that determines behavior

SUPЕРЕГО - moral principles or what society says you need to do in a situation.

These components are part of the unconscious mind. (Vinney, 2019)

At each stage, the child should resolve the conflict characteristic of that stage. If successfully resolved, it moves on to the next stage. If not, libido remains fixed at that stage and affects the personality traits of the adult.

For example, if the libido remains fixed in the oral phase, the adult cannot control himself and is prone to various types of addictions associated with the mouth: eating, drinking, smoking, biting nails ... Unconscious instincts are stronger than conscious controls of one's actions.

The father of this theory and the psychotherapist who used psychoanalysis as a method of treating mental illness, Sigmund Freud, was a passionate smoker and had more than 30 cancer surgeries. (Klein,2018) According to his theory : where did his libido remain fixed???? (Mostly, for sure, in oral stage)

5. Freud's Theory (Infancy stage)

ANA SOFIA HERNÁNDEZ

- **INFANCY STAGE (Oral Stage)** 🗨️

Birth – 18 months

- Erogenous zone: mouth

The libido is focused

BABY'S
MOUTH



- **ID:** Part of the personality that is developing in oral stage.

- Part of unconscious mind
- Primitive energy

Example: baby is crying when he is hungry.

"This stage is associated with (...) exploring the world by putting things in the mouth."
-Dr. Dorfman.

- **CONFLICT: Weaning**

In this first stage (oral stage) the libido, which is focused on the baby's mouth, derived from the the pleasure from the oral exploration of all the environment and of the feeding at the breast of baby's mother.

Here, the EGO and the SUPER EGO are not yet fully developed, however, *the ID dominates*.

But is important to clarify that in this first stage, the infantile ego is forming: 2.

Developing a body image: the baby understands pain when it is administered to its body.

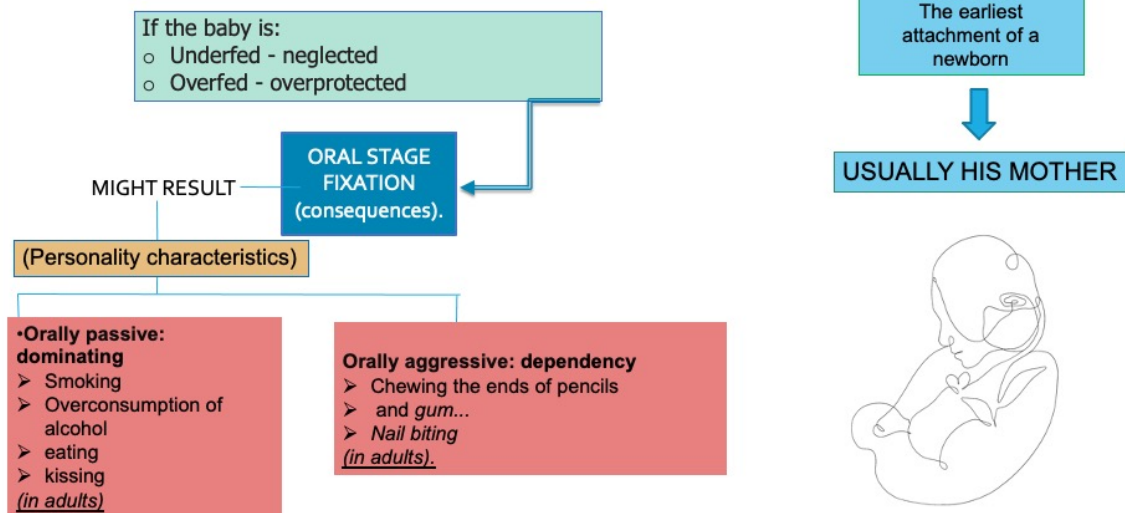
Erogenous zone: part of the body that id especially sensitive to stimulation.

Conflict in Oral Stage: **WEANING** --> bereave the baby of the pleasure of being cared and of nursing. It is indispensable to resolve this conflict, so the infant will progress to the next stage of development: Anal Stage. Weaning will form the infant's capacities for **INDEPENDENCE** and **TRUST**.

Freud's Theory says that the the deprivation of oral incentive could lead to a future addiction --> **FRUSTRATION**. It is caused particularly when is under stress.

5. Freud's Theory (Infancy stage)

ANA SOFIA HERNÁNDEZ



If the infant experience frustration, a **sexual frustration**, it will have FIXATION.

FIXATION: Part of individual's libido has been "inverted" in a specific stage of his development.

Oral stage fixation might cause future addictions. It is divided in two types of personality characteristics: Orally passive (when the baby is underfed) and Orally aggressive (when the baby is overfed).

In this stage, the human being is completely dependent upon caretakers, those who are in charge for feeding the child).

EVALUATION OF PSYCHOSEXUAL THEORY			Ana Sofia Hernández
STRENGTHS	WEAKNESSES	PRACTICAL IMPLEMENTATION	
First theory to change the approach to mental illness.	Some terms of theory are abstract and are not measurable.	Treatment of mental illness	
Theory helped in rational understanding of mental illnesses.	Overemphasized the importance of libido and sexual nature	Help people raise awareness of their inner world and its impact on relationships .	
First model of the influence of instict (ID), logic (Ego) and society (Superego) on human behaviour.	Difficult to generalize.	Fulfilment in life	
Was later used by many other theories.	Man > Oman	Help understand children .	
(Quizlet, n.y.)			

Evaluation of Freud's theory:

Freud's theory was the **first theory** to change the approach to mental illness. Until then, mentally ill people had been treated harshly.

The **strength** of his theory is the fact that his theory defined personality development through a series of developmental psychosexual stages. His theory, at the time, helped in a rational understanding of mental (non-physical) illnesses. He created a model of the influence of instinct (ID), logic (Ego) and society (Superego) on human behaviour. His original idea that human behaviour is influenced by early childhood experiences was later used by many other theories, and it is assumed that the future will be the same.

The biggest **weakness** of the theory is that the terms he used in his theory (eg, unconscious mind, libido, ID ...) are not measurable or verifiable, so they depend on subjective interpretation. He overemphasized the importance of libido and the sexual nature of child development. His theories were based on specific patients so they were difficult to generalize. He is resented for being more focused on men and less on women. (Quizlet, n.y.)

Psychoanalysis is **still used** today as:

- a scientific discipline that deals with the processes of human personality

- therapeutic approach in the treatment of mental illness
- to help people raise awareness of their inner world and its impact on relationships
- to help those who seek greater fulfilment in life
- to help understand children

6. Conclusion

- ❑ Psychology "is the study of the mind and behavior" and it has so many branches and always evolving.
- ❑ Freud's theory of psychosexual development was the first detailed theory of personality development. Later, many other theories were based on his original idea that early childhood events affected a person's personality.
- ❑ Children have a sensitive phase for birth to four years old, during which they learn about their environment through movement while developing motor skills and coordination, according to Montessori, 2009. (Brodie, 2018).
- ❑ The Infancy Stage is essential for a good development of all human beings, it has conflicts which are important to overcome them.
- ❑ Social and emotional development stands for infants to understand who they are, how and what they are feeling and how to experience and express emotions in their environment.

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